

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

NOVEMBER 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/Branford
ParksRecSeniorServices

Medicare Open Enrollment: From now through December 7, this your chance to make changes in your Medicare coverage. Happy with what you have? Keep it! If you would like to review your coverage to see if it best meets your current needs, contact Nancy for a confidential meeting. **Please note:** the following plans will not be available Jan. 1: Medicare Advantage Connecticare, Care Partners, WellCare (all plans except DSNP) and HealthSpring Total Choice Plus. For Medicare Part D Plan Silver Script by Aetna will not be available in the new year.

CT Revenue Service (DRS): Tuesday, December 1 at 11:00 AM - Representatives from DRS will be here to review how to use their online system, discuss recent changes to legislation & to answer all of your questions. They will not be here to prepare your taxes. Sign-up in advance.

VITA (Volunteer Income Tax Assistance): Volunteers are needed if we are going to be a site to offer free tax preparation. Volunteer roles: scheduler, greeter, intake specialist, tax preparer & site coordinator. Free IRS training to be a tax preparer. Contact Kelly for more info.

Energy Assistance: We are taking applications for those who heat with oil, kerosene, propane & gas. **Income limits:** \$48,714 single & \$63,703 couple. Electric applications start on Nov. 16th. Drop your documents off, once the application has been completed, we will call you to sign it. Contact Kelly for additional info.

Generation Power CT: Fuel Assistance (deliverable fuel): Receive up to a \$500 grant for **one** delivery. This is a one-time delivery. Utility Assistance (gas or electricity): Receive up to \$500 on a past due bill in the name of the current household member. Must prove that you have made 4 payments on your bill in the last 12 months. You can only apply once in a 12-month period. Must provide proof of income (Social Security benefit letter, one month of paycheck stubs) for all adults in home. Or, if you are categorically eligible: provide a 2026 CEAP letter or SSI letter from energy assistance. Cycle two is open from Dec. 1-15.

Breakfast and Lunch Program: Starting January 4, 2027, Breakfast will be \$4 (\$5 nonmembers) and lunch \$6 (\$7 nonmembers)



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 a program/activity is cancelled by the Parks, Recreation & Senior Services Department a full refund will be issued.
- 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 a trip/activity is full, you will be placed on a waitlist.
- 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: A refund will be granted only if the vacated spot is successfully filled by a participant from the official waitlist at the time of withdrawal.

FITNESS 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.

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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Parks, Recreation & Senior Services
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Nico Martone ~ Custodian

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Scott Roth ~ Chef

Mary Derrico & Anna Belcher ~ Chef

Maureen Hall ~ Kitchen Assistant

Please note: Building is closed Nov. 11, 26 & 27

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. YUM! ***Limited Supply First come first serve. We will now be supplying bags!***

Date: November 13

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.



Medical Equipment: If you are in need of medical equipment, contact Tim Kron at 203.315.0681 to check out the availability of what you are looking for.

Transportation Services:

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

Branford Food Pantry: We offer rides on Fridays at 9:30 am. An application must be filled out prior to going to the Food Pantry. Also, bring a piece of mail that shows you are a Branford resident. Contact Tim for a ride & to get the application.

CALL TIM FOR ALL TRANSPORTATION NEEDS (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 203-315-0683

Services offered by our Social Services Support Specialist Kelly Gesuero:

- | | |
|-----------------------------------|--------------------|
| *Generation Power (starting 12/1) | *Energy Assistance |
| *MSP | *SNAP |

Kelly can be reached at kgesuero@branford-ct.gov or 203-315-0686

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



CAFE HOURS

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



FEES:

