

July							2024							August						
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	1	2	3	4	5	6											1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10	11	12	13	14	15	16	17
14	15	16	17	18	19	20	18	19	20	21	22	23	24	25	26	27	28	29	30	31
21	22	23	24	25	26	27														
28	29	30	31																	



46 Church Street, 2nd floor
203-315-0687

Helpful Info

Encompass is a new transportation service offered to Branford residents through our participation with Greater New Haven Transit District. Specifically designed to provide reliable transportation when you need it. You must be age 60+ or on disability. If eligible you can use this service to travel anytime 24/7 with an hours notice. Rides are \$5 each way for the first 8 miles , \$2.90 each mile over the eight. Vehicles are taxi cars or small vans that can accommodate wheelchairs. To apply click here: **Encompass**. GNHTD will be at Canoe Brook **11:00 am Friday 7/26** to explain how it works. Let us know if attending.

Renters Rebate: CT residents age 65+ or on disability in 2023 might qualify for a \$50-\$700 rebate on rent & utilities they paid in 2023. To qualify your 2023 gross income must be below \$ 43,800 (single) or \$ 53,400 (married). All income, rent & utility payments made in 2023 must be documented. We are beginning to contact those who applied last year or are new and have given us their contact info. We have until Sep 30 to complete applications. OPM says this year all checks will be sent out after Nov. 30. Be patient, it will take some time for us to contact everyone & process 400+ applications. In the interim, please gather & make copies (for us to keep) of all the required paperwork. You can drop off the copies; once we process your application we will contact you to come to the Center to sign your application. Call Nancy or Dagmar for info.

Senior Farmers Market Cards: You might be eligible for a \$50 benefit card to purchase fruits, vegetables, fresh herbs and honey at authorized farmers markets throughout CT. Requirements: Branford resident age 60+ with a monthly gross income less than \$ 2322 (single) \$ 3152 (married) or a SNAP recipient. Income or SNAP must be documented, call Rhiannon at 203-315-0687.

Meditation Plus! w/ facilitator Dr. Margo Merin, DSW: A new eight week session begins **Tuesdays starting August 6, 10 am-11:00 am**. This is a class you don't think you need, but you will love! Studies have proven implementing daily meditation practices reduces stress, lowers blood pressure, makes you feel great! In each class Dr. Merin incorporates discussion of topics of interest to Seniors , very cool and relaxing. Give it a try!

USDA Farmers to Families Food Boxes are back! Loaded with a variety of fresh fruits and vegetables from local farmers these boxes go fast. Thurs days: **July 25, Aug 8, 22, 29 Sept. 5, 12** , 10:30 am until gone. Supplies are limited, one box per household. Distributed from our parking lot ; enter the lot on Prospect St., exit out Church St.

Chabaso Bread Distribution: upstairs at Canoe Brook 's Front Office. Fridays: **July 19, Aug 2, 16, 30**. 10:00 am until gone. We never know what we will get, rolls or loaves--- but it is always delicious! Bring your own bag.



Marsh Botanical Gardens 7-10-24



Improv Showcase 5-16-24

Director:
Dagmar 203-315-0683
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Tim 203-315-0681
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Activity Coordinator:
Vacant

Canoe Brook Cafe:
Maureen 203-315-0685

Caseworker:
Vacant

Visit us on social media:
[Canoe Brook Center](#)
[Facebook Page](#)

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In the Know

Programs to keep you updated, engaged, healthy, and safe.
Pre-registration required, call Rhiannon 203-315-0687.

Transportation is available, call Tim 203-315-0681 to schedule a ride.

Fitness and Activity Fees are now due and cover classes held July 1 - December 31 ,2024.

Fitness Fee: \$24 One fee covers multiple classes.

Activity Fee: \$15 Covers watercolor class.

S.A.L.T. Council Meeting

Tuesday, July 23, 9:30 AM

S.A.L.T. stands for **Seniors And Law Enforcement Together**. This Council plans programs for all of the TRIAD programs. TRIAD presents programs to keep seniors from being victimized in their homes and community. We are looking for volunteers. The big event we are planning for is a Tour of Services with the Fire/Police Departments and the Animal Shelter in the fall. Sign-up by 7/22.

Tech Help with Christina Kondziela

Monday, July 29, 10 am - noon

Need help with your laptop, iPhone/Smartphone or iPad/Tablet? Bring your fully charged device to have your tech questions answered here at the Center by Christina and her team. Make sure that your device is charged prior to your appointment. Register for an appointment time in advance with Rhiannon.

Combatting Loneliness in our Community - with Barbara Naclerio

Tuesday, August 13, 11 AM

Loneliness affects millions of Americans. Loneliness increases our risk of health problems like High Blood Pressure, Stroke, and Diabetes; not to mention Depression, Dementia, and Falls. If YOU are affected by loneliness, we are going to share information on how you can decrease your isolation. If you want to help others, we have some great proven ways to do that. Join Barbara Naclerio from the East Shore District Health Department. Sign-up by 8/6.

New Member Orientation - Welcome to Canoe Brook Center!

Tuesday, September 10, 10 AM

Hear first-hand about all of the services available to you. We've got you covered with plenty of programs to keep you engaged: cultural presentations, educational lectures, fitness classes, games, health advice, recreational activities, trips, social services and more! Sign-up by 9/3.

Pedometer Demonstration at Walking Group

Wednesday, August 21, 8:45-9:30 AM at Foote Park

Join our walking group for a special demonstration by Austin Telford, Community Health Worker, on how to use a pedometer to count your steps! Thanks to East Shore District Health Department for donating pedometers to the walkers! Limited amount of pedometers will be available . Sign up by 8/17.

Cursive Writing with 8th Graders in the Pen Pal Program

Fall of 2024

Kids Who Can't Read *cursive writing* Can't Read *historic documents*. We are looking for volunteers to be Pen pals to correspond with them in *cursive writing* on a monthly basis. You can do this from home. Children are not learning how to write (or read) in cursive anymore in school. If you enjoy writing, speak with Nancy to participate in this annual program. Contact Nancy to be part of this rewarding experience.

Every Month

Pre-register for all outings w/Rhiannon

Click here: rcappetta@branford-ct.gov or 203-315-0687

Transportation is available call Tim: 203-315-0681

Canoe Brook Pickleball Schedule (Veterans Park)

Tuesday

Beginners 8:30 - 10:00 am
Seasoned 10:00 - 11:00 am
Lessons w/Roger 8:30 - 10:00 am

Thursday

Seasoned 8:30 - 10:00 am
Beginners 10:00 - 11:00 am
Lessons w/Roger 10:00 - 11:30 am

Genealogy, Mondays, 1:00 PM

July 8 - Beginning Genealogy

Have you ever been curious about who your ancestors were, what they did during their lives? Come to this class and learn how to research their lives. Learn the basics of genealogical research. Come and learn what free resources are available to begin your research. You know more than you think about your family's history!

August 12 - Basic Fundamentals of Genealogical Research

In this class you will continue your research journey. We will work with several websites to fill in the gaps of your Family Tree and go beyond the "statistics" of your ancestors to get a better picture of who the people were, how they lived their lives to make a more personal family tree
Sign-up in advance.



Writers Corner

Wednesday, July 10 - Turtle Bay

Wednesday, August 7 - Turtle Bay

12:00 PM

Loosen up your creativity with Janice Samoeil.
Contact Nancy for further information.



TRIAD

Friday, August 30, 11 AM - Noon

"Scam"burgers

If you think you are too clever to fall for a scam, think again! Scams succeed because they look legitimate. Play the "Scam Game" to see how scams can target all people no matter their ages & incomes. Barbara Naclerio, ESDHD, will pass out tchotchkes as prizes for the correct answers. At the end of the program enjoy a hamburger slider. Sign-up by 8/23.

Reader's Choice Book Club

Tuesday, August 6, 1:30 PM

"A Single Thread: A Novel" Author: Tracy Chevalier

"A buoyant tale about the path to acceptance and joy--beginning, like all journeys, with one brave step." - (People)

Tuesday, September 10, 1:30 PM

"The Book of Longings" Author: Sue Monk Kidd

See Nancy for a copy of each book; limited large print editions are available.

