



**CANOE BROOK CENTER**  
Branford, CT

EST 1970

# CANOE BROOK CONNECTIONS

## SEPTEMBER 2025

**JOE TRAPASSO**  
**COMMUNITY HOUSE**  
**46 CHURCH STREET**  
**BRANFORD CT 06405**

**OFFICE HOURS:**

**8:00am-4:30pm**

**CONTACTS:**

**Director Parks Recreation**  
**and Senior Services:**

Dale 203-488-8304

[dizzo@branford-ct.gov](mailto:dizzo@branford-ct.gov)

**Assistant Director:**

Nancy 203-315-0682

[ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

**Program Assistant:**

Victoria 203-315-0687

[vmilslagle@branford-ct.gov](mailto:vmilslagle@branford-ct.gov)

**Transportation Coordinator:**

Tim 203-315-0681

[tkron@branford-ct.gov](mailto:tkron@branford-ct.gov)

**Activity Coordinator:**

Rhiannon 203-315-0684

[rturco@branford-ct.gov](mailto:rturco@branford-ct.gov)

**Canoe Brook Cafe:**

Maureen 203-315-0685

**Caseworker:**

Kelly 203-315-0686

[kgesuero@branford-ct.gov](mailto:kgesuero@branford-ct.gov)

**Case Manager: Vacant**

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**SOCIAL SERVICE ANNOUNCEMENTS:**

**September is National Senior Center Month** highlighting the vital roles we play in the community & promoting a positive image of aging. Theme this year: *Powering Possibilities: Flip the Script*. We are promoting creativity, connection, purpose & resilience in the prime of older adults' lives. Check out our offerings in this edition of Canoe Brook Connections.

**Chabaso Bread:** Friday, September 5th & 19th 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: **Sept. 4, 11, 18 & 25**, 10:30 am until gone. ***Supplies are limited, one box per household. 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, Sept. 9.

**Senior Farmers Market Cards:** You might be eligible for a \$40 benefit card to purchase fruits, vegetables, fresh herbs, eggs & honey at authorized farmers markets throughout CT. **Requirements:** Branford resident age 60+ with a monthly gross income less than \$2413 (single) \$3261 (married). Income must be documented. If you participated in the program last year, bring your card to us so we can load it.

**Rent Rebate:** Deadline to apply is by **Sept 30**. We are processing applications in order received. OPM will mail checks Nov. 30. For info on applying call Kelly 203-315-0686.

**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.

**Welcome Victoria Milslagle in her new position as Program Assistant:** Victoria has been working seasonally with the Department for about 3 years. She is excited to be a part of the team full time! Outside of work she enjoys spending time with her family & friends, cooking, traveling with her Fiancé and will be getting married in October!

**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.

# **SPECIAL ANNOUNCEMENT:**

## **Our Culinary Staff:**

**Scott Roth**  
**Andrew Raffile**

**Maureen Hall** - Maureen has worked for the Elderly Nutrition Program since 2001. She is now working for the Town of Branford part-time Monday through Friday from 9-1. Maureen is married to Bill, they have three sons and 5 granddaughters. She enjoys babysitting for the younger granddaughters and walking her dog Pete. If you haven't met Maureen yet, please stop by to say hi.

**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, serving food and making sure that we don't run out of food for those who have paid. Contact Nancy for additional information at 203.315.0682 or ncohenbranford-ct.gov

**The Café menu can be found in the middle of this page.**

**Breakfast is served Mondays, Wednesdays and Fridays from 8:30-10:30 AM Price: \$3 each meal**

**Lunch is served Tuesdays and Thursdays 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 by noon. We prefer that you pay for your meals in advance. Call the office at 203.481.3429. Payments can

### BRANFORD PARKS, RECREATION AND SENIOR SERVICES SENIOR CENTER & CANOE BROOK CAFE MENU SEPTEMBER 2025

MON	TUE	WED	THU	FRI
<b>BREAKFAST</b> <b>CLOSED</b>	<b>LUNCH</b> Chicken Marsala Mashed Potatoes Dessert	<b>BREAKFAST</b> Oatmeal Bar with fresh fruit	<b>LUNCH</b> Salmon Rice Veg Medley Dessert	<b>BREAKFAST</b> Waffles Bacon Sausage
1	2	3	4	5
MON	TUE	WED	THU	FRI
<b>BREAKFAST</b> Bread Pudding Whipped Cream	<b>LUNCH</b> Stuffed Shells Spinach Bread Dessert	<b>BREAKFAST</b> Frittata Veggies Potatoes Dessert	<b>LUNCH</b> Meatloaf Potatoes Broccoli Dessert	<b>BREAKFAST</b> Biscuits Sausage Gravy
8	9	10	11	12
MON	TUE	WED	THU	FRI
<b>BREAKFAST</b> French Toast Sausage Bacon Hash Browns	<b>LUNCH</b> Shrimp Over Mac N Cheese Dessert	<b>BREAKFAST</b> Pancakes Sausage Bacon Home Fries	<b>LUNCH</b> Chicken Parmesan Pasta Salad Dessert	<b>BREAKFAST</b> Eggs Benedict
15	16	17	18	19
MON	TUE	WED	THU	FRI
<b>BREAKFAST</b> Scrambled Eggs Bacon Sausage Toast	<b>LUNCH</b> Coq Au Vin Mashed Potatoes Dessert	<b>BREAKFAST</b> Crepes Fruit Filling	<b>LUNCH</b> Pasta & Meatballs Bread Dessert	<b>BREAKFAST</b> Egg Sandwich Bacon Sausage Cheese
22	23	24	25	26
MON	TUE	WED	THU	FRI
<b>BREAKFAST</b> Bakery Day Muffins Scones Galettes	<b>LUNCH</b> Quiche Salad Dessert	<b>NOTES: Limited take home meals available. Please see kitchen staff.</b>		
29	30			

**Breakfast: \$3.00**  
**Lunch: \$5.00**

We are happy to offer breakfast and lunch services in the Canoe Brook Cafe.

Breakfast is served Monday, Wednesday, & Fridays from 8:30AM-10:30AM

Lunch is served from 12:00PM-1:00PM Tuesday & Thursdays.

Here is how to register:  
1. You must **Pre-register** for meals by 12PM the day before! Please Call the office at 203-481-3429  
2. Payment can be made via cash, check, or credit card.  
3. If you need assistance, please ask the staff.

**Bon Appetit!!!**  
**The menu is subject to change.**

## **Upcoming Programs with our Friends at the East Shore District Health Department!**



### **“Scam”burgers**

**Wednesday, September 17th at 11:00 AM**

If you think you are too clever to fall for a scam, think again! Scams succeed because they look legitimate. Play the “*Scam Game*” to see how scams can target all people no matter their ages and incomes. Barbara Naclerio, ESDHD, will pass out tchotchkes as prizes for the correct answers. At the end of the program enjoy a hamburger slider. Sign-up by 9/12.

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### **Community Conversation**

**Tuesday, September 16th at 11:00 AM**

ESDHD staff will discuss the current landscape of drug use in the community and what solutions are there for those who are addicted to opioid drugs. We will answer questions like: What does substance use and overdose fatalities in Branford look like? What programs are in place to help deter substance use, support recovery, and save lives from substance use? How can the community as a whole help those who are in the grips of addiction? They will also be training people how to use Narcan (Naloxone) to reduce drug overdoses.

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### **Creator’s Workshop**

**Thursday, September 4th at 11:00 AM**

Please join the ESDHD Nurturing Families staff for a workshop using the arts to inspire, motivate, and build self-confidence through creative expression and a message of hope. No artistic skills needed. Just your time and curiosity. We will be engaging in the expressive arts using sounds, visuals and writing - stick figure drawings are welcome!

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### **Fall Prevention**

**Tuesday September 23rd at 11:00 AM**

**Do You:**

- \* Take 4 more medications regularly?
- \* Have problems with vision or hearing?
- \* Suffer from pain or numbness in your feet?
- \* Have hazards around your home?
- \* Lose your balance?
- \* Have difficulty getting up or sitting down?

**If you answered yes to any one of the questions, then you should attend this informational seminar.**



**Matter of Balance**

Wednesdays, October 1st-November 19th  
9-11 AM

This is an 8 week program taught by the East Shore District Health Department. It focuses on improving attitudes towards falling to reduce the fear of falling. There is a 25 - 30 minute exercise component to the class as part of those 2 hours. This course is best suitable for people who express concerns about falling, have experienced falls or individuals who limit their activities due to fear of falling. Limited spots available.

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**Looking for Literacy Volunteers at Murphy and Sliney Schools  
and Mentors at Tisko School**

If you have one hour a week and would like to make a difference in a young persons' life, reach out to Rhiannon. These programs will start in October, once the children have acclimated back into the rhythm of school.

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**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.**

**September 12th at 11am:** Blue Zones: Lessons for Living Longer from the People who have Live the Longest.

Those who live in what has been coined the "blue zones" live in very different parts of the world. Yet they have a common theme that is believed to lead to longer, healthier, happier lives. Join us for a discussion on the 9 common sense healthy habits practiced by communities with the highest rate of centenarians across the world.

**September 29th at 11am:** Caring for the Care-Partner

Supporting a person with dementia is not "one size fits all." As the disease progresses a person living with dementia will need increasing help. Care-Partners may have a lot to juggle. Join us for a discussion on how to support yourself and others as care-partners by learning coping skills, processing grief, identifying what you are feeling, the importance of self-care and managing stress.



**End of Summer Tea Party  
Monday, September 15th  
2:00 PM  
Canoe Brook Patio**

Enjoy an end of summer tea party on the patio! Includes a variety of teas, finger sandwiches, and scones.

**Price: \$5**

**PRE-REGISTER for activities with Rhiannon at (203) 315-0684 or at [branfordrecreation.org](http://branfordrecreation.org)**

## Pottery PAINTING

THURSDAY, OCTOBER 16

\$22 | 11:00 AM



Flower box



Register with Rhiannon at 203-315-0684 or at [branfordrecreation.org](http://branfordrecreation.org)

## COME & JOIN US FOR OUR AUTHOR TALK

TUESDAY  
**SEPTEMBER 30**  
1:30 PM

**32 Days**

Marion has written a book of narrative poetry, that reads like a play. It is about the experience of sudden illness, navigation through a medical system that was overwhelmed and broken during the pandemic, the loss of her husband, grief, and the beginning of a new life. Ultimately it is a story of survival and resilience



**Marion Gittleman**

FOR MORE INFO  
& RSVP TO:

Rhiannon at 203-315-0684 or  
[branfordrecreation.org](http://branfordrecreation.org)

## COOKING CLASS

TUESDAY, SEPT 16TH

**\$25**

11:30 AM

INCLUDES  
LESSON AND  
MEAL:

**Leek Gruyere  
Mushroom  
Pasta**



REGISTER ONLINE @  
[Branfordrecreation.org](http://Branfordrecreation.org)

Or call Rhiannon at (203)315-0684

## 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](http://branfordrecreation.org)  
or at the Office

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

PRE-REGISTER for activities with Rhiannon at (203) 315-0684 or online at [branfordrecreation.org](http://branfordrecreation.org)

**TRIPS:****Trip Policies and Procedures can be found on page 14.**

**SEPTEMBER 11**  
**SILVER SANDS STATE**  
**PARK w/LUNCH AT**  
**ARCHIE MOORE'S**  
 (rain date 9/25)  
 Milford, CT  
 9:30 AM - 2:00 PM

There is a picturesque 1.5-mile boardwalk running along the coastline, a well-maintained beach, marsh, & grassland to explore. Rated the best state park in CT by Travel & Leisure. Rumor has it that Capt. Kidd visited Charles Island in 1699 & buried treasure on the island. To this day, no treasure has been found! Following our walk we will go to Archie Moore's for lunch, so bring extra money. Individual checks will be provided. Limited seating on the mini bus.

**Price of bus only: \$8**

**SEPTEMBER 18th**  
**10am-1pm**  
 CLINTON CROSSING

Get your holiday shopping done early at Clinton Crossing! Stores include Ann Taylor, Bath & Body Works, Chicos, Clarks, Talbots, Vera Bradley, and more!

**September 19th**  
**1:00 PM**  
 BACA on Main Street

Walk from the Center to BACA with Rhiannon to view the highlighted art piece at BACA: Collaborative Van Gogh Painting by Canoe Brook Seniors' Watercolor Class, led by Sharon Hart. Focus on this collaborative journey included brainstorming ideas, creating a sketch, dividing the artwork into sections & painting collaboratively. The collective process was as meaningful as the finished piece. "The commitment and creative energy of these students are truly inspiring". Also, view artwork by our instructor Sharon Hart and our former instructor Maureen Wilkinson.

**September 24th**  
 LUNCH BUNCH  
**12:00 PM**  
 Jalapeno Heaven  
 40 N. Main St.

Enjoy Authentic Mexican food featuring mouthwatering enchiladas, chimichangas, fresh tortilla chips, and margaritas crafted to your taste. Separate checks will be provided. Sign up online or with Rhiannon.

**September 25th**  
 HAPPY HOUR  
**4:00 - 6:00 PM**  
 46 Church St

Join us for a happy hour on the patio here at Canoe Brook! Let's enjoy the patio before the end of summer. Snacks, beer, wine and non-alcoholic beverages will be provided.

**Price: \$10**

**Florence Griswold Museum**  
**Thursday, October 2, 2025**  
 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.

**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

### Wigwam Western Summit ~ "America's Switzerland"

MASS MoCA ~ *Art in all forms with lunch included*

Thursday, October 23, 2025

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. It's the best place to see the mountains of 3 states. Directly ahead is the Taconic range of New York, to the left is Mt. Greylock of MA, to the right is the Green Mountains of Vermont.

Lunch will be at Lickity Split inside of MASS MoCA. Let us know your food choice at time of sign-up.

**Box 1:** sandwich, bag of chips, cookie & water. **Sandwich choices:** Grilled marinated chicken w/melted cheddar cheese & lettuce; sliced turkey w/lettuce & cranberry sauce; BL&T; **OR** avocado, Swiss cheese, tomato & lettuce.