Breakfast: \$3

Lunch: \$5

Note: non residents pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES

CANOE BROOK CAFE MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lunch Pork Loin with Vegetables	3 Lunch Fried chicken with vegetable	4 Lunch Grilled Cheese with Tomato and Bacon	5 Lunch Stuffed Peppers	6 Lunch Shrimp Curry With Vegetables
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 Lunch Cod With Vegetable	10 Lunch Chicken Fajitas	11 CLOSED <i>Veteran's Day</i>	12 Lunch Eggplant Parmesan with Vegetables	13 Lunch Meatloaf With Potatoes and Vegetables
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 Lunch Salmon with Rice and Vegetables	17 Lunch Ribs and Vegetables	18 Lunch Beef Stew	19 Lunch Stuffed Shrimp with Vegetables	20 Lunch Chicken Marsala with Pasta and Vegetables
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 Lunch Meatloaf with potatoes and Vegetables	24 Lunch Chicken Cordon Blue With Vegetables	25 Lunch Turkey Dinner	26 CLOSED <i>Happy Thanksgiving</i>	27 CLOSED
MONDAY	*BREAKFAST IS NOW YOUR CHOICE, PICK 1 OF 4 OF THE MENU CHOICES! *DESSERT WITH EVERY MEAL!			
30 Lunch Shepherd's Pie				

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 or Sausage Egg 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

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



Annual Election Day Craft Fair

Tuesday, November 3rd
9am-4pm
Waverly Lounge

Items for sale: Beautiful line of handcrafted jewelry, knitted & crochet items, afghans, sea glass flowers and pictures, cards, jewelry, oyster shell ornaments, pepper jelly and more!
Purchase one of a kind creations made by our members!

Thanksgiving Trivia!

Wednesday, November 25th
1pm

Lets have some fun and test our knowledge on all things Thanksgiving! Be sure to sign-up and pay for the Turkey lunch beforehand prepared by our chefs.

AARP Safe Driving Course

Wednesday, November 18th
9am-1pm
Totokett Room

\$20 for AARP members and \$25 for non-members. Please bring a check written out to AARP the day of. Sign-up in advance for this class.

Holiday Parade & Tree Lighting

Saturday, November 28th
5:30pm-8pm

Be a part of the Holiday Parade by riding the Senior Center bus from the High School to the Town Green. Meet at the Joe Trapasso Community House by 5:15pm to load the bus. The bus will depart from The Community House and join the parade processional at the High School. The parade will start at the High School and end at the Town Green for the tree lighting. Sign-up in advance.

Jammers Concert

Wednesday, December 2nd
1:00pm

Come watch our talented Jammers perform classic hits that we all know and love! Refreshments will be served at the conclusion of the performance. Sign-up in advance.



GENEALOGY

Using FamilySearch Full Text – Dive into their Unindexed Record collection and what's new at Familysearch

We live in a constantly changing world. The internet has made a multitude of Genealogical resources available at our fingertips – rather than going to the locations where our ancestors lived or paying someone to go there and look for the records. Millions if not billions of records are uploaded daily, as they are photographed. You can view these documents before they are indexed, the same way you would if you went to the archive yourself, in the comfort of your home. Come and learn how to access these records.

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

Date: Monday, November 9th at 1:00pm

Mastering Aging Program

Over the next few weeks we will have presentations on topics related to growing older. We will navigate together the complexities of aging with confidence and purpose. Sign-up in advance for this informative lecture series. Time: 1:30 - 2:30 pm

November 3 ~ Financial Fitness presented by former Finance Director Jim Finch: Importance of having a financial plan in place, good money management, staying financially fit, protect yourself from financial scams, and how to avoid family financial interdependency.

November 5 ~ Falls Prevention and Medication Management presented by East Shore District Health Department: Myths/realities about falling, identifying and removing fall hazards, and tips to prevent falls. Also, how to manage your medications, document, store, and dispose of them.

November 17 ~ Advance Planning presented by Attorney Julia Vassallo, Drazen Rubin Law: Empowerment through planning. This includes living will, medical POA, name a health proxy, end of life decisions, DNR, healthcare advance directives & more.

November 24 ~ Healthy Eating & Hydration Presented by Rhiannon and Nancy: What is good nutrition, healthy eating, malnutrition, tips on staying hydrated and how to eat healthy for success.

Midnight at Noon
Tuesday, December 29th
11:45am
Price: \$10

Come ring in the New Year with us! We will drop the ball with the countdown starting at 11:59 AM. Enjoy a delicious lunch of chicken marsala, mashed potatoes, salad, and dessert prepared by our chefs. Party favors will adorn the tables.

The Shoreline Scranton Strummers are back again to perform for us!

TRIAD: Tips to Protect Yourself Online
Friday, November 20th
11:00am

Cybergenerations Workshop: Learn how to spot the most common scams aimed at seniors: calls, emails, texts, and fake websites, create and manage strong passwords without memorizing them, protect personal information and locking down accounts, safe habits on social media and shopping sites and what to do, and who to call, if something goes wrong. This presentation will be given by Lorn Christal, Retired engineer & certified Tech CareGiver through CyberGenerations.

UConn Women's Basketball vs Tennessee Lady Volunteers
Saturday, December 12th
People's Bank Arena
12:45pm-6:00pm
Price: \$65



Come watch the UConn Women take on the Tennessee Lady Volunteers at the People's Bank Arena in Hartford. The game starts at 2:30pm. We will be in Section 219. (Please be aware that this section requires you to climb several stairs). We will be taking the Senior Center buses to this game.

Inclement weather: No refunds as we do not get refunds from UCONN. Our Senior Center buses will not be on the road if it snows.

Bus transportation from home is available

Chanukah Dinner
Tuesday, December 8th

5-7pm

Price: \$27



Enjoy Nancy's home cooked family traditions including brisket, potato latkes, green bean casserole, applesauce, challah and more!

Entertainment by David Chevan's Eastern European Klezmer Band! (Klezmer music is joyous; a blend of various musical traditions including Yiddish folk songs, Romanian and Gypsy music, reflecting the cultural diversity of the region.) Sign-up with payment by 12/3. Help is needed with cooking on 12/7 and serving on the day of the celebration. Speak to Nancy if you can help out.

Bunco
Tuesdays at 6pm
Waverly Lounge

Play Bunco in the evening! Whether you already know how to play or you have never played before, come join in on the fun! Bunco is a dice game that involves switching seats and tables throughout the game. *Transportation from home not provided*

Christmas Caroling
Tuesday, December 15th
1:00pm

Some of our Canoe Brook members will lead us in a fun holiday sing-a-long. Hot chocolate and light refreshments will be provided. Sign-up in advance.

Yale Center for British Art
Wednesday, December 9th
9:15 am - 2:15pm
Price: \$9

Enjoy a guided tour of the exhibition, "In a New Light: Five Centuries of British Art". You will have some free time to explore some other exhibits at the museum. Afterwards we will walk to Claire's Corner Copia for lunch. Claire's Corner Copia is a vegetarian restaurant serving New Haven since 1975. Separate checks will be provided.

Holiday Dinner Hosted by
the Rotary Club
Thursday, December 10
5:00 PM



Price: \$4

The Branford Rotarians are expressing their gratitude for Branford seniors by cooking and serving up a delicious turkey & ham feast with all the fixings. Come enjoy music and a delicious meal with your friends! Payment must be made at time of registration. You may sign up yourself and one other person. Transportation is available. There will be a visit from Santa as well! Seating is limited.

Beginner Mah Jongg Lessons
Mondays & Wednesdays
Nov 16th - Dec. 16th
12-1:30pm
Price: \$10

Do you want to learn how to play Mah Jongg? Rosemary Cofrancesco will teach you the basics of this popular game. Every Monday and Wednesday from 12pm-1:30pm for 5 weeks. Register in advance. Your annual dues must be up to date. Space is limited!

Dementia Caregiver Support
Group
3rd Friday of the Month
Starts November 20th
11:00am-12:30pm

Angela Christie just finished a very informative 5-week Dementia Caregiver series. She is back to lead our new Dementia Caregiver support group. Important: You must register each month.



Monthly Mystery Shopping Trip

Thursday, November 12th

11:00am-2:00pm

Price: \$5

Hint: Beauty meets fashion and gourmet food!

Thursday, December 3rd

11:00am-2:00pm

Price: \$5

Hint: One stop shop for all your holiday gift needs.

Lunch Bunch: Twin Pines Diner

Wednesday, November 18th

12:30pm

Please bring cash as separate checks will not be provided.

34 Main St.

East Haven, CT 06512

Happy Hour: Branford Cue & Brew

Tuesday, November 10th

4:30pm

Separate checks will be provided

Tuesday nights is half price pool if you buy a meal or 2 beverages!

131 Commercial Pkwy #2A

Branford, CT 06405

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

Presentation on extended trip through Collette ~ Sign-up in advance to attend

Wednesday, November 18 at 10 AM - Sunny Portugal: October 12-21, 2027

Highlights: Lisbon, Belem, Cork Factory, Evora, Alentejo, Algarve, Petiscos Lunch, Portuguese Rivera with Cascais, Obidos Walled Village, Sintra, and UNESCO World Heritage Sites.

Trim the Tree

Tuesday, December 1st
10am

Come help decorate our Christmas Tree in the front entrance!

Seven Angels Theatre

The Pin Up Girls

Saturday, November 21st

12:30-4:30pm

Price: \$45

The Pin-Up Girls: A Musical Love Letter is a fast-paced jukebox that follows a close group of friends at a local VFW hall who uncover a century-long stash of real letters from troops overseas, using the moving, funny, and romantic text to spark an eclectic musical journey.

Please eat lunch before and meet in the upstairs lobby of The Community House at 12:30. The show starts at 2pm.

PICKLEBALL

Schedule starting November 9th in the gymnasium:

Mondays:

10-11:15am Intermediate players
11:30am-12:45pm Seasoned Players

Thursdays:

8:30-10:45am Intermediate Players

Tuesdays:

8:30-10:45am Seasoned players

Fridays:

1-2:30pm Beginner lessons with Roger

Please register in advance

Fired Up!

Thursday, November 19th

11:00am

Price: \$22

You will be painting a leaf votive holder.



(Google image of a similar project)

Hoop Games

Come play some hoop games such as H-O-R-S-E and Around the World.
No basketball experience necessary.
Every Thursday at 1:30 PM



Ask a Nurse

Tuesday, November 24th
11-12:30pm

Includes free blood pressure screening, free oxygen level check, weight and/or BMI. **THIS IS A DROP-IN CLINIC!**

Walking Group

MONDAYS & WEDNESDAYS 8:45AM

Walking group will move in the gym starting November 9th

Pasta Fundraiser Meeting
Wednesday, November 4th
10am

Plans are starting for a Pasta Fundraiser in the New Year to help out with our meal program. We are looking for volunteers to help with a variety of tasks for this event. Come to this meeting to learn more!

VIRTUAL FITNESS CLASSES

The virtual fitness classes are held onsite

Kinima Strength- Mondays 9:30am

YouTube Strength- Tuesdays 10:45am, Wednesdays & Fridays 9:30AM

YouTube Chair Zumba - Tuesdays & Thursdays 10:00AM

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

YouTube Balance & Strength- Thursdays 11:30AM

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



FALL FITNESS SESSION runs from Oct. 1 - Dec. 31

WINTER FITNESS SESSION runs from Jan 4 - March 31

Fitness Registrations for the Winter sessions will be on Monday December 7th at 9am

There will be no Aerobics, Barre, or Circuit classes that day

- Beginner Barre with Latoya Armstong:** Tues & Thurs, 11:15am-12:15pm, Fee: \$15 **OR**
Wed & Fri, 8:05am, Fee: \$15 (Time change starts in Jan)
- Advanced Barre with Latoya Armstrong:** Mon & Wed, 9:30am-10:30am, Fee: \$15
- Saturday Fit & Fun with Tara Hellemann:** Saturdays (no class 11/28), 11am-12pm, Fee: \$28
- Meditation with Margo Merin:** Tuesdays, 10:00-11:00am, Fee: \$10
- Mixed Media Watercolor with Sharon Hart:** Thursdays, 1:00-3:00pm, Fee: \$15 (No class 11/26, 12/24, 12/31)
- Theatre Jazz with Sharon DiCrosta:** Mondays, 2:30-3:30pm, Fee: \$30
- Zumba with Latoya Armstrong:** Thursdays, 12:15-1:15pm, Fee: \$10
NEW Wednesdays, 10:30-11:30am, Fee: \$10 (starts in January)
- Monday Circuit with Latoya Armstrong:** Mondays, 10:30-11:30am, Fee: \$10, *You may only register for 1 Circuit session.
- Tuesday Circuit with Latoya Armstrong:** Tuesdays, 12:15-1:15pm, Fee: \$10, *You may only register for 1 Circuit session.
- Beginner Line Dancing with Xan Walker:** Fridays, 11:00-12:00pm, Fee: \$10 (Please wear closed toes shoes)
- Aerobics with Laura Richling:** Mon., Wed., Fri., 8:10-9:00am, Fee: \$20
- Friday Chair Yoga with Laura Richling:** 9:00-10:00am, \$10
- Advanced Line Dancing with Xan Walker:** Fridays, 10:00-11:00am, Fee: \$10
- Advanced Yoga with Margaret Criscuolo:** Tuesdays, 10:00-11:00am, bring a mat, Fee: \$10
- Thursday Chair Yoga with Margaret Criscuolo:** 10:00-11:00am, Fee: \$10
- Tap Dance with Sharon DiCrosta:** Mondays, 1:30-2:30pm
- Qigong with Michael Griffin:** Wed & Thurs, 11am-12pm (W); 2:30-3:30pm (Th), Fee: FREE
***Please note: Starting in January, Wed Qigong time will change to 11:45am**
- Intermediate Yoga with Margaret Criscuolo:** Thursdays, Time: 9:00-10:00am, bring a mat, Fee: \$10
- Tai Chi with Alanna Keating:** Tuesdays, 2:30-3:30pm, Fee: \$10
- Evening Tai Chi with Alanna Keating:** Thursdays, 4:30-5:30pm, Fee: \$10
- Beginner Yoga with Margaret Criscuolo:** Tuesdays, 9:00-10:00am, bring a mat, Fee: \$10
- *NEW* Beginner Chair Tai Chi with Alanna Keating:** Wednesdays, 2:30-3:30pm, Fee: \$10 (Starts in January)

Cardio Drumming

\$15 for 4 week session

The last session until the Spring!

Mondays

November 16th - December 7th
11:00am

OR

Wednesdays

November 4th - December 2nd
11:00am



The ping pong table is permanently set up in the hallway near the Cafe. Stop by anytime during the week to play!



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 6:00pm Bunco	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 Ping Pong 1:00pm Corn Hole 2:00pm Pinochle

READER'S CHOICE BOOK CLUB



The Measure - Nikki Erlick Eight ordinary people. One extraordinary choice. It seems like any other day. You wake up, drink a cup of coffee, and head out. When you open your front door, waiting for you is a small mysterious wooden box . . .

Date: November 10 at 1:30 PM **NEW DATE!**



The Other Einstein - Marie Benedict Learn about the brilliant, fascinating woman whose light was lost in Einstein's enormous shadow.

Date: December 8 at 1:30 PM

TECH HELP



Wednesday, November 18th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!

Insight

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. We use creative thinking, openness, resourcefulness, specific skill techniques to mention a few. Come and gain new **INSIGHT** in your world. Please register in advance.

Date: November 18th at 10am

Star Wreath Workshop
Thursday, November 5th
5-7pm
Price: \$35

Sharon Hart will teach you how to make this beautiful star wreath! All materials included. Bring a sharp pair of scissors to the class.



Broadway Bus Trip**It's A Wonderful Life: A Live Radio Play****Sunday, November 22nd****9:00am-6:00pm****Price: \$225**

Take a trip to the NYC to see this one-of-a-kind performance that's only on Broadway for 9-weeks! Take your seat in the live studio audience of a 1940s radio broadcast, high above New York City at Christmastime, where a company of actors has gathered to perform one of the most beloved holiday stories ever told. Starring Andrew Rannells, Megan Hilty, Tituss Burgess, Harry Hamlin, and Lisa Rinna. Ticket includes bus transportation by motorcoach, ticket to the performance, and a talk-back with executive producer and Branford resident, Greg Nobile. You will have free time before the show at 1pm.

Courtney from Re-Loved Designs

Pressed Flower Resin Trinket Dish**Tuesday, November 10th****10:30am****Price: \$20**

You paint & design your dish. Courtney will take it back to the studio and pour the resin and let it cure. They will be returned for pick up within 3 days after class.

**Mosaic Ornament****Tuesday, November 24th****10:30am****Price: \$20**

Choose a tree, round or star. Please let us know at sign up which design you would like.

You will design and apply the glass tiles. Courtney will take them back to her studio to grout for you. Pieces will be returned within 2 days for pick up at the senior center.



Thursday Evening Movies & Games

Come watch a movie or play board games/cards!

Liar, Liar**Thursday, November 12th****5:30pm**

A pathological liar-lawyer finds his career turned upside down when he inexplicably cannot physically lie for 24 whole hours. A 1997 comedy starring Jim Carey. Run time: 87 min

The Fabulous Four**Thursday, November 19th****5:30pm**

It tells the story of two friends who travel to be bridesmaids in a surprise wedding of their college girlfriend. Starring Susan Sarandon, Bette Midler, and Megan Mullally. Run time: 98 min

Transportation from home is available!

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!

Britain's Unknown Warrior- Remembering The First World War

Tuesday, November 10th at 2pm

Discover how a nation devastated by loss found new ways to honor the fallen through memorials, traditions and acts of collective remembrance that continue to resonate today.

Golden Age of Islamic Empires- Science, Discovery, and Innovation

Tuesday, November 17th at 2 pm

Learn about the knowledge the scientists of the Islamic Empires developed and preserved, and how their work was passed on to Europe, leaving a lasting legacy.

Brexit- A Political Earthquake in Modern Britain

Tuesday, November 24th at 2 pm

This lecture examines the realities of Brexit as they exist today and considers where Britain-EU relations may be heading next, from pragmatic compromise to deeper realignment.



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.

November 6th – Operation Mincemeat

During WWII, two intelligence officers use a corpse and false papers to outwit German troops.

November 13th– Our Souls at Night

A widow and a widower who have been neighbors for decades barely know each other, but that all changes when one of them tries to make a connection.

November 20th– The Laundromat

A widow investigates an insurance fraud, chasing leads to a pair of Panama City law partners exploiting the world's financial system.

Birthday Celebration!



Come celebrate November birthdays on **Friday, November 20th at 12:30pm** with a sweet treat!

All are welcome to attend!