"An extraordinary novel . . . a triumph of insight and storytelling." —Associated Press

Kinima Seniors Virtual Fitness Classes

The Agency on Aging has awarded Canoe Brook a grant for a new exercise program using the latest technology: Kinima-Fit for Seniors. Classes are led by virtual instructors.

Cardio Strength Monday, 9:30 am - Moderate full body exercise with cues and music

Seated Full Body Exercises Monday, 2:40 pm - Chair exercises for arms with a punching mix.

Dumbbell Full Body Tuesday & Thursday, 11:30 am - Bring your own hand weights.

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

Chair Yoga, 30 minutes Friday, 9:30 am - Seated yoga

Zumba Gold Friday, 11 am - Enjoy dance movements with music.

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

Special Programs

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Watercolor Class is back! with Lisa Arnold

Thursdays, 1:00 - 2:00 pm

Watercolor painting can help reduce stress levels, improve focus and concentration, boost confidence, provide a creative outlet, and promote mindfulness. So, if you're looking for a new hobby that can benefit your mental health, give watercolor painting a try! Watercolor is a transparent medium, which means that the white of the paper is used to create highlights, pigments are layered to create depth and luminosity. **Activity Fee: \$15**

Ice Cream Sundae

Movie: "Mother of the Bride"

Friday, July 19, 12:45 PM

View the romantic comedy "Mother of the Bride" (details pg. 5) with ice cream served before the movie. Movie is free. Sign up for ice cream sundae with payment by July 17. **Price: \$ 3** (for ice cream)

Strawberry Shortcake

Movie: "Beverly Hills Cop: Axel F"

Friday, August 23, 12:45 PM

Another action, comedy crime film starring Eddie Murphy (details pg. 5) with strawberry shortcake served before the movie. Movie is free. Sign up for shortcake with payment by August 21 **Price: \$ 3** (for shortcake)

Jewelry Making Workshop

Monday, July 22, 10 AM

Make beaded earrings to sell at the Election Day Craft Fair in November. If you have your own jewelry tools, please bring them to this workshop. You need good eye/hand coordination for this project. Sign-up by 7/17.

Christmas In July! Crafts, Bangles, Baubles & Beads Sale

Thursday, July 25, 10 AM - noon

ALL craft items are up to half price off from last year - great deals at Canoe Brook! Purchase one of a kind jewelry, crafts, knitted & crochet items and paintings. Also, we have costume jewelry for sale. The pieces are usually \$1 each, but in keeping with the half price July sale, all costume jewelry will be 2 pieces for \$1

An Australia Odyssey Photographic Presentation by Alpha Coiro

Thursday, July 25, 1:30 PM



Explore Australia's unique heritage — astounding Alice Springs in the Outback, natural wonders of Uluru, iconic architecture such as Melbourne's Sky deck, Sydney's Opera House and Harbour Bridge, Aboriginal art and the world-famous Great Barrier Reef. Also, the Little Blue Penguin parade at Phillip Island and oodles of unusual wildlife. Sky rail cableway over canopy of the rainforest of Kuranda. Sign up by 7/22

AARP Smart Driver Course

Wednesday, July 31, 9:00 AM - 1:00 PM



Upon completion of this course, receive a certificate to present to your insurance company for a discount. **Fee structure:** \$20 AARP members, \$25 all others. Payment for the class is due upon registration and the **check should be written out to AARP**. AARP members must bring AARP card to class to receive the discount. Seating is limited.

Price: \$20 AARP Member/\$25 Non member

Literacy Program at Mary T. Murphy or Tisko School

Program starts in October

Volunteers are needed to help children with literacy. Read, play cards or board games with students for one hour a week. Share your love of books with a child. Contact Rhiannon for more info and to sign-up.

