

September

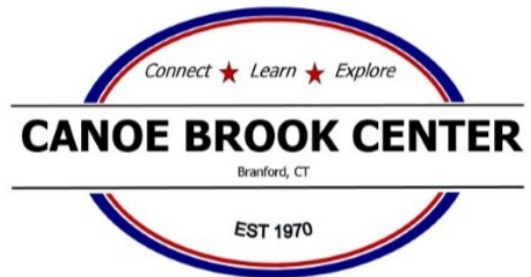
2024

October

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

Helpful Info

September is National Senior Center Month and the theme is "**Powering Connections**". The theme encourages you to connect, share experiences & form new friendships. Check out all we have to offer in this edition of *Canoe Brook Connections*.

Shred It Event! One of the perks of Canoe Brook membership! By appointment, **Sept. 16-20, 2-4 pm**. Bring your papers into the Center, put them in the locked bins in the vestibule. Call to book a time.

Retirement Party for Dagmar: It's time to celebrate Dagmar for all of her hard work and dedication she gave to the members of Canoe Brook Center and to the Branford Community. Drop by Canoe Brook to wish her well on **Monday, Sept. 30 4-6 p.m.** Please RSVP by Sept. 23. Congratulations on your retirement Dagmar! May this next chapter of your life be everything you want it to be!

Renters Rebate: Deadline to apply is **Sept 30**. We are processing applications in order received. OPM will mail checks Nov. 30. For info on applying call Nancy, 203-315-0683.

USDA Food Boxes Enjoy a variety of fresh fruits & vegetables from local farmers. **Thursday Sept. 5 & 12, 10:30 am** until gone, one box per household. Enter parking lot on Prospect St., exit out Church St.

Chabaso Bread: Upstairs at Canoe Brook's Front Office, Fridays **Sept. 6, 20 & Oct. 4, 18**. 10:00 am until gone. We never know what we will get, rolls or loaves, always delicious! Bring your own bag.

CT Hospice Presentation: Learn about the homecare services that CT Hospice provides. **Tues. Oct. 8, 11 am**. Sign up with Rhiannon.

Energy Assistance: Applications for those who heat with oil or propane begin mid October. No deliveries until 11/1. If you applied last year we will contact you. New? Call Nancy for info, 203-315-0682.

Medicare Open Enrollment: Oct. 15 - Dec. 7, this your chance to make changes in your Medicare coverage. Happy with what you have? Keep it! Call the office for a confidential meeting with a CHOICES counselor **Monday, Nov 4, 10 am- 2 pm** Call Nancy, 203-315-0682.



Thanks Dagmar for your 46+ years of serving the public!
We will miss you.
Enjoy your retirement!

Director:

Vacant

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Maureen 203-315-0685

Caseworker:

Vacant

Visit us on social media:

[Canoe Brook Center](#)

[Facebook Page](#)

Index

Announcements	1	Special Programs	4-7
Contact Info	1	Out & About	7-8
In the Know	2	Week-at-a-Glance	10-13
Every Month	3		

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.

An Australia Odyssey Photographic Presentation by Alpha Coiro

New Date! Thursday, September 5, 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.

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.



TRIAD: Expect the Unexpected: Preparing for Extreme Temperatures, Flooding, and Other Emergencies

Wednesday, September 18, 10:30 AM

Where would you go if you must evacuate your home? What will you do to stay cool and safe during a heat wave or if there is poor air quality? Branford Fire Department and East Shore District Health Department will teach residents how best to protect themselves and prepare for ever-increasing emergencies affecting the shoreline. Sign-up by 9/16.

Breast Cancer Screening Focus Group

Thursday, September 19, 11 AM

The research team came to the Center last summer and held a focus group to understand older women's perspectives on breast cancer screening. **Long range goal:** to develop a video to help older women understand their choices about breast cancer screening. They are holding a second focus group here to get feedback on what their team came up with. A discussion will follow about what people liked or disliked, and whether it was easy to understand or confusing. This will last about an hour and participants will get reimbursed \$25 for their time. Limited seating. Sign-up early to be part of this focus group.

Ask the Nurse and Wellness Clinics

Tuesday, September 24 & October 22, 11:00 AM - Noon

Free Blood Pressure Screening, heart rate, temperature & oxygen level checks. This clinic is drop in.

