



CANOE BROOK CENTER
Branford, CT

EST 1970

CANOE BROOK CONNECTIONS

January 2025

Sending you warm wishes for a Happy New Year filled with love & joy.

46 CHURCH STREET
2ND FLOOR
BRANFORD CT 06405

OFFICE HOURS:
8:00am-4:30pm

CONTACTS:

Assistant Director:

Nancy 203-315-0682

ncohen@branford-ct.gov

Program Assistant:

Rhiannon 203-315-0687

rcappetta@branford-ct.gov

Transportation Coordinator:

Tim 203-315-0681

tkron@branford-ct.gov

Activity Coordinator:

Nell 203-315-0684

nreinwald@branford-ct.gov

Canoe Brook Cafe:

Maureen 203-315-0685

Caseworker:

Vacant

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SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Fri. Jan. 3rd, 17th & 31st, Feb. 14th & 28th, March 14th & 28th, 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Yum!

Bimbo Entenmann's Bakery is donating food once a month to us: The majority of pre-packaged food is Freihofer's sliced bread, Thomas' English Muffins, flat breads, Hostess & Entenmanns products. One package per household until it's gone. Pick-up at 10AM in the Waverly Lounge on Thursdays, January 16, February 13 and March 13.

CT Energy Assistance Program: This program helps to offset heating costs for lower income households, specifically those households whose income falls below 60% of the State median income. We are now calling those who heat with electricity; natural gas applications begin in February. If you get SNAP or SSI get a copy of your award letter that will help to expedite your application. Eversource customers can also apply for the Low Income Discount Rate and get a 10% or 50% rate reduction (must meet income guidelines.)

2-1-1 is the confidential, FREE, 24 hour a day and multilingual way to locate hundreds of human services in our area.

How to contact 2-1-1:

- Visit 211ct.org
- Dialing 2-1-1 connects you to a trained contact specialist 24/7
- Relay services can be accessed by calling 7-1-1.
- Chat: Available Tuesday-Friday, 8-2. Link located on top right of website.
- Text for resources: CTWARM, CTFOOD, CTRECOVERY to 8898211


Appointments will be required starting in January for in person SSA services:

By scheduling appointments, in person wait times will be reduced. Become better acquainted: [online services](#), where many transactions can be completed conveniently and securely, and [automated services](#) available on our National 800# at 1-800-772-1213. If you do not use the computer, call the local office at 1-866-331-5281 to schedule an appointment.

Meals on Wheels program sponsored by the Community Dining Room:

Deliveries arrive between 11:15 & 11:45. Participants should be "homebound" in the sense that they're not regularly leaving their homes or able to transport themselves to a meal site such as the Senior Center or the CDR. The program is free and there are no income requirements. For anyone who is interested, please call Jane at 203-488-9750 ext. 2 between the hours of 8:30 a.m. and 3:30 p.m. weekdays.


SPECIAL EVENTS:

ASK A NURSE
AND WELLNESS CLINIC 

JANUARY 28TH @ 11AM-12:30PM

- * Free Blood Pressure Screening
- * Oxygen Level Check
- * Hemoglobin A1C testing for \$15 per test *NEW*

THIS IS A DROP IN CLINIC!



Canoe Brook presents
Movie And A Meal

January 31st **\$10**



Lunch: Penne Vodka Cream Sauce And Chicken Parmigiana
 Meal Provided by LoMonaco's