Special Programs

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Transportation is available call Tim: 203-315-0681

Documentary Tuesdays 2:00 pm, Montowese Room

July 16: "CRIP CAMP: A DISABILITY REVOLUTION": A groundbreaking *camp* galvanizes a group of teens w/disabilities to help build a movement, forging a new path toward greater equality. **Rated: R**

July 30: "Sr." - Robert Downey Jr. pays tribute to his late father in this documentary chronicling the life and eclectic career of pioneering filmmaker Robert Downey Sr. **Rated: R**

Senior Learning Network ~ Tuesdays, 2:00 pm



August 6 - National Museum of the Mighty Eighth Air Force - Lost Too Soon: The Other John Gibbons & Phillips Terry. B-17 Navigator Lt John Gibbons took off on only three missions with the 100th Bomb group in October 1943. B-17 Co-Pilot Lt Phillips Terry almost completed his tour of duty with the 95th Bomb Group from December 1943- April 1944.



August 13 - Jefferson's Monticello Tour - Join us on a virtual tour of Monticello! A guide will lead us in real-time through the first floor of Thomas Jefferson's mountaintop home.



August 20 - Reconstruction Era National Park - What does freedom mean? The Reconstruction era, 1861-1900 the historic period in which the US grappled with the question of how to integrate millions of newly freed African Americans into social, political, economic, and labor systems, was a time of significant transformation.



August 27 - Thomas Jefferson Memorial, Washing DC National Mall - We will continue to learn more about Jefferson, and the memorial dedicated to him from National Mall and Memorial Parks for a look at the Thomas Jefferson Memorial.

Matinee Movie Fridays ~ 12:45-2:45 PM

July 5 - "The Accidental Twins" - Two sets of identical twins switched at birth in Columbia explore their complex history and new identities in this captivating documentary. **Rated: TV-14**

July 12 - "Hitman" - A professor moonlighting as a hit man for his city PD, descends into dangerous, dubious territory when he finds himself attracted to a woman who enlists his services. **Rated: R**

July 19 - "Mother of the Bride" - Lana's daughter Emma returns from London and announces that she's getting married next month. Things become more complicated when Lana learns that the man who stole Emma's heart is the son of the man who broke hers years ago. (Ice Cream Sundae: \$3) **Rated: PG-13**

July 26 - "Otherhood" - Feeling forgotten on Mother's Day, three best friends leave the suburbs and drive to New York City to surprise their adult sons **Rated: R**

August 2 - "Crazy Rich Asians" - This contemporary romantic comedy based on a global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. **Rated: PG-13**

August 9 - "Love is in the Air" - A seaplane pilot flying in the tropics finds herself falling for the man sent to sink her business. **Rated: TV-14**

August 16 - "A Family Affair" - A surprising romance kicks off comic consequences for a young woman, her mother and her movie star boss. This film stars Nicole Kidman and Zac Efron. **Rated: PG-13**

August 23 - "Beverly Hill Cop: Axel F" - After his daughter's life is threatened, wisecracking Detective Axel Foley (Eddie Murphy) has a new partner & some old pals turning up the heat on a conspiracy. (Strawberry shortcake \$3) **Rated: PG-13**

August 30 - "The River Runner" - A kayaker sets out to become the first man to paddle the four great rivers that flow from Tibet's sacred Mount Kailash. **Rated: TV:MA**

Out & About

Pre-register for all outings w/Rhiannon
Click here: rcappetta@branford-ct.gov or 203-315-0687

Transportation is available call Tim: 203-315-0681

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.
- **Cancellation Policy: If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.**



Mystic Pizza, the Musical, at Ivoryton Playhouse

Wednesday, July 24, 12:45 - 5:15 pm

This new musical is about here working class girls who navigate the complexities of life, love, and family in a small-town pizza joint in our very own Mystic, CT. **Wait list. Price: \$60**

Weekly Grocery Shopping & Errands

Rides are unavailable, call Tim at 203.305.0681 to reserve your time to visit local banks or stores.

Happy Hours

Seating is limited. Individual checks will be provided. Drink special prices may vary.

Tues., July 30 4-6 pm: Stony Creek Brewery, 5 Indian Neck Ave. High quality beer and craft cocktails with an unforgettable experience!

Tues., Aug. 27 NEW TIME 5-7 pm: The Deck at Amarante's Seacliff, 62 Cove Street, New Haven - Enjoy the sea breeze while dining under cover on The Deck. (Rain Date - 9/3)

Lunch Bunch, 12:00 - 2:00 PM

Wednesday, July 17

Sandpiper

161 Cosey Beach Ave, East Haven

Fresh seafood and more!

