

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

JUNE 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 Cards: This is a \$40 benefit card to purchase fruits, veggies, fresh herbs, eggs & honey at approved farmers markets. Must be Branford resident 60+, monthly gross income under \$2461 (single) \$3337 (married). Documented income. New cards will be issued. If you participated last year, bring in your old card.

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. All checks will be sent out November 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.

Upcoming Changes to Social Security

1. No more paper checks after 9/30. Starting in October you will have to set up Direct Deposit with your bank account or use a Direct Express Card (prepaid debit card for those who do not have a bank account). Make sure you update your information with Social Security.
2. There is an inflation adjustment each year. Get a cost-of-living adjustment (COLA) every year based on a standard level of inflation.

Branford Food Pantry: We will now be offering rides on Fridays at 9:30 am. There is an application that you have to fill out prior to going to the Food Pantry and when you go the first time, you have to bring a piece of mail that shows you are a Branford resident. Contact Tim to arrange a ride and to get a copy of the application.

How to protect yourself from Medicare scams:

- **Do Not Share Personal Information:** Never provide your Medicare number or financial information over the phone unless you initiated the call.
- **Verify Offers:** If you receive an offer that seems too good to be true, contact Medicare directly at 1-800-MEDICARE.
- **Report Suspicious Activity:** If you suspect a scam, report it to Medicare or the Office of Inspector General (OIG) at 1-800-HHS-TIPS

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.

**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: June 5 & 19

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. We provide transportation from your home to the senior center as well as transportation for local errands and grocery stores.
- Medical transportation is available to Branford residents 21 years of age or older. Transportation is provided to doctors' offices in Branford, East Haven, New Haven, Guilford, Madison, Divine St. North Haven, the VA in West Haven and BH Care in North Branford.

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

Services offered by our Case Manager, Tabitha Brown:

- Printing and completing applications for senior or disabled housing
- Understanding how 211 works & assistance calling them
- Getting connected to basic need services in the Branford community
- Guidance and support when dealing with Domestic Violence
- Connections to Mental Health and Physical Health resources
- Applying for a government phone
- And so much more!

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

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

Join us daily in the Canoe Brook Cafe for breakfast and lunch. The Senior Center serves hot breakfast & lunch daily. Meals are created by our own Chef Scott and are available Monday through Friday (excluding all town observed holidays) The cost for members is \$3 for breakfast and \$5 for lunch. **Reservations MUST be made at least 1 day in advance before 10:00am and accompanied by payment. Payments can be made with cash, check or credit card.** Call the office at 203-481-3429. Cancellation should be called in as early as possible. No refunds for no shows. **Credit maybe applied for medical reason only. Coffee and Tea is served in the Waverly Lounge daily from 8:00a-12:00p.** Menu is subject to change.



CAFE HOURS

Breakfast: 8:45am-10:00am Lunch: 11:45am



FEES:

Breakfast: \$3

Lunch: \$5

Note: non members pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES

CANOE BROOK CAFE MENU

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lunch Bacon Cheeseburger with Tots	2 Lunch Chicken Marsala with Rice and Vegetable	3 Lunch Pork Loin with Mashed Potatoes and Vegetable	4 Lunch Shrimp Curry with Vegetable	5 Lunch Beef Stroganoff with Pasta
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 Lunch Salmon and Potatoes with Vegetable	9 Lunch Cobb Salad	10 Lunch Stuffed Peppers	11 Lunch Chicken Parmesan with Pasta	12 Lunch Meatloaf with Vegetable
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 Lunch Eggplant Parmesan with Vegetable	16 Lunch BBQ Pulled Pork Sandwich with Coleslaw	17 Lunch Lemon Chicken with Vegetable	18 Lunch Stuffed Cabbage	19 Lunch Shrimp Scampi with Vegetable
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 Lunch Pork Loin with Vegetable	23 Lunch Baked Cod with Vegetable	24 Lunch Meatloaf with Mashed Potatoes and Vegetable	25 Lunch Chicken Marsala with Vegetable	26 Lunch Grilled Burger or Hot Dogs
MONDAY	TUESDAY	YOU CAN FIND ME AT THE BEACH!		
29 Lunch Chicken Salad	30 Lunch Stuffed Shrimp	*BREAKFAST IS NOW YOUR CHOICE PICK 1 OF 4 CHOICES! * DESSERT WITH EVERY MEAL		

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.



Waverly Lounge:

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





America 250 Fitness Challenge
Kickoff: Monday June 1st at 9am
Meet at Community House to walk to Branford Point

Get those steps in! Let's try to log 250 miles (walking, cycling, swimming, running) by Friday, July 10th. Stop by the front desk to sign up and pick up a tracking sheet. We will kickoff the challenge on June 1st by walking from the Community House to Branford Point and back. The person to log the most miles wins a prize!

Focus Group

If you graduated High School between 1956 and 1966, please join us!

Date: Monday, June 29 at 5 PM

Location: Waverly Lounge, Upper Level in the Community House

Attention 60-70-year-olds! We are looking to expand our program offerings for those people who may still be working and for those who have signed up to be members but have yet to participate in programs. Are you retired and bored? Don't know what to do now that you are not working? We are excited about connecting and listening to what you are looking for at your Senior Center. Staying active in retirement leads to a healthier lifestyle. Register in advance. Appetizers and beverages will be served.

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

DID YOU KNOW?

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

Painted Canyons of the West

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

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

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

Tuesday, September 22nd

10:00 AM - 3:00 PM

NEW DATE!

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**

Jammers Spring Concert

Wednesday, June 10

1:00 PM

Our musicians and singers have been hard at work compiling music of the '50's, 60's & '70's. Join us as we listen to their harmonic voices singing our favorite songs. Refreshments to follow the performance. Sign-up in advance of the show.

AMERICA 250 TRIVIA

Tuesday, June 30

1:00 PM

Come test your knowledge on all things America! You will work in teams (no larger than 6 people) to compete for prizes! Hosted by Colin Sheehan

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

Thursday, June 11th

9:30 am - 12:30 pm

Price: \$2

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



Mini Golf at Saybrook Point

Thursday, June 25th

10:00am-2:00pm

Price: \$15 (for the game & transportation)

Enjoy a round of golf by the water!

Bring extra money for lunch at Lenny and Joe's Fish Tale afterwards

Lunch Bunch: Lobster Shack

Separate checks will be provided

Tuesday, June 23rd

12pm

3 Cosey Beach Ave.

East Haven, CT 06512

Happy Hour: New England Brewing Co

Separate checks will be provided

Wednesday, June 17th

4pm

5 Indian Neck Ave

Branford, CT 06405

Important: Please notify Rhiannon if you can no longer attend

Branford Center Cemetery Tour

Wednesday, June 10th

9:15am-11:00 AM

Price: \$2

A member of the Branford Historical Society will lead us in a tour through the Branford Center Cemetery. Meet at the Community House by 9:00am and we will walk as a group over to the cemetery.



Goodspeed Opera House

Crazy For You

Thursday, August 6th

Bus leaves at 12pm, Show starts at 2:00pm

Price: \$70

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!

SUMMER ICE CREAM TRIP



Wentworth Homemade Ice Cream

Friday, June 19th

1:00-3:00pm

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

Take the bus to Wentworth's in Hamden to enjoy an afternoon treat!



Mew Haven Cat Cafe

Monday, July 20th

11:30am-1:30pm

Price: \$12

(Bring extra money for a beverage/bakery items)

Escape the summer heat inside the cat cafe! We will play with some adorable cats while enjoying a refreshing beverage

Sea Mist Cruise

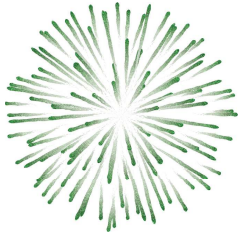
Wednesday, August 26th

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.)



Branford Fireworks at CT Hospice

Saturday, June 27th

5:00pm-10:30pm

Price: \$2



Leave the driving and parking to us! Come watch the fireworks at CT Hospice. Also, enjoy a free cookout and music before the fireworks at 9pm. Bring your own chair or blanket.

Meet at the Community House by 5pm to take the bus.

2026 International Sea Glass Festival at the Mystic Seaport Museum

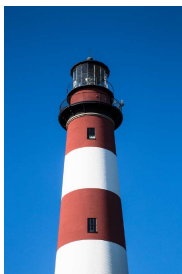


Saturday, July 25th

Time: 8:30 am - 3:15 pm

Price: \$40

Attend the premier *Sea Glass Festival* with artists (50+ vendors) who will be selling their creations, learn about sea & beach glass from the experts and view their collections. An added bonus with admission to the festival: Immerse yourself in American maritime heritage from the 1800s at the Seaport Museum. See the preserved shipyard, a recreation of a seaport village, historic vessels, and much more. At noon we will take a short drive to Mystic Village to shop and have lunch on your own. We will leave at 2:15 pm to head back to Branford.



Block Island

Monday, August 10th

Time: 6:45am - 7:30pm

Price: \$60 (includes bus and ferry ride)

Take our mini bus to New London and ride the Block Island Express. The ferry arrives in BI at 10 AM and departs BI at 4:55 PM sharp, so meet Rhianon at the dock by 4:30 PM. That gives you plenty of time to explore the Island's quaint Old Harbor where there is a charming collection of cottages, inns, restaurants, art galleries & shops. If you enjoy the "hunt" look for one of 550 glass floats the size of oranges for the Glass Float Project (hidden on the beaches & Greenway Trails). Visit the Block Island Arts and Artisans Festival located across from Dead Eye Dicks. Explore the Island by taxi with friends or by moped/bike/kayak rental; walk nature trails, bird watch & more!

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 CLASSES

Spring session runs from April 1 through June 30th
Summer session runs from July 1 through September 30th

REGISTRATIONS FOR THE SUMMER FITNESS SESSIONS WILL BE ON JUNE 4th 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) will be \$15.
- Aerobics (meets three times a week) and will be \$20.
- Saturday Fit & Fun will be \$28
- Theatre Jazz will be \$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 -10:45am Cardio Drumming -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 -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 -11:00 Cardio Drumming	-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 -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.

Saturday Fit & Fun

NEW!

Saturdays

11:30am

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

Kinima Strength- Mondays & Fridays 9:30AM

YouTube Strength- Wednesdays 9:30AM

YouTube Chair Zumba - Tuesdays & Thursdays 10:30AM

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

YouTube Balance & Strength- Thursdays 11:30AM

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





Ask a Nurse

Tuesday, June 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!

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: June 3 and 17th at 10:30 am.

CARDIO DRUMMING

\$15 for 4 week session

This is the last session until the Fall

Mondays

June 8th-29th

10:45am

OR

Wednesdays

June 3rd-24th

11:00am

Bocce



Mondays- Men's Play 10am-1pm

Wednesdays- Women's Play 10am-1pm

Fridays- Co-Ed Play 10pm-1pm

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

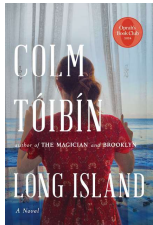


WEEKLY CARD GAMES & MORE!

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!

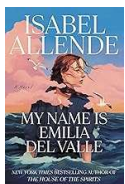
READER'S CHOICE BOOK CLUB



"Long Island" Author: Colm Toibin

Eilis Lacey is Irish, married to Tony Fiorello, a plumber and one of four Italian American brothers, all of whom live in neighboring houses on a cul-de-sac in Lindenhurst, Long Island, with their huge extended family. It is the spring of 1976, and Eilis is now forty with two teenage children.

Date: Tuesday, June 2 at 1:30 pm



"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



Three on Three Basketball Every Thursday at 1:30 PM

Play on half court. (This version of the game doesn't involve running up and down the court.) The total game is 30 minutes where there is a strong focus on teamwork and strategic play. Enjoy a little competition, fitness and F-U-N.



GENEALOGY

Organizing your Memorabilia and Genealogy Files

We will discuss ways to organize all of the ephemera of your past – those family letters, photos, heirlooms from your ancestors. Have you wondered when decluttering, what should you keep and what can you get rid of. Come to this session and we will discuss what the “experts” say. If you have a good example of what you have done, please bring it to show and explain your system.

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

Date: Monday, June 8th 1:00pm



TECH HELP

Wednesday, June 24th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!

Courtney from Re-Loved Designs



Paper Quilling Flower Workshop

Thursday, June 4th

10:30am

Price: \$20

Learn the art of paper quilling while creating a beautiful handcrafted flower using colorful rolled paper designs. A relaxing and creative class perfect for all skill levels



Coastal Hanger Workshop

Thursday, June 18th

10:30am

Price: \$20

Create a beautiful coastal-inspired hanger using driftwood, tumbled glass, beads, shells, and seaside embellishments. Perfect for decorating your car, home, porch, or window with a touch of coastal charm.

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!



Age Well: Sleep & Healthy Aging – How Rest Evolves Over the Lifespan

Thursday, June 4th at 11 am

Honoring D-Day – Echoes of Valor & Victory

Tuesday, June 16th at 2pm

Age Well: Aging Without Children - A Different Path to Fulfillment

Tuesday, June 23rd at 2pm

In Search of Amelia Earhart – The Expedition to Nikumaroro

Tuesday, June 30th 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.

June 5 – Bohemian Rhapsody

With his impeccable vocal abilities, Freddie Mercury and his rock band, Queen, achieve superstardom. However, amidst his skyrocketing success, he grapples with his ego, sexuality and a fatal illness

June 12 - Jumanji: Welcome to the Jungle (2017): Four teenagers are sucked into a magical video game, and the only way they can escape is to work together to finish the game

June 19 – The Proposal

When New York editor Margaret faces deportation, she convinces her assistant Andrew to marry her in return for a promotion. However, when she visits his hometown, it changes her in many ways.

June 26 – Green Book

A working-class Italian-American bouncer becomes the driver for an African-American classical pianist on a tour of venues through the 1960s American South.

Birthday Celebration!

Come celebrate June birthdays on **Friday, June 26th at 12:30pm** with some cake!



All are welcome to attend!

Please sign up in advance

JUNE DAILY ACTIVITIES SCHEDULE

MON	TUES	WED	THURS	FRI
<p>1</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:00 250 Fitness Challenge Kickoff 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:30 Circuit 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong</p>	<p>2</p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 Poetry Workshop 10:30 YouTube Chair Zumba 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Book Club 2:30 Tai Chi</p>	<p>3</p> <p>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 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun</p>	<p>4</p> <p>8:15AM REGISTRATION FOR SUMMER FITNESS</p> <p>9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:30 YouTube Chair Zumba 10:30 Quilling Workshop 11:00 YouTube Chair Yoga 11:00 Road Scholar 11:15 Beginner Barre 11:30 YouTube Balance & Strength 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:30 3 on 3 Basketball 2:30 Qigong 4:30 Tai Chi</p>	<p>5</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 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>
<p>8</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:30 Circuit 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong</p>	<p>9</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 1:00 Collette Tours Presentation 1:30 Poker 2:30 Tai Chi</p>	<p>10</p> <p>NO BARRE</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:00 Center Cemetary Tour 9:30 YouTube Strength 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 1:00 Jammers Concert 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun</p>	<p>11</p> <p>9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:30 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:00 Elizabeth Park 11:15 Beginner Barre 11:30 YouTube Balance & Strength 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:30 3 on 3 Basketball 2:30 Qigong 4:30 Tai Chi</p>	<p>12</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 10:15 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

15

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

16

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
2:00 Road Scholar
2:30 Tai Chi

17

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
11:00 Cardio Drumming
12:30 Jammers
1:00 Hand & Foot
1:00 Coloring n' Conversation
1:30 Ukulele for Fun
4:00 Happy Hour

18

9:00 Intermediate Yoga
9:00 Morning Errands
10:00 Chair Yoga
10:00 Hook N' Needle
10:30 YouTube Chair Zumba
10:30 Coastal Hangers Workshop
11:00 YouTube Chair Yoga
11:30 YouTube Balance & Strength
1:00 Canasta
1:00 Watercolor
1:30 3 on 3 Basketball
2:30 Qigong
4:30 Tai Chi

19

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 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
1:00 Trip to Wentworth's
2:00 Pinochle

22

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

23

9:00 Beginner Yoga
10:00 Advanced Yoga
10:00 Meditation
10:30 YouTube Chair Zumba
11:00 Ask a Nurse
11:15 Beginner Barre
11:30 YouTube Cardio
12:00 Lunch Bunch
12:15 Circuit
12:30 Discussion Group
1:00 Scrabble
1:30 Poker
2:00 Road Scholar
2:30 Tai Chi

24

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
2:00 Tech Help

25

9:00 Intermediate Yoga
9:00 Morning Errands
10:00 Chair Yoga
10:00 Hook N' Needle
10:00 Mini Golf
10:30 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
1:30 3 on 3 Basketball
2:30 Qigong
4:30 Tai Chi

26

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

MON

TUES

WED

THURS

FRI

29

8:10 Aerobics
 8:45 Walking at Foote Park
 9:30 Kinima: Weights
 9:30 Advanced Barre
 10:00 Men's Bocce
 10:30 Circuit
 10:45 Cardio Drumming
 11:00 Mah Jongg
 11:00 Road Scholar
 12:00 Dominoes
 12:30 Bingo
 1:30 Tap class
 2:00 Hand & Foot
 2:00 Rummikub
 4:30 Qigong
5:00 Focus Group for 60-70 year olds

30

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
1:00 America 250 Trivia
 1:30 Poker
 2:00 Road Scholar
 2:30 Tai Chi



Cinco de Mayo Celebration



Killam's Point



Whiffleball Game



Cardio Drumming



Tea Party



Thank you to Allen Marks for leading Spring birding walks! In total, the group saw 28+ species including the Yellow Warbler, Baltimore Oriole, and Northern Flicker