

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

MAY 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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May is Older Americans Month

Theme: **Champion Your Health**, focuses on prevention, wellness, & personal responsibility as cornerstones of healthy aging. Take an active role in managing and advocating for your health, accessing preventive care, and making informed decisions. This year the focus is on evidence-based approaches, self-management, caregiver roles, and community partnerships that empower individuals to lead healthy lives.

Energy Assistance: We are taking applications for those who heat with gas & electric. Bring your paperwork by 5/26. Program ends May 29.

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. Sign-up starts 5/18.

Rent Rebate Applications will start on May 26 and end on Sept. 30: CT residents 65+ or on disability by December 31, 2025, might qualify for up to a \$700 rebate for a single person or up to \$900 for a married couple 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 the Center to sign it.

Relief Resources for Homeowners ~ Apply by May 15 with the Assessor's Office (203-488-2039): 1. **Property Tax Abatement:** To qualify you must be over 65 with a limited income, on Social Security Disability or a Veteran. The amount of credit is based on income level-\$56,500 married or \$46,300 single. Your tax bill can be reduced by as much as \$1,550 based on income. Bring in your tax return and Social Security 1099 form to the Assessor's office. 2. **Tax Deferral Program:** apply by May 15 with Tax office. Must own your own home, income less than \$75,000 married, \$62,500 single. You may be able to defer up to 75%. This means you still owe taxes but will not have to pay them until you sell the house.

REGISTRATION INFORMATION

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OUR STAFF

Information in this newsletter will be updated as it becomes available. Please check our website for updates or call the office at 203-481-3429

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

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.

SENIOR CENTER CLOSING DATE

Monday, May 25 ~ Memorial Day

*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

OFFICE PHONE: (203) 481-3429

WEBSITE: WWW.BRANFORDRECREATION.ORG

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: May 8 & 22

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 chef's Scott, Mary, and Anna 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

MAY 2026

APRIL SHOWERS BRING MAY FLOWERS!

***Dessert will be served with lunch!**

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
4 Lunch Bacon Cheeseburger & Tots				5 Lunch Enchiladas 				6 Lunch Shrimp Scampi Pasta & Vegetable				7 Lunch Eggplant Parmesan, Ziti & Vegetable				8 Lunch Ham w/Sweet Potatoes & Vegetable			
11 Lunch Chicken & Pasta & Vegetable				12 Lunch Pork Loin & Vegetable				13 Lunch Coconut Curry w/ Shrimp & Rice				14 Lunch Meatloaf, Mashed Potatoes & Vegetable				15 Lunch Chicken Marsala & Vegetable			
18 Lunch Chicken Salad & Soup				19 Lunch Stuffed Shrimp w/ Pasta & Vegetable				20 Lunch Stuffed Peppers				21 Lunch Chicken Parmesan w/Ziti & Vegetable				22 Lunch Salisbury Steak & Vegetable			
25 CLOSED 				26 Lunch Chicken Salad & Pasta				27 Lunch Salmon & Red Potato & Vegetable				28 Lunch Spaghetti & Meatballs & Vegetable				29 Lunch BBQ Pork & Vegetable			

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

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 Noon (12:00pm)



CINCO DE MAYO FIESTA

Tuesday, May 5th

1:30pm

Price: \$5

Enjoy some chips and salsa with your friends! We will also take a swing at the pinata and try to pin the tail on the donkey!

Courtney from Re-Loved Designs



Mini Beaded Flower Arrangements

Thursday, May 21st, 10:30am

Create your own mini beaded flower arrangements using delicate seed beads and floral beads for a unique, handcrafted look. Each participant will design 1–2 mini arrangements (time dependent) featuring 3–4 beautifully detailed stems, perfect for a sweet decorative touch or handmade gift. Approximately 3" tall. **Price: \$20**



Paper Flowers

Thursday, May 28th, 10:30am

Learn how to create beautiful paper flowers using simple techniques and affordable household items you likely already have at home. You'll be amazed at how easily you can transform everyday materials into stunning, budget-friendly blooms.

This beginner class we'll be using cupcake liners, coffee filters and tissue paper. **Price: \$20**

Spring Birding Walks

Thursday mornings at 9:00am

Come take part in a weekly Spring walk where we will see how many of our local birds and returning migrants we can identify. We will walk on the Shoreline Greenway Trail, from Tabor Drive to Pine Orchard Rd and back. The path is paved, and the entire walk will be a leisurely 1 - 1 ½ miles. There are a couple of short, wooded paths we can try if the ground is dry (optional). Meet at the Shoreline Greenway Trail parking lot off of Tabor Drive. Bring binoculars if you have them. The walks will be led by Senior Center member and amateur birder, Allen Marks, and will be weather permitting. Please Note: *Bus transportation is not provided*

Shredding

May 11th-15th, 2-4pm

Pull up under awning at 46 Church St. entrance. Bring your items into the vestibule. A staff member unlocks the bin; you place your items in it. Bins remain locked until removed from premises and shredded.

Free! A benefit for members of the Senior Center whose annual dues are current - \$10

(Bins are for personal use only)

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

Tuesday, June 2

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 (PreSSrappel NYC). Lunch: Chicken Marsala, rice, veggie & dessert. **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.

Spring Tea Party

Tuesday, May 19th

1:00pm

Price: \$7

Enjoy selection of assorted teas along with scones, cucumber tea sandwiches, cheese and crackers, deviled eggs, and turkey salad sandwiches

WHIFFLEBALL GAME



Wednesday, May 13th

11:00am

Hammer Field

Take part in some friendly competition over a whiffleball game! Or come be a spectator!
Sign up in advance

Painted Canyons of the West

Presentation by Colette 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

“Everlasting Blooms” Book Art Hosted by Local Artist Sharon Hart

Thursday, June 11th

4:30pm-6:00pm

Price: \$25

Turn forgotten pages into beautiful sculptures!

What to Bring: One hardcover book with at least 200 - 300 pages and a snack!

Sign up at the front desk by May 28th

No prior art experience necessary!



AARP Safe Driving Course

Wednesday, May 20th

9:00am-1:00pm

Class size is limited. Call the office to reserve a seat in this class. Once you have completed the class, you will receive a certificate that you can give to your insurance company to receive a discount.

\$20 for AARP members and \$25 for non AARP members

Please bring a check made out to “AARP” on the day of the class

Easy Peasy Eyeglass or Pen/Pencil Holder

Monday, May 11 at 10:00 AM



Create this simple eye glass case with a potholder and a glue gun. You can embellish it with rhinestones, buttons, beads, lace, etc. (Bring your own embellishments) Make one for yourself and one for the Center to sell at the Fall Fair.

Price: \$2

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

Thursday, May 14th

9:30 am - 12:30 pm

Price: \$2

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

Harkness Memorial State Park

Wednesday, May 27th

(Rain date: June 3rd)

9:30am-2:30pm

Price: \$10



If you are looking for a park that has everything then this is it! Harkness Park is located in Waterford overlooking Long Island Sound. We will spend the day strolling through the park's 6 beautiful gardens and walking the grounds. Pack a lunch to enjoy in the picnic area.

Wednesday, May 20th

12pm

145 Block Island Rd.
Branford, CT 06405

Lunch Bunch: Dockside

Separate checks will be provided

Important: Please notify Rhiannon if you can no longer attend

Tuesday, May 26th

4pm

2 Sybil Ave.
Branford, CT 06405

Happy Hour: Guacamole's

Separate checks will be provided

Important: Please notify Rhiannon if you can no longer attend



Ivoryton Playhouse

1776

Thursday, July 9th

Meet at the Community House at 12pm

Show starts at 2:00pm

Price: \$50

1776 is a Tony Award-winning musical dramatizing the debates and conflicts within the Second Continental Congress leading to the signing of the Declaration of Independence. The show is known for bringing a human dimension to the historical event through its powerful dialogue and memorable songs, exploring the political tension and personal sacrifices involved in the birth of the United States.

Elizabeth Park

Thursday, June 11th

(rain date: Wednesday, June 17th)

11:00am-3:00pm

Price: \$7

Spend the afternoon at one of the most beautiful rose gardens in CT! Pack a lunch or bring money if you'd like anything from The Snack Shack, a take-out window that specializes in gourmet hot dogs, ice cream, cold drinks, and other warm-weather snacks right within the park!



CT Sun Basketball Game

Tuesday, July 14th

9:30am-4:00pm

Price: \$55

Come watch the CT SUN take on the Portland Fire at Mohegan Sun Arena. Game starts at 11am. If time allows, you will have free time after the game at the casino. The bus will depart Mohegan Sun at 3pm sharp.

PICKLEBALL

We have courts reserved at Veteran’s Park

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

VIRTUAL FITNESS CLASSES

The virtual fitness classes are held onsite

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

NEW! YouTube Chair Zumba- Tuesdays, 10:30am

YouTube Low Impact Aerobics- Tuesdays 11:30AM

Kinima Cardio- Thursday 11:30AM

YouTube Cardio Calorie Burn- Wednesdays 10:00AM

YouTube Chair Yoga- Thursdays 10:30am, Fridays 10:15AM



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



Covid Booster Clinic

May 14, 2026

12-2 PM

Bring your insurance card

Wear short sleeves

Vaccines are administered by licensed RN’s at the East Shore District Health Department

Vaccines available while supplies last

Sign up at the front desk by May 8th

FITNESS CLASSES

Spring session runs from April 1 through June 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.

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 -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.



Ask a Nurse

Tuesday, May 26th

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 w/ UR Community Cares

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

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. Maureen's group will be attending the program below.

Dates: **May 6th** (Learn about senior and disability resources) & **20th at 10:30 am.**

Learn About Senior and Disability Resources

Wednesday, May 6

10:30 AM

Michelle Puzzo, Executive Director of UR Community Cares Organization, will present the Blind and Low Vision Directory of Resources 2026. Learn about technology for Glaucoma, Macular Degeneration & Cataracts. There will also be giveaways. Sign-up in advance for this program.

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

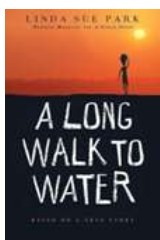


WEEKLY CARD GAMES & MORE!

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!

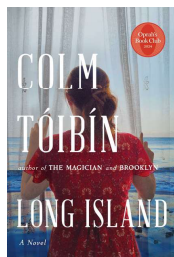
READER'S CHOICE BOOK CLUB



"A Long Walk to Water" Author: Linda Sue Park

Based on the true story of Salva, one of some 3,800 Sudanese "Lost Boys" airlifted to the US starting in the mid '90's. He led a group of 150 boys to safety in Kenya, relocated to NY, learns English and goes to college and returns to Kenya to install deep-water wells in remote villages. This story is told side by side with the story of Nya, a young girl who lives today in one of those villages.

Date: Tuesday, May 5th at 1:30 pm



"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. It is the spring of 1976, and Eilis is now forty with two teenage children. Though her ties to Ireland remain stronger than those that hold her to her new land and home, she has not returned in decades.

Date: Tuesday, June 2 at 1:30 pm



GENEALOGY

Immigration – Passenger Lists, Ellis Island Questions Solved

Everyone living the USA today has ancestors who immigrated from another country – unless they are 100% Native American. How to find immigration documents, Passenger lists, Naturalization Documents will be discussed. The questions you have such as what was their name in the “old country”. How and why was the name changed? Please send your ancestor/s name and a little bit about them such as birthdate, where they settled in USA, death date etc., what port they used if known, to Marty jgarr15026@aol.com prior to the meeting

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

Date: Monday, May 11th 1:00pm



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.

TECH HELP

Wednesday, May 27th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!



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!



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 Mystery of the Xuetas – Crypto-Jews of Mallorca

Tuesday, May 5th at 2pm

**this presentation has been pre-recorded*

Following the Spanish prohibition of Jewish faith and practice in 1492, many Jews were exiled or forcibly converted to Christianity, but on the Balearic Island of Mallorca, Jews did not assimilate. Join linguist and historian Nettah Yoeli-Rimmer as he traces the descendants of the island's crypto-Jews, known as Xuetas.

Age Well: Aging with a Plan – Practical Steps for a Better Future

Tuesday, May 12th at 2pm

**this presentation has been pre-recorded*

Planning for the future means making key decisions as we age. Join Dr. Sharona Hoffman, author of "Aging with a Plan: How a Little Thought Today Can Vastly Improve Your Tomorrow" and professor of Law and Bioethics, to explore the essential steps that can help you prepare wisely for the road ahead. Sharona will offer guidance on legal documents to have in place, how to navigate retirement costs and how to advocate for yourself within the healthcare system. You'll leave with practical tools to face aging with greater clarity, confidence and peace of mind.

How Musicals Get to Broadway

Monday, May 18th at 11am

**this presentation has been pre-recorded*

Have you ever wondered how musicals reach the Broadway stage? Join theater historian and former producer's assistant John Kenrick as he pulls back the curtain, blending historic case studies with memories from his own career to provide an insider's view of show business.

"Aging in America: Survive or Thrive" (A special screening for Older Americans Month)

Thursday, May 21st at 2pm

Join us for this special screening of "Aging in America: Survive or Thrive," a PBS documentary narrated by Martin Sheen and based on Dr. Robert Butler's Pulitzer Prize-winning book, "Why Survive?". This thoughtful film explores the challenges and opportunities of aging in the United States today. Following our screening, we'll enjoy a live discussion with producers Dr. Ken Dychtwald and Neil Steinberg, using questions submitted in our Q&A by participants like you.

The Papacy – History, Power & Influence

Tuesday, May 26th at 2pm

**this presentation has been pre-recorded*

The papacy is one of humanity's oldest and most influential institutions. Join religion scholar Brian Carwana as he explores the history of the papacy and examines several of the most influential figures to occupy the seat of St. Peter.



Movie Matinee

Fridays, 12:45pm



May 1st:

Rental Family: An American actor in Tokyo struggling to find purpose lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. He rediscovers purpose, belonging, and the beauty of human connection.

Comedy/Drama Rating: PG-13 Run time: 1hr 49 min

May 8th:

Undercover Grandpa: When the girl he likes goes missing, Jake enlists the help of his grandpa and Grandpa's former special ops buddies.

Drama Rating: PG-13 Run time: 1hr 34min

May 15th:

Remarkable Bright Creatures: Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

Drama Rating: PG-13 Run time: 1hr 51 min

May 22nd:

Family Switch: When a chance encounter with an astrological reader causes the Walkers to wake up to a full body switch, can they unite to land a promotion, college interview, record deal, and soccer tryout?

Comedy Rating: PG Run time: 1hr 46 min

May 29th:

The Age of Adaline: An ageless woman meets someone who reawakens her passion for life and romance.

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

Birthday Celebration!

Come celebrate May birthdays on **Friday, May 29th at 12:30pm** with some cake!



All are welcome to attend!

Please sign up in advance

MON

TUES

WED

THURS

FRI

				<p>1</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 11:00 Ping Pong 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle</p>
<p>4</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 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 & Foot 2:00 Rummikub 4:30 Qigong</p>	<p>5</p> <p>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 1:30 Book Club 1:30 Cinco de Mayo Fiesta 2:00 Road Scholar 2:30 Tai Chi</p>	<p>6</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 YouTube Cardio 10:30 Insight 10:30 Senior/Disability Resources 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>7</p> <p>9:00 Spring Birding Walk 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:30 YouTube Chair Yoga 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:00 Killam's Point 2:30 Qigong 4:30 Tai Chi</p>	<p>8</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 11:00 Picnic at Foote Park 12:45 Movie Matinee 1:00 Cornhole 1:00 Crochet lesson 2:00 Pinochle</p>

MON	TUES	WED	THURS	FRI
<p>11</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima: Weights 10:00 Craft: Eyeglass Case 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 2:00 Shredding 4:30 Qigong</p>	<p>12</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 2:00 Road Scholar 2:00 Shredding 2:30 Tai Chi</p>	<p>13</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 Kinima: Weights 10:00 YouTube Cardio 10:30 Insight 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 11:00 Whiffleball Game 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele for Fun 2:00 Shredding</p>	<p>14</p> <p>9:00 Spring Birding Walk 9:00 Intermediate Yoga 9:00 Morning Errands 9:30 Guilford Commons 10:00 Chair Yoga 10:00 Hook N' Needle 10:30 YouTube Chair Yoga 11:30 Kinima: Cardio 12:00 Covid vaccine clinic 1:00 Canasta 1:00 Watercolor 1:00 Tea Cup & Flowers 2:00 Shredding 2:30 Qigong 4:30 Tai Chi</p>	<p>15</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 11:00 Ping Pong 11:00 Lotus Lantern Workshop 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle 2:00 Shredding</p>
<p>18</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima: Weights 9:30 Advanced Barre 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</p>	<p>19</p> <p>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 1:30 Tea Party 2:30 Tai Chi</p>	<p>20</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 YouTube Cardio 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</p>	<p>21</p> <p>9:00 Spring Birding Walk 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 10:30 YouTube Chair Yoga 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</p>	<p>22</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle</p>

MON	TUES	WED	THURS	FRI
<p>25</p> <p>CLOSED</p> 	<p>26</p> <p>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 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi 4:00 Happy Hour</p>	<p>27</p> <p>8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 Harkness Park 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 YouTube Cardio 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</p>	<p>28</p> <p>9:00 Spring Birding Walk 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 10:30 YouTube Chair Yoga 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor 2:30 Qigong 4:30 Tai Chi</p>	<p>29</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 11:00 Ping Pong 12:30 Birthday Celebration 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle</p>

HOSPICE POOL PASSES

Family Pool Pass - \$160

Individual Adult Pass - \$80

Senior Individual Pass - \$60

Senior Center Member Individual Pass - \$45

Pool Passes must be purchased in-person at our front office



Thank you to our members who participated in the Earth Day cleanup at Veteran's Park!