

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

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

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

Understanding your Electric Bill: Monday, January 12 at 11:00 AM. A representative from Eversource will discuss the electric bill. After 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. Sign-up in advance.

ELDER JUSTICE HOTLINE: Have you been the victim of fraud? Received a message demanding payment and not sure it's legitimate? Issues range from age-based discrimination in the workplace to elder abuse, neglect, fraud, and exploitation. Call the Hotline (860-808-5555) to be connected to agencies who are available to assist you.

FREE LEGAL HELP FOR SENIOR CITIZENS: The Senior Law Program at Greater Hartford Legal Aid offers free legal aid for those over 60. Assisting with Powers of Attorney & living wills. For more info, call 860-541-5043. Low-income seniors may also get free legal advice and referral by calling Statewide Legal Aid at 860-344-0380. For consumer problems or debt collection, call 1-800-296-1467.

Social Security Information: You may need a "proof of income letter" or benefit verification letter for loan applications, housing assistance, and other processes that require income verification. Go Digital! Individuals with a personal my Social Security account can instantly access, print, or save a PDF of their letter. This is available to everyone, including those who need to verify that they are not receiving benefits. View the video: [How To: Get a Social Security Benefit Verification Letter](#)

"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 or call the office at 203-481-3429

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

HOW TO REGISTER

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

REGISTRATION PAYMENTS

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

TRIP POLICIES:

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

SENIOR CENTER CLOSING DATES

Wednesday	Dec. 31 st *	New Year's Eve
Thursday	Jan. 1 st	New Year's Day
Monday	Jan. 19	Martin Luther King Jr. 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 Milslagle ~ Administrative Program Asst.

vmilslagle@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

OFFICE PHONE: (203) 481-3429

WEBSITE: WWW.BRANFORDRECREATION.ORG

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



BUSES

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

Leave the driving to us!

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



MEDICAL CARS

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

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

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

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

MEMBERSHIP

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

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

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

Dates: January 9 and 23

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

Date: January 13

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

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



Computers for use in the Library:

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



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

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 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

JANUARY 2026

			THURSDAY	FRIDAY
			1	2
			CLOSED	No Food Program
*Dessert will be served with lunch!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Breakfast French Toast Lunch Chicken Salad over Greens	6 Breakfast Frittata Lunch Salmon, Rice, & Veg	7 Breakfast Waffle Lunch Quiche with Salad	8 Breakfast Egg Sandwich Lunch Chicken Parm with Pasta	9 Breakfast Oatmeal Lunch Pork Loin with Potatoes
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 Breakfast Scrambled Eggs Lunch Stuffed Shells	13 Breakfast Cream of Wheat Lunch Hot Dog & Tots	14 Breakfast Pancakes Lunch Grilled Cheese with Soup	15 Breakfast Oatmeal Lunch Hamburger & Tots	16 Breakfast Parfait Lunch Cobb Salad
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 CLOSED 	20 Breakfast French Toast Lunch Salmon Rice & Veg	21 Breakfast Scrambled Eggs Lunch Meatloaf, Potatoes & Veg	22 Breakfast Quiche Lunch BLT with Tots	23 Breakfast Pancakes Lunch Orange Chicken with Rice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Breakfast Eggs Your Way Lunch Chicken Caesar Salad	27 Breakfast Waffle Lunch American Chop Suey	28 Breakfast Oatmeal Lunch Shrimp Scampi with Rice	29 Breakfast Frittata Lunch Chicken Parm with Pasta	30 Breakfast Omelet Lunch Grilled Cheese and Soup

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 8:30AM-10:30AM and Lunch is served from 12:00PM-1:00PM

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)



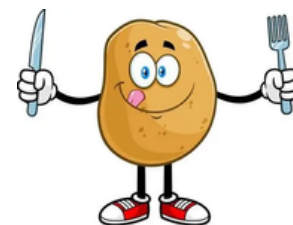
Volunteer Opportunity: If you are interested in volunteering, your help is most appreciated. Let us know your availability. The chef's will need help with set up, clean up and serving.
Your commitment would be 1 day a week for 1.5-2 hours

OFFICE PHONE: (203)-481-3429

WEBSITE: WWW.BRANFORDRECREATION.ORG



BAKED POTATO & BOARD GAME NIGHT (AND A MOVIE TOO!)



Monday, Jan. 12th
4:30pm

Prices for baked potato, dessert, soda, coffee and tea:

Classic baked potato (butter, sour cream, cheese & bacon) \$8

Shaved steak with all of the classic toppings \$11

Broccoli with all of the classic toppings \$11

Let us know your topping choices at sign-up. If there is an ingredient that you do not want, let us know at this time.

Enjoy a ***“Meal in a Peel”*** from Spuds Your Way

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

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

Feel free to bring a game from home!

If games aren't your thing, we will also be showing the movie ***Game Night***

Time: 5:00pm



A group of friends who meet regularly for game nights find themselves entangled in a real-life mystery when the shady brother of one of them is seemingly kidnapped by dangerous gangsters.

Rated: R Run time: 1hr 36 min

Insight

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

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

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

Come and gain new INSIGHT in your world. This support group will meet once a month starting on **January 21 at 10:00 am. Please sign-up in advance.**



**Friday, February 6th
12:30pm**

Lets kick off the 2026 Winter Olympics with some olympic games of our own!

Please sign up in advance

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

Hosted by the Connecticut Museum of Culture and History

Tuesday, Jan. 6th
12:00pm

This is a virtual presentation that will be held onsite.

Please sign up in advance

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



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.

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

Thursday, January 8th

9:30 am - 12:30 pm

Price: \$2

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

LUNCH BUNCH

Arturo's

Wednesday, January 14th

12-2 pm

53 School Ground Rd

Branford

Please bring CASH as separate checks may not be provided

HAPPY HOUR

**Bistro Mediterranean
Tapas Bar**

Wednesday, January 21st

4-6 pm

383 Main St.

East Haven

Separate checks will 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



Yale Peabody Museum

Wednesday, February 18th

9:30am-12:30pm

Price: \$2



Explore 3 floors of galleries including the Burke Hall of Dinosaurs; Ancient Egypt & Mesopotamia; Minerals, Earth & Space; The Living Lab.

Temporary exhibitions:

1. Caribbean Indigenous Resistance: The exhibition examines the history of the islands and the impact of Caribbean Indigenous knowledge throughout the world, the Peabody hopes to tell the story of the endurance and courage of these peoples.
2. Spineless: This exhibition highlights the historical, present, and future applications of invertebrate use and research, particularly as it relates to the advancement of biological science and human health.

Discover the Magic of Italy! With Collette Tours

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 at 203-315-0682.

THURSDAY THEATRE MATINEES

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

IVORYTON PLAYHOUSE

Meet at The Community House at 12:00PM

Show Time: 2:00PM

Price: \$50 per show

I'M CONNECTICUT by Mike Reiss

April 9, 2026

A wacky, sweet, romantic comedy by CT native Mike Reiss who has been making us all laugh for years as a writer with The Simpsons. Why does sweet, kind Marc struggle to find love? Because he comes from Connecticut – land of steady habits, sanity and politeness. A must-see comedy for anybody from the Nutmeg State!

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

May 28, 2026

Step back in time to South Philadelphia in 1959. Lady Day at Emerson's Bar and Grill is a Tony award winning play that brings to life the soul and struggles of jazz legend, Billie Holiday. Featuring a selection of Billie's iconic songs including "Strange Fruit" and "God Bless the Child", this acclaimed play with music transports the audience on a spellbinding journey for one of the jazz legend's final concerts.

1776 by Sherman Edwards and Peter Stone

July 9, 2026

Celebrating America 250 with the founding fathers who come alive in 1776 - this classic, awardwinning Broadway musical. Join John Adams, Benjamin Franklin, and Thomas Jefferson as they fight for independence against a deadlocked Continental Congress in a retelling filled with humor, romance, pathos, and nail-biting tension. It's revolutionary!

COME FROM AWAY by Irene Sankoff and David Hein

September 3, 2026

Come From Away tells the true story of 7,000 airline passengers stranded in the remote town of Gander, Newfoundland in the aftermath of September 11, 2001. In a moment filled with fear and uncertainty, joy and resilience prevail as the tiny community of Gander pulls together and strangers become friends. Through music, humor and heart this show celebrates the power of human connection, reminds us that kindness can bring people together in the most difficult of times, and affirms that hope can arise in the unlikely of places.

THURSDAY THEATRE MATINEES

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

GOODSPEED OPERA HOUSE

Meet at The Community House at 12:00PM

Show Time: 2:00PM

Price: \$70 per show

Jesus Christ Superstar by Andrew Lloyd Webber & Tim Rice

May 21, 2026

The International Sensation!

A cultural phenomenon that shook the world. An electrifying rock score that captured the spirit of a generation. Telling the final days of Jesus through the eyes of Judas and 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!

Crazy For You by George & Ira Gershwin

August 6, 2026

The Tap-Dancing Gershwin Hit!

Put on your dancing shoes because Crazy For You, the multiple Tony Award®-winning musical comedy is tapping its way onto the Goodspeed stage. When Broadway hopeful Bobby Child is sent to Nevada to foreclose on an abandoned theatre, he hatches a plan to save the town and get the girl—by putting on a show! Featuring glorious Gershwin melodies including "I Got Rhythm," "Embraceable You," and "Someone To Watch Over Me," it's a spectacular celebration of classic song-and-dance musicals. Who could ask for anything more?

THURSDAY THEATRE MATINEES

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

GOODSPEED OPERA HOUSE

Meet at The Community House at 12:00PM

Show Time: 2:00PM

Price: \$70 per show

The Snow Goose by Scott Gilmour & Claire McKenzie

October 1, 2026

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.

Annie by Thomas Meehan, Charles Strouse & Martin Charnin

Dec 10, 2026

The 50th Anniversary of Goodspeed's Greatest Hit!

Leapin' Lizards! The musical that stole America's heart comes home to celebrate its 50th anniversary on the stage where it all began! With pluck and positivity, Annie escapes Miss Hannigan's orphanage in search of her parents and finds a new family with her lovable mutt Sandy and billionaire Oliver Warbucks. This dazzling new production bursts with joy and timeless songs like "Tomorrow," "It's the Hard Knock Life," and "Maybe." You can bet your bottom dollar—it's the can't-miss event of the season!

INDOOR PICKLEBALL

Located in the Joe Trapasso Gymnasium on the first floor

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

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

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

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

WALKING GROUP



MONDAYS 8:45-9:30AM

WEDNESDAYS 8:45-10:00AM

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

VIRTUAL FITNESS CLASSES

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

YouTube Low Impact Aerobics- Tuesdays 11:30AM

Kinima Cardio- Thursday 11:30AM

YouTube Cardio Calorie Burn- Wednesdays 10:15AM

YouTube Chair Yoga- Fridays 10:15AM



The virtual fitness classes are held onsite

FITNESS CLASSES

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

CLASSES BEGIN JANUARY 5TH

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

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



Ask a Nurse

Tuesday, Jan. 27th
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!

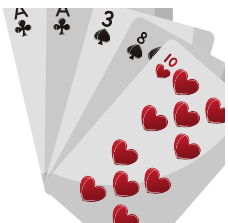
MEDITATION: Tuesdays 10:00 AM (\$10 per Seasonal Session)

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

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

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

READER'S CHOICE BOOK CLUB



"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 its mid-century heyday.

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

"Remarkably Bright Creatures" Author: Shelby Van Pelt

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

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



GENEALOGY

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

Newcomers Meeting

Wednesday, January 14th
10:00am

If you have recently joined the center, we invite you to attend this meeting. Find out about all the activities and services available to you!

TECH HELP

Wednesday, January 28th



2-4PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT!

CREATIVE CORNER

Mixed Medium Watercolor Class:

Join instructor and artist Sharon Hart as she teaches techniques with unique and creative classes!

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

Fee: \$15 for 3-month session



Pottery Painting with Fired Up!

Tuesday, February 3rd

11:00 am

Price: \$22

Paint your very own candy dish!



6" x 5"



Arts and Crafts Meeting

Thursday, January 22nd

11:00 am

We are having this meeting to see what projects you are interested in doing in the new year. If you have a special craft that you do and would like to teach to a group, this is your opportunity to do so. We are open to suggestions. Also, it is never too early to think about handmade items to make and sell at our next fair.

Deep Dive Documentaries

Tuesdays, 1:30pm

January 6th:

Sunday Best: The Untold Story of Ed Sullivan

Ed Sullivan broke barriers by booking Black artists on his Sunday night variety show. This documentary spotlights the TV pioneer's legacy of equality.

Run time: 1 hr

January 13th: Prohibition (PBS Documentary Series)

Episode 1: A Nation of Drunkards

In the early days of the nation, men drink cider and beer all day long and at nearly every occasion, from barn-raising and baptisms to funerals and public hangings. But as hard whiskey becomes increasingly affordable and saloons turn more and more drunks into the gutter, America seems to have become a nation of drunkards

Run time: 1 hr 34 min

January 20th: Prohibition (PBS Documentary Series)

Episode 2: A Nation of Scofflaws

Somehow, even though the sale of alcohol is outlawed, by the late 1920s America has become the world's largest importer of cocktail shakers. The hypocrisies and unintended consequences of Prohibition have become impossible to ignore. To many the law itself has come to be the greatest threat to American families. In 1933, the country has finally had enough and repeals the 18th Amendment

Run time: 1 hr 50 min

January 27th: Prohibition (PBS Documentary Series)

Episode 3: A Nation of Hypocrites

On January 16, 1920, the Eighteenth Amendment to the Constitution goes into effect, making it illegal to manufacture, transport or sell liquor. As millions of law-abiding Americans become lawbreakers overnight, enforcement of the new law is almost impossible. Americans brew their own brands of moonshine, beer, and wine. The Prohibitionists have their law and the people have their alcohol

Run time: 1 hr 44 min



Movie Matinee

Fridays, 12:45pm



January 2nd:

Dumplin':

Willowdean ("Dumplin'"), the plus-size teenage daughter of a former beauty queen, signs up for her mom's Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.

Comedy/Drama Rating: PG-13

January 9th:

Unfrosted: In 1963 Michigan, business rivals Kellogg's and Post compete to create a cake that could change breakfast forever

Comedy Rating: PG-13

January 16th:

The Week Of: Two fathers with opposing personalities come together to celebrate the wedding of their children. They are forced to spend the longest week of their lives together, and the big day cannot come soon enough.

Comedy Rating: TV-14

January 23rd:

The Founder: The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into the biggest restaurant business in the world, with a combination of ambition, persistence, and ruthlessness.


Comedy/Drama Rating: PG-13

January 30th:

The Polka King: Local Pennsylvania polka legend Jan Lewan develops a plan to get rich that shocks his fans and lands him in jail.

Comedy Rating: TV-14

MON	TUES	WED	THURS	FRI
			<p>1</p> <p>CLOSED</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>NO AEROBICS NO YOGA NO LINE DANCING</p> <p>9:30 Kinima: Weights 10:00 Shuffleboard 10:15 YouTube Chair Yoga 11:00 Mah Jongg 11:00 Setback 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle</p>
<p>5</p> <p>WINTER CLASSES BEGIN</p> <p>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</p>	<p>6</p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:00 Virtual Presentation 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Book Club 1:30 Deep Dive Documentary 2:30 Tai Chi</p>	<p>7</p> <p>8:10 Aerobics 8:45 Indoor Walking 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 9:30 Trip: NBMAA 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele Fun</p>	<p>8</p> <p>9:00 Morning Errands 9:00 Intermediate Yoga 9:30 Guilford Commons 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Beginner Barre 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi</p>	<p>9</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Chabaso Bread 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</p>

MON	TUES	WED	THURS	FRI
12 8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:30 Circuit 11:00 Mah Jongg 11:00 Understand your Electric Bill 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong 4:30 Potato/Game Night	13 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Winter Wellness Series: New Year, Mindful You 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 1:30 Deep Dive Documentary 2:30 Tai Chi	14 8:10 Aerobics 8:45 Indoor walking 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Newcomers Meeting 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:00 Lunch Bunch 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele for Fun	15 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:00 Greenway Trail Hike 2:30 Qigong 4:30 Tai Chi	16 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
19 CLOSED 	20 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 Deep Dive Documentary 2:30 Tai Chi	21 8:10 Aerobics 8:45 Indoor Walking 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Insight 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 4:00 Happy Hour	22 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 11:00 Craft Mtg. 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi	23 8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Chabaso Bread 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
26 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	27 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Deep Dive Documentary 2:30 Tai Chi	28 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 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun	29 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi	30 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

***We've Expanded Errands**

ERRANDS: Wednesdays and Thursdays (30 Minutes - If you need more time tell Tim)

- | | | |
|---------------|-------------|------------------|
| • DRUG STORE | DOLLAR TREE | SARAH'S CUPBOARD |
| • WALMART | KOHL'S | HOMEMAKER |
| • BANK | 5 BELOW | THRIFT STORE |
| • ALDI | PAPER STORE | |
| • SHOE REPAIR | GOODWILL | |

Branford Academy of Hair and Cosmetology

Wednesdays between the hours of 9:30 AM - 1:00 PM: 20% OFF

The Academy reopens on JANUARY 7TH

Walk ins: \$15 cut - Discounted price is \$12

\$15 Shampoo/Blow Dry - Discounted price is \$12

\$30 Cut/Shampoo/Blow Dry - Discounted price is \$24

Contact Tim directly for a ride at 203.315.0681.



Services Offered by the Case Manager

(Services for Branford Residents Only)

This is a FREE Service

Need Help Filling Out Forms?

- ☐ SNAP
 - ☐ Husky Renewals
 - ☐ Applications for SNAP or Husky
 - ☐ Title 19 Paperwork
 - ☐ Applying for a government phone
 - ☐ Difficulty calling the Department of Social Services (DSS) for CT
-

Additional Assistance Available

- ☐ 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
 - ☐ Resources and help with Medicare questions or concerns
 - ☐ And so much more!
-

Make an Appointment: Call: 203-481-2429 ext. 183



NEW YEAR 2026



WALSH INTERMEDIATE SCHOOL WINTER POOL SCHEDULE

Jan. 20, 2026 – Apr. 2, 2026

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

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

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

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

SCHEDULED POOL CLOSINGS: (Subject to change)

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

Jan. 20*, Feb. 16, 17, 19*, 26*

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

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

Scheduled was revised as of 12-19-2025