

THE CANOE BROOK CONNECTIONS NEWSLETTER

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

DECEMBER 2025

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/
canoebrookcenter](https://www.facebook.com/canoebrookcenter)

Energy Assistance: We are currently taking applications for those who heat with oil, kerosene, and propane. For those who heat with gas, we will begin taking applications mid-December, electric applications mid-January.

Snuggles for Shoreline Seniors: Looking for new blankets to be donated to those seniors in need. New blankets may be dropped off until December 21st to Blackstone/Willoughby Wallace Libraries, Eli's or Parthenon Diner. If you know of a senior in need, please contact Nancy at ncohen@branford-ct.gov

Understanding your Electric Bill: Monday, January 12 at 11:00 AM. A representative from Eversource will discuss the electric bill. Following the presentation, colleagues from Bill & Credit Collection will be able to review individual accounts and sign individuals up for programs if eligible. Bring your most recent Eversource bill.

SNAP Information: The rules of SNAP have changed because of a new federal law. Tell DSS of any new income, address, phone number or other changes. Update your information at <https://mydss.ct.gov>. To learn if the federal changes apply to you please visit: www.ct.gov/snap/abawd. *If you are 65 years of age or older, you are exempt from the work rules.*

Happy Holidays Everyone! Wishing you & your family love, peace and joy! May the New Year ahead be your best one yet!

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"A PLACE TO CONNECT, LEARN & THRIVE"

We believe that aging is an opportunity for growth, friendship, and new experiences. Our center provides a warm inclusive environment where adults 60+ can connect, stay active and enjoy life to the fullest!

REGISTRATION INFORMATION

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OUR STAFF

Information in this newsletter will be updated as it becomes available. Please check our website for updates for 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 that 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

Wednesday	Dec. 24 th *	Christmas Eve
Thursday	Dec. 25 th	Christmas Day
Wednesday	Dec. 31 st *	New Year's Eve
Thursday	Jan. 1 st	New Year's Day

***Office closes at noon (12pm)**

"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

Parks, Recreation & Senior Services
dizzo@branford-ct.gov

Nally Sahin ~ Asst. Director

Parks, Recreation & Senior Services
nsahin@branford-ct.gov

Nancy Cohen ~ Asst. Director

Senior Services
ncohen@branford-ct.gov

Victor Amatori, Jr. ~ Program Supervisor

vamatori@branford-ct.gov

Ricky DiRago ~ Program Coordinator

rdirago@branford-ct.gov

Colin Sheehan ~ Arts, Culture & Special Events Coordinator

csheehan@branford-ct.gov

Rhiannon Turco ~ Activities Coordinator

rturco@branford-ct.gov

Tim Kron ~ Transportation Coordinator

tkron@branford-ct.gov

Kelly Gesuero ~ Case Worker

kgesuero@branford-ct.gov

Victoria Milsagle ~Administrative Program Asst.

vmilsagle@branford-ct.gov

Laura Montone ~ Administrative Asst.

lmontone@branford-ct.gov

Nicholas Polastri ~ Lead Maintainer

npolastri@branford-ct.gov

Kyle Lynch ~ Maintainer

klynch@branford-ct.gov

Jeff Sitz ~ Maintainer

jsitz@branford-ct.gov

Colin Tracy ~ Maintainer

ctracy@branford-ct.gov

Nico Martone ~ Custodian

nmartone@branford-ct.gov

Scott Roth ~ Chef

Andrew Raffile ~ 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

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.



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: December 5 and 19

Bimbo Entenmann's Bakery: Once a month we received a donations. One package per household. Pick up is 11am in the Waverly Lounge. **Limited Supplies, first come, first serve.**

Date: December 9

Energy Assistance: Applications for those who heat with oil or propane are ongoing. Gas applications will begin mid-December and electric mid-January. New to the program, please call the office for more information.

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 just may save your life. We recommend that you do it in pencil in case if any of your information changes.



Insight

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

As a person who has been legally blind since birth, I have had the opportunity to learn and cultivate strategies which allow me to maximize my resources and objectives. These skills have not only allowed me 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 **once a month starting on January 21 at 10:00 am.** Please sign-up in advance.

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 Chefs, Scott and Andrew 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: 8:30am-10:30am Lunch: 12:00pm



FEES:

Breakfast: \$3

Lunch: \$5

Note: non members pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES CANOE BROOK CAFE MENU DECEMBER 2025				
MON	TUE	WED	THU	FRI
1 Breakfast Waffles Lunch Chili With Cornbread	2 Breakfast Eggs Your Way Lunch Chicken Corden Blue, Mashed Potato	3 Breakfast Muffin & Parfait Lunch BLT With Tots	4 Breakfast Frittata Lunch Cobb Salad	5 Breakfast Crepes Lunch Steak & Cheese Potato Salad
MON	TUE	WED	THU	FRI
8 Breakfast Stuffed French Toast Lunch Burger & Tots	9 Breakfast Build Your Own Omelet Lunch Meatloaf & Mashed Potatoes	10 Breakfast Build Your Own Oatmeal Lunch Eggplant Parm Salad	11 Breakfast Waffles Lunch Poutine	12 Breakfast Egg Sandwich Your Way Lunch Salmon, Rice & Veg
MON	TUE	WED	THU	FRI
15 Breakfast Steak & Egg Lunch Stuffed Shells Salad	16 Breakfast Croque Monsieur Lunch Chicken Quesadilla, Rice	17 Breakfast Pancakes Lunch Shrimp & Grits	18 Breakfast Muffins & Parfait Lunch Grilled Cheese, Bacon & Tomato Soup	19 Breakfast Eggs Benedict Lunch Chicken Parmesan Pasta
MON	TUE	WED	THU	FRI
22 Breakfast Scrambled Eggs Lunch Chicken Caesar Salad	23 Breakfast Grapes Lunch Stuffed Pork Loin Mashed Potatoes	24 Christmas Eve	25 Merry Christmas CLOSED	26 No Food Program
MON	TUE	WED	*Dessert will be served with lunch!	
29 Breakfast Egg Sandwich Your Way Lunch Pasta & Meatballs	30 Breakfast Souffle Special Lunch Midnight at Noon Chicken Marsala \$10/person	31 New Year's Eve		



Waverly Lounge:

Complimentary Tea and Coffee Served daily
from 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

OFFICE PHONE: (203)-481-3429

WEBSITE: WWW.BRANFORDRECREATION.ORG

Midnight at Noon! New Year's Eve Celebration

Tuesday, December 30th

11:45 am

Price: \$10



Come ring in the New Year with us! Enjoy a delicious lunch of Chicken Marsala, mashed potatoes, salad, and dessert prepared by our chefs.

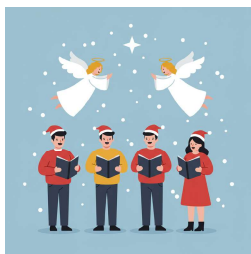
Musical performance by the Scranton Strummers. The Scranton Strummers are a guitar & ukulele group that plays the songs you know and love.

Improv Showcase

Thursday, December 18th

11:00 am

Your fellow Canoe Brook members will perform a series of short skits to show off what they learned in Improv class. This is always a fun time!



Christmas Caroling!

Monday, December 15th

2:00 pm

Some of our Canoe Brook members will lead us in a fun holiday sing-a-long. Hot chocolate and light refreshments will be provided.

ESDHD Winter Wellness Series Celebrating with Food

Tuesday, December 9th
11:00 am

The East Shore District Health Department will be here to discuss ways to make nutritious and healthy choices through the holiday.



ESDHD Winter Wellness Series New Year, Mindful You

Tuesday, January 13th
11:00 am

Combat the winter blues by expressing yourself through art. No experience required, just bring your curiosity!



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



Trim the Tree

Wednesday, December 3rd
10:00 am

Come help decorate our Christmas Tree in the front entrance!



Jammers Concert

Wednesday, December 3rd
1:00 pm

Come watch your fellow Canoe Brook friends perform classic hits that we all know and love!

In the Know with Sgt. Mike Loftis

Friday, December 5th
9:30am

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



Holiday Shoppe

Monday, December 8th
&
Friday, December 19th
10:00am-12:30pm

Come shop for some unique holiday gifts made by Canoe Brook members. We have many new gift items since our last fair.

Mini Shopping Trip: Connecticut Post Mall

Thursday, December 18th

12:30-3:30pm

Price: \$2

Mini Shopping Trip: Branford Shop, Sip & Stroll

Thursday, December 11th

12:00-2:00pm

Meet at Canoe Brook and take the bus to the Town Center to enjoy discounts on select merchandise and specialty pop ups in stores

LUNCH BUNCH

Nine East Hibachi
& Asian Kitchen

Wednesday, December 17th

12-2 pm

310 E. Main St.

Please bring CASH as separate checks will not be provided

HAPPY HOUR

La Luna

Tuesday, December 9th

4-6 pm

168 N. Main St.

Please bring CASH as separate checks will not be provided

Winter Hike**Tabor portion of the Shoreline Greenway Trail**

1 mile walk on a paved path through woodland and a labyrinth along the way!

Thursday, January 15th

Snow date: Thursday, January 22nd

1-3pm

UCONN Women's Basketball vs Seton Hall

Saturday, January 3rd

10:15am-3:30pm

Price: \$60



VS



Come watch the UCONN Women's Basketball team play Seton Hall at People's Bank Arena in Hartford!

The game starts at **12pm**. We are in section 219 rows K-N

We will be taking a coach bus for this event

Inclement weather: No refunds as we do not get refunds from UCONN or the bus company. Our Senior Center bus will not be on the road to pick people up from their homes.

Permitted: Purses or tote bags smaller than 12" x 12" x 6" and are subject to search upon entry. **Not permitted:** Backpacks, string bags or oversized bags.

Discover the Magic of Italy! Enjoy strolling through cobblestone streets of Rome, cruising the canals of Venice and sipping wine in the rolling hills of Tuscany. Join us for an unforgettable 13-day journey through Italy's most iconic and breathtaking destinations, departing October 10–22, 2026. This expertly curated experience includes visits to Rome, Amalfi Coast with Capri, Pompeii, Florence, Venice and Italian Lakes! Highlights: Rome, Colosseum, Sorrento, Isle of Capri, Ruins of Pompeii, Florence, Leaning Tower of Pisa, Tuscan Winery, Venice, Murano Island, Verona, Lake Maggiore, Stresa, and 18 meals. Includes: Round trip air from New York, hotel transfers and hometown transportation to/from airport and professional tour manager and local guides. For additional information contact Nancy.

INDOOR PICKLEBALL

Located in the Joe Trapasso Gymnasium on the first floor

***There will be a modified schedule 12/24-01/01. More details to come**

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

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

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

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

WALKING GROUP



MONDAYS & WEDNESDAYS

8:45-9:30AM

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****

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10am Aerobics 9:30am Advanced Barre 10:30am Circuit (*2 nd class added) 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 6:00pm Fabulous Fifties Fitness 7:00pm Theatre Jazz	8:10am Aerobics 9:00am Chair Yoga 10:00am Advanced Line Dancing 11:00am Beginner Line Dancing 1:00pm Pickleball lessons

***Please note: You can only sign up for one circuit class**

The gymnasium is open Tuesdays & Thursdays from 12:30-2:30pm for open basketball

REGISTRATION FOR WINTER SESSION (JANUARY - MARCH) OPENS DECEMBER 2 AT 8:15 AM

WAYS YOU CAN REGISTER:

- ✓ In-person
- ✓ Online at branfordrecreation.org
- ✓ Call 203-481-3429



Ask a Nurse

**Tuesday, Dec. 23rd
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!

MEDITATION: Tuesdays 10:00 AM (\$10 per Seasonal Session)

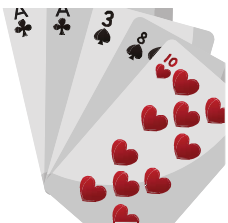
REGISTRATION FOR WINTER SESSION (JANUARY - MARCH) OPENS DECEMBER 2 AT 8:15 AM

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

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 2-3pm Ping Pong	1:00pm Scrabble 1:30pm Poker 1:45-3pm Ping Pong	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

READER'S CHOICE BOOK CLUB



"The Life Impossible" Author: Matt Haig

When retired math teacher Grace Winters is left a run-down house on a Mediterranean island by a long-lost friend, curiosity gets the better of her. She arrives in Ibiza with a one-way ticket, no guidebook and no plan. Grace searches for answers about her friend's life, and how it ended. What she uncovers is stranger than she could have dreamed. Grace must first come to terms with her past. Filled with wonder and wild adventure, this is a story of hope and the life-changing power of a new beginning"--

Date: Tuesday, December, 2nd at 1:30pm

"The Spectacular" Author: Fiona Davis

A thrilling story about love, sacrifice, and the pursuit of dreams. The story is set amidst the glitz of Radio City Music Hall in it's mid-century heyday.

Date: Tuesday, January 6th at 1:30 pm



GENEALOGY

Holiday Party:

This is our Traditional Ethnic Luncheon. We begin by sharing the Oplatek, which is a Polish tradition dating back hundreds of years. It wishes us health and happiness for the new year.

We share our ethnic family traditions and favorite dishes. It is a smorgasbord of different ethnic and favorite family foods. Please bring your favorite dish to share. Please let Andrea know what food you will bringing to the meeting. Andrea.duffy@snet.net

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

Date: Monday, Dec. 8th 1:00pm

All About the United States Census:

All about the United States Census – United States Censuses have been collected every 10 years started in 1790. Censuses have been compiled and are available online through the 1950 Census. The content needs to be at least 72 years old, to be made available on-line, in the USA, due to privacy laws. Subjects to be included in this session - 4 ways the Census can fool you, Questions asked by the year. Each census contains slightly different information. The 1950 Census, and Rebuilding the 1890 Census - that was destroyed by fire, only the Veteran Schedules remain of it. Marty will answer all of these questions and more. Bring your questions and she will try to answer all of them

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

Date: Monday, Jan. 12th 1:00pm



TECH HELP

NO TECH HELP IN DECEMBER

CREATIVE CORNER

Mixed Medium Watercolor Class:

Join instructor and artist Sharon Hart as she teaches techniques with unique and creative classes! ***Sign-up for the next session starts on Dec. 2 at 8:15 am***

Dates: Thursdays: 1:00-3:00pm

Fee: \$15 for 3-month session

Resin Ornaments:

Courtney from Re-Loved Designs will teach you how to make these beautiful resin ornaments just in time for the holidays! You can choose 2 of the 4 designs shown.

Date: Wednesday, December 3rd at 10:30 am

Price: \$20 for 2 ornaments



Sea Glass Holly Ornament and a Sea Glass Grinch Ornament:

Make one of each ornament for the Center and take one of each ornament home. Class size is limited for this class.

Date: Wednesday, December 10 at 10:00 AM



SENIOR LEARNING NETWORK

Two Tuesdays and Two Thursdays due to the holidays, 2:00 pm

TUESDAY, DECEMBER 2: " WIND AND SAND" WRIGHT BROTHERS NATIONAL MEMORIAL

The Wind and Sand Program highlights the evolution of the Wright brothers from bicycle mechanics to aviation legends. We will learn about many of the people who aided the Wrights in their work, talk about why Kitty Hawk was picked as the place to do their experiments away from Ohio, and present how the two brothers were eventually able to succeed with their flights on December 17, 1903. We will also discuss how their work may have influenced you!

THURSDAY, DEC 4: NEW ORLEANS JAZZ NATIONAL HISTORIC PARK

In 1987, the 100th U.S. Congress resolved that "Jazz is hereby designated as a rare and valuable national American treasure to which we should devote our attention, support, and resources to make sure it is preserved, understood and promulgated."

The park's mission is to serve the nation as a global leader in the promulgation of New Orleans jazz by enhancing and instilling a public appreciation and understanding of the origins, early history, development and progression of this uniquely American music art form - jazz. To preserve unimpaired this cultural resource and its core values for the enjoyment, education, and inspiration of this and future generations. Join us for this fun and unique virtual trip to New Orleans!

TUESDAY, DECEMBER 9: CHRISTMAS WITH THE ROOSEVELTS!

It's that time of year again- for a very special visit at the Roosevelt White House, with our favorite Santa, Jeff Urbin. We will explore the customs and traditions followed by the Roosevelt family as they celebrated Christmas, one of their favorite holidays of the year. But how did they celebrate during the dark days of the Depression, and World War II? Why did they celebrate at the White House, rather than at Hyde Park, and how did these things impact the rest of America during the holidays? Join us for these topics and more as we celebrate the holidays with the FDR and family .

THURSDAY, DECEMBER 11: PEARL HARBOR NATIONAL MEMORIAL

Discover the untold stories of some of our brave servicemembers aboard ships during a captivating Ranger-led talk! Connecting virtually from Pearl Harbor National Memorial in Honolulu, HI this event promises to be an enlightening experience as we delve into the history, memorials, challenges, and triumphs of those who served at sea. Whether you're a history buff, a military enthusiast, or simply curious about the sacrifices made by our servicemembers, this talk is for you. Don't miss this opportunity to honor their legacy and learn more about their vital contributions.

***THIS WILL BE THE LAST MONTH OF SENIOR LEARNING NETWORK. OUR FRIENDS AT SLN HAVE DECIDED TO CLOSE THEIR DOORS. STAY TUNED FOR NEW PROGRAMMING IN JANUARY**



Movie Matinee

Fridays, 12:45pm



December 5th:

Military Wives: With their partners away serving in Afghanistan, a group of women on the home front form a choir and quickly find themselves at the center of a media sensation and global movement. **Comedy/Drama**
Rating: PG-13

December 12th:

Life of the Party: After her husband abruptly asks for a divorce, a middle-aged mother returns to college in order to complete her degree. **Comedy**
Rating: PG-13

December 19th:

The Holdovers: In 1970, a curmudgeonly history teacher at a New England boarding school remains on campus during Christmas break to supervise held over students, and ends up forming an unlikely bond with a brainy but damaged troublemaker. **Comedy/Drama** **Rating: R**

December 26th:

Moving On: Two old friends reconnect at a funeral and decide to get revenge on the widower who messed with them decades before
Comedy **Rating: R**





KARAOKE

Are you interested in meeting weekly or monthly to do karaoke?

Let Rhiannon know!

MON	TUES	WED	THURS	FRI
1 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced 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 2:00 Rummikub 4:30 Qigong	2 8:15 AM FITNESS, MEDITATION AND WATERCOLOR REGISTRATION 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 Senior Learning Network 2:30 Tai Chi	3 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Trim the Tree 10:00 Women's Bocce 10:15 Kinima: Cardio 10:30 Resin Ornaments 11:00 Setback 11:00 Qigong 1:00 Jammers Concert 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun	4 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 Improv 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:00 Senior Learning Network 2:30 Qigong 4:30 Tai Chi 5:00 Chanukah Dinner 6:00 Fabulous Fifties 7:00 Theatre Jazz	5 8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 9:30 In the Know 10:00 Chabaso 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 Cornhole 2:00 Pinochle
8 8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Holiday Shoppe 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub	9 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Winter Wellness Series: Celebrating with Food 11:00 Bread Distribution 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network 2:30 Tai Chi 4:00 Happy Hour: La Luna	10 8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:00 Sea Glass Ornament 10:15 Kinima: Cardio 11:00 Setback 11:45 Lunchtime Chamber Music 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele Fun	11 10:00 Hook N' Needle 10:00 Improv 11:15 Beginner Barre 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi 5:00 Rotary Dinner 6:00 Fabulous Fifties 7:00 Theatre Jazz	12 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 Cornhole 2:00 Pinochle

MON	TUES	WED	THURS	FRI
15 8:10 Aerobics 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 2:00 Christmas Caroling 4:30 Qigong	16 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 2:00 Senior Learning Network 2:30 Tai Chi	17 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:00 Lunch Bunch: Nine East 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 5:00 Fantasy of Lights	18 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 11:00 Improv Showcase 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 12:30 Trip to CT Post Mall 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi 6:00 Fabulous Fifties 7:00 Theatre Jazz	19 8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Holiday Shoppe 10:00 Chabaso Bread 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle
22 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	23 NO YOGA NO MEDITATION 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network 2:30 Tai Chi	24 BUILDING CLOSSES AT NOON NO AEROBICS 8:45 Indoor Walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 	25 CLOSED <i>Merry Christmas</i> 	26 NO YOGA NO AEROBICS NO PICKLEBALL LESSONS 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 Cornhole 2:00 Pinochle

MON	TUES	WED	THURS	FRI
29 NO AEROBICS NO WALKING GROUP NO PICKLEBALL 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	30 NO YOGA NO MEDITATION 11:15 Beginner Barre 11:30 Kinima: Cardio 11:45 Midnight at Noon 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network 2:30 Tai Chi	31 BUILDING CLOSES AT NOON NO AEROBICS NO BARRE 8:45 Walking Group 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong		