

SCHEDULE OF WEEKLY ACTIVITIES - WINTER 2018

All Day Billiards (Waverly Room)
7:10 am *Swimming (Intermediate School) Monday through Thursday
11:45 am Lunch (Totokett Room) for reservations call 203-315-0685. Menu posted at the Center & on our website.

MONDAY

8:10 A.M. *Aerobics (Totokett Room)
9:00 A.M. Wii Bowling (Totokett Room)
9:15 A.M. Jin Shin Jyutsu (Totokett Room) through 1/29/18
12:30 P.M. Bridge (Montowese Room)
12:30 P.M. Bingo (Totokett Room)
1:00 P.M. Scrabble (Waverly Room)

TUESDAY

9:00 A.M. * Yoga - Beginners (Sliney Room) - Waiting list
10:00 A.M. * Yoga - Advanced (Sliney Room) - Waiting list
10:30 A.M. Italian Conversation (Brady Room)
12:30 P.M. Hand & Foot (Waverly Room)
12:30 P.M. Week in Review (Totokett Room) - Discuss major news stories of the week every Tuesday.
2:30 P.M. * Beginner Tai Chi (Totokett Room)

WEDNESDAY

8:10 A.M. * Aerobics (Totokett Room)
12:30 P.M. Rummikub (Waverly)
1:00 P.M. Not So Pro Musical Jammers (Totokett Room)
1:00 P.M. Pinochle (Waverly Room)

THURSDAY

9:00 A.M. * Yoga - Intermediate (Sliney Room) - Waiting list
9:00 A.M. Wii Golf (Totokett Room)
10:00 A.M. * Yoga - Introduction (Sliney Room) - Waiting list
10:00 A.M. Hook - N - Needle (Montowese Room)
11:15 A.M. Beginner Latin (Brady Room)
12:30 P.M. Mah Jongg (Montowese Room)
12:30 P.M. + Art Class (Montowese Room)
2:30 P.M. * Advanced Tai Chi (Totokett Room)

FRIDAY

8:10 A.M. * Zumba (Totokett Room)
9:00 A.M. Poker (Waverly/Totokett)
10:00 A.M. Coloring for Grown-ups (Montowese Room)
10:00 A.M. Chair Tai Chi (Sliney Room) through January 26, 2018
10:00 A.M. * Silver Tappers of Branford - A tap dancing group for men and women (Totokett Room)
11:15 A.M. Intermediate Latin Class (Sliney Room)
12:30 P.M. + Duplicate Bridge (Montowese Room)
1:30 P.M. Line Dancing Class (Totokett Room)

Looking for some fun? Join us in a game of . . .

Wii Bowling on Mondays at 9 a.m., **Wii Golf** on Wednesdays at 9 a.m.

Pool - There are two regulation size pool tables located in the Waverly Room.

Mah jongg - A game of Chinese origin played by four people with tiles. All are welcome to play on Thursdays at 12:30 pm.
All activities marked with a * involve a \$24 Fitness Fee; those with a + involve a \$15 Activity Fee-- both are payable once every 6 months and cover January - June 2018 and July - December 2018. What a deal! Fees are due now.

Make checks payable to: Canoe Brook, Town of Branford

Membership: You must be a Branford resident age 60+, independent & oriented. Please stop by the front desk to complete a membership application. Dues: \$8 per year. Mailing address: 11 Cherry Hill Rd, Branford, CT