

Connect ★ Learn ★ Explore

CANOE BROOK CENTER

Branford, CT

EST 1970

CANOE BROOK CONNECTIONS

MARCH 2025

JOE TRAPASSO
COMMUNITY HOUSE
46 CHURCH STREET
BRANFORD CT 06405

OFFICE HOURS:

8:00am-4:30pm

CONTACTS:

**Director Parks Recreation
and Leisure Services:**

Dale 203-488-8304

dizzo@branford-ct.gov

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

Congratulations to **Dale Izzo** who has been named the new Director of Parks, Recreation and Leisure Services. The Town of Branford has decided the Senior Center will join forces with the Park and Rec. Department, so part of Dale's new job will be to oversee Canoe Brook. Her office is located on the first floor of the Community House if you need to get in touch with her! Welcome Dale!



SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Fri. March 14th & 28th, April 11th & 25th, 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, March 13, April 10 & May 15

CT Energy Assistance Program: Last day to apply for households who heat with gas or electricity is May 30. Your monthly gross income from all sources must be less than: \$3,792 for 1, \$4958 for 2. Income for anyone living in your home **must** be documented; there is no asset limit. All applications will be processed before the May 30 deadline. Eversource customers can also apply for the new Low Income Discount Rate and get a 10% or 50% rate reduction (must meet income guidelines.) **4/01/25:** Deadline for deliverable fuel authorizations or deliveries from Basic Benefits or Crisis Assistance, **for clients already awarded CEAP benefits.**

CT Elder Justice Hotline: If you or someone you know have been the victim of an Internet or robo call scam, or have been neglected, exploited or abused, call 1-860-808-5555 or <https://portal.ct.gov/ag/elderhotline> for help.

Income Tax Assistance: **IRS - Filing & Seniors**
Turbotax -When can I stop filing?
File for free on the IRS website

INDEX:

Page 1 Social Service Announcements
Page 2-4 Special Events
Page 5-6 Trips
Page 7-10 Clubs & Special Interest
Page 11 Health & Fitness
Page 12-13 Daily Calendar
Page 14 Policies & Procedures

SPECIAL EVENTS:

CANOE BROOK

CANOE BROOK TRAVELS:

NEW!

Join us for a travel presentation on **Friday, April 4th at 1pm** to learn more about two BUCKET LIST trips we are offering. We will focus on Iceland for 2025 and give a preview of the 2026 tour to Costa Rica.

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

Iceland's Magical Northern Lights Oct. 19-25, 2025: 7 Days, 11 Meals

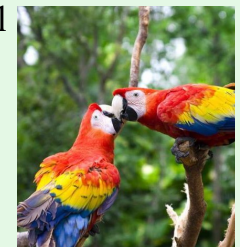
Experience the “land of fire and ice” and chase the aurora borealis across an ethereal wonderland. In the dark of the night, search for the northern lights as you drift along on an evening starlit cruise. Travel the “Golden Circle,” home to renowned natural wonders, and spend time at Thingvellir National Park, gaze at Gullfoss waterfall, and see the explosive geothermal fields at Geysir. Explore Skógar Museum and see traditional turf-built homes. Walk on a black volcanic sand beach. See Jökulsárlón glacial lagoon filled with floating icebergs. Relax in the warm, mineral-rich water of the Blue Lagoon. Spend your days surrounded by natural wonders and your nights in search of the elusive dancing lights. Go to <https://gateway.gocollette.com/link/1328758> to see the full details!



Tropical Costa Rica February 9-17, 2026: 9 Days, 14 Meals

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines... Costa Rica is a paradise teeming with exotic plants and incredible animals. Enjoy the tranquil views of Arenal Volcano from your hotel. Explore part of the 20,000-acre nature preserve of

Cano Negro on a riverboat adventure. Spend two nights in Monteverde's lush cloud forest. Experience the forest canopy on your choice of a hanging bridges nature walk or an exhilarating zip lining tour. Soak in the sunshine at Playa Carrillo, Guanacaste, known for its breathtaking beauty and fine sandy beaches. You will find a slice of paradise and so much more! Go to <https://gateway.gocollette.com/link/1328797> to see more details..



Also- SNEAK PEEK AT 2026- Italy for Oct. 2026- more details to come!!

Canoe Brook presents
Movie And A Meal

MARCH
28th

\$10



Lunch at 12:00PM
Movie starts roughly 12:30PM



LUNCH:
Stuffed Shells,
Chicken Cacciatore,
and Salad
From LoMonaco's

MOVIE: Wicked

Register with NELL 203-315-0684 or
nreinwald@branford-ct.gov

St. Patty's
**INTERGENERATIONAL
ICE CREAM SOCIAL**

14th March, Friday @ 2:00pm

Bring the whole family for a St. Patty's Ice Cream Social!
Enjoy an Irish sing-a-long hosted by
Canoe Brook Members.

\$3.00 per person

Register with Nell
(203)315-0684
nreinwald@branford-ct.gov

ASK A NURSE
AND WELLNESS CLINIC

TUES. MARCH 25TH @ 11AM-12:30PM

- * Free Blood Pressure Screening
- * Oxygen Level Check

THIS IS A DROP IN CLINIC!

Tech HELP!

March 26th
2pm-4pm

You must reserve a time slot, no walk ins!
CALL 203-315-0684

**COMBATING
LONELINESS**

With East Shore District Health Department

Tuesday, March 25th
11:00am
ALL ARE WELCOME

IN THE KNOW
**WITH SERGEANT
MIKE LOFTIS**

THURSDAY, MARCH 20TH
9:30AM in the Montowese Room

Sgt. Loftis will discuss local
crime on the rise in Branford
and AI Scams

Register with Nell (203)315-0684 or
nreinwald@branford-ct.gov

ALL FLYERS FOR SPECIAL EVENTS WILL BE POSTED ON THE BULLETIN BOARD AT CANOE BROOK!

SPECIAL EVENTS:

Join Canoe Brook For A TOUR OF BALLARD INSTITUTE OF PUPPETRY AT UCONN

\$21 TUESDAY,
APRIL 15th
9:30AM-3:30PM



10:30am-11:30am Tour of the Museum,
Lunch at your choice of local eateries,
followed by Uconn Dairy Bar for dessert.
Bring extra money for lunch and ice cream.

UCONN Dairy Bar

CANOE BROOK CONNECTIONS

Join Canoe Brook for a NYC BOAT TOUR

\$135 | Includes coach bus, a 2.5 hour sight
seeing boat tour of NYC and lunch.
(Drinks available for purchase onboard.)

Wednesday, June 4th



Coach bus leaves Canoe Brook at 9am
Estimated to return roughly 5:30pm

During this 2 hour and 30 minute cruise you'll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city's most iconic landmarks including the Manhattan skyline, Little Island, Hudson Yards, One World Trade Center, Brooklyn Bridge and downtown Brooklyn, Yankee Stadium, the George Washington Bridge and, of course, an up close look at the Statue of Liberty and Ellis Island!

SCRCG and the DOT present a FREE

AARP SAFE DRIVING COURSE

WEDNESDAY, APRIL 2ND

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 Canoe Brook for a

Llama Hike

At Rowanwood Farm

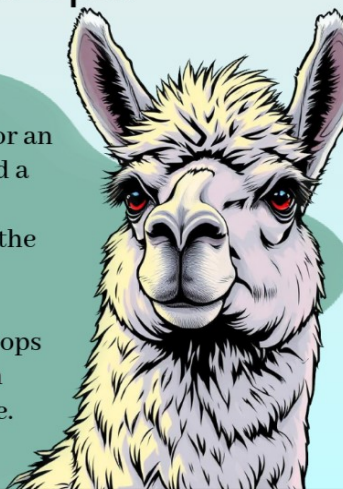
Monday, May 19th

9am-3pm Raindate: Friday, May 30th

\$55

A Llama hiking
adventure! Join us for an
educational class and a
guided hike with 6
wonderful llamas in the
forest.

We'll have lunch at Pops
Family Restaurant in
Milford after the hike.
Bring extra money
for lunch.



Join Canoe Brook to
★ support our local ★

THEATRE

2025 MAINSTAGE SEASON

5 Years and Counting...



MAY
15TH
7:00PM



JUNE
19TH
2:00PM



AUGUST
14TH
2:00PM



SEPTEMBER
25TH
2:00PM

\$50 PER TICKET

AT LEGACY THEATRE

Register today with Nell

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

TRIPS:

CANOE BROOK CONNECTIONS

MARCH 6TH
WINTER HIKE
Farmington Canal
1:15PM-3:00PM

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. This hike is 1 hour out and back.

PRICE: \$2.00 (This hike was rescheduled from January)

MARCH 12TH
HAPPY HOUR
Doody's
4:00PM-6:00PM

Happy Hour at Doody's, serving an expansive menu of salads, sandwiches, entrees, and more. With a full bar they are always experimenting with new cocktails and beers. Individual checks will be provided.



MARCH 13TH
BRANFORD HIGH SCHOOL
MUSICAL: MATILDA
Branford High School
6:45PM-10:15PM

Join us to watch our very own Branford High School students perform Roald Dahl's Matilda the Musical.

PRICE:\$15.00

WAITING LIST

MARCH 19TH
WOODLAWN DUCKPIN
BOWLING
West Haven
12:30PM-3:30PM

Join us for duckpin bowling at the newly renovated Woodlawn Lanes! Bring \$10 and enjoy 2 hours of bowling 1-3pm, shoes included! (Snow date March 26th)

PRICE:\$2.00 to register(+ \$10 cash day of)

MARCH 25TH
LUNCH BUNCH
Jalapeno Heaven
12:00PM-2:00PM

Join us for a slice of Mexican Heaven right here in Branford!
Enjoy the best authentic Mexican food in CT!!



MARCH 27TH
SHOPPING SPREE
Ikea
12:00PM-3:00PM

IKEA is a multinational conglomerate founded in Sweden that designs and sells ready-to-assemble furniture, household goods, and various related services. Shop the giant store and enjoy lunch at the food court.

PRICE:\$2.00

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

PRE-REGISTER for activities with NELL at (203)315-0684 or via email at

nreinwald@branford-ct.gov

TRIPS:

CANOE BROOK CONNECTIONS

APRIL 9TH
YALE LUNCH TIME CHAMBER MUSIC CONCERT
11:45AM-2:15PM

Join us to watch Yale’s School of Music students perform a midday chamber music concert.

PRICE:\$2.00



APRIL 15TH
BALLARD INSTITUTE AND MUSEUM OF PUPPETRY
UCONN
9:30AM-3:30PM

The Ballard Institute and Museum of Puppetry is a unique resource for understanding the past, present, and future of puppets and material performance. Its collection of over 3,000 puppets and its archival resources offer further insights into puppet history. After the Museum have lunch at a local eatery of your choice, followed by a visit to the UConn Dairy Bar! Bring extra money for lunch.

PRICE:\$21.00

MAY 15TH
CHAZ ESPOSITO SINGS LEGENDS OF THE ‘60S
Legacy Theatre
6:15PM-9:30PM

The cool and glamorous nightclubs of the swinging ‘60s were home to some of the greatest songs and entertainers of the 20th century, including *Frank Sinatra, Bobby Darin, Tom Jones, Neil Sedaka, Dion, Frankie Valli, Neil Diamond, Elvis Presley* and more. Now, in this phenomenal show, *Legends of the ‘60s*, Chaz Esposito captures the energy and fun of the era with classic hits including *That's Life, I'm a Believer, Groovin, It's Not Unusual, Can't Take My Eyes off You, Breaking Up Is Hard to Do, Hey Paula* and *Sweet Caroline*. Show starts at 7pm, we will leave Canoe Brook at 6:15pm.

PRICE:\$50.00

MAY 19TH
LLAMA HIKE
Rowanwood Farm
9:00AM-3:00PM
(Rain date May 30th)

Rowanwood Farm is Connecticut's only mini llama hiking company and farm! Includes: Llama Intro, personal introduction to our llamas, followed by a guided hike with stops along the way for photos and more. After hike we will have lunch at Pops Family Restaurant in Milford. Individual checks will be provided.



PRICE:\$55.00

JUNE 4TH
NYC BOAT TOUR
Circle Line Sightseeing
9:00AM-5:30PM

During this 2 hour and 30 minute cruise you’ll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city’s most iconic landmarks including the Manhattan skyline, Little Island, Hudson Yards, One World Trade Center, Brooklyn Bridge and downtown Brooklyn, Yankee Stadium, the George Washington Bridge and, of course, an up close look at the Statue of Liberty and Ellis Island! Lunch included; your choice of roast beef, Italian hero, Caprese, Chicken Club, Cold Cuban, California Cobb Salad or Chicken Caesar Salad with soda or water, lay’s chips and a chocolate chip cookie! Place food orders upon registration.

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

PRICE:\$135 Coach Bus, Boat and Lunch Included

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS SLN TUESDAYS, 2PM

March 4th: Exploring The Southwest: - The Coronado Expedition of 1540

Join us at the Coronado National Monument in Arizona, as we discuss The Coronado Expedition of 1540-1542, which was the first major Spanish exploration of the American Southwest.



March 11th: Black Homesteaders in Nebraska: Audacious Dreams

The Homestead Act of 1862 provided African Americans with the prospect of land and home ownership, an attractive alternative to racial violence and social disenfranchisement in the post-Reconstruction South. In Nebraska, independent Black homesteaders built successful farms from eastern tallgrass prairies to the arid Sandhills in the west. Black homesteaders also created intentional communities like Audacious. There, homesteaders built a post office, a church, school and formed an unbeatable baseball team. In this lesson, a park ranger will discuss with students how Nebraska's geography and history shaped and was shaped by the experiences of Black homesteaders.



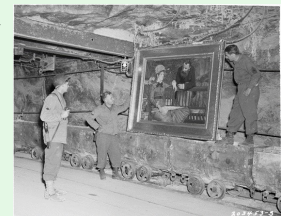
March 18th: Everglades National Park

Join us for another fun trip to the Everglades! Located at the confluence of temperate North America and the tropical Caribbean, Everglades National Park is home to representative flora from both climates. Although nine distinct ecosystems have been identified within Everglades National Park, their boundaries overlap within the dynamic landscape, which is subject to the elements of south Florida. Join us as we learn about out the plants, animals, adaptations and life cycles of these beautiful lands.



March 25th: Monuments Men: National Museum of the United States Army

During World War II, a team of historians, museum professionals, scholars, architects, and archivists came together to protect European cultural sites from war damage. Known as the Monuments, Fine Arts, and Archives section, the team spread out throughout Europe and the Pacific to ensure that sites of cultural significance would be preserved and protected for future generations. This work earned them the nickname the Monuments Men.



WRITER'S CORNER

WEDNESDAY, MARCH 12TH 11:30 AM

WEDNESDAY, MARCH 26TH 11:30 AM



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

CLUBS AND SPECIAL INTEREST GROUPS:

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

March 7th: **A man on the Inside: Episodes 1-4 (TV SERIES)**- Charles, a retired man, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a nursing home.

March 14th: **A man on the Inside: Episodes 5-8 (TV SERIES)**- Charles, a retired man, gets a new lease on life when he answers an ad from a private investigator and becomes a mole in a secret investigation in a nursing home.



March 21st: **Roma** -Cleo is one of two domestic workers who help Antonio and Sofia take care of their four children in 1970s Mexico City. Complications soon arise when Antonio suddenly runs away with his mistress and Cleo finds out that she's pregnant. When Sofia decides to take the kids on vacation, she invites Cleo for a much-needed getaway to clear her mind and bond with the family. **GENRE:DRAMA RATED:R**



MATINEE AND A MEAL: FRIDAY, MARCH 28TH

PRICE: \$10 (Must Pre-register and Pay by March 21st)

LoMonaco's
RISTORANTE

Movie: *Wicked*- Elphaba, a misunderstood young woman because of her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. **GENRE: MUSICAL DRAMA RATED: PG**

Lunch: Stuffed Shells, Chicken Cacciatore and Salad

NOTE: LUNCH AT 12:00PM, MOVIE STARTS AT 12:30PM

GENEALOGY

MONDAY, MARCH 10TH 1:00 PM

***NOTE- Pre-registration is required for each genealogy workshop that you wish to attend.**

Call Nell at (203) 315-0684 or email nreinwald@branford-ct.gov

March 10, 2025 1pm – Birth Marriage and Death Records and Obituaries

Birth Marriage and Death Records are the quintessential optimal records for researching our ancestors, however if you don't have a copy in your personal archive, where do you go to find the record with the information that you seek? Was a record even created for your Ancestor? Birth Records as we know them today, weren't required to be created until the latter part of the 1800's – 1900's in the USA, not to mention in other Countries. Record requirements vary from State to State. Come find out where to look for these valuable records and what substitutes may exist. Birth & Marriage announcements, and Obituaries may provide valuable information and further insight to your family history. Please let Marty know the Who, Where and When of your ancestor prior to the meeting. jgarr15026@aol.com or genealogygurugarrett@gmail.com

CLUBS AND SPECIAL INTEREST GROUPS:**READER'S CHOICE BOOK CLUB**

TUESDAY, MARCH 4TH 1:30 PM

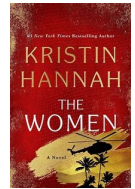
"The Picture of Dorian Gray" Author: Oscar Wilde

The work, an archetypal tale of a young man who purchases eternal youth at the expense of his soul, was a romantic exposition of Wilde's own Aestheticism.

TUESDAY, APRIL 8TH 1:30PM

"The Women" Author: Kristin Hannah

A historical fiction novel by American author Kristin Hannah published by St. Martin's Press in 2024. The book tells the story of Frances "Frankie" McGrath, a young nurse who serves in the United States Army Nurse Corps during the Vietnam War. The novel debuted at number one on *The New York Times* fiction best-seller list.

**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****Cornhole-Fridays 1pm****Cribbage-Fridays 1pm****Pinochle-Fridays 2pm**

CREATED BY: VECTORMANUAL.COM

Have you heard about SSILL?

Canoe Book Center is partnering with the SSILL!

(The Schiller Shoreline Institute of Lifelong Learning)Schiller Shoreline Institute
for Lifelong Learning

The SSILL program offers educational presentations, trips and more to members for ONLY \$35.00 a year! (Additional fees apply.) Check out the SSILL website for more information on this great program!

SSILL begins its Spring semester On March 4th at the Guilford Community Center at 9:30 a.m. with reception and a concert by Music Haven. Registration for the Spring semester has begun, online or in-person at the Guilford Community Center. Look for the Spring catalogues in mid-February at all area libraries and other popular places along the Shoreline. Visit the SSILL website at ssill.org for much more information or email us at ssill.ct@gmail.com.

CLUBS AND SPECIAL INTEREST GROUPS:



MEDITATION

TUESDAYS, 10AM (\$15 Activity Fee)

Meditation provides an opportunity to reduce physical, mental and emotional negativity and tensions that are held within the body. Each one-hour session of Mediation Plus, facilitated by Dr. Margo Merin, is comprised of two parts: the first 30 minutes focus on the group's discussion of a topic that is presented, ranging from serious to light-hearted; the second 30 minutes are dedicated to a guided meditation that is accompanied with relaxing music. No previous experience with meditating is required.

CANOE BROOK TRIAD

Canoe Brook TRIAD is a three-way commitment among our Police Division, seniors and community partners. The Triad partnership protects our growing elderly population.

TRIAD is run by a council called **S.A.L.T.**, which is an acronym for **S**eniors **A**nd **L**aw enforcement **T**ogether

TRIAD GOALS: The goal of Triad is to reduce the fear of crime and victimization among seniors by increasing awareness of scams and frauds targeting them, strengthening communication between the law enforcement and senior communities, and educating seniors on local and state resources that are available in their communities. This goal is accomplished through speaking engagements, community collaborations and targeted training for seniors.

Canoe Brook TRIAD
Upcoming programs:

- March 20th 9:30am: In the know with Mike Loftis-Al scams and trending crimes in Branford
- March 25th 11am: Combating Loneliness with ESDHD
- April 8th 10:30am: QPR (Question-Persuade-Refer) with ESDHD

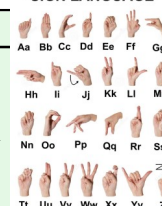
PLANNING MEETINGS:

Tuesday, March 11th at 11am: Bocce Meeting: Be a part of the Canoe Brook Bocce discussion, bring your ideas and expertise as we plan for the new courts.

Thursday, March 27th at 11am: Anniversary Party Planning: Be a part of Canoe Brook's 55th Anniversary Celebration!

Interested in learning a new language? Canoe Brook is looking to start a couple different language classes, but we need to know who's interest?! Let Nell know if you'd be interested in taking a Sign Language Class or French.

SIGN LANGUAGE



HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

INDOOR PICKLEBALL

Located in the Joe Trapasso Gymnasium on the first floor.

<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 (No Pickleball 3/26)
<u>THURSDAYS:</u>	8:30AM-10:30AM	INTERMEDIATE
<u>FRIDAYS:</u>	1:00PM-2:30PM	BEGINNER LESSONS WITH ROGER



FITNESS CLASS WITH INSTRUCTORS

Register today with Nell, you can be put on a waitlist for any class that is currently full.

CHAIR YOGA: Thursdays 10:00AM & 12:30PM (CLASS IS CURRENTLY FULL)

BEGINNER YOGA: Tuesdays 9:00AM (CLASS IS CURRENTLY FULL)

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM

BEGINNER BARRE: Tuesdays 11:15AM (CLASS IS CURRENTLY FULL)

ADVANCED BARRE: Mondays & Wednesdays 10:15AM (CLASS IS CURRENTLY FULL)

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM (CLASS IS CURRENTLY FULL)

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM

ZUMBA: Thursdays 11:15AM (THURSDAY IS CURRENTLY FULL) Mondays 11:30AM

LINE DANCING: Fridays 10:30AM (CLASS IS CURRENTLY FULL, NEW CLASS STARTING IN MAY!)

(New 8 week Theater Jazz Dance class starting in April: Fridays 3pm-4pm, sign up with Nell today!)



NEW!

NEW!

KINIMA-FIT: VIRTUAL FITNESS CLASSES

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

Cardio Strength- Tuesday & Thursday 11:30AM, Wednesdays 10:15AM Moderate full body exercise with cues and music.

YouTube Yoga- Fridays 10:15AM Seated yoga, great wind down.

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!





MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:30 Zumba 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>4</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>5</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball</p>	<p>6</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 Chair Yoga 1:00 Winter Hike 1:00 Canasta 1:00 Watercolor group</p>	<p>7</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 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>
<p>10</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:30 Zumba 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>11</p> <p>8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Bocce Planning Meeting 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</p>	<p>12</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 10:15 Kinima: Cardio 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 4:00 Doody's Happy Hour</p>	<p>13</p> <p>8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Free Baked Goods 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Chair Yoga 1:00 Canasta 1:00 Watercolor group 6:45 High School Musical: Matilda</p>	<p>14</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:00 Free Bread 10:00 Shuffleboard 10:15 YouTube Yoga 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 2:00 Intergenerational Ice Cream Social</p>

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.



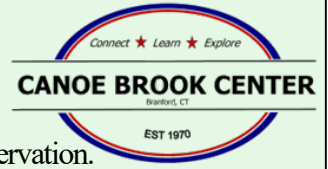
MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>17</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:30 Zumba 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>18</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 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>19</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Kinima: Cardio 10:15 Advanced Barre 11:00 Setback 12:30 Duckpin Bowling 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</p>	<p>20</p> <p>8:30 Intermediate Pickleball 9:00 Intermediate Yoga 9:30 In the Know with Branford PD 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Chair Yoga 1:00 Canasta 1:00 Watercolor group</p>	<p>21</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:15 YouTube Yoga 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>
<p>24</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:30 Zumba 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>25</p> <p>8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Combating Loneliness 11:00 Ask A Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:00 Jalepeno Heaven Lunch Bunch 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>26</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Kinima: Cardio 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 Tech Help</p>	<p>27</p> <p>8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 11:00 Planning Meeting for Anniversary Party 11:15 Zumba 11:30 Kinima: Cardio 12:00 IKEA 12:30 Chair Yoga 1:00 Canasta 1:00 Watercolor group</p>	<p>28</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:00 Free Bread 10:00 Shuffleboard 10:15 YouTube Yoga 10:30 Line Dancing 11:00 Mah Jongg 12:00 Movie Matinee and a Meal 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle</p>

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.

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.

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 (for the watercolors class and meditation plus group)

TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

Tim Kron (203)315-0681 email: tkron@branford-ct.gov



We're in need of sea glass, oyster and scallop shells for an upcoming craft program.



Congratulations and Thank you to the Canoe Brook **JAMMERS!** They had a fabulous concert in Feb!

Thank you ❤️

Thank you to the **Family Dining Room** for making us a delicious cake for our Black History Lunch and Learn!

Thank you to **Jenna and Fired Up** for our fun Valentine's Day Pottery Painting!
We have a great community here in Branford!



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