

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

FEBRUARY 2026

Senior Services



LOCATION

Joe Trapasso Community House
46 Church Street
Branford, CT 06405



OFFICE HOURS

8:00am-4:30pm
Monday through Friday



OFFICE PHONE

(203) 481-3429



WEBSITE

branfordrecreation.org



www.facebook.com/BranfordParksRecSeniorServices

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Energy Assistance: We are currently taking applications for those who heat with oil, kerosene, propane, gas and electric.

FREE Tax Assistance: Call Guilford Senior Center, 203-453-8086, extension 221 to make an appointment. They do tax assistance on Wednesdays. Or call AARP for an appointment at the Madison Senior Center - 860-579-3192 or go to their website for appointment.

Beating the Winter Blues: Wednesday, February 11 at 11:00 AM
Stephanie Streicker, LCSW and David Bell, MSW Intern from Branford Counseling & Community Services will be here to discuss ways to combat the winter blues. (Sign-up in advance)

Medicare Fraud, Errors & Abuse: Wednesday, February 25 at 11AM
Join Carolyn Sires as she educates us on how not to be taken by Medicare fraud. Learn about proper billing and payment for medical services. (Sign-up in advance.)

TRIAD Program: Elder Abuse presented by Giovanna Barajas from BHcare ~ Wednesday, March 4 at 11:00 AM
She will go over neglect, exploitation & domestic violence that the older population faces. Learn about the tactics abusers use to maintain power and control over their victims as well as the reasons why people stay. At the end of the presentation information will be given on resources & services that are offered. (Sign-up in advance)

Eversource Educational Programs (Sign-up in advance):

Understanding Energy Efficiency: Monday, February 9 at 11:00 AM
Introduces programs like EnergizeCT that offer home energy assessments and rebates to improve comfort and support a cleaner, more sustainable future.

Electricity 101: Monday, March 9 at 11:00 AM
Explains how electricity gets to your home and helps you understand your electric bill. It describes the journey of electricity from generation (like power plants or solar) through transmission lines, substation and local distribution to your home.



REGISTRATION INFORMATION

PAGE 2

OUR STAFF

Information in this newsletter will be updated as it becomes available. Please check our website for updates or call the office at 203-481-3429

Safety is our #1 priority. Guidelines have been put in place for each program with the safety of the staff and program participants in mind. We ask everyone to adhere to all guidelines for our programs, trips and special activities & events.

HOW TO REGISTER

You can register by phone, in-person or on-line for most of our programs. Need help creating an account? Call the office or visit staff for assistance. You can visit us on-line at www.branfordrecreation.org and click on "Create an Account" Only Branford residents and members of the Senior Center may register.

REGISTRATION PAYMENTS

Forms of payment: Cash, Check or Credit Card. VISA & Mastercard are accepted on-line, by mail and in-person. Cash payments are only accepted during office hours. If paying by check, please make checks or money orders payable to "Treasurer, Town of Branford". A \$20 fee will be assessed for returned checks.

TRIP POLICIES:

If you need transportation to the center for a trip, please let us know when making your reservation. Full payment is due at time of reservation unless otherwise noted. If you are placed on a waitlist, you will be notified. People will be seated together on busses and theatres as indicated when registering. If a guest is traveling with you, list them as your guest and include their payment (in full). For day trips, you must arrive 15 minutes prior to departure time. **Cancellation Policy:** If you cancel for any reason there will be no refund unless there is a wait list for the trip at the time of your cancellation.

SENIOR CENTER CLOSING DATES

Monday	Feb. 16	President's Day
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"SMOKE FREE POLICY"

Smoking is prohibited at all properties under the control of the Branford Parks, Recreation & Senior Services Dept. at all times, including but not limited to: buildings, grounds, entrances, sidewalks, parking lots and beaches. Smoking is defined as the use of cigarettes, pipes, cigars, and other devices that produce smoke including electronic cigarettes, vapes and water pipes"

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Nico Martone ~ Custodian

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Scott Roth ~ Chef

Vacant ~ Chef

Maureen Hall ~ Kitchen Aide

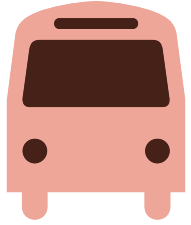
WEATHER

If Branford Public Schools are cancelled or dismissed early, all Senior Programming and activities will be cancelled. If schools have a delay opening, programs will continue as scheduled, except for programs starting prior to 10:00 AM. Breakfast will be cancelled. If the BOE cancels their evening activities, it will be at the discretion of our Department to keep evening programs on as scheduled. For the most up to date information, please call the office, visit our website

OFFICE PHONE: (203) 481-3429

WEBSITE: WWW.BRANFORDRECREATION.ORG

The Town of Branford provides transportation services to residents 60 years and older. Transportation is available to clients utilizing the following programs/services



BUSES

Bus transportation is available to all senior center members. We provide transportation from your home to the senior center as well as transportation for local errands and grocery stores.

Leave the driving to us!

Benefits: accessibility to attend events, safety of not having to navigate the roads, social engagement to connect with others and it's cost effective (affordable transportation option).



MEDICAL CARS

Medical transportation is available to Branford residents 21 years of age or older. We have 3 Subaru Forresters that are provided by the Town of Branford and a team of dedicated volunteer drivers. You must be able to get in and out of the vehicle unassisted and buckle your seatbelt.

Transportation is provided to doctors' offices in Branford, East Haven, New Haven, Guilford, Madison, Divine St. North Haven, the VA in West Haven and BH Care in North Branford.

If you are interested in being a volunteer medical driver please contact Tim for more information

**YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS
TIM KRON (203) 315-0681 EMAIL: TKRON@BRANFORD-CT.GOV**

MEMBERSHIP

We welcome Branford residents ages 60+ to the Senior Center:

- **ANNUAL FEE IS \$10 (RENEWS ONE YEAR FROM THE DATE YOU JOIN!)**
- **\$10 PER FITNESS CLASS FOR A 3 MONTH SESSION, PRE-REGISTRATION REQUIRED!**
- **WATER COLORS CLASS COST \$15 FOR 3 MONTH SESSION**

Chabaso Bread: Bread is handed out on twice a month on Fridays beginning at 10:00 am. Bring a bag and we will fill it with fresh donated baked goods. YUM! ***Limited Supply First come first serve.***

Dates: Febuary 6 and 20

Energy Assistance: Applications for those who heat with oil, kerosene, propane, gas or electric are ongoing. New to the program? Please call the office for more information.

Policy for signing up for free programs/lectures: Please sign-up in advance of the event. We need to know how many people will be in attendance. Based on this number, we will know what space works best for the program.

File of Life: This is a magnetic red vinal packet containing a medical information card. This includes the latest medical information – allergies, medications, contact persons and more – all in one safe place. Recognized and endorsed by Hospitals, Police, and Fire Departments. Pick one up today ~ it may just save your life. We recommend that you do it in pencil in case if any of your information changes.



Computers for use in the Library:

We have 2 computers available for public use in our library! They are located behind the glass doors in the large bookshelf.



Donation of Medical Equipment: We are currently taking donations of gently used **clean** equipment such as canes, walkers, wheelchairs and commodes. Contact Tim Kron at 203.315.0681. If you are in need of one of these items, contact Tim to check out the availability of what you are looking for.

Services offered by our Case Manager, Tabitha Brown:

- Printing and completing applications for senior or disabled housing
- Understanding how 211 works & assistance calling them
- Getting connected to basic need services in the Branford community
- Guidance and support when dealing with Domestic Violence
- Connections to Mental Health and Physical Health resources
- Applying for a government phone
- And so much more!

To make an appointment with Tabitha please call 203-481-2429 ext. 183

Thank you to Cheri's Bakery for the pastry donations on Wednesdays & Fridays!

Join us daily in the Canoe Brook Cafe for breakfast and lunch. The Senior Center serves hot breakfast & lunch daily for folks 60+. Meals are created by our own Chef Scott and are available Monday through Friday (excluding all town observed holidays) The cost for members is \$3 for breakfast and \$5 for lunch.

Reservations MUST be made at least 1 day in advance before 10:00am and accompanied by payment. Payments can be made with cash, check or credit card. Call the office at 203-481-3429. Cancellation should be called in as early as possible. No refunds for no shows. **Credit maybe applied for medical reason only.** Coffee and Tea is served in the Waverly Lounge daily from 8:00a-12:00p. Menu is subject to change.



CAFE HOURS

Breakfast: 8:45am-10:00am Lunch: 11:45am




FEES:

Breakfast: \$3
Lunch: \$5
Note: non members pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES CANOE BROOK CAFE MENU

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast Breakfast Sandwich Lunch Cobb Salad	3 Breakfast Oatmeal Lunch Pork Loin and Potatoes	4 Breakfast Pancakes Lunch Pasta, Meatballs & Salad	5 Breakfast French Toast Lunch Salmon & Rice	6 Breakfast Scrambled Eggs Lunch Chicken Parm w/ Pasta
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Breakfast Breakfast Sandwich Lunch Chicken Salad	10 Breakfast Pancakes Lunch Shrimp	11 Breakfast Muffin & Fruit Lunch Meatloaf & Potatoes	12 Breakfast Omelet Lunch Stuffed Shells & Salad	13 Breakfast French Toast Lunch Chicken Marsala w/ Potatoes
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CLOSED 	17 Breakfast Breakfast Sandwich Lunch Cobb Salad	18 Breakfast Pancakes Lunch Pasta w/ Meatballs & Salad	19 Breakfast Oatmeal Lunch Salmon & Rice	20 Breakfast French Toast Lunch Chicken Parm & Pasta
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Breakfast Breakfast Sandwich Lunch Sandwich & Soup	24 Breakfast French Toast Lunch Meatloaf	25 Breakfast Eggs & Bacon Lunch American Chop Suey	26 Breakfast Pancakes Lunch Shrimp	27 Breakfast Oatmeal Lunch Chicken Marsala w/ Potatoes

Breakfast: \$3.00
Lunch: \$5.00

We are happy to offer breakfast and lunch services in the Canoe Brook Cafe.

Breakfast is served Daily from 8:45AM-10:00AM and Lunch is served from 11:45AM-12:30PM

YOU MUST GET YOUR LUNCH BY 12:30PM

Here is how to register:

1. You must Pre-register for meals by 12PM the day before!
- Please Call the office at 203-481-3429
2. Payment can be made via cash, check, or credit card.
3. If you need assistance, please ask the staff.

Bon Appetit!!!

The menu is subject to change.

NEW HOURS

***Dessert will be served with lunch!** PLEASE NOTE NEW BREAKFAST AND LUNCH HOURS.
Breakfast: 8:45a-10:00am
Lunch: 11:45a-12:30p

***NOTES:** There will be a limited amount of take home meals available, see the staff!



Waverly Lounge:

Complimentary Tea and Coffee Served daily
8:15am to Noon (12:00pm)



Volunteer Opportunity: If you are interested in volunteering, your help is most appreciated. Let us know your availability. The chef's will need help with set up, clean up and serving. Your commitment would be 1 day a week for 1.5-2 hours

AARP Safe Driving Course

Wednesday, February 18th

9:00am-1:00pm

\$20 for AARP members and \$25 for non AARP members

Please bring a check made out to "AARP" on the day of the class

Free Memory Screening with Dementia Specialist, Angela Christie Hartford Healthcare, Center for Healthy Aging

Friday, February 20th

Starts at 10:00am

Contact Rhiannon directly to reserve a time at
203-315-0684. Times available: 10:00, 10:20, 10:40,
11:00, 11:20, 11:40, 12:00, 12:20.

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.



ESDHD Winter Wellness Series Be My Heart Healthy Valentine

Tuesday, February 10th

11:00 am

Join us as we celebrate the many ways, we can keep our hearts healthy through staying active, eating healthy, watching our weight, managing stress and more!

Pizza, Movie & Game Night

Thursday, February 26th

4:30pm

Price: \$8

Start the evening with 3 slices of pizza & dessert.

Let us know your pizza preference at time of sign up: pepperoni, mushroom or mozzarella.

Soda, coffee, and tea will also be served

Afterwards, we will take part in some friendly competition over popular games such as

Clue, Monopoly, Yahtzee, Scrabble, Uno, Backgammon, Rummikub, Cards, and more!!

Feel free to bring a game from home!

If games aren't your thing, we will also be showing the movie ***Song Sung Blue***



Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

Time: 5:00pm

Rated: PG-13 Run time: 2hr 13 min

Birthday Celebration!

Come celebrate February birthdays on **Friday, February 27th at 12:30pm** with some cake!
All are welcome to attend!

Please sign up in advance

B-mine -I-N-G-O

Tuesday, February 17th

12:30pm

Price: \$0.50 per card

(please bring exact change the day of)

Join us for a special Valentine's themed bingo! Refreshments will be served

Wear pink or red for one **FREE** bingo card!

Please register in advance



ST. PATRICKS DAY CELEBRATION

Friday, March 13th

4:15pm

Price: \$8

Come celebrate St. Patrick's Day with a traditional **Irish Step Dance** performance by The Brennan-Lucey Irish Dance Academy!

Refreshments will be served

Wear green or your best St. Patrick's Day attire!

Virtual Presentations

Hosted by the Connecticut Museum of Culture and History

The People and the Law in Revolutionary Massachusetts

Tuesday, February 10th

12:00pm

Conflict over the law played a defining role in shaping the political landscape of Revolutionary Massachusetts. The state's Revolutionary period was bookended by upheaval centered around the courts: the rebellion against the Coercive Acts began in 1774 with a series of court closings in western Massachusetts, and Shays's Rebellion commenced in a similar manner, with attempted court closings in the same part of the state. In the interim, Massachusetts Patriots struggled to work out what the American Revolution meant for the law. This talk by New England Regional Fellowship Consortium grantee, Tristan New, examines how this struggle to define the relationship between popular rule and the law informed the state's politics during the Revolutionary era.

A Silent Revolution: The Mysterious Demise of Slavery in
Revolutionary Connecticut

**This is a rescheduled presentation from January*

Tuesday, February 24th

12:00pm

Slavery in Connecticut did not end completely until well into the nineteenth century. During the American Revolution, enslaved people themselves dealt the largest blow to bondage and ushered in the first significant free Black population in Connecticut's history. Please join us as New England Regional Fellowship Consortium grantee, William Morgan, discusses his research findings from his recent trip to the Connecticut Museum Waterman Research Center. He will explore how our collections demonstrate that Black people, not legislation, crippled slavery at its peak in the 1770s and 80s by making opportunities of the conflict with Britain. Black people made a silent revolution of their own, quietly forging spaces of freedom where none had existed before.

These are virtual presentations that will be held onsite. Please sign up in advance

Monthly Mini Shopping Trip, 2nd Thursday every month: Guilford Commons

Thursday, February 12th

9:30 am - 12:30 pm

Price: \$2

Stores include: Michaels, DSW, ULTA, The Fresh Market, TJ Maxx, Petco, and Old Navy

LUNCH BUNCH

Char and Lemon

Thursday, February 19th

12pm

2 Water St.

Guilford, CT 06437

Separate checks will be provided

Important: Please notify Rhiannon if you can no longer attend

HAPPY HOUR

Branford Cue & Brew

Free pool on Tuesdays with the
purchase of 2 alcoholic drinks or
dinner!

Tuesday, February 10th

4pm

131 Commercial Pkwy

Branford, CT 06405

Separate checks will be provided

Important: Please notify Rhiannon if you can no longer attend

Mohegan Sun

There are a limited
number of spots left!

Wednesday, March 25th

Bus departs: 9:00am

Bus returns: 3:00pm

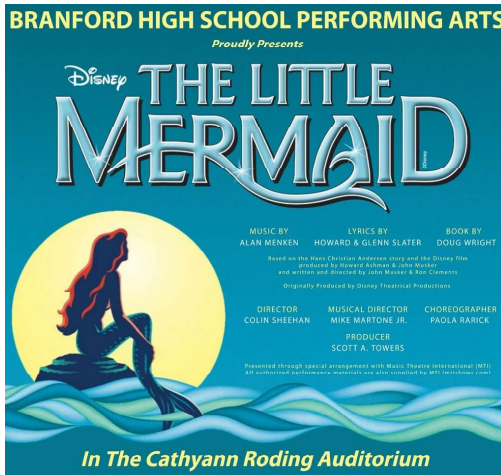
Price: \$14

BHS Performing Arts Presents *The Little Mermaid*

Thursday, March 19th

6:45pm-10:15pm

Price: \$15



Come watch the Branford High School students perform this Disney classic!

The bus will leave the Community House at 6:45pm. The show starts at 7:30pm. Please let us know at the time of sign-up if you will be taking the bus or driving yourself to Branford High School

Discover the Magic of Italy! With Collette Tours

Hear about this 13-day journey through Italy's most iconic and breathtaking destinations, departing October 10–22, 2026. Includes visits to Rome, Amalfi Coast with Capri, Pompeii, Florence, Venice and Italian Lakes! For additional information contact Nancy at 203-315-0682.

There will be a slide presentation by Alpha Coiro from her two trips to Italy on **March 30 at 10:00 AM**. After her slides, Tracy O'Neill will be here to talk about the trip being offered to our members. Sign-up in advance for this presentation. Double: \$6,399 pp

THURSDAY THEATRE MATINEES

Join Colin Sheehan (Arts, Culture & Special Events Coordinator) for Theatre Thursdays

Meet at The Community House at 12:00PM

Show Time: 2:00PM

GOODSPEED OPERA HOUSE

Price: \$70 per show

Jesus Christ Superstar by Andrew Lloyd Webber & Tim Rice

May 21, 2026

Crazy For You by George & Ira Gershwin

August 6, 2026

The Snow Goose by Scott Gilmour & Claire McKenzie

October 1, 2026

Annie by Thomas Meehan, Charles Strouse & Martin Charnin

Dec 10, 2026

IVORYTON PLAYHOUSE

Price: \$50 per show

I'M CONNECTICUT by Mike Reiss

April 9, 2026

LADY DAY AT EMERSON'S BAR AND GRILL by Lanie Robertson

May 28, 2026

1776 by Sherman Edwards and Peter Stone

July 9, 2026

COME FROM AWAY by Irene Sankoff and David Hein

September 3, 2026

***For more detailed descriptions of the plays stop by the front office for a flyer!**

INDOOR PICKLEBALL

Located in the Joe Trapasso Gymnasium on the first floor

MONDAYS: 11:45AM-12:45PM INTERMEDIATE PLAYERS
12:45PM-1:45PM SEASONED PLAYERS

TUESDAYS: 8:30AM-10:45AM SEASONED PLAYERS

THURSDAYS: 8:30AM-10:45AM INTERMEDIATE PLAYERS

FRIDAYS: 1:00PM-2:30PM BEGINNER LESSONS WITH ROGER

WALKING GROUP



MONDAYS 8:45-9:30AM

WEDNESDAYS 8:45-10:00AM

Join us in the Joe Trapasso Gymnasium, located on the first floor. Listen to music as you walk with your friends!

VIRTUAL FITNESS CLASSES

Kinima Dumbbell Weights- Mondays, Wednesdays & Fridays 9:30AM

YouTube Low Impact Aerobics- Tuesdays 11:30AM

Kinima Cardio- Thursday 11:30AM

YouTube Cardio Calorie Burn- Wednesdays 10:15AM

YouTube Chair Yoga- Fridays 10:15AM



The virtual fitness classes are held onsite

FITNESS CLASSES

****NOTE: THESE CLASS ALL COST \$10 PER CLASS FOR 3 MONTH SESSION****

REGISTRATION FOR SPRING CLASSES WILL BE ON MARCH 5TH AT 1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10am Aerobics 9:30am Advanced Barre 10:30am Circuit 11:45am intermediate Pickleball 12:30pm BINGO 12:45pm Seasoned Pickleball 1:30pm Tap 4:30pm Qigong	8:30am Seasoned Pickleball 9:00am Beginner Yoga 10:00am Advanced Yoga 11:15am Beginner Barre 12:15 Circuit 2:30pm Tai Chi	8:10am Aerobics 9:30am Advanced Barre 11:00am Qigong	8:30 Intermediate Pickleball 9:00am Intermediate Yoga 10:00am Chair Yoga 11:15am Beginner Barre 12:15pm Zumba 2:30pm Qigong 4:30pm Tai Chi	8:10am Aerobics 9:00am Chair Yoga 10:00am Advanced Line Dancing 11:00am Beginner Line Dancing 1:00pm Pickleball lessons

CARDIO DRUMMING

Ray is back with new tunes and easy beats!

Mondays- March 9th-30th 10:45am

or

Wednesdays- March 4th-25th 11:00am

\$15 for the session

(Sign-ups for cardio drumming will begin on Wednesday, February 4th)

*Please note: You can only sign up for one session



Ask a Nurse

Tuesday, Feb. 24th
11-12:30pm

4th Tuesday of Every Month
Includes free blood pressure
screening, free oxygen level check, weight and/or BMI.
THIS IS A DROP-IN CLINIC!

Insight

A group for people dealing with or supporting those with decreasing vision led by Maureen Carr.

- Are you trying to cope with losing your vision?
- Are you frustrated because easy tasks are now almost impossible?
- Is not being able to drive driving you crazy?
- Are family members too helpful or not helpful enough?

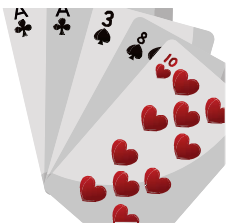
As a person who has been legally blind since birth, Maureen has had the opportunity to learn and cultivate strategies which allow her to maximize her resources and objectives. These skills have not only allowed her to flourish in a world that is quite visually oriented, but to develop alternative solutions to ordinary daily tasks. This skill cultivation has many overlapping benefits for everyday life for anyone. We use creative thinking, openness, resourcefulness, specific skill techniques to mention a few.

Come and gain new INSIGHT in your world. This support group will meet on the 3rd Wednesday of each month. February's group will meet on **February 18th at 10:30 am.**

Caregiver Support Group Interest

Are you interested in joining a support group for caregivers of individuals with dementia?

Please call Rhiannon at 203-315-0684



WEEKLY CARD GAMES & MORE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am Mah Jongg 12:30pm BINGO 2:00pm Hand & Foot	1:00pm Scrabble 1:30pm Poker	11:00am Setback 12:30pm Jammers 1:00pm Hand & Foot 1:00pm Coloring Grp 1:30 pm Ukulele	10:00am Hook N' Needle 1:00pm Canasta	10:00am Shuffleboard 11:00am Setback 11:00am Mah Jongg 11am-4pm Ping Pong 1:00pm Corn Hole 2:00pm Pinochle

***Please note: Ping Pong will take place on Fridays only**

Are you interested in learning how to play Canasta? Stop by Thursdays at 1pm and our seasoned players will be happy to teach you!

READER'S CHOICE BOOK CLUB



“Remarkably Bright Creatures” Author: Shelby Van Pelt

For fans of “*A Man Called Ove*,” a charming and witty exploration of friendship, reckoning, and hope that traces a widow's unlikely connection with a giant Pacific octopus.

Date: Tuesday, February 3rd at 1:30 pm

“Northern Spy” Author: Flynn Berry

If you love a mystery, then this book is for YOU! The story of two sisters who become entangled with the IRA.

Date: Tuesday, March 3rd at 1:30 pm



GENEALOGY

Ways to use Historical Maps for Genealogical Research

There are many types of maps that are useful to the genealogist. Some indicate town borders. Some where property lines were/are. Some indicate the type of dwelling and even what they were made of. Topography and military maps are other types. Borders of towns & villages, counties, states even the country's boundaries have changed over the years. These boundary changes make it difficult to trace your Ancestors. The names of these places have also changed. The Towns and villages in Eastern Europe have had 3-5 different names in the 19th century alone! That is even if your Ancestor didn't move! You will learn how to trace your Ancestor's hometown, and also migration using maps. This will assist you in knowing where to look for their records – you need to use the proper town name for the time period you are researching. We will explore a unique method of researching your ancestor

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

Date: Monday, Feb. 9th 1:00pm



KARAOKE

Get your singing voice ready for some afternoon karaoke!

Tuesday, February 10th

2:00pm

TECH HELP

Wednesday, February 25th

2-4PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT!



CREATIVE CORNER

Valentine "You are Cherry Sweet "Card

Wednesday, February 4

10:00 AM

Price: \$1



Make this one-of-a-kind card for your loved one. All supplies are included. If you happen to have a glue gun, please bring it to this workshop. We have the glue sticks. Limited seating in this class.



Pottery Painting with Fired Up!

Tuesday, February 3rd

11:00 am

Price: \$22

Paint your very own candy dish!



How to Workshop: Purse

Wednesday, February 25

9:30 AM

Learn how to make this purse from potholders and twine for the strap. We are starting to create items for our next fair. You will leave this class with the knowledge on how to make this cute purse at home. If you have a glue gun, please bring it to this class. I have the glue sticks. Limited seating so sign-up early.

FREE Knitting Lessons with Lee Heckendorf and Marie Kelly

Fridays for 6 weeks, February 6 - March 13

1:00 - 3:00 PM

Learn the basics of how to knit and pearl. We have knitting needles and yarn if you do not have your own supplies. Let us know at the time of sign-up.

FREE Crochet Lessons with Lee Heckendorf and Marie Kelly

Fridays for 6 weeks, March 20 - May 1 (No class 4/3)

1:00 - 3:00 PM

Learn the basics with the chain stitch, single crochet and double crochet. If you need a crochet hook and yarn let us know when you are signing up.

Deep Dive Documentaries

Tuesdays, 1:30pm

February 3rd: A Netflix Documentary

Breakdown: 1975

This film which explores the year 1975 through the lens of arts and culture

Run time: 1 hr 30 min

February 10th: A PBS Documentary

Tupperware!

In the 1950s, American women discovered they could earn thousands -- even millions -- of dollars from bowls that burped. "Tupperware ladies" fanned out across the nation's living rooms, selling efficiency and convenience to their friends and neighbors through home parties. Bowl by bowl, they built an empire that now spans the globe.

Narrated by Kathy Bates, this funny, thought-provoking film reveals the secret behind Tupperware's success.

Run time: 1 hr

February 17th: A Netflix Documentary

The New Yorker at 100

The New Yorker's centennial reveals behind-the-scenes access to editors, writers, and archives of this culturally vital magazine, one of print's last survivors.

Run time: 1 hr 37 min

February 24th: A PBS Documentary

Plague at the Golden Gate

More than 100 years before the COVID-19 pandemic shut down the world and set off a wave of fear and anti-Asian sentiment, an outbreak of bubonic plague in San Francisco's Chinatown in 1900 unleashed a similar furor. It was the first time in history that civilization's most feared disease -- the infamous Black Death -- made it to North America. Two doctors -- vastly different in temperament, training, and experience -- used different methods to lead the seemingly impossible battle to contain the disease before it could engulf the country. In addition to overwhelming medical challenges, they faced unexpected opposition from business leaders, politicians, and even the President of the United States.

Run time: 1 hr 53 min



Movie Matinee

Fridays, 12:45pm



February 6th:

Moonrise Kingdom: Two 12-year-olds, who live on an island, fall in love with each other and elope into the wilderness. While people set out on a search mission, a violent storm approaching them catches their attention.

Comedy/Drama Rating: PG-13 Run time: 1hr 34 min

February 13th:

My Oxford Year: When Anna, an ambitious young American woman, sets out for Oxford University to fulfill a childhood dream, she has her life completely on track until she meets a charming and clever local who profoundly alters both of their lives.

Comedy/Romance Rating: PG-13 Run time: 1hr 52min

February 20th:

Wonka: With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers

Comedy Rating: PG Run time: 1hr 56 min

February 27th:

The Unlikely Pilgrimage of Harold Fry: When a man learns that an old friend is seriously ill, he resolves to walk the length of England to see her, and inspired the nation along the way

Drama Rating: TV-MA Run time: 1hr 48 min

MON	TUES	WED	THURS	FRI
2 8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	3 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Pottery Painting 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Book Club 1:30 Poker 1:30 Deep Dive Documentary 2:30 Tai Chi	4 8:10 Aerobics 8:45 Indoor Walking 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Valentine's Card craft 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele Fun	5 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Beginner Barre 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi	6 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Bread 10:15 YouTube Chair Yoga 11:00 Mah Jongg 11:00 Setback 12:30 Olympic Games 12:45 Movie Matinee 1:00 Knitting Lesson 1:00 Cornhole 2:00 Pinochle
9 8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:30 Circuit 11:00 Energy Efficiency 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	10 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Winter Wellness 11:15 Beginner Barre 11:30 Kinima: Cardio 12:00 Virtual Presentation 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Deep Dive Documentary 2:00 Karaoke 2:30 Tai Chi 4:00 Happy Hour	11 8:10 Aerobics 8:45 Indoor Walking 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 11:00 Beating Winter Blues 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele Fun	12 9:00 Morning Errands 9:00 Intermediate Yoga 9:30 Guilford Commons 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Beginner Barre 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi	13 8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 12:45 Movie Matinee 1:00 Knitting Lesson 1:00 Cornhole 2:00 Pinochle

MON

TUES

WED

THURS

FRI

16

CLOSED

17

9:00 Beginner Yoga
 10:00 Advanced Yoga
 10:00 Meditation
 11:15 Beginner Barre
 11:30 Kinima: Cardio
 12:15 Circuit
 12:30 Discussion Group
12:30 Valentine's Bingo
 1:00 Scrabble
 1:30 Poker
 1:30 Deep Dive Documentary
 2:30 Tai Chi

18

8:10 Aerobics
 8:45 Indoor walking
9:00 AARP Driving Course
9:00 Morning Errands
 9:30 Kinima: Weights
 9:30 Advanced Barre
9:30 Peabody Museum
 10:15 Kinima: Cardio
10:30 Insight
 11:00 Setback
 11:00 Qigong
 12:30 Jammers
 1:00 Hand & Foot
 1:00 Coloring Group
 1:30 Ukulele for Fun

19

9:00 Intermediate Yoga
9:00 Morning Errands
 10:00 Chair Yoga
 10:00 Hook N' Needle
 11:15 Beginner Barre
 11:30 Kinima: Cardio
12:00 Lunch Bunch
 12:15 Zumba
 1:00 Canasta
 1:00 Watercolor
 2:30 Qigong
 4:30 Tai Chi

20

8:10 Aerobics
 9:00 Chair yoga
 9:30 Kinima: Weights
10:00 Bread
 10:00 Shuffleboard
 10:00 Adv. Line Dancing
 10:15 YouTube Chair Yoga
 11:00 Beg. Line Dancing
 11:00 Mah Jongg
 11:00 Setback
 12:45 Movie Matinee
1:00 Knitting Lesson
 1:00 Cornhole
 2:00 Pinochle

23

8:10 Aerobics
 8:45 Indoor walking
 9:30 Kinima: Weights
 9:30 Advanced Barre
 10:30 Circuit
 11:00 Mah Jongg
 12:00 Dominoes
 12:30 Bingo
 1:30 Tap class
 2:00 Hand & Foot
 2:00 Rummikub
 4:30 Qigong

24

9:00 Beginner Yoga
 10:00 Advanced Yoga
 10:00 Meditation
11:00 Ask a Nurse
 11:15 Beginner Barre
 11:30 Kinima: Cardio
12:00 Virtual Presentation
 12:15 Circuit
 12:30 Discussion Group
 1:00 Scrabble
 1:30 Poker
 1:30 Deep Dive Documentary
 2:30 Tai Chi

25

8:10 Aerobics
 8:45 Indoor Walking
9:00 Morning Errands
 9:30 Kinima: Weights
 9:30 Advanced Barre
9:30 Potholder Purse craft
 10:15 Kinima: Cardio
11:00 Medicare Fraud
 11:00 Setback
 11:00 Qigong
 12:30 Jammers
 1:00 Hand & Foot
 1:00 Coloring Group
 1:30 Ukulele For Fun
2:00 Tech Help

26

9:00 Intermediate Yoga
9:00 Morning Errands
 10:00 Chair Yoga
 10:00 Hook N' Needle
 11:15 Beginner Barre
 11:30 Kinima: Cardio
 12:15 Zumba
 1:00 Canasta
 1:00 Watercolor
 2:30 Qigong
 4:30 Tai Chi
4:30 Pizza, Movie & Game Night

27

8:10 Aerobics
 9:00 Chair yoga
 9:30 Kinima: Weights
 10:00 Shuffleboard
 10:00 Adv. Line Dancing
 10:15 YouTube Chair Yoga
 11:00 Beg. Line Dancing
 11:00 Mah Jongg
 11:00 Setback
12:30 Birthday Celebration
 12:45 Movie Matinee
1:00 Knitting Lesson
 1:00 Cornhole
 2:00 Pinochle



NEW YEAR 2026



WALSH INTERMEDIATE SCHOOL WINTER POOL SCHEDULE

Jan. 20, 2026 – Apr. 2, 2026

To access the pool, please park in the rear of the building and enter through Door #157. You can access the pool and locker rooms from this hallway. Branford Residents Only!

Morning hours: You MUST be out of the building by 7:45am

Evening hours: You MUST be out of the building by 8:45pm on weeknights & 1:45pm on Saturdays.

MONDAYS:	6:30p-7:25p	Learn To Swim Classes (<i>pre-registration required</i>)
	6:30p-8:30p	PUBLIC SWIM – Adults Only (18+) 2 Lap Lanes
	7:30p-8:30p	Aquacise (<i>pre-registration required</i>)
TUESDAYS:	6:30a -7:30a	Morning Adult Swim Only (18+)
	6:30p-8:30p	PUBLIC SWIM – Adults Only (18+) 2 Lap Lanes
	6:30p-8:30p	Sunfish Swim Club & Learn to Swim (<i>pre-registration required</i>)
WEDNESDAYS:	6:30p-7:30p	Learn To Swim Classes (<i>pre-registration required</i>)
	6:30p-7:30p	PUBLIC SWIM-All Ages
	7:30p-8:30p	Aquacise (<i>pre-registration required</i>)
	7:30p-8:30P	PUBLIC SWIM-Adults Only (18+) 2 Lap Lanes
THURSDAYS:	6:30a -7:30a	Morning Adult Swim Only (18+) 3 Lap Lanes
	6:30p-8:30p	PUBLIC SWIM – Adults Only (18+) 2 Lap Lanes
	6:30p-8:30p	Sunfish Swim Club & Adult Swim Lessons (<i>pre-registration required</i>)
FRIDAYS:	6:30p-8:30p	PUBLIC SWIM – All Ages
SATURDAYS:	8:00a-11:30a	Adult Swim Only (18+) 2 Lap Lanes
	8:00a-8:45a	Deep Water Aquacise (<i>pre-registration required</i>)
	9:00a-12:30a	Learn To Swim Classes (<i>pre-registration required</i>)
	11:30a-1:30p	PUBLIC SWIM – All Ages

SCHEDULED POOL CLOSINGS: (Subject to change)

Dec. 22-Jan. 19 (*pool maintenance!*)

Feb. 16, 17, 19*, 26*

**closed in the evening ONLY... AM swim still allowed*

ADDITIONAL CLOSINGS MAY OCCUR FOR SCHOOL FUNCTIONS, STAFFING ISSUES AND WEATHER CONDITIONS

Scheduled was revised as of 12-19-2025