★ Lunch at 12:00PM ★
 Movie starts at 12:45PM
 Movie: *Interstellar*

You must Register no later than Jan. 24th

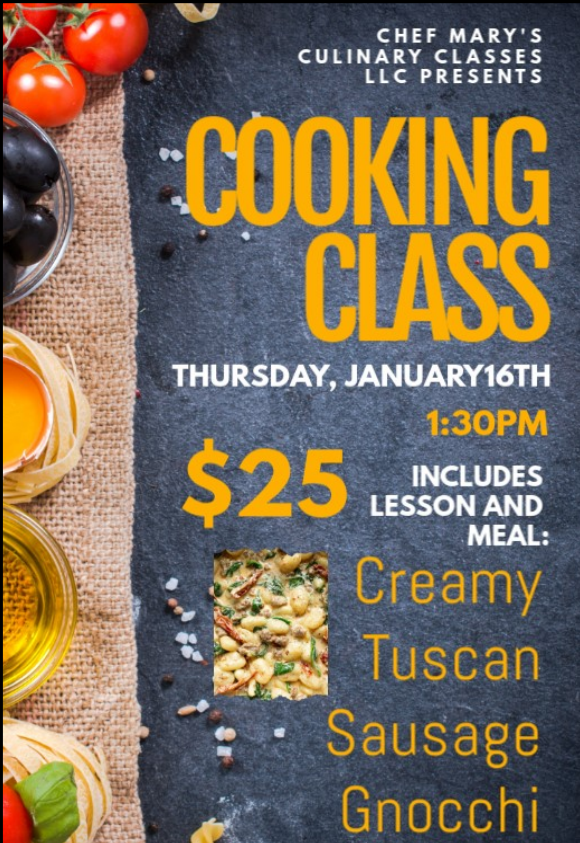
CHEF MARY'S CULINARY CLASSES LLC PRESENTS

COOKING CLASS

THURSDAY, JANUARY 16TH
 1:30PM

\$25 INCLUDES LESSON AND MEAL:

Creamy Tuscan Sausage Gnocchi



EAST SHORE DISTRICT HEALTH

WINTER WELLNESS SERIES 

WEDNESDAY, JANUARY 8TH
 2:30PM
UNDERSTANDING SEASONAL AFFECTIVE DISORDER (SAD)

WEDNESDAY, JANUARY 29TH
 2:30PM
COMFORT FOOD THAT'S NUTRITIOUS AND EASY

PRE-REGISTER for activities with NELL at (203)315-0684 or via email at nreinwald@branford-ct.gov

SPECIAL EVENTS:

SCRCG and the DOT present a FREE

AARP SAFE DRIVING COURSE

WEDNESDAY, JANUARY 29TH
9:00AM-1:00PM

FREE THIS MONTH ONLY !!

AT CANOE BROOK CENTER
REGISTER with NELL at (203)315-0684 or
nreinwald@branford-ct.gov



Join us for a free



CANOE BROOK JAMMERS CONCERT

WEDNESDAY
FEBRUARY 5TH
1:00 in the Totokett Room

Chanukah Dinner

Just a Reminder to all those who signed up for the Chanukah Dinner, the new date will be **January 14th, 5-7pm.**



PRE-REGISTER for activities with NELL at (203)315-0684 or via email at nreinwald@branford-ct.gov

TRIPS:

JANUARY 8TH
BEINECKE LIBRARY
9:45AM-12:15PM
(Snow Date Jan. 15th)

Powerful excerpts from nineteen video testimonies presents the experiences of survivors and witnesses to the atrocities and genocide committed by Nazi Germany and its collaborators.

PRICE: \$2.00



JANUARY 9TH
WINTER HIKE
Farmington Canal
1-3PM

This trail is a paved walkway that was once a railroad. The railroad operated until 1982 where some of the remaining locks and piers of the canal are still visible. 1 hour out and back hike.

PRICE: \$2.00

JANUARY 21ST
HAPPY HOUR
Cue and Brew
4-6PM

This lively establishment offers a unique atmosphere where patrons can enjoy a variety of craft beers, cocktails, and delicious food while playing a game of pool. Happy Hour includes FREE POOL! Must let us know your food choice in advance. Visit the office for a menu. Individual checks provided.

JANUARY 22ND
MOHEGAN SUN CASINO
9:00AM-3:00PM
(Snow Date Jan. 29th)

Bus leaves Casino at 2pm sharp.

PRICE: \$14.00



JANUARY 23RD
SHOPPING SPREE
HomeGoods & Dollar Tree
2:00PM-3:45PM

We'll be going to HomeGoods and Dollar Tree in North Haven.

PRICE: \$2.00



JANUARY 28TH
LUNCH BUNCH
Poppy's Kitchen
12PM-2PM

This is Poppy's second location, building off their popular location in New Haven's East Rock neighborhood. They offer fresh, healthy breakfast and lunch during the week! Individual checks provided.

FEBRUARY 2ND
UCONN WOMEN'S
BASKETBALL GAME
XL Center
11:30AM-4:00PM

Join us to watch the UCONN Women take on Butler! Limited tickets still available!
Note: If there is inclement weather the game is still played, but we will not put our buses on the road. You can pick up your tickets and drive on your own.
No refunds as we do not get refunds from UCONN.

PRICE: \$70.00

FEBRUARY 20TH
CT FLOWER AND
GARDEN SHOW
Hartford Convention Center
9:00AM-2:30PM

The colorful, fragrant show features acres of spacious gardens with the 2024 theme, "*Signs of Spring*", with creative and practical ideas for house, apartment and condo dwellers alike. You must bring **\$20 cash** to purchase your ticket at the door and extra money to purchase lunch while at the show.

PRICE: \$15.00 to register (+ \$20 Cash day of)

(Note: For trips leaving from Canoe Brook please arrive 15-20 minutes early to check in and load bus.)

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS SLN

Good news! Leave the computer futzing to us! If you'd like to come enjoy these interactive presentations with friends, you can come to the Center in person!

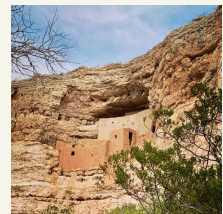
TUESDAYS, 2PM

January 7th: The Cold War & The Carter Administration

Carter comes to the presidency during a time of détente with the Soviet Union, but other fronts of the Cold War pose critical challenges that he and his administration confront with the powers provided by the Constitution.

January 14th: "Life on the Edge": Rocky Mountain National Park

Join us for this program, "Life on the Edge," where we will learn about biodiversity in the alpine and what threatens it and the research that is done to study and to mitigate those threats.



January 21st: Montezuma's Castle National Historic Monument



Located in Camp Verde, Arizona, Montezuma Castle National Monument protects the well-preserved living spaces of the Sinagua Indians. Montezuma Castle towers above the desert below, a stone-and-mortar marvel of early architectural engineering.

January 28th: Presidential Inaugurations on the National Mall

Every presidential inauguration is a moment in our nation's history and each president has left their own legacy that shaped the country. Two administrative units of the National Park Service—National and Memorial Parks and President's Park—play an important role in planning inauguration event support in DC.



MEDITATION

TUESDAYS, 10AM (\$15 Activity Fee)

The mind is definitely something that can be transformed, and meditation is a means to transform it.

Join Facilitator Dr. Margo Merin to help implement a daily meditation practice in your life. Meditation helps reduce stress, lowers blood pressure and helps you feel your best!



WATERCOLORS CLASS

THURSDAYS, 1PM (\$15 Activity Fee)

Join Lisa as she teaches skills and techniques to help bring out the true artist within!

(You must bring your own brushes and watercolor paints. Watercolor paper and images will be supplied)

Pre-register for activities with NELL at (203)315-0684 or nreinwald@branford-ct.gov

Transportation is available for all programs, Call TIM at (203)315-0681.

CLUBS AND SPECIAL INTEREST GROUPS:

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

Jan. 3rd: *Hot Frosty*- In the aptly titled *Hot Frosty*, Kathy, a grieving widow, gets a new perspective on life after she meets Jack, a good-looking but oddly familiar stranger, who also strangely resembles a local ice sculpture. **GENRE: ROMANTIC COMEDY RATED:PG**

Jan. 10th: *Miss Juneteenth*- A former beauty queen and single mom prepares her rebellious teenage daughter for the "Miss Juneteenth" pageant. **GENRE: DRAMA RATED: NOT-RATED**

Jan. 17th: *The Trial of the Chicago 7*- In 1969, seven people were charged by the federal government with conspiracy and more, arising from the protests at the 1968 Democratic National Convention in Chicago. **GENRE: HISTORY DRAMA RATED:R**

Jan. 24th: *Wicked Little Letters*- Based on the real-life Littlehampton libels, it follows an investigation into the anonymous author of numerous crudely insulting letters sent to the residents of the seaside town of Littlehampton. **GENRE: COMEDY/CRIME RATED:R**

LoMonaco's
RISTORANTE

MATINEE AND A MEAL

FRIDAY, JANUARY 31ST

PRICE: \$10 (Must Pre-register and Pay by Jan. 24th)



Movie: *Interstellar*- When Earth becomes uninhabitable in the future, a farmer and ex-NASA pilot, Joseph Cooper, is tasked to pilot a spacecraft, along with a team of researchers, to find a new planet for humans. Meal by LoManocos. **GENRE: ADVENTURE/DRAMA/SCI-FI RATED: PG –13**

NOTE: LUNCH AT 12:00PM, MOVIE STARTS AT 12:45PM

WEEKLY CARDS, GAMES AND MORE

Hand & Foot-Mondays 2pm & Wednesdays 1pm

Mah Jongg-Mondays 11am & Fridays 11am

Bingo-Mondays 12:30pm

Scrabble-Tuesdays 1pm

Poker-Tuesdays 2pm

Setback-Wednesdays 11am

Coloring Group-Wednesdays 1pm

Ukulele-Wednesdays 1:30pm

Canasta-Thursdays 1pm

Cribbage-Fridays 1pm

Cornhole-Fridays 1pm

Pinochle-Fridays 2pm



CREATED BY VECTORPORTAL.COM



NEW!