Wednesday, August 21

Parthenon Diner

374 E Main Street, Branford

Enjoy great food at this family owned diner!

Space is limited; reserve your spot with Rhiannon. Individual checks.

Sea Mist Cruise Private Charter, Stony Creek

Monday, August 19 5:45 pm - 8:00 pm

Meet at the pavilion by the dock on Thimble Island Road by 5:45 p.m.

Sea Mist returns 8 PM

Chartered solely for Canoe Brook members, we will cruise around the Thimble Islands. Bring food if you would like, but no drinks (drinks available for cash purchase only on board). There is limited seating on our mini-bus. **Let us know at sign-up if you need a ride.** Trip goes rain or shine. **Price: \$25**



Out & About

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Lunch is served daily at noon, call 203-315-0685 to make a reservation.
Transportation is available, call Tim 203-315-0681 to schedule a ride

Local Shopping Excursions

Thursday, Aug 8, 1:30 - 2:45 PM: TJ Maxx, Hobby Lobby & Big Lots; East Haven **Price: \$2**
Thursday, September 26, 1:30 - 2:45: Target; North Haven **Price: \$2**

NEW! Lavender Pond Farm

Wednesday, August 14th, 9:00 AM - 12:30 PM

Ever ridden a purple train on a lavender farm? Well now you can! You will be provided with an educational, enlightening & possibly even entertaining guided tour on how and why Lavender Pond Farm came to be. We'll discuss our plants, what a lavender farmer actually does & some of the more interesting features of the property. Then, you will have time to walk the field. There's nearly 10,000 lavender plants in the 30+ beds, visit the honeybees, check out the chickens, & stroll around the pond. You will also receive 10% off in their gift shop! **Please note:** farm only has port-o-potties. Limited seating on bus. **Price: \$16**

NEW! Guided Kayak Tour of the Thimble Islands with a Stop at Outer Island Wednesday, August 28, 9:00 AM - 1:00 PM, (rain date 9/11)

Take a guided three hour kayak tour around the Thimble Islands. Our next stop will be at Outer Island where we will have a chance to tour the Island, stretch our legs and have a snack (bring your own snack). Leave your valuables behind, dress according to the weather, put suntan lotion on in advance, wear water shoes and be prepared to get wet. All equipment is provided for this tour. Ride in a double kayak with a friend or in a single kayak. If you do not have experience, consider a double kayak.

Price: per person double kayak \$65

Price for one single kayak \$88

NEW! Meigs Point Nature Center—Three Shoreline Ecosystem Wednesday, September 4, 9:15 - noon

You will rotate through three very distinct ecosystems—Rocky Shore, Sandy Beach, and Salt Marsh. Discover different species and what lives in Long Island Sound. Please come prepared and dressed for the weather - rain or shine! You will enter the salt marsh, bring or wear appropriate shoes—rain boots, closed toe and heel water shoes, or old sneakers. (No crocs or sandals) Limited seating on bus. **Price: \$14**

Hike Stony Creek & Hoadley Preserves - Pink Trail Thursday, Sep 12, 1:15 - 3:00 PM, (rain date 9/19)

Flowing brooks, wetlands, open fields, and ragged rock outcrops make for an invigorating hike on the pink trail approximately 1.76 miles. Limited seating on bus. **Price: \$2**

NEW! The Beat Goes On: Cher Tribute Concert at Nelson Hall Friday, September 27, 1:00 PM - 4:15 PM




A theatrical extravaganza celebrating six decades in the life and career of the Goddess of Pop. The show incorporates dynamic dialogue, humor, seriously fun audience participation, 8 costume changes, video projection with amazing visuals and animations. You can expect to hear Cher's hits spanning from the 60's to today. You will love this! **Price: \$49**

JULY ACTIVITIES - WEEK-AT-A-GLANCE

Pre-register for activities w/Rhiannon

Click here: rcappetta@branford-ct.gov or 203-315-0687

Lunch is served daily at noon, call 203-315-0685 to make a reservation.
Transportation is available, call Tim 203-315-0681 to schedule a ride.

