

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

AUGUST 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

TABLE OF CONTENTS

Page 1: Social Services
Page 2: Information
Page 3: Announcements
Page 4: Cafe
Page 5-6: Special Events & Programs
Pages 7-9: Trips
Pages 10-13: Fitness & Wellness
Pages 14-16: Clubs & Special Interest Groups
Pages 17-19: Daily Activities Calendar

Senior Farmers Market Electronic Benefit Card: A \$40 benefit to buy fruits, veggies, fresh herbs, eggs & honey at approved farmers markets. Must be a Branford resident 60+, with a monthly gross income under \$2461 (single) or \$3337 (married). Documented income must be provided. If you participated last year, bring in your old card. Otherwise, bring in your Smart Phone to have the app added to your phone.

Rent Rebate Applications: CT residents 65+ or on disability by 12/31/2025, might qualify for up to a \$700 rebate, single, or up to \$900 married, on rent & utilities paid in 2025. Your gross income must be below \$46,300 (single) or \$56,500 (married). **All income, rent & utility payments made in 2025 must be documented.** Checks will be sent out Nov. 30th. Make copies for us to keep of all the required paperwork. Drop off the copies; once processed, come to sign it.

Eversource Discounted: Get 5% to 50% discount on your electric bill depending on your income and family size.

Scam Alert! Brushing Scam: Packages are sent to consumers. It may consist of an electronic device or a business card with a QR code. This is a trick to steal your personal info. To protect yourself, if you didn't order anything, do not engage with the package or plug into a suspicious device that can steal your information. Report unknown package to the 3rd party seller (Amazon, eBay, etc.)

Generation Power CT: Fuel Assistance (deliverable fuel): Receive up to a \$500 grant to be used for one future delivery, not a past due balance. This is a one-time delivery that must be made within 30 days of the approval date. **Utility Assistance** (gas or electricity): Receive up to a \$500 past due bill in the name of the current household member. Provide a payment history that you have made 4 payments on your bill in the last 12 months. For both of these programs you can only apply once in a 12-month period. **All applicants must** provide proof of income (Social Security benefit letter, one month of paycheck stubs-4 pay stubs or 2 if paid biweekly) for all adults in home. Or, if you are categorically eligible: provide a 2026 CEAP letter or SSI letter from energy assistance. **Cycle one of GenerationPowerCT is open from September 1-15.**

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.

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. 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.

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

Coffee & Conversation with First Selectman Josh Brooks
First Thursday of the month at 8AM ~ Parthenon Diner

"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

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Scott Roth ~ Chef

Mary Derrico & Anna Belcher ~ Chef

Maureen Hall ~ Kitchen Aide

Please note: Building is closed Monday, Sept. 7

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

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: August 14 & 28

Thank you to the Branford Garden Club for making all of the beautiful centerpieces adorning the tables in the Cafe and Waverly Room.

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.

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.

Transportation Services

- Bus transportation is available to all senior center members. 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. Includes doctors' offices in Branford, East Haven, New Haven, Guilford, Madison, Divine St. North Haven, the VA in West Haven and North Branford.

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

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

To make an appointment with Tabitha please call 203-481-3429 ext. 183

Services offered by our new Social Services Support Specialist Kelly Gesuero

- Renters Rebate Applications
- Farmers Market Electronic Benefit Card
- ***New Offering!*** Generation Power CT September 1 - 15
- SNAP Benefits

Kelly can be reached at kgesuero@branford-ct.gov or 203-481-3429, ext 186

Join us daily in the Canoe Brook Cafe for breakfast and lunch. The Senior Center serves hot breakfast & lunch daily. Meals are created by our own Chefs 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 8:00am - 12:00pm. 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