CLUBS AND SPECIAL INTEREST GROUPS:



TOGETHER NOT ALONE SUPPORT GROUP

FRIDAYS, 10:30AM

The **Together Not Alone Support Group** is a community that offers support for individuals facing the complexities of aging. We provide a welcoming and understanding space to explore challenges like navigating relationships with children, supporting sick partners, coping with mobility limitations, and embracing the emotional journey of growing older. Our group encourages open conversations, shared experiences, and mutual encouragement. Whether you are dealing with health changes, family dynamics, or the physical aspects of aging, our group is here to offer compassion, advice, and connection to help you find strength and resilience in this stage of life.

WRITERS CORNER

WEDNESDAY, JANUARY 8TH 11:30 AM

WEDNESDAY, JANUARY 22ND 11:30 AM



COME EXERCISE YOUR CREATIVE WRITING MUSCLES WITH JANICE SAMOEIL AND A FRIENDLY GROUP OF STORY TELLERS. NO EXPERIENCE NECESSARY!



READER'S CHOICE BOOK CLUB

TUESDAY, JANUARY 7TH 1:30PM

"Fifty words for Rain" Author: Asha Lemmie

Fifty Words for Rain is a debut novel about a young illegitimate daughter of a Japanese aristocrat and her black GI lover in occupied Japan. The story starts in 1948 when the woman drops her 8 year old daughter off at the home of her grandparents.

TUESDAY, FEBRUARY 4TH 1:30 PM

"Code name Verity" Author: Elizabeth Wein

Code Name Verity is a young adult historical fiction novel by Elizabeth Wein, published in 2012. It focuses on the friendship between two young British women in World War II: a spy captured by Nazis in German-occupied France and the pilot who took her there

See Nell for a copy of each book, limited large print editions may be available.

GENEALOGY

MONDAY, JANUARY 13TH 1:00 PM

Immigration and Naturalization Records and Ports of Entry: Unless you are 100% Native American, your Ancestors immigrated to the USA. There were more than 150 Ports of Entry to the USA and Canada in the 1800's and early 1900's. Not all ports of entry kept records. How can you figure out which one your ancestor used and why did they take that route? Those are the types of questions that will be answered. Please let Marty know ahead of the class who, what, where and dates of your ancestor so they can be included in the program.

Email her at jgarr15026@aol.com or genealogygurugarrett@gmail.com

HEALTH & FITNESS:

INDOOR PICKLEBALL

Located in the Joe Trapasso Gymnasium on the first floor.



(NO PICKLEBALL Jan. 1st, 2nd and 29th)

<u>MONDAYS:</u>	12:00PM-1:30PM	SEASONED PLAYERS
<u>TUESDAYS:</u>	8:30AM-10:30AM	SEASONED PLAYERS
<u>WEDNESDAYS:</u>	2:00PM-3:30PM	INTERMEDIATE
<u>THURSDAYS:</u>	8:30AM-10:30AM	INTERMEDIATE
<u>FRIDAYS:</u>	1:00PM-2:30PM	BEGINNER LESSONS WITH ROGER

FITNESS CLASS WITH INSTUCTORS (Must pay the \$24 fitness fee for these classes)

CHAIR YOGA: Thursdays 10:00AM - Yoga with a chair, no floor work (CLASS IS CURRENTLY FULL) (NO YOGA 1/2)

BEGINNER YOGA: Tuesdays 9:00AM - Half chair, half floor work

INTERMEDIATE YOGA: Thursdays 9:00AM - Great for strength and balance (NO YOGA 1/2)

ADVANCED YOGA: Tuesdays 10:00AM - Similar to Intermediate with a few more difficult poses

BEGINNER BARRE: Tuesdays 11:15AM **NEW!**

ADVANCED BARRE: Mondays & Wednesdays 10:30AM (CLASS IS CURRENTLY FULL)

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM

ZUMBA: Thursdays 11:15AM **NEW!**

LINE DANCING: Fridays 10:30AM (\$30 Additional Fee for a 16 week session) **NEW!**



KINIMA-FIT: VIRTUAL FITNESS CLASSES

Dumbbell Weights- Mondays, Wednesdays & Fridays 9:30AM Bring your own hand weights.

Cardio Strength- Tuesday & Thursday 11:30AM Moderate full body exercise with cues and music.

(Note: Tuesday/Thursday Cardio will be in the Totokett Room.)

Chair Yoga- Thursdays 12:30PM Seated yoga, great wind down after dumbbell workout!

Full Body Workout- Wednesday 2PM Standing exercises for arms & legs, core & cardio.



Two forms need to be filled out before you join; check with Nell. All are welcome!

January 2025

Mon

Tue

Wed

Thu

Fri

	<p>1</p> <p>CANOE BROOK CLOSED</p> 	<p>2</p> <p>10:00 Hook N’ Needle 11:30 Kinima: Cardio 12:30 Kinima: Chair Yoga 1:00 Canasta 1:00 Watercolors</p>	<p>3</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:30 Support Group 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle</p>
<p>6</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>7</p> <p>8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Book Club 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>8</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 9:45 Beinecke Library 10:15 Advanced Barre 11:00 Setback 11:30 Writer’s Corner 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball 2:30 Winter Wellness Series: Understanding SAD</p>	<p>9</p> <p>8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N’ Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Kinima: Chair Yoga 1:00 Canasta 1:00 Watercolors 1:00 Hike: Farmington Canal 2:30 Qigong</p>
<p>10</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:30 Support Group 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle</p>			

Try our new Qigong Class Thursdays at 2:30pm for FREE!

Qigong for Relaxation and Vitality: Discover the gentle art of Qigong, a centuries-old practice that combines mindful movement, breath work, and meditation to improve balance, flexibility, and inner calm. This class offers easy-to-learn exercises that restore energy, reduce stress, and support overall well-being. No experience necessary—just bring comfortable clothing and a willingness to explore the path to greater health and serenity!




Pre-register for activities with Nell at **(203)315-0684** or nreinwald@branford-ct.gov

Transportation is available for all programs, call Tim at **(203)315-0681**.

January 2025

Mon
Tue
Wed
Thu
Fri

13	14	15	16	17
8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi 5:00 Chanukah Dinner	8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 1:30 Tech Help 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Bakery Donations 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Kinima: Chair Yoga 11:00 Canasta 1:00 Watercolors 1:00 Cooking Class with Chef Mary 2:30 Qigong	8:10 Aerobics 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:30 Support Group 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle
20 CANOE BROOK CLOSED  Martin Luther King Jr. Day	8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi 4:00 Cue & Brew Happy Hour	22 8:10 Aerobics 8:45 Walking Group 9:00 Mohegan Sun 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Setback 11:30 Writer's Corner 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	23 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Kinima: Chair Yoga 1:00 Canasta 1:00 Watercolors 1:30 Shopping Home-Goods & Dollar Tree 2:30 Qigong	24 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:30 Support Group 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle
27 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	28 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask A Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:00 Poppy's Lunch 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi	29 8:10 Aerobics 8:45 Walking Group 9:00 AARP Course 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:30 Winter Wellness Series: Nutritious Comfort Food	30 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Kinima: Chair Yoga 1:00 Canasta 1:00 Watercolors 2:30 Qigong	31 8:10 Aerobics 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:30 Support Group 10:30 Line Dancing 11:00 Mah Jongg 12:00 Movie And A Meal 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle

POLICIES AND PROCEDURES:



TRIP POLICIES:

- If you need transportation to the Center for a trip, please notify us when making your reservation.
- We accept cash, checks, or credit cards. Please make checks payable to: [Canoe Brook-Town of Branford.](#)
- Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card
- Full payment is due to secure your reservation (unless otherwise noted).
- If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.
- People will be seated together on busses and theaters as indicated when signing up.
- If a guest is traveling with you, list them as your guest and include their payment (in full) with your payment.
- **Note:** For day trips you need to **arrive at least 15 minutes prior to departure time.**
- **TRANSPORTATION COORDINATOR:** Tim Kron (203)315-0681 email: tkron@branford-ct.gov

CANCELLATION POLICY:

If you cancel for any reason there will be no refund, unless there is a waitlist for the trip at the time of your cancellation.

DUES AND FEES:

- Annual fee is \$8 (Renews one year from the date you join!)
- Fitness fee is \$24.00 and is payable twice a year; January and July (includes all fitness class: yoga, barre, tap dance, tai chi, aerobics and zumba)
- Activity fee is \$15.00 and is payable twice a year; January and July (includes our watercolors class and meditation)



Thank you

Fun at the Rotary dinner.



Thank you so much to the Branford Rotary Club for a fabulous Holiday Dinner! Canoe Brook members had a blast!



Thank you to all our wonderful volunteers that helped create, donate and work at our holiday craft fair fundraising events!



Thank you to CHERI'S BAKERY for their generous donation of daily pastries! Yummy! Stop in Monday-Friday for a free coffee and pastry!

Meditation group out to lunch!



Holiday Fun! The holiday season brought Canoe Brook members together for some fun! Join one of our groups and become a part of the Canoe Brook family! Hope to see you all in 2025!

Genealogy group's ethnic luncheon!



ALONE WE CAN DO SO LITTLE, TOGETHER WE CAN DO SO MUCH.

Jammer's caroling for Canoe Brook!