



CANOE BROOK CENTER
Branford, CT

EST 1970

JOE TRAPASSO
COMMUNITY HOUSE
46 CHURCH STREET
BRANFORD CT 06405
OFFICE HOURS:

8:00am-4:30pm

Contact us at:

203-481-3429

or

203-488-8304



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CANOE BROOK CONNECTIONS

OCTOBER 2025

SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Friday, October 3rd, 17th, & 31st at 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Yum!

USDA Farmers to Families Food Boxes are back! Loaded with a variety of fresh fruits & vegetables from local farmers these boxes go fast on Thursdays: October 2, 9 & 16; 10:30 am until gone. *Supplies are limited, one box per household. Last day for the program is October 16th.* Distributed from our parking lot; enter the lot on Prospect St., exit out Church St.

Bimbo Entenmann's Bakery is donating food once a month to us: One package per household until it's gone. Pick-up at 11AM in the Waverly Lounge on Tuesday, October 14.

Energy Assistance: Applications for those who heat with oil or propane begin mid October. No deliveries until 11/1. If you applied last year we will contact you. New? Call Nancy for information at 203-315-0682 or Kelly at 203-315-0686.

Flu Shots: Tues., Oct. 7, 1-6 PM, (downstairs), no appointment needed. Senior Strength for age 65+ will be available. Bring your ID, insurance card and wear a short-sleeved shirt.

Annual Medicare D Open Enrollment (October 15-December 7th): Join us on Tuesday, October 21 at 2 PM for this in person meeting. Leslie Pruitt, Resource Center Coordinator at the Agency on Aging of South Central CT, will explain this process and whether you need to switch your plan. Sign up by 10/17 for this informative meeting.

Medicare Enrollment: Monday, October 27, 10 AM - 1 PM: There are limited spots available for one on one assistance with Carolyn Cicarella, CHOICES Counselor. Please make sure to bring **all** of your medications with all details, current plan details and healthcare providers you regularly see. Contact Nancy for a confidential appointment time at 203-315-0682,

Help us welcome Tabitha "Tabby" Brown, a dedicated professional with over 23 years in the Human Services field. Married with two adult children, one grandchild, and two beloved dogs, she enjoys spending time with family and exploring new places with her husband. Tabby is excited to begin her next chapter as a Case Manager serving the Branford Community.

SPECIAL ANNOUNCEMENT:

Our Culinary Staff: Scott Roth, Andrew Raffile & Maureen Hall

Volunteer Opportunity: If you are interested in volunteering, your help is most appreciated. Let us know your availability. The chef's will need help with set up, clean up and serving food. Your commitment would be 1 day week for 1.5 or 2 hours. We are also looking for subs when someone is not able to make their shift.

Breakfast and lunch is served Mon-Fri from 8:30-10:30 AM Price: \$3 each meal

Lunch is served Mon-Fri from 12-1 PM Price: \$5 each meal

Meals will be served in the Canoe Brook Café. You must pre-register for meals at least one day prior. We prefer that you pay for your meals in advance. Call the office at 203.481.3429. Payments can be made with cash, check or credit card. Please note: the menu is subject to change.

BRANFORD PARKS, RECREATION AND SENIOR SERVICES SENIOR CENTER & CANOE BROOK CAFE MENU

OCTOBER 2025

		WED	THU	FRI
*NOTES: There will be a limited amount of take home meals available, see the staff!		1 Breakfast Bread Pudding Lunch Twin Hot Dog & Tater Tots	2 Breakfast Frittata Lunch Chicken Piccata Mashed Potato & Veggies	3 Breakfast Build your own Oatmeal Lunch BLT with soup
MON	TUE	WED	THU	FRI
6 Breakfast Scrambled Eggs & Sausage Lunch Tortellini w/Side Salad	7 Breakfast Eggs Benedict Lunch Build your own Taco	8 Breakfast Biscuits & Gravy Lunch Stuffed Peppers	9 Breakfast Waffles & Sausage Lunch Chicken Florentine Potatoes & Veggie	10 Breakfast Build your own Omelet Lunch Eggplant Parm
MON	TUE	WED	THU	FRI
13 CLOSED	14 Breakfast Cream of Wheat Lunch Crusted Tilapia Orzo Salad	15 Breakfast Muffins & Parfait Lunch Meatloaf	16 Breakfast Smoked Salmon with Eggs Lunch Chicken Parmesan	17 Breakfast French Toast & Sausage Lunch Shrimp Scampi
MON	TUE	WED	THU	FRI
20 Breakfast Frittata Lunch Chicken Caesar Salad	21 Breakfast Croque Monsieur Lunch Chili	22 Breakfast Pancakes Lunch American Chop Suey	23 Breakfast Huevos Ranchero Lunch Salmon with Rice & Veggies	24 Breakfast Eggs & Hash Lunch Stuffed Roasted Pork Loin
MON	TUE	WED	THU	FRI
27 Breakfast Pancakes & Sausage Lunch Shepards Pie	28 Breakfast Steak & Eggs Lunch Eggplant Lasagna	29 Breakfast French Toast Lunch Pot Pie	30 Breakfast Souffle Lunch Pulled Pork	31 Breakfast Quiche Lunch Risotto



Tuesday, November 4th | 9am-4pm
WAVERLY LOUNGE

Paper Shredding

OCTOBER 27th-31st
2pm-4pm

Check in at the front desk
upon drop off.

Must be up to date on your Annual Dues (\$10)

AARP SAFE DRIVING COURSE

WEDNESDAY, OCTOBER 8TH

9:00AM-1:00PM

\$20 AARP MEMBERS \$25 NON AARP MEMBERS

AT CANOE BROOK CENTER

REGISTER online @ branfordrecreation.org
or at the Office

BRING CHECKS ONLY MADE OUT TO
AARP THE DAY OF THE CLASS!!



TIMELESS BEAUTY WITH JOBY ROGERS



Tuesday, October 21st
10:00am
\$15

Explore ways to enhance your natural beauty in a
supportive environment

Topics of discussion include...

- Keeping your makeup & brushes clean & sanitary
- Explore application techniques
- Choosing the right concealer & foundation for your skin tone
- Contouring, highlighting, blushing, shaping
- Questions & evaluation of your personal makeup collection

Participants are encouraged to bring their personal makeup
and brushes and to attend make-up free.

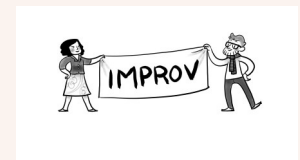
Angela Christie, a Dementia Specialist with Hartford Healthcare Center of Aging, will be discussing topics related to memory loss and supporting care partners of people with dementia. All are welcome to attend.

October 6th at 11am: Memory Loss When to be Concerned

Learn the differences between mild forgetfulness, serious memory problems and causes of memory loss. We will share tips on how to have the tough conversation and next steps.



**IMPROVE with IMPROVisation!
November 6 - December 18
10-11am**



***the last class will be a showcase at 11am presented to an audience**

Kick-off the Holiday season with a fun, brain-enhancing improvisation class!

Improve your memory and recall with improvisation games and skits, all culminating in a class showcase presented on the last day of class.

Open to former AND new students alike. No previous experience necessary.

Space is limited...so if you're serious about having fun and playing "make believe", come join actor Robbin Withington for 6 mornings of play!



On Tuesday, October 28 from 9:00 - 10:30 AM you will have an opportunity to meet all of the staff here at Branford Parks, Recreation & Senior Services in the Waverly Cafe. Please let us know if you are planning to attend.

PRE-REGISTER for activities with the office or at branfordrecreation.org

Pottery PAINTING

THURSDAY, OCTOBER 16

\$22 | 11:00 AM



Flower box



CHEF MARY'S
CULINARY CLASSES
LLC PRESENTS

COOKING CLASS

WEDNESDAY, NOV 12TH

\$25

10:30 AM

INCLUDES
LESSON AND
MEAL:

Creamy
Pumpkin
Alfredo



SPOOK-TA-CULAR DINNER PARTY

29 OCT

STARTS AT
4:45 PM

PRICE: \$23

Enjoy eggplant parmesan, spaghetti & meatballs, caesar salad, and dessert

After dinner, experience a group reading with nationally known professional medium and angel reader "The CT Medium" Kate Howe, who will use her gifts to connect with deceased loved ones. Kate is known for delivering messages from the Spirit World with compassion, humor and light

COME & JOIN US FOR OUR

AUTHOR TALK



WEDNESDAY
OCTOBER 15
11:00 AM

AGE-O-RAMA: A
WOMAN'S GUIDE
TO DECAY

by: Lisa Arnold

A collection of essays about aging, both humorous and poignant, as told from the perspective of a 72 year old woman. Subjects include religion, veins, old age, gardening hell, bathing suits, closets, teeth, youth, falling down, urns and more.

TRIPS:

Trip Policies and Procedures can be found on page 14.

**SLEEPING GIANT STATE
PARK****Thursday, October 20****1:00-3:30 PM****Hamden, CT**

The tower path is the easiest route up the Giant. A wide, gravel path gently climbs to the tower with 360-degree views. This traprock mountaintop resembles the profile of a large man lying in repose give this park its name. The outcrops and ridge crests of the ancient magma give the "Sleeping Giant" a distinct "head," "chin," "chest," "hip," "knee," & "feet." Visible across the state, it's a distinguishing feature on Connecticut's skyline. **Distance:** 1.5 miles

Price: \$2**LUNCHTIME CHAMBER
MUSIC****Wednesday, December 10****11:45 AM-2:15 PM****470 College St., New Haven**

Join us to watch Yale's School of Music students perform a midday chamber music concert at Morse Hall.

Price: \$2**WIGWAM WESTERN
SUMMIT & MASS MOCA****Thursday, October 23****7:45 AM - 6:35 PM**

First stop along the Mohawk Trail in North Adams, MA will be at the Wigwam Western Summit with breathtaking views of the mountains. After we will explore over 30 exhibits at the Massachusetts Museum of Contemporary Art

**WAITING
LIST****Price:** \$108**LUNCH BUNCH****12:00 PM****Wednesday, Oct 22nd****Eli's Branford****624 W. Main St**

Enjoy classic American fare ranging from salad, burgers, sandwiches, and pasta. Separate checks will be provided.

HAPPY HOUR**4:00 - 6:00 PM****Lockworks Tavern****Wednesday, October 15th****1212 Main St**

Lockworks Tavern isn't just your neighborhood tavern; it's an experience unto itself, a destination for those seeking something beyond the ordinary. Situated at the crossroads of tradition and innovation, the tavern captivates with a blend of rustic charm and modern flair. Individual checks will be provided. Limited seating.

**FLORENCE GRISWOLD
MUSEUM****Thursday, October 2****9:15 AM - 2:30 PM**

Start our visit with a docent led tour of the exhibitions in the Kriebel Gallery. After the tour visit the Griswold Boarding House, Circa 1910. We will conclude the tour by exploring the Wee Faerie Village. Bring extra money for lunch at The Hangry Goose.

**WAITING
LIST****Price for docent led tour and bus:** \$43

TRIPS:

CANOE BROOK CONNECTIONS

Trip Policies and Procedures can be found on page 14.



Radio City Christmas Spectacular

Wednesday, November 19th

7:00 AM-7:30 PM



Celebrate the **100th Anniversary of the world-famous Radio City Rockettes** at this year's Christmas Spectacular! We will be taking the train as a group starting at Shoreline East in Branford then from New Haven to Grand Central Station. Bring extra money for lunch as we will be dining as a group at Pershing Square before the show. It is about a half mile walk from Grand Central Station to the restaurant. Walking back to Grand Central Station from Radio City Music Hall it is one mile. See Rhiannon for more details on the timeline of the day. Transportation on your own to Shoreline East.

ROCKETTES 100

Price includes train ticket and ticket to show: \$140



Grove Street Cemetery Tour

Wednesday, November 5th

10:00 AM –12:00 PM

The Grove Street Cemetery is one of the oldest burial grounds in the City of New Haven. It was established in 1797; the cemetery was the first in the country designed with family plots. The cemetery serves as the resting place for many historically important figures and a number of its tombstones date back to the 1600s. This one hour tour will be led by docent Henry Dove.



Price: \$5

(Note: For trips leaving from Canoe Brook please arrive 15-20 minutes early to check in and load bus.

Times noted are estimated departure and arrival to and from Canoe Brook.)

SPECIAL INTEREST GROUPS:

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

October 3rd: Thelma: Thelma isn't your average 93-year-old grandmother - she's tenacious, determined, and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to take back what's hers **Comedy/Action**

October 10th: Penguin Lessons: A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach. **Comedy/Drama**

October 17th: The Thursday Murder Club: Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. **Drama/Comedy**

October 24th: Happiness for Beginners: Helen signs up for a wilderness survival course, a year after getting divorced. She discovers through this experience that sometimes, you have to get really lost in order to find yourself. **Comedy/Drama**

October 31st: Ghostbusters (2016): Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat. **Comedy**

Cardio Drumming

Mondays, Oct 6th-Nov 3rd 10:45 AM (no class on 10/13) OR

***New Day* Thursdays, October 9th - November 6th, 11:30 AM (no class on 10/23)**

\$15 per session

Cardio drumming is a rhythmic workout involving using drumsticks to create beats along with the music. No drumming skills required. For seniors, cardio drumming is gentle on the joints & promotes cardiovascular health by elevating heart rates & improving circulation.

Benefits of drumming: Engages the brain promoting mental acuity and agility improving memory, social interaction and improves balance and coordination. Drums, cans and music are provided by Ray. ****Please note: you can only sign up for 1 session***

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK

TUESDAYS, 2:00 –3:00PM

October 7th: The Monuments of Gettysburg

Join us at Gettysburg National Military Park, as we learn about the various monuments, and battle sites in and around them. These monuments represent "one of the largest collections of outdoor sculpture in the world." Most are listed as contributing structures within Gettysburg Battlefield Historic District, which was approved by the Keeper of the National Register of Historic Places on January 23, 2004. Join us as a park ranger takes us on a virtual tour of these monuments, and the history behind them.

October 14th: The Wonders of Yellowstone Park

Yellowstone National Park is a wonder to see and experience. The wildlife is unbelievable, but the geology is even more spectacular. Yellowstone geology is tied to a process that began in deep time and continues to the present. It has shaped the surface of the western United States. Spend an hour with Outreach Educator George Miller from the Buffalo Bill Center of the West and explore the forces that have shaped Yellowstone and the West.

October 21st: Lincoln at Ford's Theatre

On the morning of April 14, 1865 (Good Friday), actor John Wilkes Booth learned President Abraham Lincoln would attend a performance of the comedy *Our American Cousin* that night at Ford's Theatre - a theatre Booth frequently performed at. He realized his moment had arrived. By 10:15 that evening, the comedy was well into its last act. In the Presidential Box, President and Mrs. Lincoln and their guests, Major Henry Rathbone and his fiancée, Clara Harris, laughed at the show along with the audience—not knowing that Booth was just outside the door. Join us as visit once again this event that changed history- and maybe learn something we never knew before!

October 28th: Historic Train Travel with the Durham Museum

Hop aboard our passenger cars, steam engine, and caboose for an authentic look at train travel and how it shaped our country!

Join us for a virtual tour of the museum's authentic train cars! We will start with a look at our 1890s steam engine and 1950s caboose, followed by a walk through our passenger trains. Luxurious rail travel awaits!

Ping Pong!

Grab some friends and play ping pong in the Totokett Room. Stop by the front desk beforehand so we can set up the table for you.

NEW!

Mondays: 2-3pm

Tuesdays: 1:30-3pm

Fridays: 11am-4pm



CLUBS AND SPECIAL INTEREST GROUPS:

WEEKLY CARDS, GAMES AND MORE

Hand & Foot-Mondays 2pm & Wednesdays 1pm

Mah Jongg-Mondays 11am & Fridays 11am

Bingo-Mondays 12:30pm

Scrabble-Tuesdays 1pm

Poker-Tuesdays 1:30 pm

Setback-Wednesdays 11am

Coloring Group-Wednesdays 1pm

Ukulele-Wednesdays 1:30pm

Canasta-Thursdays 1pm

Cornhole-Fridays 1pm

Cribbage-Fridays 1pm

Pinochle-Fridays 2pm



CREATIVE CORNER

MIXED MEDIUM WATERCOLORS CLASS

THURSDAYS, 1-3PM

(Price: \$15 Activity Fee)

Join instructor and local Artist Sharon Hart as she teaches techniques with unique and creative classes!



Pepper Jelly to make for the Fair

Tuesday, October 14, 1:00 pm

Have fun in the kitchen with Nancy. More hands make the cooking quicker. Sign-up by 10/10.

Photo Shell Ornament

Friday, October 31, 10:00 AM



Print a photo on copy paper and bring it to this workshop. We will provide you with the shell, paints, glue, beads and hanger to make this unique ornament.

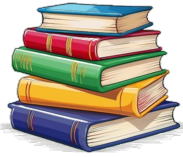
Price: \$2



Looking for sea glass that looks like petals to make flowers (photo on left). Also, horn shells, small shells and small rocks for future



CLUBS AND SPECIAL INTEREST GROUPS:



READER'S CHOICE BOOK CLUB

TUESDAY, OCTOBER 7 1:30PM

"First Lie Wins" Author: Ashley Elston

A thriller about a woman with a fake name and secret job whose identity is wrapped up in a web of lies

TUESDAY, NOVEMBER 4 1:30PM

"Isola" Author: Allegra Goodman

A young woman and her lover are marooned on an island in this epic saga of love, faith, and defiance.

TECH HELP

Wednesday, October 29, **MUST MAKE APPOINTMENT!**

2-4PM (15 Minute Appointments)



GENEALOGY

MONDAY, OCTOBER 20 at 1:00 PM - Cemetery and Graveyard Research

How do you research cemeteries and what records can be found in the cemetery office? Some cemeteries even have death certificates on file. Does your ancestor's cemetery have an office? Some Cemeteries have an office on site while other cemeteries belong to a network of cemeteries. We will also explore how to find out what cemetery your ancestor may be interred in, using cemetery websites. Please send Marty the Who, Where and When of your ancestor prior to the meeting. If you don't have her email address, ask Rhiannon for it.

MONDAY, NOVEMBER 10 at 1:00 PM - Creating and Documenting Family History Trees and Books using Legacy software.

Legacy Software is a computer program which is a free software for documenting your Family Tree. In 2024 we discussed basic tree creation using this software, At this meeting you will see how to create documents (print outs) that you can share with your relatives at get-togethers, reunions, parties and holidays. **Please bring your computer to the meeting.** It will be structured as a **hands on workshop**. If you don't have the program yet, please bring your computer so you can download it in the class.

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

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

****NOTE: THESE CLASS ALL COST \$10 per CLASS for 3 Month Session****

FIRST COME FIRST SERVE FOR EACH SESSION

**YOU CAN COME TO THE OFFICE TO REGISTER OR REGISTER ONLINE AT
BRANFORDRECREATION.ORG**

FALL FITNESS CLASSES October 1 - December 31 (\$10 per Seasonal Session)

CHAIR YOGA FRIDAYS: Fridays 9:00 AM Note new day/time (Full)

CHAIR YOGA THURSDAYS: Thursdays 10:00 AM (Full)

BEGINNER YOGA: Tuesdays 9:00AM (Full)

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM (Full)

BEGINNER BARRE: Tuesdays and Thursdays 11:15AM (Full)

ADVANCED BARRE: Mondays 10:15AM & Wednesdays 9:30AM (Full)

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM (Full)

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM (Full)

ZUMBA: Thursdays 12:15PM (Full)

BEGINNER LINE DANCING: Fridays 11:00AM (Full)

ADVANCED LINE DANCING: Fridays 10:00AM

CIRCUIT: Tuesdays 12:15 PM (Full)



***New!!* Evening Fall Fitness Classes ~ Thursdays, October 9 - December 18**

Tai Chi: Thursdays 4:30 PM This form rejuvenates the body, soothes the mind, & improves the spirit. Health benefits: balance, circulation, stress management, cognitive ability, flexibility & a sense of well-being. Alanna Keating makes it possible for beginner and advanced students to learn together, each at his or her own level and pace. **\$10 for this fall session** No class 11/27

These two classes will not meet on 10/23 or 11/27 - Instructor: Sharon DiCrosta

FABULOUS 50's FITNESS: 6:00 PM Stroll, bop & twist to the rock & roll music of the 50's! Includes: stretch & strength building exercises, whether sitting or standing. Wear comfortable clothing & sneakers. The use of light one-to-three-pound weights (bring your own) may enhance some of the exercises but they are not necessary for a good workout. C'mon let's rock! **\$10 for this fall session**

THEATRE JAZZ: 7:00 PM Raise the curtain to step into the spotlight as we warm up, get down & rock out in this jazz-based class filled with Broadway style. Work to build strength, flexibility, balance & body control all while learning storytelling & a little bit of Broadway theatre history. Begins with a seated warmup, to a standing and progresses to our basic jazz movements with a Broadway flair set to music from popular shows. Wear comfortable clothing and jazz shoes, sneakers or your favorite flexible footwear. **\$10 for this fall session.**

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

****NOTE: THESE ARE ALL FREE WITH CANOE BROOK MEMBERSHIP!****

PICKLEBALL AT VETS PARK

Canoe Brook Center has reserved Pickleball play time on the Vets Park Tennis Courts on **Tuesdays and Thursdays 8:00am-Noon**. Veteran's Park Schedule:

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

ASK A NURSE - Tuesday, October 28th

4th Tuesday of Every Month, **11am-12:30pm** Includes blood pressure screening, oxygen level check and \$15 Hemoglobin A1C Test

THIS IS A DROP IN CLINIC!



VIRTUAL FITNESS CLASSES

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

Cardio Strength- Tuesday & Thursday 11:30AM, Wednesdays 10:15AM

YouTube Yoga- Fridays 10:15AM



QIGONG FOR RELAXATION AND VITALITY

MONDAYS 4:30PM, WEDNESDAYS 11AM AND THURSDAYS 2:30PM

Discover the gentle art of Qigong, a centuries-old practice that combines mindful movement, breathwork, and meditation to improve balance, flexibility, and inner calm. This class offers easy-to-learn exercises that restore energy, reduce stress, and support overall well-being. No experience necessary—just bring comfortable clothing and a willingness to explore the path to greater health and serenity!

BOCCE

Canoe Brook Center has reserved Bocce Court Times:

Monday's Men's Play 10am-1pm

Wednesday's Women's Play 10am-1pm

Fridays Co-Ed Play 10pm-1pm

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

OCTOBER 2025

Mon	Tue	Wed	Thu	Fri
1		1 8:10 Aerobics 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 11:30 Cardio drumming 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun	2 8:15 Sign-up for classes 9:00 Intermediate Yoga 9:15 Trip: FloGris 10:00 Chair Yoga I 10:00 Hook N' Needle 10:30 Food Boxes 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	3 8:10 Aerobics 9:00 Chair Yoga II 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole
6 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 10:45 Cardio Drumming 11:00 Mah Jongg 11:00 Memory Loss 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	7 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Free Baked Goods 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:00 Flu clinic 1:30 Book club 1:30 Poker 2:00 Senior Learning Network (SLN)	8 8:10 Aerobics 9:00 AARP 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:00 Collette Italy Talk 1:30 Ukulele For Fun	9 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 10:30 Food Boxes 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 4:30 Tai Chi Evening 6:00 Fabulous Fitness 7:00 Theatre Jazz	10 8:10 Aerobics 9:00 Chair Yoga II 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
13 CLOSED for Columbus Day	14 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Pepper Jelly 1:30 Poker 2:00 Senior Learning Network (SLN) 2:30 Tai Chi	15 8:10 Aerobics 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Author talk w/ Lisa Arnold 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 4:00 Lockworks Tavern	16 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 10:30 Food Boxes 11:00 Pottery painting 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drum 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 4:30 Tai Chi Evening 6:00 Fabulous Fitness 7:00 Theatre Jazz	17 8:10 Aerobics 9:00 Chair Yoga II 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle

OCTOBER 2025

Mon

Tue

Wed

Thu

Fri

20 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:00 Trip: Sleeping Giant 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	21 10:00 Meditation 10:00 Timeless Beauty w/ Joby Rogers 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Medicare Open Enrollment Talk 2:00 Senior Learning Network 2:30 Tai Chi	22 8:10 Aerobics 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:00 Lunch Bunch: Eli's 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun	23 7:45 Mass MoCA 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 4:30 Tai Chi Evening 6:00 Fabulous Fifties 7:00 Theatre Jazz	24 8:10 Aerobics 9:00 Chair Yoga II 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
27 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:00 Medicare Part D Individual Help by Appointment 10:15 Adv. Barre 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 2:00 Shredding 4:30 Qigong	28 9:00 Beginner Yoga 9:00 Staff Meet and Greet 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network 2:00 Shredding 2:30 Tai Chi	29 8:10 Aerobics 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Shredding 2:00 Tech help 5:00 Spook-ta-cular Dinner	30 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor Art 2:00 Shredding 2:30 Qigong 4:30 Tai Chi Evening 6:00 Fabulous Fifties Fitness 7:00 Theatre Jazz	31 8:10 Aerobics 9:00 Chair Yoga II 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Bread 10:00 Adv Line Dancing 10:00 Photo Shell Ornament 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle 2:00 Shredding

POLICIES AND PROCEDURES:



TRIP POLICIES:

- If you need transportation to the Center for a trip, please notify us when making your reservation.
- We accept cash, checks, or credit cards. Please make checks payable to: [Town of Branford](#).
- Reservations are made by dropping off FULL payment to any staff member: check, cash, or credit card
- Full payment is due to secure your reservation (unless otherwise noted).
- If we receive your reservation and a trip is sold out we will notify you that you have been placed on a waiting list, and payment received will be returned to you.
- People will be seated together on busses and theaters as indicated when signing up.
- If a guest is traveling with you, list them as your guest and include their payment (in full) with your payment.
- **Note:** For day trips you need to **arrive at least 15 minutes prior to departure time.**

CANCELLATION POLICY:

If you cancel for any reason there will be no refund, unless there is a waitlist for the trip at the time of your cancellation.

DUES AND FEES:

- Annual fee is \$10 (Renews one year from the date you join!)
- 3 Months of classes for \$10, pre-registration required!
- Water Colors Class cost \$15 for 3 month Session.

TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

Tim Kron (203) 315-0681 email: tkron@branford-ct.gov

Discover the Magic of Italy with Canoe Brook Center!

Have you ever dreamed of strolling through the cobblestone streets of Rome, cruising the canals of Venice, or sipping wine in the rolling hills of Tuscany? Now's your chance to turn that dream into reality! Join us for an unforgettable 13-day journey through Italy's most iconic and breathtaking destinations on the Discover Italian Vistas tour, departing **October 10–22, 2026**. This expertly curated experience includes visits to Rome, Amalfi Coast with Capri, Pompeii, Florence, Venice and Italian Lakes!

Tour Highlights Include:

- 13 days, 18 meals
- Round-trip air from New York
- Hotel transfers and hometown transportation to/from airport

Professional tour manager and local guides

Want to Learn More? Pick-up a personalized flyer at the Senior Center. Join us for a Travel Presentation on **Wednesday, October 8 at 1:00 PM** RSVP to Nancy at 203-315-0682. Click on the link for more info:

<https://tinyurl.com/35euy4mz>