Tech Help with Christina Kondziela

Monday, September 30, 10AM-12PM

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. This is a 15 minute individual appointment. Register for an appointment time in advance with Rhiannon.

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) through Nov. 5

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

Sep 9 - United States Probate & Land Records 1870-1900's: Learn where to find your ancestors wills that contain a wealth of info. Be informed on how to use the Bureau of Land Records -blm.gov - a free US Federal Government Land Record Site - How to find Land Patent Records. Let Marty know who, what, where and dates of your ancestor so your Ancestor can be featured in the program.

Oct 21 - Build you electronic Tree using free Legacy software - This free program. It is not on the Internet - it is only on your own computer. Create your own Family Tree. You can share this tree information with your family as you desire. You can visualize other people's trees that they share with you to collaborate. **It is entirely up to you what and to whom you share the information.**

Sign-up in advance for each of these programs.



Writers Corner

Wed, Sep. 11 & 25, Oct. 9 & 23
11:30 AM - 1:00 PM

Come, join up and exercise your creative writing muscles with Janice Samoeil and a friendly group of story tellers.

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. Let us know which school you would like to be at, grade level and day of week that works best with your schedule. Contact Rhiannon for more info and to sign-up.

Reader's Choice Book Club

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

Tuesday, September 10, 1:30 PM

"The Book of Longings" Author: Sue Monk Kidd

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

Tuesday, October 8, 1:30PM

"The Music of Bees" Author: Eileen Garvin

"This heartwarming, uplifting story will make you want to call your own friends, not to mention grab some honey."--
Good Housekeeping

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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Meditation Plus! w/Facilitator Dr. Margo Merin, DSW

Tuesdays, 10 am-11:00 am

Studies have proven implementing daily meditation practices reduces stress, lowers blood pressure, and makes you feel great! **Price: \$5**



TRIAD: Tour of Services

Wednesday, October 9, 10:45 am - 2:45 pm

11-11:45 Branford Police Department – Have a tour of the building, talk about community outreach and what they do to reduce crime to keep you safe in the community.

12-1 Branford Fire Department – Tour the state of the art environmentally friendly Fire House. Check out their living spaces and enjoy a bowl of chili.

1:15-1:45 East Shore District Health Department - Tour of the department, interactive programs and how they help the community.

1:50-2:30 Dan Cosgrove Animal Shelter – Tour the new facility, learn all that they have to offer for the animals and community members and interact with some of the animals at the shelter. Tour these wonderful facilities to see how they maintain and execute essential services to the residents of Branford. This is a mini bus trip, so seating is limited. Sign-up early for this vital program.

Parkinson's Support Group - Learn how to get support locally

Wednesday, October 16, 1 pm

Allyson Kinney, Ambassador, Parkinson's Lead Coordinator, Davis Foundation for Parkinson's, will be here to talk about the support group that meets here monthly and to offer valuable information on services available for those who have the disease. Learn how to find the information online. What is Parkinson's? How is it diagnosed? Who gets it? What causes it? What treatments are available? Sign-up by 10/14.

Untreated Hearing Loss

Thursday, October 17, 11 am

Maria Hacker, MS, will talk about the effects of hearing loss, how it may affect cognitive health and the causes of hearing loss. Hearing screenings will be offered after her talk. The screening takes less than 5 minutes per person and it will be done privately behind closed doors. Sign-up by 10/11.

Pepper Jelly for the Fair

Tuesday, October 29, 1:00 pm

Have fun in the kitchen with Nancy. Sign-up by 10/25.



AARP Smart Driver Course

Wednesday, October 23, 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 is due upon registration. **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**

Annual Election Day Craft Fair

Tuesday, November 5, 9 am - 4 pm

Beautiful line of handcrafted jewelry, knitted & crochet items, afghans, cards, jewelry, oyster shell ornaments, pepper jelly, prints and more! Find us in the Waverly Lounge.

Special Programs

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Transportation is available call Tim: 203-315-0681

Volunteer Opportunity

We could use your help! Looking for a few volunteers to help us with our coffee and ... mornings in the Waverly Lounge. If you are interested give call Nancy for more details.