Monday 7/1	8:10 AM - AEROBICS 11:00 AM - MAH JONGG; BALANCE 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT
Tuesday 7/2	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM; WEIGHTS & STRENGTH 2:00 PM - POKER	10:00 AM - ADVANCED YOGA 1:00 AM - BEREAVEMENT GROUP 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 7/3	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 7/4	 CLOSED FOR INDEPENDENCE DAY HAPPY FOURTH OF JULY!  	
Friday 7/5	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <i>"THE ACCIDENTAL TWINS"</i>	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 7/8	8:10 AM - AEROBICS 11:00 AM - MAH JONGG; BALANCE 1:00 PM - GENEALOGY FOR BEGINNERS 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT
Tuesday 7/9	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE; DIABETES PROGRAM 2:00 PM - POKER	10:00 AM - ADVANCED YOGA 11:00 AM - BEREAVEMENT GROUP 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 7/10	8:10 AM - AEROBICS 10:00 AM - TRIP: MARSH BOTANICAL GARDENS 10:30 AM - BARRE CLASS 12:00 PM - WRITER'S CORNER AT TURTLE BAY 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 7/11	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA 1:00 PM - WATERCOLOR CLASS TO BEGIN 2:30 PM - THURSDAY TAI CHI	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS
Friday 7/12	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <i>"HITMAN"</i>	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 7/15	8:10 AM - AEROBICS 11:00 AM - MAH JONGG; BALANCE 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT

JULY ACTIVITIES - WEEK-AT-A-GLANCE

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Tuesday 7/16	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; DOCUMENTARY: "CRIP CAMP: A DISABILITY REVOLUTION" 2:30 PM - TUESDAY TAI CHI	10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 7/17	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 12:00 PM - TRIP: SANDPIPER 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY
Thursday 7/18	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA; WATERCOLOR	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 7/19	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "MOTHER OF THE BRIDE"	9:30 AM - KINIMA SEATED YOGA 12:45PM - ICE CREAM SUNDAE: \$3 1:00 PM - CORN HOLE
Monday 7/22	8:10 AM - AEROBICS 10:00 AM - JEWELRY WORKSHOP 12:30 PM - BINGO 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG; BALANCE 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 7/23	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - ADVANCED YOGA; PICKLEBALL SEASONED 11:00 AM - ASK THE NURSE AND FREE BLOOD PRESSURE CHECK 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER	9:30 AM - S.A.L.T. COUNCIL MEETING 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 7/24	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 12:45 PM - TRIP: IVORYTON 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY
Thursday 7/25	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE; 10:00 AM - CHRISTMAS IN JULY; PICKLEBALL W/ ROGER 10:30 AM - FOOD BOX DISTRIBUTION 1:00 PM - CANASTA; WATERCOLOR 1:30 PM - AUSTRALIA ODYSSEY	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 7/26	8:10 AM - AEROBICS 10:00 AM - ENCOMPASS 10:00 AM - SHUFFLEBOARD; 12:45 PM - FILM "OTHERHOOD"	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 7/29	8:10 AM - AEROBICS 10:00 AM - TECH HELP W/ CHRISTINA 12:30 PM - BINGO 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 7/30	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - ADV. YOGA; PICKLEBALL SEASONED 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; DOCUMENTARY "Sr." 4:00 PM - TRIP: STONY CREEK BREWERY	11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI

AUGUST ACTIVITIES - WEEK-AT-A-GLANCE

Pre register for activities w/Rhiannon

Click here: rcappetta@branford-ct.gov or 203-315-0687

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Transportation is available, call Tim 203-315-0681 to schedule a ride.

Wednesday 7/31	8:10 AM - AEROBICS 9:00 AM - AARP SAFE DRIVING COURSE 11:00 AM - SETBACK 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY
Thursday 8/1	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA; WATERCOLOR	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 8/2	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE	9:30 AM - KINIMA SEATED YOGA 12:45 PM - FILM <i>"CRAZY RICH ASIANS"</i>
Monday 8/5	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT
Tuesday 8/6	8:30 AM - PICKLEBALL BEG; PICKLEBALL W/ ROGER 10:00 AM - MEDITATION; ADVANCED YOGA; PICKLEBALL SEASONED 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN <i>"NATIONAL MUSEUM OF THE MIGHTY EIGHTH AIR FORCE"</i> 2:30 PM - TUESDAY TAI CHI	9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 8/7	8:10 AM - AEROBICS 10:30 AM - BARRE CLASS 12:00PM- WRITER'S CORNER; 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY
Thursday 8/8	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 11:30 AM - KINIMA WEIGHTS 1:30 PM - <i>TRIP: TJ MAXX, HOBBY LOBBY</i>	9:00 AM - INTERMEDIATE YOGA 10:30 AM - FOOD BOX DISTRIBUTION 1:00 PM - CANASTA; WATERCOLOR 2:30 PM - THURSDAY TAI CHI
Friday 8/9	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM <i>"LOVE IS IN THE AIR"</i>	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 8/12	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 1:00 PM - GENEALOGY 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 8/13	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - MEDITATION; ADVANCED YOGA; PICKLEBALL SEASONED 11:00 AM - COMBATTING LONELINESS 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER; SLN <i>"JEFFERSON MONTICELLO TOUR"</i>	11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI
Wednesday 8/14	8:10 AM - AEROBICS 9:00 AM - <i>TRIP: LAVENDER POND FARM</i> 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 8/15	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 1:00 PM - CANASTA; WATERCOLOR	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI

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Friday 8/16	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "A FAMILY AFFAIR"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 8/19	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT 5:45 PM - <u>TRIP: SEAMIST</u>
Tuesday 8/20	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - MEDITATION; ADVANCED YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN 2:30 PM - TUESDAY TAI CHI	10:00 AM - PICKLEBALL SEASONED 12:30 PM - DISCUSSION GROUP "RECONSTRUCTION ERA NAT'L PARK"
Wednesday 8/21	8:10 AM - AEROBICS 8:45 AM - WALKING AT FOOTE PARK: FREE PEDOMETERS, SIGN UP IN ADVANCE 10:30 AM - BARRE CLASS 12:00 PM - <u>TRIP: PARTHENON DINER</u> 1:00 PM - JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	11:00 AM - SETBACK 1:00 PM - HAND & FOOT 2:00 PM - KINIMA FULL BODY
Thursday 8/22	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - CANASTA; WATERCOLOR	9:00 AM - INTERMEDIATE YOGA 10:30 AM - FOOD BOX DISTRIBUTION 2:30 PM - THURSDAY TAI CHI
Friday 8/23	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "BEVERLY HILLS COP: AXEL F"	9:30 AM - KINIMA SEATED YOGA 12:45 PM - BERRY SHORTCAKE: \$3 1:00 PM - CORN HOLE
Monday 8/26	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT
Tuesday 8/27	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - MEDITATION; ADVANCED YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN 2:30 PM - TUESDAY TAI CHI	10:00 AM - PICKLEBALL SEASONED 11:00 AM - ASK THE NURSE: FREE BP 12:30 PM - DISCUSSION GROUP "THOMAS JEFFERSON MEMORIAL" 5:00 PM - <u>TRIP: THE DECK: AMARANTE'S</u>
Wednesday 8/28	8:10 AM - AEROBICS 9:00 AM - <u>TRIP: KAYAK TOUR AROUND THE THIMBLE ISLANDS</u> 10:30 AM - BARRE CLASS 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 8/29	8:30 AM - PICKLEBALL SEASONED 10:00 AM - PICKLEBALL BEGINNER; INTRO. TO YOGA; HOOK 'N NEEDLE 10:00 AM - PICKLEBALL W/ ROGER 11:30 AM - KINIMA WEIGHTS 1:00 PM - CANASTA; WATERCOLOR	9:00 AM - INTERMEDIATE YOGA 10:30 AM - FOOD BOX DISTRIBUTION 2:30 PM - THURSDAY TAI CHI
Friday 8/30	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG; <u>TRIAD: "SCAM" BURGERS W/ ESDHD</u> 12:45 PM - FILM "THE RIVER RUNNER"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE