

# THE CANOE BROOK CONNECTIONS

## TOWN OF BRANFORD

### PARKS, RECREATION & SENIOR SERVICES

## APRIL 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](http://branfordrecreation.org)



[www.facebook.com/BranfordParksRecSeniorServices](https://www.facebook.com/BranfordParksRecSeniorServices)

#### TABLE OF CONTENTS

Page 1: Social Services

Page 2: Information

Page 3: Announcements

Page 4: Cafe

Pages 5-6: Special Events & Programs

Pages 7-8: Trips

Pages 9-11: Fitness & Wellness

Pages 12-16: Clubs & Special Interest Groups

Pages 17-19: Daily Calendar

**Energy Assistance:** We are currently taking applications for those who heat with gas and electric. This program ends the end of May.

**FREE Tax Assistance:** Call Guilford Senior Center, 203-453-8086, extension 221 to make a Wednesday appointment. Or for an appointment at the Madison Senior Center - 860-579-3192.

**Eversource Educational Program(Sign-up in advance):**

**Heat Pump 101 with Eversource:** Monday, April 13 at 11:00 AM Matt Corona, Energize CT Heat Pump Specialist, will be on hand to talk about this program and the savings to you, the consumer. He will also provide one-on-one consulting for those interested in talking about their homes.

**EVERSOURCE Electric Bill Discount:** If you are on MSP, Husky C, CEAP, SNAP, Medicaid, SSI, SSDI or Section 8 Housing you qualify for at least 5% off. Depending on what assistance you receive & your income, you may get up to 50% off the KW usage. If you do not receive assistance, your income is under \$47,764 (single) or \$62,460 (double) you qualify for at least a 5% discount. Contact Kelly or Nancy.

**Celebrating Aging and Your Unique Lives with Amy Cheung, MD, PhD**

**Dates: Tuesday, April 7 & 14, 2:30 PM**

Amy is looking for older adults interested in sharing their life stories with her. She wants to learn from YOU! There is a short anonymous survey to fill out, and if you would like, she is happy to take your picture since she is an amateur photographer. Benefits: free picture and educating other about aging. Sign-up in advance.

**UR Community Cares: Devices/Resources to Help with Vision**

**Date: Wednesday, May 6, 10:30 AM - Noon**

Try out devices to help with your vision and learn about free resources available! Do you have cataracts, glaucoma, Macular Degeneration or is your vision getting worse? Pick up a copy of the new 2026 FREE directory of resources. Sign-up in advance.

**Renters Rebate:** This program will start after May 25<sup>th</sup>. To be eligible, you must be at least 65 years of age or totally disabled. Income is based on the year 2025 (under \$46,300 single or \$56,500 married.) Details of what paperwork is needed will be in the May newsletter.

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.

## MEMBERSHIP

Annual fee is \$10 (Renews one year from the date you join!)

## 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. 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 CLOSED - Friday, April 3 ~ Good Friday**

## "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"

**Dale Izzo ~ Director**

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**Nico Martone ~ Custodian**

*nmartone@branford-ct.gov*

**Scott Roth ~ Chef**

**Mary Derrico & Anna Belcher ~ 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

**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: April 10 and 24**

**Policy for signing up for all 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.

**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.



**Transportation Services**

- 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.
- Medical transportation is available to Branford residents 21 years of age or older. 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.

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

**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 203-481-3429 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  
APRIL 2026

<p><b>*NEW HOURS*</b> PLEASE NOTE NEW BREAKFAST AND LUNCH HOURS. Breakfast: 8:45a-10:00am Lunch: 11:45a-12:30p</p>		<p>WEDNESDAY 1 <b>Breakfast</b> Scrambled Eggs &amp; Bacon <b>Lunch</b> Shrimp Scampi pasta &amp; veg</p>	<p>THURSDAY 2 <b>Breakfast</b> Fruit &amp; Muffin <b>Lunch</b> Ham w/sweet potatoes &amp; veg</p>	<p>FRIDAY 3 <b>CLOSED</b> <i>good friday</i></p>
<p>MONDAY 6 <b>Breakfast</b> Breakfast Sandwich <b>Lunch</b> Bacon Cheeseburger &amp; Shrimp &amp; Rice soup</p>	<p>TUESDAY 7 <b>Breakfast</b> Crepes w/berries or apples <b>Lunch</b> Salmon, Rice &amp; veg</p>	<p>WEDNESDAY 8 <b>Breakfast</b> Frittata <b>Lunch</b> Meatloaf, roasted Potatoes, veg</p>	<p>THURSDAY 9 <b>Breakfast</b> French Toast <b>Lunch</b> Eggplant Parmesan, ziti &amp; veg</p>	<p>FRIDAY 10 <b>Breakfast</b> Pancakes <b>Lunch</b> Coq au Vin, mashed potatoes, veg</p>
<p>MONDAY 13 <b>Breakfast</b> Breakfast Sandwich <b>Lunch</b> Stuffed Shells w/salad</p>	<p>TUESDAY 14 <b>Breakfast</b> Pancakes <b>Lunch</b> Tortellini, Pesto, Chicken, &amp; Zucchini</p>	<p>WEDNESDAY 15 <b>Breakfast</b> Omelet <b>Lunch</b> Pork Loin, mashed potatoes &amp; veg</p>	<p>THURSDAY 16 <b>Breakfast</b> Fruit &amp; Muffins <b>Lunch</b> Shrimp Scampi &amp; Veg</p>	<p>FRIDAY 17 <b>Breakfast</b> French Toast <b>Lunch</b> Chicken Marsala &amp; veg</p>
<p>MONDAY 20 <b>Breakfast</b> Breakfast Sandwich <b>Lunch</b> Chicken Salad &amp; Soup</p>	<p>TUESDAY 21 <b>Breakfast</b> Quiche <b>Lunch</b> Meatloaf, mashed potatoes, &amp; veg</p>	<p>WEDNESDAY 22 <b>Breakfast</b> Pancakes <b>Lunch</b> Scrod, rice, &amp; veg</p>	<p>THURSDAY 23 <b>Breakfast</b> French Toast <b>Lunch</b> Beef Stew</p>	<p>FRIDAY 24 <b>Breakfast</b> Fruit Muffins <b>Lunch</b> Chicken Parmesan ziti &amp; veg</p>
<p>MONDAY 27 <b>Breakfast</b> Breakfast Sandwich <b>Lunch</b> Turkey Club &amp; Soup</p>	<p>TUESDAY 28 <b>Breakfast</b> Waffles w/berries <b>Lunch</b> Shepherd's Pie w/salad</p>	<p>WEDNESDAY 29 <b>Breakfast</b> Scrambled Eggs &amp; Bacon <b>Lunch</b> Pasta w/shrimp &amp; veg</p>	<p>THURSDAY 30 <b>Breakfast</b> Pancakes <b>Lunch</b> Spaghetti &amp; Meatballs veg</p>	<p>*Dessert will be served with lunch!</p>

**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.

**\*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)



## AMERICA'S 250TH CELEBRATION AT FOOTE PARK

Friday, May 8th ~ 11am-2pm

Price: \$8

Enjoy a leisurely day playing some of your favorite lawn games: croquet, Yardzee, ladder toss, corn hole, Kan Jam and more!

Chef's Rhiannon and Nancy will cook up hotdogs & hamburgers, served with potato/macaroni salad, coleslaw, chips, dessert and cold beverages.



## Lotus Lantern Workshop

Friday, May 15th

11:00am

Price: \$6

Members from the Korean Spirit & Promotion Project will be here to show us step-by-step how to make lovely Lotus Flower Lanterns using colored paper and wired frame. You will also have the opportunity learn about the culture of Korea.

## Spring Birding Walks

Thursday mornings at 9:00am

Starts April 9th

Come take part in a weekly Spring walk where we will see how many of our local birds and returning migrants we can identify. We will walk on the Shoreline Greenway Trail, from Tabor Drive to Pine Orchard Rd and back. The path is paved, and the entire walk will be a leisurely 1 - 1 ½ miles. There are a couple of short, wooded paths we can try if the ground is dry (optional). Meet at the Shoreline Greenway Trail parking lot off of Tabor Drive. Bring binoculars if you have them. The walks will be led by Senior Center member and amateur birder, Allen Marks, and will be weather permitting.

*Bus transportation is not provided*

## Red, White and Blue Hand Painted Notecards Just For You *by our Thursday Watercolor Class for sale*



Price: \$4 each

## THE GOLDEN YEARS

Created by David and Marge Schneider

**Tuesday, April 21st**

**1:00pm**

*Multi-function Room on the 1<sup>st</sup> floor of the Community House*

Join Canoe Brook friends and staff as we navigate our senior years with music, dance, humor, inspirational readings and mutual support. The "Golden Years" is a diversely entertaining romp through these complicated, often challenging times, utilizing our alphabet and all that we learned in kindergarten.

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## TEA CUP & FLOWERS

**Thursday, May 14th**

**1:00pm**

The Branford Garden Club will teach us how to create beautiful flower arrangements in a teacup. Limited class size!

Please bring your own teacup. Please also bring scissors or clippers if you have them. The Branford Garden Club will provide the flowers

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## AARP Safe Driving Course

**Wednesday, May 20th**

**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. Register in advance.

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## WHIFFLEBALL GAME



**Wednesday, May 13th**

**11:00am**

**Hammer Field**

Take part in some friendly competition over a whiffleball game!

Sign up in advance

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## TRIAD Program "In the Know"

**Thursday, April 16th**

**9:00am**

An officer from the Branford Police Department will be here to discuss local crime on the rise in Branford

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

Thursday, April 9th  
9:30 am - 12:30 pm  
Price: \$2

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

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**Mini Shopping Trip: Connecticut Post Mall**

Thursday, April 30th  
10:30 am - 1:30 pm  
Price: \$2

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**LUNCH BUNCH****Parthenon Diner**

Wednesday, April 22nd  
12pm  
374 E. Main St.  
Branford, CT 06405

Separate checks will be provided

**Important: Please notify the office if you can no longer attend**

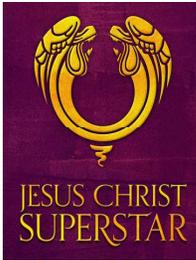
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**HAPPY HOUR****Home**

April 16th  
4:30pm  
1114 Main St.  
Branford, CT 06405

Separate checks will be provided

**Important: Please notify the office if you can no longer attend**



## Goodspeed Opera House

*Jesus Christ Superstar*

Thursday, May 21st

**Meet at the Community House at 12pm**

**Show starts at 2:00pm**

**Price: \$70**

An electrifying rock score that captured the spirit of a generation. Featuring iconic songs like "Superstar" and "I Don't Know How to Love Him," Jesus Christ Superstar is a bold story of devotion and doubt. Experience the legendary musical that has captivated audiences for over 50 years

## Ivoryton Playhouse

*Lady Day at Emerson's Bar & Grill*

Thursday, May 28th

**Meet at the Community House at 12pm !(Show starts at 2:00pm)**

**Price: \$50**

This award winning play brings to life the soul & struggles of jazz legend, Billie Holiday. Featuring "Strange Fruit" and "God Bless the Child", this acclaimed play transports the audience on a journey for one of the jazz legend's final concerts.



## Killam's Point Hike

Thursday, May 7 (rain date May 14) at 1:15 pm

**Price: \$2**

Killam's Point Conference Center covers about 50 acres of church owned nature preserve. It's a quiet refuge of undisturbed woodland, salt march and rocky tidal area. We have gotten special permission to hike the trail. We will be taking the minibus to get there. Please arrive at the Center by 1:00pm.

## Painted Canyons of the West

**Presentation on Tuesday, June 9 at 1 PM - Sign-up in advance**

Highlights: Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Bryce Canyon National Park, Dead Horse Point State Park, Capital Reef National Park, Zion National Park, Las Vegas. Dates of trip: April 11-19, 2027

# PICKLEBALL

**Pickleball will move to Veteran’s Park starting April 13th**

## Outdoor schedule

**Tuesdays:**

8:00am-10am Intermediate  
10am-11am Seasoned

11am-12pm Beginner Lessons with Roger

**Thursdays:**

8:00am-10am Seasoned  
10am-11am Intermediate

11am-12pm Beginner Lessons with Roger

# WALKING GROUP



**MONDAYS & WEDNESDAYS 8:45AM**

**We are heading to Foote Park starting April 13th**

# VIRTUAL FITNESS CLASSES

The virtual fitness classes are held onsite

**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 10:00AM

**YouTube Chair Yoga-** Thursdays 10:30am, Fridays 10:15AM



# BOCCE

Starts April 13th!



**Mondays-** Men’s Play 10am-1pm

**Wednesdays-** Women’s Play 10am-1pm

**Fridays-** Co-Ed Play 10pm-1pm

All other times the courts are open to public first come first serve

# FITNESS CLASSES

*Spring session runs from April 1 through June 30th*

**\*\*NOTE: FITNESS CLASSES COST \$10 PER 3 MONTH SESSION\*\***

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

## **\*Fitness Class Policy\***

**Please notify Rhiannon if you expect to miss 3 or more consecutive classes or you will be automatically removed from the class with no refund.**

**Please note:** Starting with the summer session which runs July 1 through September 30, the fee for several of the classes will be increasing. Circuit, Tai Chi, Yoga (all levels), Zumba, Tap Dancing, Line Dancing, and Meditation will remain \$10. Watercolor Class will remain \$15. Aerobics meets three times a week and will be \$20. Beginner Barre and Advanced Barre (each level meets twice a week) will be \$15.



**Ask a Nurse**

Tuesday, April 28th

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.**

A little bit about Maureen: She has a master's in counseling with a lifetime of experience helping people with low vision and blindness. 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.

Dates: **April 1st and 15th at 10:30 am.**

**CARDIO DRUMMING**

**\$30 for 8 week session**

This is the last session until the Fall

**Mondays**

April 6th-June 1st

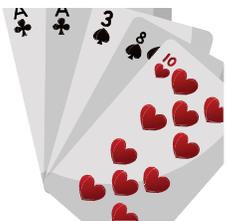
10:45am

**OR**

**Wednesdays**

April 1st-May 20th

11:00am



# 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 n' Conversation 1:30pm 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

**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



### **"The Wedding People" Author: Alison Espach**

This is a work of contemporary fiction. Set in Newport, Rhode Island, the novel follows Phoebe Stone's journey to recover her purpose and sense of self while unexpectedly situated among a group of weddinggoers.

**Date:** Tuesday, April 7th at 1:30 pm

### **"A Long Walk to Water" Author: Linda Sue Park**

This is based on the true story of Salva, one of some 3,800 Sudanese "Lost Boys" airlifted to the US starting in the mid '90's. He led a group of 150 boys to safety in Kenya, relocated to NY, learns English and goes to college. He then returns to his homeland to install deep-water wells in remote villages. This story is told side by side with the story of Nya, a young girl who lives today in one of those villages.

**Date:** Tuesday, May 5th at 1:30 pm



# GENEALOGY

## Land Records

How did your ancestors acquire the land that they lived on. Did they obtain it as Bounty Land. Was it part of a land grant? Was it inherited? Did they have a mortgage from a bank? There are many land records that are available for you to use in your research. When people settled in a new area there were Land Patents. When that land was sold, a deed was produced. The deeds were passed on to new owners when the land was sold again. Come and learn how your ancestor acquired their land.

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

**Date:** Monday, April 13th 1:00pm



## **NEW!! Three on Three Basketball** **Every Thursday starting on April 23 at 1:30 PM**

Play on half court. (This version of the game doesn't involve running up and down the court.) The total game is 30 minutes where there is a strong focus on teamwork and strategic play. Enjoy a little competition, fitness and F-U-N. There will be a demonstration of this game with staff members Coach Vic, Rhiannon, Nancy, Joe, Nally and a mystery person.



## TECH HELP

Wednesday, April 29<sup>th</sup>

2-4PM (15 Minute Appointments)

**MUST MAKE AN APPOINTMENT!**

## **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.

# CREATIVE CORNER



## Diamond Painting Keychains with Connie Nucolo Monday, April 6 at 10:30 AM

Learn a new craft that requires you to have good eye/hand coordination. The beads are small and they are picked up with a special diamond painting pen. We have different patterns (lemons, flowers and animals). The new rage right now is adorning purses with keychains. We are making these to sell in the showcase. Class size is limited so sign up in advance.

## Courtney from Re-Loved Designs



Friday, April 10th

10:30am

Price: 2 coasters for \$25

Create your own set of two ceramic tile coasters in this hands-on class. Choose from a variety of colors to match your style while learning how to design and grout your pieces. \$25 per person.



Thursday, April 23rd

10:30am

Price: \$20

Learn how to make this beautiful pressed flower glass votive holder. Each participant will get 1 square glass votive holder, real pressed flowers and the remaining materials to make this gorgeous candle holder. A real show stopper at night!



## Pottery Painting with Fired Up!

Wednesday, April 22nd

11:00 am

Price: \$22



Paint this one-of-a-kind bird luminary. Place a tea light inside to create a beautiful glow. Class size is limited.

## Virtual Lectures by Road Scholar



Learn from Road Scholar's expert instructors around the world as they discuss fascinating topics like art history, world cultures, archaeology, geology and more!

*These are virtual presentations that will be shown onsite. Please sign up in advance. Certain lectures may be available to view at home. See Rhiannon for more information*

### **2026 Keynote: Jane Pauley on Reimagining the Rest of Your Life**

Tuesday, April 7th at 2pm

In this uplifting conversation, Emmy-winning journalist and bestselling author Jane Pauley invites you to see reinvention not as a risk, but as an opportunity. True to Road Scholar's spirit, Jane explores curiosity as a lifelong practice, sharing stories from decades of conversations with remarkable people and the "learning adventures" that changed how she sees the world.

### **Polar Opposites – Ecosystems of the Arctic & Antarctic**

Friday, April 24th at 10:30am

*\*this lecture has been pre-recorded*

At the farthest reaches of our planet lie two frozen worlds that are shaped by very different ecological forces. Join marine biologist and polar expedition guide Amanda Hunter as she compares and contrasts the ecosystems of the Arctic and Antarctic and the incredible life forms that thrive in these regions. Gain insights into the unique biological characteristics of each pole and discover how geography, climate and evolution have produced two distinct models of life at Earth's extremes.

### **Learning from Lincoln**

Tuesday, April 28th at 2pm

*\*this lecture has been pre-recorded*

Abraham Lincoln's approach to leadership remains a rich source of wisdom today. He blended humor with poignant storytelling and knew when to engage – and when to remain silent. His strategic patience, persuasive skill and commitment to honesty set him apart, as did his willingness to reconsider his own views. Join esteemed author and professor Louis Masur for an exploration of Lincoln's leadership style and enduring legacy.

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## **Did You Know?**



We have a community puzzle! It is located in the back of the cafe/lunch room by the window. All are welcome! Stop in and lend a hand!





## Movie Matinee



Fridays, 12:45pm

### April 10th:

**Persuasion:** Eight years after Anne Elliot was persuaded not to marry a dashing man of humble origins, they meet again. Will she seize her second chance at true love?

**Comedy/Drama Rating: PG Run time: 1hr 49 min**

### April 17th:

**Chef:** A head chef quits his restaurant job and buys a food truck in an effort to reclaim his creative talents while piecing his estranged family back together.

**Comedy/Drama Rating: R Run time: 1hr 54min**

### April 24th:

**The Last Laugh:** When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.

**Comedy/Drama Rating: TV-MA Run time: 1hr 38 min**

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## Birthday Celebration!

Come celebrate April birthdays on **Friday, April 24<sup>th</sup> at 12:30pm** with some cake!

All are welcome to attend!



*Please sign up in advance*

MON

TUES

WED

THURS

FRI

1

8:10 Aerobics  
 8:45 Indoor Walking  
**9:00 Morning Errands**  
 9:30 Kinima: Weights  
 9:30 Advanced Barre  
 10:15 Kinima: Cardio  
**10:30 Insight**  
 11:00 Setback  
 11:00 Qigong  
 11:00 Cardio Drumming  
**11:45 Lunchtime Chamber Music**  
 12:30 Jammers  
 1:00 Hand & Foot  
 1:00 Coloring n' Conversation  
 1:30 Ukulele Fun

2

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

3

**CLOSED GOOD FRIDAY**

**HAPPY EASTER!**



6

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

7

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  
 1:00 Scrabble  
 1:30 Poker  
**1:30 Book Club**  
 2:00 Road Scholar  
 2:30 Tai Chi  
**2:30 Celebrating Aging**

8

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 Qigong  
 11:00 Cardio Drumming  
 12:30 Jammers  
 1:00 Hand & Foot  
 1:00 Coloring n' Conversation  
 1:30 Ukulele Fun

9

9:00 Spring Birding Walk  
**9:00 Morning Errands**  
 9:00 Intermediate Yoga  
**9:30 Guilford Commons**  
 10:00 Chair Yoga  
 10:00 Hook N' Needle  
 10:30 YouTube Chair Yoga  
 11:15 Beginner Barre  
**12:00 Ivoryton Playhouse**  
 12:15 Zumba  
 1:00 Canasta  
 1:00 Watercolor  
 2:30 Qigong  
 4:30 Tai Chi

10

**NO LINE DANCING**

8:10 Aerobics  
 9:00 Chair yoga  
 9:30 Kinima: Weights  
 10:00 Shuffleboard  
 10:15 YouTube Chair Yoga  
**10:30 Mosaic Coasters**  
 11:00 Mah Jongg  
 11:00 Setback  
 11:00 Ping Pong  
 12:45 Movie Matinee  
**1:00 Crochet Lesson**  
 1:00 Cornhole  
 2:00 Pinochle

MON

TUES

WED

THURS

FRI

13

**NO BARRE  
NO CIRCUIT**

8:10 Aerobics  
8:45 Walking at Foote Park  
9:30 Kinima: Weights  
10:00 Men's Bocce  
10:45 Cardio Drumming  
11:00 Mah Jongg  
**11:00 Heat Pump 101**  
12:00 Dominoes  
12:30 Bingo  
**1:00 Genealogy**  
1:30 Tap class  
2:00 Hand & Foot  
4:30 Qigong

14

**NO BARRE  
NO CIRCUIT**

8:00 Intermediate Pickleball  
9:00 Beginner Yoga  
10:00 Advanced Yoga  
10:00 Meditation  
10:00 Seasoned Pickleball  
11:00 Pickleball Lessons  
11:30 Kinima: Cardio  
12:30 Discussion Group  
1:00 Scrabble  
1:30 Poker  
2:30 Tai Chi  
**2:30 Celebrating Aging**

15

**NO BARRE**

8:10 Aerobics  
8:45 Walking at Foote Park  
**9:00 Morning Errands**  
9:30 Kinima: Weights  
10:00 Women's Bocce  
10:15 Kinima: Cardio  
**10:30 Insight**  
11:00 Setback  
11:00 Qigong  
11:00 Cardio Drumming  
12:30 Jammers  
1:00 Hand & Foot  
1:00 Coloring n' Conversation  
1:30 Ukulele for Fun

16

**NO BARRE  
NO ZUMBA**

8:00 Seasoned Pickleball  
9:00 Spring Birding Walk  
9:00 Intermediate Yoga  
**9:00 Morning Errands**  
**9:00 In the Know**  
10:00 Chair Yoga  
10:00 Hook N' Needle Pickleball  
10:30 YouTube Chair Yoga  
11:00 Pickleball Lessons  
11:30 Kinima: Cardio  
1:00 Canasta  
1:00 Watercolor  
2:00 Road Scholar  
2:30 Qigong  
4:30 Tai Chi  
**4:30 Happy Hour**

17

8:10 Aerobics  
9:00 Chair yoga  
9:30 Kinima: Weights  
10:00 Shuffleboard  
10:00 Adv. Line Dancing  
10:00 Co-Ed Bocce  
10:15 YouTube Chair Yoga  
11:00 Beg. Line Dancing  
11:00 Mah Jongg  
11:00 Setback  
11:00 Ping Pong  
12:45 Movie Matinee  
**1:00 Crochet Lesson**  
1:00 Cornhole  
2:00 Pinochle

20

8:10 Aerobics  
8:45 Walking at Foote Park  
9:30 Kinima: Weights  
9:30 Advanced Barre  
10:00 Men's Bocce  
10:30 Circuit  
10:45 Cardio Drumming  
11:00 Mah Jongg  
12:00 Dominoes  
12:30 Bingo  
1:00 Road Scholar  
1:30 Tap class  
2:00 Hand & Foot  
4:30 Qigong

21

8:00 Intermediate Pickleball  
9:00 Beginner Yoga  
10:00 Advanced Yoga  
10:00 Meditation  
10:00 Seasoned Pickleball  
11:00 Pickleball Lessons  
11:15 Beginner Barre  
11:30 Kinima: Cardio  
12:15 Circuit  
12:30 Discussion Group  
1:00 Scrabble  
**1:00 The Golden Years**  
1:30 Poker  
2:30 Tai Chi

22

8:10 Aerobics  
8:45 Walking at Foote Park  
**9:00 Morning Errands**  
9:30 Kinima: Weights  
9:30 Advanced Barre  
10:00 Women's Bocce  
10:15 Kinima: Cardio  
11:00 Setback  
11:00 Qigong  
11:00 Cardio Drumming  
**11:00 Fired Up!**  
**12:00 Lunch Bunch**  
12:30 Jammers  
1:00 Hand & Foot  
1:00 Coloring n' Conversation  
1:30 Ukulele For Fun

23

8:00 Seasoned Pickleball  
9:00 Spring Birding Walk  
9:00 Intermediate Yoga  
**9:00 Morning Errands**  
10:00 Chair Yoga  
10:00 Hook N' Needle Pickleball  
10:30 YouTube Chair Yoga  
**10:30 Flower Votive**  
11:00 Pickleball Lessons  
11:15 Beginner Barre  
11:30 Kinima: Cardio  
12:15 Zumba  
1:00 Canasta  
1:00 Watercolor  
1:00 Road Scholar  
1:30 3 on 3 Basketball  
2:30 Qigong  
4:30 Tai Chi

24

8:10 Aerobics  
9:00 Chair yoga  
9:30 Kinima: Weights  
10:00 Shuffleboard  
10:00 Adv. Line Dancing  
10:00 Co-Ed Bocce  
10:15 YouTube Chair Yoga  
11:00 Beg. Line Dancing  
11:00 Mah Jongg  
11:00 Setback  
11:00 Ping Pong  
**12:30 Bday Celebration**  
12:45 Movie Matinee  
**1:00 Crochet Lesson**  
1:00 Cornhole  
2:00 Pinochle

MON	TUES	WED	THURS	FRI
<p><b>27</b></p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:30 Circuit 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand &amp; Foot 4:30 Qigong</p>	<p><b>28</b></p> <p>8:00 Intermediate Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 Seasoned Pickleball 11:00 Pickleball Lessons <b>11:00 Ask a Nurse</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:30 Tai Chi <b>4:30 Square Dance Night</b></p>	<p><b>29</b></p> <p>8:10 Aerobics 8:45 Walking at Foote Park <b>9:00 Morning Errands</b> 9:30 Kinima: Weights 9:30 Advanced Barre <b>9:45 New Haven Museum</b> 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming <b>11:00 Medicare Fraud</b> 12:30 Jammers 1:00 Hand &amp; Foot 1:00 Coloring n' Conversation 1:30 Ukulele For Fun <b>2:00 Tech Help</b></p>	<p><b>30</b></p> <p>8:00 Seasoned Pickleball 9:00 Spring Birding Walk 9:00 Intermediate Yoga <b>9:00 Morning Errands</b> 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 Intermediate Pickleball 10:30 YouTube Chair Yoga <b>10:30 CT Post Mall</b> 11:00 Pickleball Lessons 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:30 3 on 3 Basketball 2:30 Qigong 4:30 Tai Chi</p>	

## **HOSPICE POOL PASSES**

Family Pool Pass - \$160

Individual Adult Pass - \$80

Senior Individual Pass - \$60

Senior Center Member Individual Pass - \$45

**Pool Passes must be purchased in-person at our front office**