Strategies for Managing Life Transitions

Tuesdays, October 1 - November 19, 11:30 am - 12:30 pm

Dr. Margo Merin, facilitator

As each day unfolds, most people choose to live with thoughts and feelings of being safe, secure, having purpose, being related to with respect, caring, acceptance, and certainly, of being able to experience that life with minimal stress. But, life can throw us curve balls that change everything— retirement, moving, health challenges, loss of a loved one, friend or beloved pet, financial decline...often these life events leave us with mixed emotions and increased anxiety, scratching our heads as we try as we try to learn how to cope with our new reality.

The objective of this eight week group is for participants to be supported and guided as they identify, what they believe is preventing them from experiencing their imagined “best life.” Participants agree to keep confidential all that is discussed. This *Strategies for Managing Life Transitions* group is dynamic and the benefit of joining can be positively, life-altering. Sign-up with payment by 9/20. **Price: \$5**

Flu Clinic

Tuesday, October 8, 1-6 pm

Canoe Brook, lower level

This is a walk in clinic, no appointment needed. Bring your insurance card & wear short sleeves. Preservative free vaccine is used. If this is your first flu shot, please arrive 30 minutes before the end of the clinic and be prepared to wait 15 minutes after the vaccination. “Senior Strength” vaccine for those 65+ while supply lasts. Vaccines administered by licensed, experienced nurses from East Shore District Health Department. **To save time on the day of the clinic, fill out a registration form in advance.** Registration forms are available outside the Front Office.

Free Memory Screening

Friday, October 25, starting at 11 am (by appointment)

Dementia Specialist, Angela Christie

Hartford Healthcare, Center for Healthy Aging

A memory screening is a simple & safe evaluation tool that checks memory and other thinking skills. This confidential memory screening averages 20 minutes & consists of 30 questions to assess memory. Memory screens *do not diagnose* a specific condition or illness. Their purpose is to determine if you may need further evaluation. Times available: 11:00, 11:20, 11:40, 12:00, 12:20. Call Rhiannon to reserve a time.

Indoor Walking

Wednesdays, begins November 13, 8:45 - 9:30 am

Join us in the Joe Trapasso Gymnasium located on the first floor. Get moving, no more excuses!

Special Programs

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Transportation is available call Tim: 203-315-0681

Senior Learning Network

Tuesdays, 2:00 pm

Sept 3 - LaBelle: The Ship that Changed History - Join us as a Museum Educator from The Texas State History Museum examines artifacts from the sinking of the 300 year old ship the LaBelle.

Sept 10 - Spies & Disguise: American Women During the American Revolution/ Army Women's Museum - Join us as the U.S. Army Women's Museum will lead us through our early beginnings as a nation by examining photographs and artifacts to discover women's contributions throughout our history.

Sept 17-Supernatural Stories from Japan: National Museum of Asian Art -Join our expert educators in this interactive program to investigate artwork from Japan and discover stories of scary ghosts, powerful demons, and funny monsters you won't soon forget.

Sept 24- Elephant Update! Elephant Sanctuary, TENN - It's time to visit our friends at the Elephant Sanctuary! Join us as we see what is new, and WHO is new in this very special home for these intelligent creatures with complex physical and social needs.

Oct 8- Mr. Adams Goes to Philadelphia: John Adams National Historic Park—In June 1774, Adams was elected to go to Philadelphia as a delegate to the First Continental Congress. Here, representatives from the American colonies met to discuss their opposition to England's colonial government. John was an active participant at this meeting and the subsequent Second Continental Congress. During the course of his attendance at these sessions, Adams proposed George Washington as commander-in-chief of the Continental Army, and argued forcefully for and helped his friend Thomas Jefferson draft the Declaration of Independence. Join us as we take a step back into history celebrating this important anniversary.

Oct 15-Cabinet of Curiosities: Mystic Seaport Museum - We have enjoyed several wonderful programs with Mystic but this time we will go "down under" into the vault! We will learn about the vast collections of artifacts, documents, photography, rare books, boats, ship's plans and film and video at the Museum! Virtual visitors will have a chance to see everything from unusual animal parts and strange furniture, to a curious secret ingredient used in some perfumes! Join us for this special program with one of our favorite providers!

Oct 22- Upset!- Truman Presidential Library - "Down in the polls and under fire within his own party, Truman alone remained confident of his victory. On the morning after the election, Americans rose to news of the most surprising comeback in presidential election history." - Truman Library
Join us with the new Education Director of the Truman Presidential Library as she takes us through this important moment in history as we are in the midst of our own history making election season!

Oct 29-Historic Cemeteries Spooky History: What Cemeteries Can Teach Us About our Past
Ghosts, specters, and haunts, oh my! While cemeteries are usually places that we associate with scary and creepy things, there's a lot more we can find when we take a moment to look at the how and why we memorialize those who are no longer with us. Come learn what makes a cemetery "historic", how burial practices have changed over time, why cemeteries are important places in our community to preserve, and the clues they give us about our history and ancestors.

Special Programs

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

September 6 - “The Neon Highway” - Wayne, a singer, meets washed-up legend Claude Allen. Together they go to Nashville to pitch a song, but the industry rejects them. Wayne figures out how to release the song publicly, not for himself but for Claude. **Rated: PG-13**

September 13 - “Trigger Warning” - A special forces commando returns to her hometown after her father's sudden death, only to run afoul of a violent gang when she starts asking questions. **Rated: TV-MA**

September 20 - “Outstanding: A Comedy Revolution” - A feature length documentary that explores the history of LGBTQ+ stand up comedy, considering its importance as an instrument for social change over the past five decades. **Rated: R**

September 27- “Wine Country” - During a vacation to Napa Valley, a group of long time friends reunite and revisit past choices in this hilarious and heartfelt comedy from director Amy Poehler. **Rated: R**

October 4 - “The Long Game” - In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert. **Rated: PG**

October 11 - “Lift” - Follows a master thief and his Interpol Agent ex-girlfriend who team up to steal \$500 million in gold being transported on an A380 passenger flight. **Rated: PG-13**

October 18 - “Players” - A sports writer unused to relationships falls for a fling, leading her to reconsider playing the field in favor of commitment . **Rated: TV-MA**

October 25 - “Find Me Falling” - After a failed comeback album, rock star John Allman escapes to a dreamy Mediterranean island, only to discover that his new cliffside home has an unfortunate notoriety that attracts unwanted visitors and an old flame **Rated: TV-MA**

Indoor Pickleball

Begins Nov. 7, downstairs in the gym

You must be a member of Canoe Brook Center to participate.

<u>Mondays:</u>	11:45 AM - 12:45 pm	Beginners
	12:45 PM - 1:45 pm	Seasoned Players
<u>Tuesdays:</u>	8:30 AM - 9:45 am	Seasoned Players
	9:45 AM - 10:45 am	Lessons with Roger
<u>Thursdays:</u>	8:30 AM - 9:45 am	Beginners

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.**

Weekly Grocery Shopping & Errands

Grocery Shopping—Tuesday & Friday, Errands— Wednesday

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

Local Shopping Excursions

Thursday, September 26, 1:30 - 2:45 pm Target; North Haven

Price: \$2

Thursday, October 24, 1:30 - 3:00 pm Bishop's Orchards Farm Market, Guilford - Enjoy the bakery, grab 'n go meals, fresh produce/fruit, cheese, specialty groceries, gluten free & wine tasting.

Price: \$2

Happy Hour, 4-6 pm

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

Wed., Sep. 18: GW Carsons, 308 E Main Street. High quality food and beverage.

Wed., Oct.30: Eli's on the Hill, 624 W Main Street - Featuring all of your favorite offerings.

Lunch Bunch, 12:00 - 2:00 pm

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

Wed, Sep. 25

Dockside

145 Block Island Rd.

Special Senior Menu: \$16.95 + tax/gratuity

Wed, Oct. 23

Lenny's Indian Head Inn

105 S. Montowese St.

Shoreline favorite for over 50 years!

Meigs Point Nature Center—Three Shoreline Ecosystem

Wednesday, Sept 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**

Out & About

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

Guided Kayak Tour of the Thimble Islands with a stop at Outer Island

New Date! Wednesday, September 11, 9:00 AM - 1:00 PM

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

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

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!

Wait list

Price: \$49



New! Naugatuck River Autumn Colors Train Ride

Wednesday, October 16, 9:15 AM - 3:30 PM

Enjoy a leisurely 1 hour and 30 minute train ride with breathtaking views of the Naugatuck river and autumn scenery. A brief venture is made north of the Thomaston Station over the famous Thomaston Dam, providing a vista like view over the Naugatuck River Valley. The train also makes a stop at Fascia's Chocolates Factory for 20 minutes so passengers can view the factory and shop at the chocolate shop. Bring money for lunch at Crabby Al's (individual checks will be provided).



Price: \$38

New! A Swingin' Christmas: Louis Prima Jr and the Witnesses at Nelson Hall

Thursday, December 5, 1:00 - 4:15 pm

Experience the holiday season like never before with Louis Prima Jr. and The Witnesses as they bring their electrifying "Swinging Christmas" tour to the stage! Louis Prima Jr. and The Witnesses are a boisterous, horn-driven, 10-piece New Orleans-style band known for their energetic performances that raise the roof and bring audiences to their feet. Featuring the catchy "Hey Skinny Santa," beloved Prima Christmas classics, and the band's signature musical mayhem, this show promises a festive frenzy that will lift you off your feet.

Price: \$49

SEPTEMBER 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.

Tuesday 9/17	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - MEDITATION; PICKLEBALL SEASONED; ADVANCED YOGA 11:30 AM - BARRE; KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - SLN "SUPERNATURAL STORIES, JAPAN: NAT'L MUSEUM OF ASIAN ART" 2:00 PM - SHRED IT!	12:30 PM - DISCUSSION GROUP 2:00 PM - POKER 2:30 PM - TUESDAY TAI CHI
Wednesday 9/18	8:10 AM - AEROBICS 10:30 AM - TRIAD: EMERGENCY PREPAREDNESS 11:00 AM - SETBACK 1:30 PM - UKULELE FOR FUN 4:00 PM - TRIP: GW CARSONS	8:45 AM - WALKING AT FOOTE PARK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY; SHRED IT!
Thursday 9/19	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 2:00 PM - SHRED IT!	9:00 AM - INTERMEDIATE YOGA 11:00 AM - BREAST CANCER FOCUS GROUP 1:00 PM - CANASTA 2:30 PM - THURSDAY TAI CHI
Friday 9/20	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "OUTSTANDING: A COMEDY REVOLUTION" 2:00 PM - SHRED IT!	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 9/23	8:10 AM - AEROBICS 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:00 PM - HAND & FOOT	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 9/24	8:30 AM - PICKLEBALL BEG; PICKLEBALL W/ROGER 10:00 AM - MEDITATION; ADVANCED YOGA; PICKLEBALL SEASONED 11:00 AM - ASK THE NURSE AND FREE BLOOD PRESSURE CHECK 11:30 AM - BARRE; KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - SLN "ELEPHANT SANCTUARY, TENN"	9:00 AM - BEGINNER YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER 2:30 PM - TUESDAY TAI CHI
Wednesday 9/25	8:10 AM - AEROBICS 11:00 AM - SETBACK 1:00 PM - TRIP: DOCKSIDE ; HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 11:30 AM - WRITER'S CORNER 2:00 PM - KINIMA FULL BODY
Thursday 9/26	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	9:00 AM - INTERMEDIATE YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 9/27	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM "WINE COUNTRY" 1:00 PM - TRIP: CHER TRIBUTE CONCERT	9:30 AM - KINIMA SEATED YOGA 11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 9/30	8:10 AM - AEROBICS 10:00 AM - TECH HELP W/CHRISTINA 12:30 PM - BINGO 2:00 PM - HAND & FOOT 4:00 PM - PARTY FOR DAGMAR	9:30 AM - KINIMA CARDIO STRENGTH 11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 10/1	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 11:30 AM - LIFE TRANSITIONS; BARRE; KINIMA WEIGHTS 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER	10:00 AM - ADV. YOGA; PICKLEBALL SEASONED 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI

OCTOBER 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 10/2	8:10 AM - AEROBICS 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 2:00 PM - KINIMA FULL BODY
Thursday 10/3	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 10/4	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 "THE LONG GAME"
Monday 10/7	9:30 AM - KINIMA CARDIO STRENGTH 12:30 PM - BINGO 2:00 PM - HAND & FOOT	11:00 AM - MAH JONGG 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 10/8	8:30 AM - PICKLEBALL BEG; PICKLEBALL W/ ROGER 10:00 AM - MEDITATION; ADVANCED YOGA; PICKLEBALL SEASONED 11:00 AM - CT HOSPICE PRESENTATION 11:30 AM - BARRE; KINIMA WEIGHTS 1:00 PM - SCRABBLE; FLU SHOT CLINIC 2:00 PM - POKER; SLN "JOHN ADAMS NATIONAL HISTORIC PARK" 2:30 PM - TUESDAY TAI CHI	9:00 AM - BEGINNER YOGA 11:30 AM - LIFE TRANSITIONS 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB
Wednesday 10/9	8:45 AM - WALKING AT FOOTE PARK 11:00 AM - SETBACK 10:45 AM - TRIP: TRIAD: TOUR OF SERVICES 11:30 AM - WRITER'S CORNER 1:30 PM - UKULELE FOR FUN	1:00 PM - HAND & FOOT; JAMMERS; COLORING 2:00 PM - KINIMA FULL BODY
Thursday 10/10	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 10/11	9:30 AM - KINIMA SEATED YOGA 10:00 AM - SHUFFLEBOARD 12:45 PM - FILM "LIFT"	11:00 AM - KINIMA ZUMBA; MAH JONGG 1:00 PM - CORN HOLE
Monday 10/14	CLOSED: COLUMBUS DAY	
Tuesday 10/15	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 11:30 AM - LIFE TRANSITIONS 1:00 PM - SCRABBLE 2:00 PM - POKER; SLN "CURIOSITIES: SEAPORT"	11:30 AM - BARRE; KINIMA WEIGHTS 12:30 PM - DISCUSSION GROUP 2:30 PM - TUESDAY TAI CHI
Wednesday 10/16	8:10 AM - AEROBICS 9:15 AM - TRIP: AUTUMN COLORS 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING; PARKINSON'S SUPPORT GROUP 1:30 PM - UKULELE FOR FUN	8:45 AM - WALKING AT FOOTE PARK 2:00 PM - KINIMA FULL BODY
Thursday 10/17	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 11:00 AM - UNTREATED HEARING LOSS 2:30 PM - THURSDAY TAI CHI

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Friday 10/18	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM "THE PLAYERS"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 10/21	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 10/22	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - MEDITATION; ADVANCED YOGA; PICKLEBALL SEASONED 11:00 AM - ASK THE NURSE: FREE BP 11:30 AM - LIFE TRANSITIONS 12:30 PM - DISCUSSION GROUP 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI	11:30 AM - BARRE; KINIMA WEIGHTS 2:00 PM - POKER; SLN "TRUMAN LIBRARY"
Wednesday 10/23	8:10 AM - AEROBICS 9:00 AM - AARP SAFE DRIVING COURSE 11:30 AM - WRITER'S CORNER 12:00 PM - TRIP: LENNY'S INDIAN HEAD INN 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 10/24	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 - TRIP: BISHOP'S ORCHARDS FARM MARKET	9:00 AM - INTERMEDIATE YOGA 1:00 PM - CANASTA; WATERCOLOR 2:30 PM - THURS. TAI CHI
Friday 10/25	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; 11:00 AM - KINIMA ZUMBA; MAH JONGG 11:00 AM - MEMORY SCREENING (CONFIDENTIAL) 12:45 PM - FILM "FIND ME FALLING"	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 10/28	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 10/29	8:30 AM - PICKLEBALL BEGINNER; PICKLEBALL W/ ROGER 9:00 AM - BEGINNER YOGA 10:00 AM - MEDITATION; ADVANCED YOGA 11:30 AM - BARRE; KINIMA WEIGHTS; LIFE TRANSITIONS 12:30 PM - DISCUSSION GROUP 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI	10:00 AM - PICKLEBALL SEASONED 1:00 PM - MAKE PEPPER JELLY FOR THE FAIR 2:00 PM - POKER; SLN "HISTORIC/SPOOKY CEMETERIES"
Wednesday 10/30	8:10 AM - AEROBICS 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS; COLORING; PEPPER JELLY 1:30 PM - UKULELE FOR FUN 4:00 PM - TRIP: ELI'S ON THE HILL	8:45 AM - WALKING AT FOOTE PARK 2:00 PM - KINIMA FULL BODY
Thursday 10/31	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 2:30 PM - THURSDAY TAI CHI