

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

JULY 2026

Senior Services



LOCATION

Joe Trapasso Community House
46 Church Street
Branford, CT 06405



OFFICE HOURS

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



OFFICE PHONE

(203) 481-3429



WEBSITE

branfordrecreation.org



www.facebook.com/BranfordParksRecSeniorServices

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Senior Farmers Market Electronic Benefit Card: This is a \$40 benefit to purchase 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. For those new to the program, we no longer have physical cards available.

Rent Rebate Applications have started: CT residents 65+ or on disability by December 31, 2025, might qualify for up to a \$700 rebate, single, or up to \$900 married, on rent & utilities paid in 2025. To qualify, your 2025 gross income must be below \$46,300 (single) or \$56,500 (married). ***All income, rent & utility payments made in 2025 must be documented.*** You must meet one year state residency. Checks will be sent out Nov. 30th. Please gather & make copies (for us to keep of all the required paperwork). Drop off the copies; once we process your application, we will contact you to come to sign it.

NEW! Branford Purple Pantry Box: The Purple Pantry Box is filled with shelf-stable foods for those in need. "Take what you need and donate what you can. The box is located on the left outside the front of the building on Church Street. It is open seven days a week; 24 hours a day.

Branford Food Pantry: We offer rides on Fridays at 9:30 am. There is an application that you have to fill out prior to going to the Food Pantry & on your 1st visit, bring a piece of mail that shows you are a Branford resident. Contact Tim for a ride & to get the application.

Scam Tip For The Day: If you receive a phone call from an unknown caller and they ask you; "can you hear me?" Do **not** respond, hang up.

In CT, you can apply for a temporary or permanent disabled parking permit through the DMV with medical certification.

Types of Permits

- Temporary Permit: Valid for up to six months, for short-term disabilities; post-surgery recovery or temporary injury. **Fee:** \$5.
- Permanent Permit: Valid for the same term as your driver's license or ID card (typically six years), intended for long-term or permanent disabilities. No application fee.

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"

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Scott Roth ~ Chef

Mary Derrico & Anna Belcher ~ Chef
Maureen Hall ~ Kitchen Aide

WEATHER

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

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

Dates: July 10 & 24

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
- And so much more!

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

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
★ ★ ★ JULY 2026 ★ ★ ★

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 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.

Bon Appetit!!!
The menu is subject to change.

HAPPY INDEPENDENCE DAY! *BREAKFAST IS NOW YOUR CHOICE, PICK 1 OF 4 CHOICES! DESSERT WITH EVERY MEAL!				
		WEDNESDAY 1 Lunch Salisbury Steak and Vegetable	THURSDAY 2 Lunch Cod with Vegetable	FRIDAY 3 CLOSED
MONDAY 6 Lunch Stuffed Peppers	TUESDAY 7 Lunch Salad with Salmon	WEDNESDAY 8 Lunch Chicken Parmesan with Pasta	THURSDAY 9 Lunch Pork Loin with Vegetable	FRIDAY 10 Lunch Shrimp Curry with Vegetable
MONDAY 13 Lunch Eggplant Parmesan with Vegetable	TUESDAY 14 Lunch Shrimp Scampi with Vegetable	WEDNESDAY 15 Lunch Meatloaf with Mashed Potatoes and Vegetable	THURSDAY 16 Lunch House Salad with Chicken or Shrimp	FRIDAY 17 Lunch Chicken Marsala with Vegetable
MONDAY 20 Lunch Salmon with Rice and Vegetable	TUESDAY 21 Lunch Shepherd's Pie	WEDNESDAY 22 Lunch Pork Loin with Vegetable	THURSDAY 23 Lunch Chicken Coq au Von	FRIDAY 24 Lunch Spaghetti and Meatballs
MONDAY 27 Lunch Shrimp Curry with Vegetable	TUESDAY 28 Lunch Lemon Chicken with Vegetable	WEDNESDAY 29 Lunch Beef Stroganoff	THURSDAY 30 Lunch BBQ Ribs and Mac N Cheese	FRIDAY 31 Lunch Meatloaf with Mashed Potatoes and Vegetable



Waverly Lounge:

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



Happy Hour

Wednesday, July 29th

4:30-6pm

The Totokett Room

Price: \$15

Enjoy beer, wine, soft drinks, and snacks.

Musical performance by The Boomers! The Boomers are known for playing good-time party classic Rock and Pop hits such as Jimmy Buffet, Eagles, Tom Petty, Bruce Springsteen, Zac Brown, Kenny Chesney, and more!

Sea Glass Art

Monday, July 27th

10:00am

Price: \$3



Nancy will teach you how to make these beautiful sea glass art pieces. You will make one for yourself to keep and one for the senior center to sell at our craft fair.

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.

Coffee & Conversation



Monday, July 13th

10am

Waverly Lounge

Enjoy a cup of coffee while sharing stories of living in Branford from your youth.



“Everlasting Blooms” with Sharon Hart

Thursday, July 30th

5-7pm

Price: \$25

Our first "Everlasting Blooms" Book Art class was a wonderful success, and we're excited to invite you back for a second inspiring session. In this class, we'll continue transforming old books into beautiful works of art using folding, shaping, and creative design techniques. No experience is needed—just patience, curiosity, and imagination. **Please bring a hardcover book between 200-300 pages.**

What to Expect:

- Step-by-step guidance in book folding art
- A new design (different from Session 1)
- A relaxing, creative atmosphere
- A finished piece you can take home

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**

Christmas in July Sale

Thursday, July 23rd

10am-1pm

Waverly Lounge

Stock up on some beautiful handmade gifts. ALL craft items are up to half price off from last year! Purchase one of a kind jewelry, crafts, knitted & crochet items and paintings.

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, 3rd Thursday every month:



Thursday, July 16th
11am-2pm
Price: \$5

Hint: Foodie trip. We will travel 35 miles to get to this whimsical place.

Reminder: Please bring your own shopping bags

Lunch Bunch: Tolli's Apizza & Restaurant

Separate checks will be provided

Wednesday, July 15th
12pm
410 Main St.
East Haven, CT 06512

Happy Hour: See Page 5

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

Sea Mist Cruise

Wednesday, August 26th
5:15pm-8:00pm
Price: \$33

If your driving yourself, meet at the pavilion by the dock on Thimble Island Road by 5:45 pm

Chartered solely for our members, we will cruise around the Thimble Islands. Bring food if you would like, but no drinks (drinks available for cash purchase only on board). There is limited seating on our mini-bus. Let us know at sign-up if you need a ride. If you are taking the bus, please meet at the Community House at 5:00 pm. We will leave from the Center promptly by 5:15 pm. Trip goes rain or shine. (Limited seating on the bus.)

SUMMER ICE CREAM TRIP



Briellies
July 23rd
1-3pm

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

Take the bus to Briellies in East Haven for an afternoon treat! Briellies specializes in artisanal gelato made on location with all natural ingredients.



Ivoryton Playhouse

Come From Away
Thursday, September 3rd

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

Price: \$50

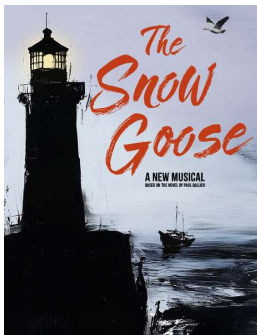
Come From Away tells the true story of 7,000 airline passengers stranded in the remote town of Gander, Newfoundland in the aftermath of September 11, 2001. In a moment filled with fear and uncertainty, joy and resilience prevail as the tiny community of Gander pulls together and strangers become friends. 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 unlikeliest of places.

Goodspeed Opera House

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.

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

If you are driving yourself, please meet at the Stoney Creek Boat Launch by 9:45am

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

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



WALKING GROUP

MONDAYS & WEDNESDAYS 8:45AM

Walk on a paved path through Foote Park

FITNESS & WELLNESS

Summer session runs from July 1 through September 30th

SIGN-UPS FOR FALL FITNESS SESSION (Oct. 1 - Dec. 31) WILL BE SEPTEMBER 3rd AT 8:15AM

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-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 -4:30pm Qigong	-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

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.



3 on 3 Basketball will return Thursday, September 3rd at 1:30 PM

Saturday Fit & Fun

Saturdays

11:00am

July 11th-Sept 26th (no class 9/5)

Price: \$28

Bus transportation is not available

Start your 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.

Theatre Jazz

Mondays

2:30pm

July 6th-Sept 28th (no class Sept 7th)

Price: \$30

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

**UPDATED
SCHEDULE**

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, July 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: July 1, 15, 29 at 10:30 am.

Transportation Information Fair

Tuesday, July 21 at 2:00 pm

Learn all about transportation services in our area as well as what we offer from our very own Senior Services. In attendance today will be the following companies:

Greater New Haven Transit District - \$3.50 per one way - Rides run 7 days a week

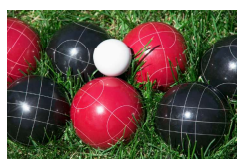
Encompass - 24/7/365 days. \$5 each trip up to 8 miles; \$2.90 each mile over

Mary Wade - Free, donations are accepted. M-F medical rides, Saturday-Sunday errands

Chaperone Ride Support Program through the Agency on Aging South Central CT - Free service, donations are accepted

Interfaith Volunteer Caregivers of GNH - Free rides to medical appointments, errands and more.

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.

Recess!

Thursdays, July 16-August 6th

10-11am

Do you remember when we played all day and didn't come home until the street lights came on? And strangers were just friends we had not yet met...A tap on the shoulder and a nod was all that was needed to answer the question “Do you want to play?” Let's relive that simpler time when the world was ours for the taking. Give yourself permission for “Recess” by leaving ‘your adult’ at the door...

Join SAG-AFTRA/AEA actor Robbin Withington for 4 mornings of summertime fun!

Open to ALL and no past acting experience necessary.

NOTE: Participation in this class will enhance the skills of those who participate in Robbin's Improv classes

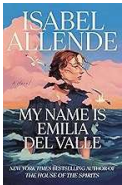


WEEKLY CARD GAMES & MORE!

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



"My Name is Emilia del Valle Author: Isabel Allende

In San Francisco in 1866, an Irish nun, abandoned following a torrid relationship with a Chilean aristocrat, gives birth to a daughter named Emilia del Valle. Raised by a loving stepfather, Emilia grows into an independent thinker and a self-sufficient young woman.

Date: Tuesday, July 7 at 1:30 pm



The Last Bookshop 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

Diamond Art Bookmarks with Connie Nucolo



Thursday, July 16th

10:30am

Price: \$5

Connie will teach you how to create one of these fun tasseled bookmarks! All supplies will be provided.



GENEALOGY

Beginner Genealogy

Have you ever been curious about who your ancestors were, what they did during their lives? Come to this class and learn how to research their lives. Come and learn the basics of genealogical research. Come and learn what free resources are available to begin your research. You know more than you think about your family's history!

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

Date: Monday, July 13th 1:00pm



TECH HELP

Wednesday, July 29th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!

Courtney from Re-Loved Designs



Button Flower Workshop

Thursday, July 9th

10:30am

Price: \$20

Assorted buttons in all colors to choose from to match your decor, or make a sweet little gift. Arrangement will be made in a salt shaker to add to its charm.



Beaded Bracelet Workshop

Thursday, July 30th

10:30am

Price: \$20

Everyone will make a beautiful beaded bracelet to fit your style. Assorted color options and bead styles to choose from. Beautiful personal item or make as a lovely gift.

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!



The First Fourth of July – Salem, North Carolina, 1783

Tuesday, July 7th at 2pm

"You've Arrived!" – Travel & Design in Mid-Century New York

Tuesday, July 14th at 2pm

Images That Changed a Nation – Reading American Photographs

Thursday, July 16th at 2pm

Age Well: Psychology of Kindness – Strategies for Prosocial Behavior

Tuesday, July 21st at 2pm

Age Well: Preventing Falls – Practical Steps for Safer Aging

Tuesday, July 28th 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.

July 10 – Holiday in the Wild

Jilted by her husband on the eve of embarking on an African safari, a woman travels to the continent solo and meets an elephant conservationist

July 17 - Father of the Bride (1991)

With his daughter's wedding approaching, a father finds himself reluctant to let her go. Starring Steve Martin, Diane Keaton, and Martin Short

July 24 – Meet the Parents (2000)

Chicago male nurse and chronic under-achiever Greg Focker meets his charming teacher girlfriend Pam Byrnes' parents Jack and Dina before proposing, but suspicious Jack is an overprotective former CIA agent - every date's worst nightmare. Starring Robert DeNiro and Ben Stiller

July 31 – The Fault in Our Stars

Hazel and Gus are teenagers who meet at a cancer support group and fall in love. They both share the same acerbic wit and a love of books, especially "An Imperial Affliction", so they embark on a journey to visit an author in Amsterdam.

Birthday Celebration!




Come celebrate July birthdays on **Friday, July 31st at 12:30pm** with some cake!

All are welcome to attend!

Please sign up in advance.

JULY DAILY ACTIVITIES SCHEDULE

MON	TUES	WED	THURS	FRI
		<p>1</p> <p>NO BARRE</p> <p>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 10:30 Insight 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun</p>	<p>2</p> <p>NO BARRE NO ZUMBA</p> <p>9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi</p>	<p>3</p> <p>CLOSED</p> <p>HAPPY INDEPENDENCE DAY!</p> 
<p>6</p> <p>NO BARRE NO CIRCUIT</p> <p>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 2:00 Rummikub 4:30 Qigong</p>	<p>7</p> <p>NO BARRE NO CIRCUIT</p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 YouTube Chair Zumba 11:30 YouTube Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Book Club 2:00 Road Scholar 2:30 Tai Chi</p>	<p>8</p> <p>NO BARRE</p> <p>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 1:30 Ukulele Fun</p>	<p>9</p> <p>NO BARRE NO ZUMBA</p> <p>9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 10:30 Courtney from Re-Loved Designs 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 12:00 Ivoryton: 1776 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi</p>	<p>10</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:00 Chabaso Bread 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</p>

MON**TUES****WED****THURS****FRI****13**

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
1:00 Genealogy
 1:30 Tap class
 2:00 Hand & Foot
 2:00 Rummikub
 4:30 Qigong

14

9:00 Beginner Yoga
 10:00 Advanced Yoga
9:30 Trip: CT Sun Game
 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
 2:00 Road Scholar
 2:30 Tai Chi

15

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
10:30 Insight
 11:00 Setback
 11:00 Qigong
 11:00 Cardio Drumming
12:00 Lunch Bunch
 12:30 Jammers
 1:00 Hand & Foot
 1:00 Coloring n' Conversation
 1:30 Ukulele for Fun

16

9:00 Intermediate Yoga
9:00 Morning Errands
 10:00 Chair Yoga
 10:00 Hook N' Needle
 10:00 Recess!
 10:00 YouTube Chair Zumba
10:30 Diamond Art Bookmarks
 11:00 YouTube Chair Yoga
11:00 Mystery Shopping Trip
 11:15 Beginner Barre
 11:30 YouTube Balance & Strength
 12:15 Zumba
 1:00 Canasta
 1:00 Watercolor
 2:00 Road Scholar
 2:30 Qigong
 4:30 Tai Chi

17

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

20

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
11:30 Trip: Mew Haven Cat Cafe
 12:00 Dominoes
 12:30 Bingo
 1:30 Tap class
 2:00 Hand & Foot
 2:00 Rummikub
 4:30 Qigong

21

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
 2:00 Road Scholar
2:00 Transportation Information Fair
 2:30 Tai Chi

22

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
 12:30 Jammers
 1:00 Hand & Foot
 1:00 Coloring n' Conversation
 1:30 Ukulele For Fun

23

9:00 Intermediate Yoga
9:00 Morning Errands
 10:00 Chair Yoga
 10:00 Hook N' Needle
 10:00 Recess!
10:00 Xmas in July Craft Sale
 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
1:00 Ice Cream trip
 2:30 Qigong
 4:30 Tai Chi

24

8:10 Aerobics
 9:00 Chair yoga
 9:30 Kinima: Weights
 10:00 Shuffleboard
 10:00 Adv. Line Dancing
 10:00 Co-Ed Bocce
10:00 Chabaso Bread
 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

MON**TUES****WED****THURS****FRI****27**

8:10 Aerobics
 8:45 Walking at Foote Park
 9:30 YouTube Strength
 9:30 Advanced Barre
10:00 Sea Glass Picture Craft
 10:00 YouTube Cardio
 10:00 Men's Bocce
 10:30 Circuit
 10:45 Cardio Drumming
 11:00 Mah Jongg
 12:00 Dominoes
 12:30 Bingo
 1:30 Tap class
 2:00 Hand & Foot
 2:00 Rummikub
 4:30 Qigong

28

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
 2:00 Road Scholar
 2:30 Tai Chi

29

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 Cardio Drumming
 12:30 Jammers
 1:00 Hand & Foot
 1:00 Coloring n' Conversation
 1:30 Ukulele For Fun
4:30 Happy Hour

30

9:00 Intermediate Yoga
9:00 Morning Errands
 10:00 Chair Yoga
 10:00 Hook N' Needle
 10:00 Recess!
 10:00 YouTube Chair Zumba
10:30 Courney from Re-Loved Designs
 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

31

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

DID YOU KNOW?

- We have a community puzzle! It is located in the back of the cafe by the window. Stop, sit, and make the pieces fit!
- The Community House is open on Saturdays! Come shoot pool, work on the puzzle, or meet friends for cards or games.



Tea Cup and Flower Workshop hosted by the Branford Garden Club from May 2019!