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Lunch Turkey Club	4 Lunch House Salad with Chicken	5 Lunch Cod with Vegetable	6 Lunch Chicken Marsala with Vegetable	7 Lunch Sausage & Peppers
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 Lunch Chicken Parmesan with Pasta	11 Lunch Beef Kabobs & Vegetable	12 Lunch Shrimp Curry with Vegetable	13 Lunch Meatloaf with Mashed Potatoes and Vegetable	14 Lunch BBQ Ribs & Vegetable
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 Lunch Pork Loin with Vegetable	18 Lunch Beef Enchiladas with Vegetable	19 Lunch Salisbury Steak and Vegetable	20 Lunch Salmon with Rice and Vegetable	21 Lunch Lemon Ginger Chicken with Vegetable
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Lunch Chicken Fettuccine Alfredo with Vegetable	25 Lunch Stuffed Shrimp with Vegetable	26 Lunch Spaghetti and Meatballs	27 Lunch Eggplant Parmesan with Vegetable	28 Lunch Meatloaf with Mashed Potatoes and Vegetable
MONDAY	BREAKFAST IS NOW YOUR CHOICE, PICK 1 OF 4 OF THE MENU CHOICES! * DESSERT WITH EVERY MEAL!			
31 Lunch Stuffed Peppers				

Breakfast: \$3.00

Lunch: \$5.00

Daily Breakfast Choices:

1. Eggs, Bacon or Sausage
2. Pancakes, Bacon or Sausage
3. French Toast, Bacon or Sausage
4. Bacon Egg & Cheese Sandwich

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 lunch by 12PM the day before! Please Call the office at 203-481-3429
2. Payment can be made via cash, check, or credit card.

Bon Appetit!!!

The menu is subject to change.



Waverly Lounge:

Complimentary Tea and Coffee Served daily
8:30am to 12:00pm



TAKE GREAT PHOTOS WITH YOUR SMARTPHONE (FOR BOTH IPHONES AND ANDROIDS)



Thursday, September 17th

1-4pm

Price: \$25

Peter, of Peter Glass Photography, is an award-winning professional photographer specializing in commercial, corporate, and editorial photography.

This class is for those interested in producing high-quality images with their smartphone cameras. That means learning and understanding the camera controls, as well as when and how to use them. Doing so will put the photographer in better control of their camera and significantly improve photographs. Please note: This class will not cover the taking of selfies.

Everything necessary for taking great smartphone pictures will be addressed, including:

- Learning how to use the camera controls on your specific smartphone
- Basic photographic theory
- Discussing alternative smartphone camera apps
- Suggestions for hand-holding your camera
- Specific steps to follow when taking a picture
- Useful accessories for your smartphone camera
- And, how to compose your photographs to produce truly wonderful results

Don't forget to bring your fully charged smartphone, the smartphone's charger, and any accessories you have.

Life Stories Creative Writing Workshop with Janice Samoeil



Wednesdays

Sept. 9 & 23, Oct 14 & 28, Nov. 11 & 18

10-11:30am

Do you have stories, memoirs or life lessons you want to put on paper? This 6-session Interactive Workshop is for you, designed to develop your creativity through storytelling. No prior writing experience is necessary. Writing samples, resources, prompts, and feedback will be provided. All you need: a pen and notebook, or laptop, your memories, and a willingness to share and create. Writing is about connection, dialogue, sharing, seeing, and re-seeing. Space is limited

Jewelry Sale



Tuesday, August 18th

10am-12pm

Waverly Lounge

All jewelry is 2 for \$1

FINANCIAL FRAUD BINGO

Friday, August 28th

10:30am



Join the Connecticut Department of Banking for a fun, interactive fraud program to remind ourselves about protecting our personal information and our money... by playing BINGO! We will discuss banking scams and fraud, identity theft, and more. Free to play! Refreshments will be served.

Please sign up in advance.

Poetry Workshop and Lunch with Branford's First Poet Laureate, Judith K. Liebmann

Tuesday, September 22nd

10:00 AM - 3:00 PM

How Does Poetry Speak?