Please sign up by 11/16

DAILY ACTIVITIES SCHEDULE

MON	TUES	WED	THURS	FRI
2 8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Intermediate Pickleball 10:30 Circuit 11:00 Cardio Drumming 11:00 Mah Jongg 11:30 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	3 8:30 Seasoned Pickleball 9:00 Beginner Yoga 9:00 Election Day Fair 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:45 YouTube Strength 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Mastering Aging (Financial Fitness) 1:30 Poker 2:30 Tai Chi 6:00 Bunco	4 8:10 Aerobics 8:15 Beginner Barre 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 Pasta Fundraiser Meeting 10:00 Life Stories 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 Fun	5 8:45am Intermediate Pickleball 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 1:00 Canasta 1:00 Watercolor 1:30 Mastering Aging (Medication and Fall Prevention) 1:30 Hoop Games 2:30 Qigong 4:30 Tai Chi 5:00 Star Wreath Workshop	6 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 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 1:00 Crochet 1:00 Beginner Pickleball w/ Roger 2:00 Pinochle <u>Saturday 11/7</u> 11am Saturday Fit & Fun
9 8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 11:00 Mah Jongg 11:00 Cardio Drumming 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	10 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:30 Courtney from Re-Loved Designs 10:45 YouTube Strength 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 12:30 Jammers 1:00 Scrabble 1:30 Poker 1:30 Book Club 2:00 Road Scholar 2:30 Tai Chi 4:30 Happy Hour 6:00 Bunco	11 <div>CLOSED</div> Veteran's Day 	12 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 Mystery Shopping 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 Hoop Games 2:30 Qigong 4:30 Tai Chi 5:30 Evening Movie (Liar, Liar)	13 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:00 Chabaso Bread 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:45 Movie Matinee 1:00 Cornhole 1:00 Crochet 2:00 Pinochle <u>Saturday 11/14</u> 11am Saturday Fit & Fun

MON	TUES	WED	THURS	FRI
16 8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 11:00 Cardio Drumming 12:00 Dominoes 12:00 Beginner Mah Jongg Lessons 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	17 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:00 Diamond Ornaments 10:45 YouTube Strength 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Mastering Aging (Advance Planning) 2:00 Road Scholar 2:30 Tai Chi 6:00 Bunco	18 8:10 Aerobics 8:15 Beginner Barre 8:45 Indoor Walking 9:00 Morning Errands 9:00 AARP Driving 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Women's Bocce 10:00 Life Stories 10:00 Sunny Portugal Presentation 10:00 Insight 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 12:00 Beginner Mah Jongg Lessons 12:30 Jammers 12:30 Lunch Bunch 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele for Fun 2:00 Tech Help	19 7:45 Radio City 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:00 Fired Up! 11:15 Beginner Barre 11:30 YouTube Balance & Strength 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:30 Hoop Games 2:30 Qigong 5:30 Evening Movie (The Fabulous Four)	20 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 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 Protect Yourself Online 11:00 Ping Pong 11:00 Dementia Caregiver Support Group 12:30 Birthday Celebrations 12:45 Movie Matinee 1:00 Cornhole 1:00 Crochet 2:00 Pinochle <u>Saturday 11/21</u> 11:00 Saturday Fit & Fun 12:30 Seven Angels Theatre
23 8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 11:00 Cardio Drumming 12:00 Dominoes 12:00 Beginner Mah Jongg Lessons 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	24 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:45 YouTube Strength 10:30 Courtney from Re-Loved Designs 11:00 Ask A Nurse 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 12:30 Jammers 1:00 Scrabble 1:30 Mastering Aging (Nutrition) 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi 6:00 Bunco	25 8:10 Aerobics 8:15 Beginner Barre 8:45 Indoor Walking 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 12:00 Beginner Mah Jongg Lessons 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:00 Thanksgiving Trivia 1:30 Ukulele For Fun	26 <div>CLOSED</div> Happy Thanksgiving! 	27 <div>CLOSED</div> Black Friday! <u>Saturday 11/28</u> NO Saturday Fit & Fun

MON**TUES****WED****THURS****FRI****30**

8:10 Aerobics
8:45 Indoor Walking
9:30 Kinima Strength
9:30 Advanced Barre
10:00 YouTube Cardio
10:00 Men's Bocce
10:30 Circuit
11:00 Cardio
Drumming
11:00 Mah Jongg
12:00 Dominoes
12:00 Beginner Mah
Jongg Lessons
12:30 Bingo
1:30 Tap class
2:00 Hand & Foot
2:30 Theatre Jazz

Do you have a special talent that you would like to share with your peers? Would you like to volunteer to teach a class? Speak with Rhiannon

We are looking to expand out creative arts programs. Please let Rhiannon or Nancy know if you prefer to attend daytime or evening classes.



**Joe and George
Winners of the Pool Tournament
on Oct 13th!**