

# THE CANOE BROOK CONNECTIONS

## TOWN OF BRANFORD

### PARKS, RECREATION & SENIOR SERVICES

## MARCH 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](http://branfordrecreation.org)



[www.facebook.com/BranfordParksRecSeniorServices](http://www.facebook.com/BranfordParksRecSeniorServices)

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**Energy Assistance:** We are currently taking applications for those who heat with oil, kerosene, propane, gas and electric.

**FREE Tax Assistance:** Call Guilford Senior Center, 203-453-8086, extension 221 to make an appointment. They do tax assistance on Wednesdays. Or call AARP for an appointment at the Madison Senior Center - 860-579-3192 or go to their website for appointment.

**TRIAD Program: Elder Abuse presented by Giovanna Barajas from BHcare** ~ Wednesday, March 4 at 11:00 AM

She will go over neglect, exploitation & domestic violence that the older population faces. Learn about the tactics abusers use to maintain power and control over their victims as well as the reasons why people stay. At the end of the presentation information will be given on resources & services that are offered. (Sign-up in advance)

**Eversource and SCG Educational Programs (Sign-up in advance):**

**Electricity 101 and SCG overview:** Monday, March 9 at 11:00 AM  
Explains how electricity gets to your home and helps you understand your electric bill. It describes the journey of electricity from generation (like power plants or solar) through transmission lines, substation and local distribution to your home. A representative from SCG will review hardship programs and give an overview of the SCG bill and give a few gas savings tips.

**Heat Pump 101 with Eversource:** Monday, April 13 at 11:00 AM  
Matt Corona, Energize CT Heat Pump Specialist, will be on hand to talk about this program and the savings to you, the consumer. He will also provide one-on-one consulting for those interested in talking about their homes.

### **Slam The Scam**

**Gift Cards:** Buying a gift card to pay someone? **STOP! It's a scam!** Do NOT use a gift card to pay the IRS, Social Security, tech support, family member in trouble, military or to keep your utilities on. Report the scams at **ReportFraud.ftc.gov**

**If you receive a suspicious call: Hang up,** don't believe them, don't trust your caller ID, don't give them money, don't give them personal information and report the scam at [oig.ssa.gov](http://oig.ssa.gov)

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](http://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 DATE

Friday, April 3 ~ Good Friday

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

### "SMOKE FREE POLICY"

Smoking is prohibited at all properties under the control of the Branford Parks, Recreation & Senior Services Dept. at all times, including but not limited to: buildings, grounds, entrances, sidewalks, parking lots and beaches. Smoking is defined as the use of cigarettes, pipes, cigars, and other devices that produce smoke including electronic cigarettes, vapes and water pipes"

**Dale Izzo ~ Director**  
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**Tim Kron ~ Transportation Coordinator**  
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**Kelly Gesuero ~ Case Worker**  
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Coordinator**  
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**Nico Martone ~ Custodian**  
[nmartone@branford-ct.gov](mailto:nmartone@branford-ct.gov)

**Scott Roth ~ Chef**

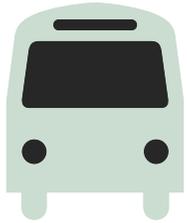
**Vacant ~ Chef**

**Maureen Hall ~ Kitchen Aide**

### WEATHER

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

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



## BUSES

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

### **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!)**
- FITNESS PROGRAM: \$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: March 6 and 20**

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

**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.

**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 for folks 60+. 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 MARCH 2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Breakfast</b> Breakfast Sandwich <b>Lunch</b> Chili and Corbread	<b>3 Breakfast</b> Fruit & Muffin <b>Lunch</b> Bacon Cheeseburger & Tots	<b>4 Breakfast</b> Scrambled Eggs & Sausage <b>Lunch</b> Meatloaf & Potatoes	<b>5 Breakfast</b> Pancakes <b>Lunch</b> Chicken Parm	<b>6 Breakfast</b> French Toast <b>Lunch</b> Salmon & Rice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 Breakfast</b> Breakfast Sandwich <b>Lunch</b> Stuffed Shells with Salad	<b>10 Breakfast</b> French Toast <b>Lunch</b> Chicken Ceasar salad w/Soup	<b>11 Breakfast</b> Fruit & Muffins <b>Lunch</b> Pork Loin with Potatoes	<b>12 Breakfast</b> Scrambled Eggs w/ Sausage <b>Lunch</b> Chicken Marsala	<b>13 Breakfast</b> Pancakes <b>Lunch</b> Shrimp Scampi w/Pasta
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16 Breakfast</b> Breakfast Sandwich <b>Lunch</b> Chicken Salad	<b>17 Breakfast</b> Pancakes <b>Lunch</b> Ruben Sandwich <small>ST. PATRICK'S DAY</small>	<b>18 Breakfast</b> Scrambled eggs & Bacon <b>Lunch</b> Chicken Parm with Pasta	<b>19 Breakfast</b> Fruit & Muffins <b>Lunch</b> Turkey Burger Lettuce & Tomato with Pasta Salad	<b>20 Breakfast</b> French Toast <b>Lunch</b> Salmon & Rice
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23 Breakfast</b> Breakfast Sandwich <b>Lunch</b> Cobb Salad	<b>24 Breakfast</b> Fruit & Muffins <b>Lunch</b> American Chop Suey	<b>25 Breakfast</b> Pancakes <b>Lunch</b> Meatloaf & Potatoes	<b>26 Breakfast</b> French Toast <b>Lunch</b> Chicken Marsala with Potatoes	<b>27 Breakfast</b> Scrambled Eggs & Bacon <b>Lunch</b> Shrimp Scampi & Rice
MONDAY	TUESDAY	<b>*NEW HOURS*</b> <b>*Dessert will be served with lunch!</b> PLEASE NOTE NEW BREAKFAST AND LUNCH HOURS. Breakfast: 8:45a-10:00am Lunch: 11:45a-12:30p		
<b>30 Breakfast</b> Breakfast Sandwich <b>Lunch</b> Hot Dogs & Beans	<b>31 Breakfast</b> French Toast <b>Lunch</b> Grilled Cheese w/Tomato 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 8:45AM-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.
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)



## ***Bella Italia with Alpha Coiro***



**Tuesday, March 30th  
10:00am**

Join Alpha Coiro, Branford travel photographer, as she shares her original images of Isola dei Pescatori, or Fishermen's Island, on lovely Lake Maggiore. Explore Turin and discover many famous sights of the House of Savoy, Italy's royal family in the Piedmont region.

Santa Margherita Ligure on the Italian Riviera. Marvel at the cliffside villages of Cinque Terre, "five towns" that seem suspended over the Ligurian Sea. Portofino resort area.

Historic Bologna, known for products of Emilia Romagna, including Prosciutto and Parmesan cheese, and its university.

In the province of Puglia located on Italy's "heel," visualize the Baroque beauty of Lecce — the "Florence of the South. Its unusual architecture such as the Sassi de Matera, a troglodyte settlement and one of the oldest cities in the world. Marvel in the unique trulli houses of Alberobello, historic homes built during the 16th century that are now a designated UNESCO World Heritage Site.

And a special feature of the ancient festival of Carnevale in Venice with its outrageous and gorgeous costumes and masks to revel among the streets prior to the beginning of Lent!

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### ***Discover the Magic of Italy!*** **Presentation by Tracy O'Neill with Collette Tours**

**Tuesday, March 30th  
10:45am**

Tracy O'Neill from Collette Tours will be here to talk about this 13-day journey through Italy's most iconic and breathtaking destinations, departing October 10–22, 2026. Includes visits to Rome, Amalfi Coast with Capri, Pompeii, Florence, Venice and Italian Lakes! For additional information contact Nancy at 203-315-0682. Sign-up in advance for this presentation. Double: \$6,399 pp

# *Square Dance Night*

**Tuesday, April 28th**

**4:30pm**

**Price: \$20**

Enjoy a 6-inch sub, chips, and a cookie from Subway. Afterwards, we will do some dancing!

Professional Square Dance Caller Rich Sbardella will lead us through some traditional square dances. No experience necessary! You do not need to bring a partner.

Please give us your sandwich choice at the time of sign-up

Select from the following 6" subs on Italian Bread:

**Oven-Roasted Turkey** (w/ provolone, lettuce, tomato)

**Tuna** (w/ provolone, lettuce, tomato)

**Veggie Delite** (includes lettuce, spinach, provolone, tomato, cucumbers, green pepper, and onion)

**Black Forest Ham** (w/ provolone, lettuce, tomato)

**Cold Cut Combo** (w/ provolone, lettuce, tomato)

*\*Register by April 21st*

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## **ST. PATRICKS DAY CELEBRATION**



**Friday, March 13th**

**4:15pm**

**Price: \$8**

Come celebrate St. Patrick's Day with a traditional **Irish Step Dance** performance by The Brennan-Lucey Irish Dance Academy!

Refreshments will be served

Wear green or your best St. Patrick's Day attire!

# Intergenerational Puzzle Race



Wednesday, March 11th

2:00pm

Show off your puzzle skills by competing in teams to see who can complete their puzzle first!

Each team will consist of a mixed group of adults and K-4<sup>th</sup> grade students

Come join us for this fun intergenerational activity!

*Please register in advance*

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# POT O' GOLD BINGO

Tuesday, March 17th

1:00pm

Price: \$0.50 per card (please bring exact change the day of)



Colin is back to host a special St. Patrick's Day bingo

Wear **green** for one **FREE** bingo card!

Refreshments will be served

*Please register in advance*

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

Thursday, March 12th

9:30 am - 12:30 pm

Price: \$2

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

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**LUNCH BUNCH****Branford Townhouse  
Restaurant**

Wednesday, March 18th

12pm

18 N. Main St.

Branford, CT 06405

**Please bring cash as separate checks may not be provided**

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

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**HAPPY HOUR****Doody's**

Tuesday, March 10th

4:30pm

465 Foxon Rd

North Branford, CT 06471

**Separate checks will be provided**

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

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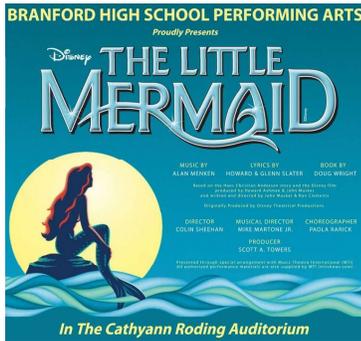
**Spring Hike****Branford Supply Pond**

Thursday, March 26th

1-3pm

\*At the time of registration please let us know if you will be taking the bus or driving yourself

# BHS Performing Arts Presents *The Little Mermaid*



Thursday, March 19th  
6:45pm-10:15pm  
Price: \$15

*Limited spots available!*

Come watch the Branford High School students perform this Disney classic!

The bus will leave the Community House at 6:45pm. The show starts at 7:30pm. Please let us know at the time of sign-up if you will be taking the bus or driving yourself to Branford High School

## Ivoryton Playhouse



*I'M CONNECTICUT*

Thursday, April 9th

Meet at the Community House at 12pm  
Show starts at 2:00pm  
Price: \$50

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!

# New Haven Museum

Wednesday, April 29th

9:45am-3:00pm

Price: \$30

(price includes museum tour & lunch)

Explore the New Haven Museum on a guided tour of the new  
“Pronounced Ah-Beetz” Exhibit!

Afterwards, we will enjoy cheese pizza and a cold beverage at  
Zuppardi’s in West Haven.



## “Pronounced Ah-Beetz”

This exhibit examines the fun, the flavor and the history of pizza, including its origin as an affordable means of feeding workers in the fields of Italy, and how it became the food of the poor in the U.S. The Italian migration to New Haven gave way to Frank Pepe’s Pizzeria Napoletana, which gave birth to Sally’s Apizza, while a mile away Tony’s Apizza became Modern. How these three establishments became among the most iconically loved pizza restaurants in the country is a major focus of the exhibition

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## Lunchtime Chamber Music

Wednesday, April 1st

11:45am-3:00pm

Price: \$2



Join us to watch Yale’s School of Music students perform a midday chamber music concert at Morse Hall. Meet at the Community House at 11:30am to take the bus to the concert.

# 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

The virtual fitness classes are held onsite

**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



**\*If you need transportation for this program, please register with the front office**

# FITNESS CLASSES

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

**REGISTRATION FOR SPRING CLASSES WILL BE ON MARCH 5<sup>TH</sup> AT 1:00PM**

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

*Spring session runs from April 1 through June 30th*

## **\*Fitness Class Policy\***

**If you expect to miss 3 or more consecutive classes, please notify the office or you may risk being removed from the class.**

**Please note:** Starting with the summer session which runs July 1 through September 30, the fee for several of the classes will be increasing. Circuit, Tai Chi, Yoga (all levels), Zumba, Tap Dancing, Line Dancing, and Meditation will be \$10. Watercolor Class will be \$15. Aerobics meets three times a week and will be \$20. Beginner Barre and Advanced Barre (each level meets twice a week) will be \$15.



## Ask a Nurse

Tuesday, March 24th

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!**

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## 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?

A little bit about Maureen: She has a master's in counseling with a lifetime of experience helping people with low vision and blindness. 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. March's group will meet twice on **March 4th and 18th at 10:30 am.**



# 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



**“Northern Spy” Author: Flynn Berry**

**If you love a mystery, then this book is for YOU!** The story of two sisters who become entangled with the IRA.

**Date:** Tuesday, March 3<sup>rd</sup> at 1:30 pm

**“The Wedding People” Author: Alison Espach**

This is a work of contemporary fiction. Set in Newport, Rhode Island, the novel follows Phoebe Stone’s journey to recover her purpose and sense of self while unexpectedly situated among a group of weddinggoers.

**Date:** Tuesday, April 7th at 1:30 pm



# GENEALOGY

## Finding Female Ancestors

Researching the Female members of your family can be extremely challenging! They get married and change their surnames. You might have their married name but have no maiden name – or vice versa. Without that maiden name you can't find their parents and their siblings without that surname – How can you find it and be sure that that person is the correct one with that name? Another scenario you have their maiden name but have no idea of who they married. Come and learn some tricks in solving the feminine mystique. Please send your female ancestor's name and what you know to Marty Before the meeting.

Jgarr15026@aol.com

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

**Date:** Monday, March 9th 1:00pm

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## **NEW!! Three on Three Basketball** **Every Thursday starting on April 23 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. There will be a demonstration of this game with staff members Coach Vic, Rhiannon, Nancy, Joe, Nally and a mystery person.

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# TECH HELP

Wednesday, March 25<sup>th</sup>

2-4PM (15 Minute Appointments)

**MUST MAKE AN APPOINTMENT!**



# CREATIVE CORNER



## Gnome Leprechaun

**Tuesday, March 17 at 10:30 AM**

Make and take your St. Patrick's Day Gnome home today! It's fun and easy to do. Once you have the technique down, you can make gnomes for all of the holidays. Sign-up with payment in advance. Class size is limited.

**Price: \$3**



## Scalloped Angel

**Tuesday, March 31 at 10:30 AM**

Learn how to make this angel with Connie Nucolo in less than an hour. We are making items to put into our showcase to sell to the public. Class size is limited.

**Price: \$4**



## Diamond Painting Keychains with Connie Nucolo

**Monday, April 6 at 10:30 AM**

Learn a new craft that requires you to have good eye/hand coordination. The beads are small and they are picked up with a special diamond painting pen. We have different patterns (lemons, flowers and animals). The new rage right now is adorning purses with keychains. We are making these to sell in the showcase. Class size is limited so sign up in advance.



## Needle Felting with Courtney from Re-Loved Designs

**Wednesday, March 11th at 10:00am**

**Price: \$20**

Courtney will show you how to needle felt this shamrock just in time for St. Patrick's Day. 4" x 4" picture frame is included.

## FREE Crochet Lessons with Lee Heckendorf and Marie Kelly

**Fridays for 6 weeks, March 20 - May 1 (No class 4/3)**

**1:00 - 3:00 PM**

Learn the basics with the chain stitch, single crochet and double crochet. If you need a crochet hook and yarn let us know when you are signing up.

**NEW!**

## 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!

*These are virtual presentations that will be shown onsite. Please sign up in advance. Certain lectures may be available to view at home. See Rhiannon for more information*

### **Greece — Land of History, Beauty & Inspiration**

Monday, March 2 at 12pm

Greece is a country of contrasts: vibrant cities and timeless villages, wild mountain landscapes and tranquil islands, deep-rooted traditions and modern rhythms. Join Eleni Petroutsou for an inspiring introduction to this remarkable country, known for its spirit of hospitality and respect. For centuries, Greece has nurtured a culture of human values and coexistence — a place where history and beauty meet

### **Women of the U.S. Capitol's Statuary Hall**

Tuesday, March 10 at 2:00pm

*\*this lecture has been pre-recorded*

In 1864, Congress invited each U.S. state to contribute two statues of prominent citizens for display in the newly designated National Statuary Hall, yet it was not until 1905 that the first statue honoring a woman — Frances E. Willard of Illinois — was dedicated. In celebration of Women's History Month, join Carolyn Crouch, founder of Washington Walks, as she explores how women have been represented in Statuary Hall over time and what recent additions reveal about changing ideas of national recognition.

### **Age Well: The Power of Nature — Boosting Health & Happiness**

Thursday, March 19 at 2pm

Most of us know that spending time in nature feels good, but research shows that the benefits are deeper and more far-reaching than you might expect. Join Dr. Catherine Sanderson, author and expert in positive psychology, to explore how green and blue spaces (like oceans, rivers and lakes) can reduce stress, ease anxiety, improve creativity and even aid physical healing.

### **William Randolph Hearst — The Man Who Made the News**

Monday, March 23 at 2:00pm

At 23, William Randolph Hearst became publisher of the San Francisco Examiner after his father won it in a high-stakes poker game. He went on to launch a media empire that would reshape American journalism and politics. Join best-selling author and historian James Dalessandro as he traces Hearst's rise. Explore how Hearst became one of the most powerful, admired and despised media figures in U.S. history.



## Movie Matinee

Fridays, 12:45pm



### March 6th:

**Eleanor the Great:** After a devastating loss, witty and proudly troublesome Eleanor Morgenstein, 94, tells a tale that takes on its own dangerous life.

**Comedy/Drama Rating: PG-13 Run time: 1hr 38 min**

### March 13th:

**Irish Wish:** When the love of Maddie's life gets engaged to her best friend, she puts her feelings aside to be a bridesmaid at their wedding in Ireland.

**Comedy/Romance Rating: PG-13 Run time: 1hr 33min**

### March 20th:

**Flipped:** When Juli meets Bryce in the second grade, she knows it's true love. After spending six years trying to convince Bryce of the same, she's ready to give up--until he starts to reconsider.

**Comedy/Drama Rating: PG Run time: 1hr 30 min**

### March 27th:

**Overboard:** After a spoiled, wealthy yacht owner is thrown overboard and loses his memory, a mistreated employee convinces him that he is her working-class husband.

**Rating: PG-13 Run time: 1hr 52 min**

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## CAKE AND KARAOKE!

Come celebrate March birthdays on **Friday, March 27<sup>th</sup> at 12:30pm** with some cake!

All are welcome to attend!

Karaoke to follow at 1pm!

*Please sign up in advance*



MON	TUES	WED	THURS	FRI
<p><b>2</b></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 12:00 Road Scholar 12:30 Bingo 1:30 Tap class 2:00 Hand &amp; Foot 2:00 Rummikub 4:30 Qigong</p>	<p><b>3</b></p> <p>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 <b>1:30 Book Club</b> 1:30 Poker 2:30 Tai Chi</p>	<p><b>4</b></p> <p>8:10 Aerobics 8:45 Indoor Walking <b>9:00 Morning Errands</b> 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio <b>10:30 Insight</b> 11:00 Setback 11:00 Qigong <b>11:00 Elder Abuse</b> 11:00 Cardio Drumming 12:30 Jammers 1:00 Hand &amp; Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun</p>	<p><b>5</b></p> <p><b>SPRING FITNESS REGISTRATION 1PM</b></p> <p><b>9:00 Morning Errands</b> 9:00 Intermediate Yoga 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><b>6</b></p> <p>9:30 Kinima: Weights 9:00 Chair yoga 10:00 Shuffleboard <b>10:00 Bread</b> 10:00 Advanced Line Dancing 10:15 YouTube Chair Yoga 11:00 Beginner Line Dancing 11:00 Mah Jongg 11:00 Setback 12:45 Movie Matinee <b>1:00 Knitting Lesson</b> 1:00 Cornhole 2:00 Pinochle</p>
<p><b>9</b></p> <p>8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:30 Circuit 10:45 Cardio Drumming <b>11:00 Electricity 101</b> 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo <b>1:00 Genealogy</b> 1:30 Tap class 2:00 Hand &amp; Foot 2:00 Rummikub 4:30 Qigong</p>	<p><b>10</b></p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi <b>4:30 Happy Hour</b></p>	<p><b>11</b></p> <p>8:10 Aerobics 8:45 Indoor Walking <b>9:00 Morning Errands</b> 9:30 Kinima: Weights 9:30 Advanced Barre <b>10:00 Shamrock Needle Felting</b> 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 12:30 Jammers 1:00 Hand &amp; Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun <b>2:00 Puzzle Race</b></p>	<p><b>12</b></p> <p><b>NO TAI CHI</b></p> <p><b>9:00 Morning Errands</b> 9:00 Intermediate Yoga <b>9:30 Guilford Commons</b> 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</p>	<p><b>13</b></p> <p>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 <b>1:00 Knitting Lesson</b> 1:00 Cornhole 2:00 Pinochle <b>4:15 St. Patty's Celebration</b></p>

MON	TUES	WED	THURS	FRI
<p><b>16</b></p> <p>8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:30 Circuit 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand &amp; Foot 2:00 Rummikub 4:30 Qigong</p>	<p><b>17</b></p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>10:30 Leprechaun Gnome ornaments</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble <b>1:00 Pot O' Gold Bingo</b> 1:30 Poker 2:30 Tai Chi</p>	<p><b>18</b></p> <p>8:10 Aerobics 8:45 Indoor walking <b>9:00 Morning Errands</b> 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio <b>10:30 Insight</b> 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming <b>12:00 Lunch Bunch</b> 12:30 Jammers 1:00 Hand &amp; Foot 1:00 Coloring n' Conversation 1:30 Ukulele for Fun</p>	<p><b>19</b></p> <p>9:00 Intermediate Yoga <b>9:00 Morning Errands</b> 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 2:00 Road Scholar 2:30 Qigong 4:30 Tai Chi <b>6:45 BHS Musical</b></p>	<p><b>20</b></p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights <b>10:00 Bread</b> 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 <b>1:00 Crochet Lesson</b> 1:00 Cornhole 2:00 Pinochle</p>
<p><b>23</b></p> <p>8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:30 Circuit 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand &amp; Foot 2:00 Rummikub 2:00 Road Scholar 4:30 Qigong</p>	<p><b>24</b></p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>11:00 Ask a Nurse</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:30 Tai Chi</p>	<p><b>25</b></p> <p>8:10 Aerobics 8:45 Indoor Walking <b>9:00 Morning Errands</b> <b>9:00 Mohegan Sun trip</b> 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 12:30 Jammers 1:00 Hand &amp; Foot 1:00 Coloring n' Conversation 1:30 Ukulele For Fun <b>2:00 Tech Help</b></p>	<p><b>26</b></p> <p>9:00 Intermediate Yoga <b>9:00 Morning Errands</b> 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 <b>1:00 Branford Supply Pond</b> 2:30 Qigong 4:30 Tai Chi</p>	<p><b>27</b></p> <p>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 <b>12:30 Cake &amp; Karaoke</b> 12:45 Movie Matinee <b>1:00 Crochet Lesson</b> 1:00 Cornhole 2:00 Pinochle</p>

MON	TUES	WED	THURS	FRI
<p><b>30</b></p> <p>8:10 Aerobics            8:45 Indoor walking            9:30 Kinima: Weights            9:30 Advanced Barre  <b>10:00 Alpha's Italy Presentation</b>            10:30 Circuit            10:45 Cardio Drumming  <b>10:45 Collette Tours Presentation</b>            11:00 Mah Jongg            12:00 Dominoes            12:30 Bingo            1:30 Tap class            2:00 Hand &amp; Foot            2:00 Rummikub            4:30 Qigong</p>	<p><b>31</b></p> <p>9:00 Beginner Yoga            10:00 Advanced Yoga            10:00 Meditation  <b>10:30 Angel Ornament</b>            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</p>			



**Valentine's Bingo Feb. 17th**



# 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.

<b>MONDAYS:</b>	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> )
<b>TUESDAYS:</b>	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> )
<b>WEDNESDAYS:</b>	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
<b>THURSDAYS:</b>	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> )
<b>FRIDAYS:</b>	6:30p-8:30p	PUBLIC SWIM – All Ages
<b>SATURDAYS:</b>	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)

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

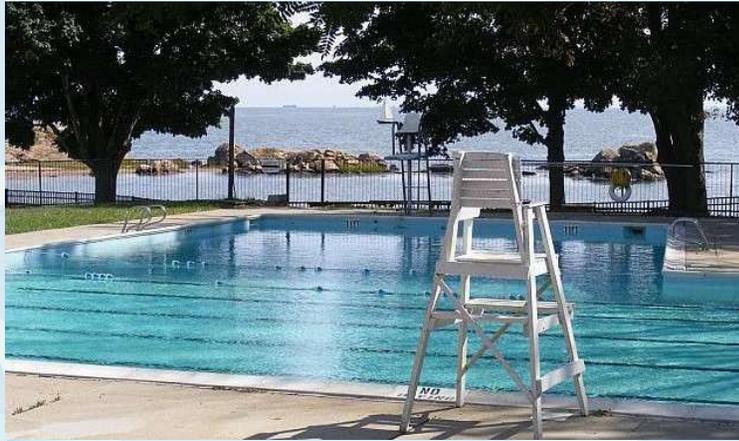
*Scheduled was revised as of 02-20-2026*

# HOSPICE POOL PASSES

## REGISTRATION BEGINS MARCH 5TH

Pool Passes **MUST** be purchased in -person at our office and will go on sale beginning March 5<sup>th</sup>.

**BRANFORD RESIDENTS ONLY.** Proof of residency required.



## FAMILY POOL PASS ~ \$160

For family member living at the same address, with a maximum of two adults & all unmarried children under the age of 21 living in the same household

## INDIVIDUAL ADULT PASS ~ \$80

For ages 18-59

## SENIOR INDIVIDUAL PASS ~ \$60

For ages 60+

## SENIOR CENTER MEMBER INDIVIDUAL PASS ~ \$45

For those individuals who have a current active membership to the Senior Center

***Pool Dates: June 29th-Sept. 7<sup>th</sup> 2026***

***\* Daily Schedule TBA***

\*schedule subject to change