An introduction to the ways poetry communicates and how it differs from other forms of language. Who is Judith? She is a poet whose work has been published in many literary journals as well as "The New York Times" and "Scientific American." She has given readings, lectures and workshops throughout the United States and in Germany. A collection of her poems, "Ekphrasis" was published in December 2023. Lunch: Chicken Marsala, rice, veggie & dessert. Sign-up with payment by 9/15 **Price: \$6**

FREE! AARP Safe Driving Course

Wednesday, August 19th

9:00am-1:00pm

This session is **FREE** thanks to a grant from the CT Department of Transportation administered by the SCRCOG. Class size is limited. Register in advance.

WHIFFLEBALL GAME



Wednesday, August 26th

11:00am

Hammer Field

Take part in some friendly competition over a whiffleball game! Or come be a spectator! Sign up in advance to be a player.

Monthly Mystery Shopping Trip



Thursday, August 20th
11am-2:00pm
Price: \$5

Hint: We will travel 33 miles to get to this newly built shopping plaza. You can find a little bit of everything here - clothes, home decor, food!

Lunch Bunch: Doma on Main

Separate checks will be provided

Thursday, August 13th
12:30pm
576 Main St.
Branford, CT 06405

Happy Hour: Longley's

Separate checks will be provided

Thursday, August 20th
4pm
249 W. Main St.
Branford, CT 06405

Important: Please notify Rhiannon if you can no longer attend.

Bluff Point State Park

Wednesday, August 19th
Rain date: Tuesday, August 25th
9am-2:00pm
Price: \$7

Hike the 3.6-mile Coastal reserve Loop at Bluff Point State Park in Groton. The route offers a journey through varied terrain, starting along the Poquonnock River and Fishers Island Sound on wide, graveled paths and dirt roads. As you progress, the scenery opens up to panoramic views of the vast Atlantic Ocean and Long Island Sound, especially around Bluff Point Beach and Bushy Point Beach. You'll encounter sections winding through wooded areas, salt marshes, and open fields, with the path underfoot ranging from packed earth to dirt, rock, and ledge. Pack a lunch to eat after our hike.



Big E - Connecticut Day

Wednesday, September 23rd

9am-5:30pm

Price for admission & bus: \$30

NEW!

The Big E is the largest event on the East Coast and the fourth largest fair in North America. Attendees can enjoy hours of free entertainment and attractions, terrific food, plus the best that New England—and beyond—has to offer. We will be going on Connecticut Day! Step inside each state's building and immerse yourself in the sights, sounds and tastes of quintessential New England. Seating is limited on the mini bus.

NEW!

Hudson Valley Fall Foliage Day Trip

Wednesday, October 7th

7:00am-7:00pm

Price: \$185 (includes coach bus, walking tour, lunch, and cruise)

Transportation from home not provided

Take a 1-mile guided walking tour on the ***Walkway Over the Hudson*** where you will see views of the Hudson River, Catskill Mountains, and landscape. This bridge was once the 19th century Poughkeepsie-Highland Railroad Bridge that carries freight trains to the rest of the country.

Lunch will be at Mariner's Harbor Restaurant. Entree choices: Chicken Marsala w/ mashed potatoes and vegetables or Lemon butter oven-broiled cod with cilantro lime rice and vegetables. Served with salad, rolls, and dessert. Coffee, tea, and fountain beverages included.

Please let us know your lunch choice at the time of sign-up.

The trip will conclude with a 2-hour scenic cruise on the Hudson River aboard the "***Rip Van Winkle***". Snacks and beverages are available for purchase on board.

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

Wednesday, September 2nd

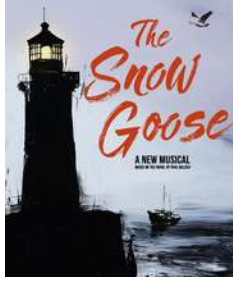
10:00am-1:00pm

Rain date: September 16th

Price per person single kayak: \$88

Price per person double kayak: \$65

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 sunscreen 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



Goodspeed Opera House ~ *The Snow Goose*

Thursday, October 1st

Meet at the Community House at 12pm, Show starts at 2:00pm

Price: \$70

World Premiere! On the windswept coast of England an unlikely bond forms between Philip, a reclusive artist shunned by society, and Frith, a resilient orphan girl, when they rescue a wounded snow goose. With World War II looming, their friendship allows her to imagine a life beyond her village, and him to confront his own humanity as he sets sail on a daring journey to save soldiers trapped at Dunkirk. Discover an unforgettable new musical with a soaring score that will fill your heart.

Hidden Valley Miniature Golf

Thursday, August 27th

9:30am-2pm

Price: \$11 (price includes bus ride only)

Enjoy a round of golf at Hidden Valley Miniature Golf in Southington. Afterward, we will each lunch at the restaurant onsite. Please bring \$10 (cash only) the day of the trip for 1 round of mini golf. Separate checks will be provide for lunch.

SUMMER ICE CREAM TRIP



Durham Dari Serv

August 12th

1-3pm

Price: \$2 (bring extra money for ice cream)

Take the bus to the Durham Dari Serv for an afternoon treat!

Upcoming Collette Tours ~ Pick up detailed itineraries

Painted Canyons of the West ~ April 11 - 19, 2027

Canadian Rockies ~ August 15 - 21, 2027

Sunny Purtugal ~ October 12 - 21, 2027

Japan & South Korea: From Tokyo to Seoul ~ March 18 - April 2, 2028

PICKLEBALL

We have courts reserved at Veteran's Park. The bathrooms are now open during these hours.

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

FITNESS & WELLNESS

Summer session runs from July 1 through September 30th

SIGN-UPS FOR FALL FITNESS SESSION (Oct. 1 - Dec. 31) WILL BE SEPTEMBER 16th at 2pm

Pricing per session:

- Circuit, Tai Chi, Yoga (all levels), Zumba, Tap Dancing, Line Dancing, and Meditation are \$10.
- Watercolor Class is \$15.
- Beginner Barre and Advanced Barre (each level meets twice a week) is \$15.
- Aerobics (meets three times a week) is \$20.
- Saturday Fit & Fun is \$28
- Theatre Jazz is \$30

**NEW
REGISTRATION
DATE!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-8:10am Aerobics -8:45am Walking at Foote Park -9:30am Advanced Barre -10:00am Men's Bocce -10:30am Circuit -1:30pm Tap -2:30pm Theater Jazz	-8:00am Intermediate Pickleball -9:00am Beginner Yoga -10:00am Seasoned Pickleball -10:00am Advanced Yoga -10:00 Meditation -11:00 Beginner Pickleball Lessons -11:15am Beginner Barre -12:15 Circuit -2:30pm Tai Chi	-8:10am Aerobics -8:45am Walking at Foote Park -9:30am Advanced Barre -10:00am Women's Bocce -11:00am Qigong	-8:00am Seasoned Pickleball -9:00am Intermediate Yoga -10:00am Chair Yoga -10:00am Intermediate Pickleball -11:00am Pickleball Lessons -11:15am Beginner Barre -12:15pm Zumba -1:00pm Watercolor -2:30pm Qigong -4:30pm Tai Chi	-8:10am Aerobics -9:00am Chair Yoga -10:00am Advanced Line Dancing -10:00am Co-Ed Bocce -11:00am Beginner Line Dancing	-11:00am Saturday Fit & Fun

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.



HOOP GAMES

Come play some hoop games such as H-O-R-S-E and Around the World.
No basketball experience necessary.

Every Thursday at 1:30 PM starting September 3rd. Located in the
gymnasium on the first level

Saturday Fit & Fun

Saturdays

11:00am

Oct 3rd-Dec. 19th (no class 11/28)

Price: \$28

*Sign-ups begin September 16th at 2pm

Start you weekend right! Connect with others while also getting in a great workout. We'll utilize light weights, balls and bands while listening to some of our favorite music together. A chair will be provided as optional use. The class will have a combination of cardio, strength, balance, stretching and mindfulness exercises. The class is run by Tara Hellemann who is a certified Group Fitness Instructor with a background in Senior Fitness, Cycling and Livestrong wellness. She is certified as a Community as Medicine Health Coach, who enjoys meeting new people and giving back to her community. *Bus transportation is not available*

Theatre Jazz

Mondays

2:30pm

Oct 5th-Dec 28th (no class 10/12)

Price: \$30

*Sign-ups begin September 16th at 2pm

Raise the curtain to step into the spotlight as we warm up, get down & rock out in this jazz-based class filled with Broadway style. Work to build strength, flexibility, balance & body control all while learning storytelling & a little bit of Broadway theatre history. Begins with a seated warmup, to a standing and progresses to our basic jazz movements with a Broadway flair set to music from popular shows. Wear comfortable clothing and jazz shoes, sneakers or your favorite flexible footwear.

VIRTUAL FITNESS CLASSES

The virtual fitness classes are held onsite

YouTube Strength- Mondays, Wednesdays & Fridays 9:30AM

YouTube Chair Zumba - Tuesdays 10:30AM & Thursdays 10:00AM

YouTube Cardio- Mondays & Wednesdays 10:00AM, Tuesdays 11:30AM

YouTube Balance & Strength- Thursdays 11:30AM

YouTube Chair Yoga- Thursdays 11:00AM, Fridays 10:15AM





Ask a Nurse

Tuesday, August 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.

Maureen has been legally blind since birth & 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: August 19th at 10:00 am.

Please register in advance

NEW TIME!

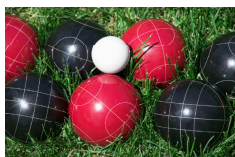
WALKING GROUP



MONDAYS & WEDNESDAYS 8:45AM

Walk on a paved path through Foote Park

Bocce



Mondays- Men's Play 10am-1pm

Wednesdays- Women's Play 10am-1pm

Fridays- Co-Ed Play 10am-1pm

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

5-Week Dementia Caregiver Series

Fridays, 11am-12:30pm

Sept. 4th - Oct 2nd

Supporting a person with dementia is not “one size fits all”. As the disease progresses, so will the level of assistance needed. Join us for an informative series to increase awareness of how dementia impacts the lives of those it touches. Join Angela Christie, Dementia Specialist from Hartford Healthcare in discussing these important topics.

Depending on interest, there is a potential for a support group for caregivers at the end of the session.

Week 1 • Introduction to Alzheimer's Disease

Join us for a conversation and overview of Alzheimer's disease. We will discuss the warning signs, symptoms, stages of disease progression, and how Alzheimer's affects memory, thinking, and daily life. This session will provide a foundation for understanding the disease and preparing for the caregiving journey ahead.

Week 2 • Understanding the Message Behind the Behavior

Join us for a conversation about communication and behavior in dementia care. We will explore how changes in the brain affect communication, learn strategies for meaningful interactions, and discuss how behaviors can often be a form of communication expressing unmet needs, emotions, or discomfort.

Week 3 • Caring for the Caregiver: Managing Stress & Building Resilience

Join us for a conversation about the challenges and rewards of caregiving. We will discuss the impact of caregiving on physical and emotional well-being, explore strategies for managing stress, and identify resources and support systems that can help caregivers maintain their own health while caring for a loved one.

Week 4 • Caring for the Care-Partner

Join us for a conversation about supporting and caring for a loved one living with Alzheimer's disease or another dementia. We will discuss person-centered care approaches, strategies for promoting comfort, safety, and independence, and ways to adapt care as needs change throughout the disease journey.

Week 5 • Community Resources & Support Services

Join us for a conversation about the resources available to support individuals living with Alzheimer's disease and their care partners. We will explore community programs, support services, respite options, educational resources, and strategies for building a network of support to help navigate the dementia journey. Services, respite options, educational resources, and strategies for building a network of support to help navigate the dementia journey.

Knitting Lessons

Fridays at 1pm

Sept. 11th - Oct. 16th



Crochet Lessons

Fridays at 1pm

Oct 23rd-Dec. 4th (no class (11/27))

Recommended for those who have never knit or crochet before.



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!

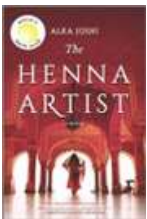
READER'S CHOICE BOOK CLUB



The Last Book Shop in London - Author Madeline Martin

This New York Times bestseller is "an irresistible tale which showcases the transformative power of literacy, reminding us of the hope and sanctuary our neighborhood bookstores offer during the perilous trials of war and unrest." - KIM MICHELE RICHARDSON

Date: Tuesday, August 4 at 1:30 pm



Henna Artist - Author Alka Joshi

The story centers on 17-year-old Lakshmi, who escapes an abusive marriage and moves to the city of Jaipur in the 1950s. She becomes a highly henna artist and confidante to wealthy women, navigating societal expectations, gossip, and personal secrets while striving for independence and self-fulfillment.

Date: Tuesday, September 1 at 1:30 pm



Create Beautiful Sea Glass/Seashell Picks to Adorn Flowerpots Monday, August 31 at 10:00 AM

Make a combination of sea glass and seashell picks that we will sell in bundles for the Election Day Fair in November. Learn the skill here at the Center and bring the knowledge home to create these in the comfort of your home.

Are you interested in participating in a *Wacky, Tacky Fashion Show*?

Come to our information meeting on Monday, August 24th at 10am



GENEALOGY

Basic Fundamentals of Genealogical Research

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

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

Date: Monday, August 10th 1:00pm



TECH HELP

Wednesday, August 26th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!

Courtney from Re-Loved Designs



Decoupage Shells

Thursday, August 13th

10:30am

Price: \$20

Learn how to make these fun decoupage sea shells. you will get to create 2 shells!

Mini Beaded Bloom Arrangements

Thursday, August 20th

10:30am

Price: \$20



Courtney is back again with this fun project! Create your own mini beaded flower arrangement using delicate seed beads and floral beads for a unique, handcrafted look. Each participant will design 1-2 mini arrangements (time dependent) featuring 3-4 beautifully detailed stems, perfect for a sweet decorative touch or handmade gift. Approximately 3” tall.

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!

**Europe's Great Art Capitals — Rome**

Tuesday, August 4th at 2pm

Europe's Great Art Capitals — Paris

Tuesday, August 11th at 2pm

Walking Political History in London's Westminster District

Thursday, August 13th at 2pm

Europe's Great Art Capitals - London

Tuesday, August 18th at 2pm

Europe's Great Art Capitals - Amsterdam

Tuesday, August 25th at 2pm

**Movie Matinee**

Fridays, 12:45pm



Join us every Friday in the Montowese Room for a relaxing movie matinee with popcorn! It's the perfect way to unwind, connect with others, and enjoy a great film in a comfortable setting.

August 7 – The Vow

A car accident puts Paige in a coma, and when she wakes up with severe memory loss, her husband Leo works to win her heart again.

August 14 - 80 for Brady

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

August 21 – The Sheep Detectives

Every night a shepherd reads aloud a murder mystery, pretending his sheep can understand. When he is found dead, the sheep realize at once that it was a murder and think they know everything about how to go about solving it.

August 28 – Barbie

Barbie and Ken are having the time of their lives in the seemingly perfect world of Barbie Land. However, when they get a chance to go to the outside world, they soon discover the joys and perils of living among regular humans.

Birthday Celebration!

Come celebrate July birthdays on **Friday, August 28th at 12:30pm** with some cake!

All are welcome to attend!

Please sign up in advance.

AUGUST DAILY ACTIVITIES SCHEDULE

MON	TUES	WED	THURS	FRI
3 8:10 Aerobics 8:45 Walking at Foote Park 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot	4 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 YouTube Chair Zumba 11:15 Beginner Barre 11:30 YouTube 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	5 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun	6 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Recess! 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:15 Beginner Barre 11:30 YouTube Balance & Strength 12:00 Goodspeed: Crazy For You 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi	7 8:10 Aerobics 9:00 Chair yoga 9:30 YouTube Strength 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 Cornhole 2:00 Pinochle <u>Saturday</u> 11:00 Saturday Fit & Fun
10 6:45 Block Island Trip 8:10 Aerobics 8:45 Walking at Foote Park 9:30 Advanced Barre 9:30 YouTube Strength 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot	11 NO BARRE NO CIRCUIT NO YOGA 10:00 Meditation 10:30 YouTube Chair Zumba 11:30 YouTube Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi	12 NO BARRE 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:00 Ice Cream Trip 1:30 Ukulele Fun	13 NO BARRE NO ZUMBA 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 10:30 Decoupage Shells 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 12:30 Lunch Bunch-Doma 1:00 Canasta 1:00 Watercolor 2:00 Road Scholar 2:30 Qigong 4:30 Tai Chi	14 8:10 Aerobics 9:00 Chair yoga 9:30 YouTube Strength 10:00 Chabaso Bread 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 Cornhole 2:00 Pinochle <u>Saturday</u> 11:00 Saturday Fit & Fun

MON	TUES	WED	THURS	FRI
17 NO BARRE NO CIRCUIT 8:10 Aerobics 8:45 Walking at Foote Park 9:30 YouTube Strength 10:00 YouTube Cardio 10:00 Men's Bocce 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot	18 NO BARRE NO CIRCUIT 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 Jewelry Sale 10:30 YouTube Chair Zumba 11:30 YouTube Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi	19 NO BARRE 8:10 Aerobics 8:45 Walking at Foote Park 9:00 AARP Safe Driving 9:00 Morning Errands 9:30 YouTube Strength 10:00 YouTube Cardio 10:00 Women's Bocce 10:00 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	20 NO BARRE NO ZUMBA NO YOGA 9:00 Morning Errands 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 10:30 Mini Beaded Bloom Arrangements 11:00 YouTube Chair Yoga 11:00 Mystery Shopping Trip 11:30 YouTube Balance & Strength 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:00 Happy Hour - Longley's 4:30 Tai Chi	21 8:10 Aerobics 9:00 Chair yoga 9:30 YouTube Strength 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 Cornhole 2:00 Pinochle <u>Saturday</u> 11:00 Saturday Fit & Fun
24 8:10 Aerobics 8:45 Walking at Foote Park 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:00 Fashion Show Meeting 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot	25 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 YouTube Chair Zumba 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi	26 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 11:00 Whiffleball Game 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele For Fun 2:00 Tech Help 5:15 Sea Mist Cruise	27 9:00 Intermediate Yoga 9:00 Morning Errands 9:30 Miniature Golf 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:15 Beginner Barre 11:30 YouTube Balance & Strength 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi	28 8:10 Aerobics 9:00 Chair yoga 9:30 YouTube Strength 10:00 Chabaso Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:15 YouTube Chair Yoga 10:30 Fraud Bingo 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:30 Birthday Celebration 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle <u>Saturday</u> 11am Saturday Fit & Fun

MON

TUES

WED

THURS

FRI

31

NO BARRE
NO CIRCUIT

8:10 Aerobics

8:45 Walking at Foote
Park

9:30 YouTube
Strength

10:00 Craft: Sea
Glass Flower Picks

10:00 YouTube Cardio

10:00 Men's Bocce

11:00 Mah Jongg

12:00 Dominoes

12:30 Bingo

1:30 Tap class

2:00 Hand & Foot