

## SCHEDULE OF WEEKLY ACTIVITIES - SPRING 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. QiGong (Totokett Room)  
10:00 A.M. Bocce (Front Yard)  
10:30 P.M. Line Dancing Class (Totokett Room)  
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 Card Game (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)  
9:00 A.M. Wii Golf (Totokett Room)  
10:00 A.M. Coloring Art (Montowese Room)  
12:30 P.M. Rummikub (Waverly)  
1:00 P.M. Not So Pro Musical Jammers (Totokett Room)

### THURSDAY

9:00 A.M. \* Yoga - Intermediate (Sliney Room) - Waiting list  
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 through May 31 (Brady Room)  
12:30 P.M. Mah Jongg (Montowese Room)  
12:30 P.M. + Art Class (Montowese Room)  
1:00 P.M. Bocce for Women (Front Yard)  
2:30 P.M. \* Advanced Tai Chi (Totokett Room)

### FRIDAY

8:10 A.M. \* Cardio Fun (Totokett Room)  
9:00 A.M. Poker (Waverly Room)  
9:00 A.M. French for Fun through 6/1 (Sliney Room)  
10:00 A.M. Chair Tai Chi (Sliney Room)  
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 through 6/1 (Sliney Room)  
12:30 P.M. + Duplicate Bridge (Montowese 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