**Box 2:** large garden salad w/sliced grilled chicken, lemon tuna **OR** avocado slices w/Swiss cheese, basil vinaigrette on side, crusty bread, cookie & water.

**MASS MoCA embraces all forms of art:** music, sculpture, dance, film, painting, photography, theater, and new, boundary-crossing works of art that defy easy classification. Currently there are over 30 exhibits for you to browse on your own.

One exhibit that caught our eye is *New York State of Mind* - music photography from 1969 - 1992.

MASS MoCA

Price: \$108

**(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**

**September 5th:** *Arthur's Whisky* : When Joan's husband dies, she is shocked to discover he had invented an elixir which makes the drinker look young again. Sharing it with her two friends, the three women paint the town red but soon discover that they are no longer equipped to be young in the modern world **Comedy**

**September 12th:** *Fatherhood*: A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth **Comedy/Drama**

**September 19th:** *Late Bloomers*: An aimless 28 year-old Brooklynite lands in the hospital after drunkenly breaking her hip. An encounter with a cranky elderly Polish woman who speaks no English leads to a job caring for her. Neither likes it, but it's time to grow up. **Drama/Comedy**

**September 26th:** **MOVIE AND A MEAL** **PRICE: \$10**  
**NOTE: LUNCH AT 12:30PM, MOVIE STARTS AT 1:00PM**

LoMonaco's  
RISTORANTE

**Movie:** *The Peanut Butter Falcon*: Zak, a man with Down syndrome, runs away from a residential nursing home to pursue his dream of becoming a wrestler. Later, he meets with an outlaw who becomes his friend and coach **Comedy/Drama**

**Lunch:** Manicotti; Sausage, Peppers, and Onions; Salad

**Price: \$10**

### **MEDITATION: Tuesdays 10:00 AM (\$10 per Seasonal Session)**

Meditation provides an opportunity to reduce physical, mental and emotional negativity and tensions that are held within the body. Each one-hour session of Meditation Plus, facilitated by Dr. Margo Merin, is comprised of two parts: the first 30 minutes focus on the group's discussion of a topic that is presented, ranging from serious to light-hearted; the second 30 minutes are dedicated to a guided meditation that is accompanied with relaxing music. No previous experience with meditating is required.

### **Mixed Medium Watercolor class: Thursdays 1:00-3:00 PM (\$15 per Seasonal Session)**

Join instructor and local Artist Sharon Hart as she teaches mixed media water color using unique and creative techniques



## **CLUBS AND SPECIAL INTEREST GROUPS:**

### **SENIOR LEARNING NETWORK**

**TUESDAYS, 2:00 –3:00PM**

**September 2nd: No Senior Learning Network today**

**September 9th: Hokusai and the Art of Japan- National Museum of Asian Art**

Tour the former exhibition *Hokusai: Mad About Painting*, which featured works from the world's largest collection of paintings, sketches, and drawings by Hokusai. The exhibition includes works large and small, from six-panel folding screens and hanging scrolls to paintings and drawings. Together, these works reveal an artistic genius who thought he might finally achieve true mastery in painting—if he lived to the age of 110.

**September 16th: Belmont-Paul National Monument**

Built on Capitol Hill in 1800, the brick federal-period house that today is Belmont-Paul Women's Equality National Monument is among the oldest residential properties in Washington, D.C. The house is located on land used by the Nacotchtank, or Anacostans, for hunting and trading. The tract was included in a land grant to Cecil Calvert, the second Lord Baltimore, in 1632 by King Charles I of England as part of the colony of Maryland

**September 23rd: “No Mail, Low Morale”: The 6888th Central Postal Directory Battalion – US Army Museum**

In February 1945 members of the 6888th Central Postal Battalion arrived in Birmingham, England. Nicknamed the “Six Triple Eight,” they were the first and only all-Black Women's Army Corps unit sent overseas during World War II. They faced the daunting task of sorting and delivering mail to the roughly 7 million service members stationed in the European Theater. Their mission boosted morale across the entirety of deployed forces. They completed their mission in three months' time before deploying to France to undertake the same work. The battalion was awarded the Congressional Gold Medal in honor of their dedication and service to mission in 2022.

**September 30th: Seaport Village Virtual Walkabout: Mystic Seaport Museum**

Join us in our favorite seaport town- Mystic! Learn about maritime trades that supported life at sea and on land in the 19th century. Stroll through the re-created seaport village to immerse yourself in the life of a 19th-century coastal New Englander. Interpreters bring to life the bustling maritime trades, including ship smiths, coopers, printers, and ship carvers, that supported life at sea and on shore at that time. Also, get a glimpse into domestic life with gardening techniques and cooking demonstrations in the Buckingham-Hall house. Trade shops, businesses, and houses from the 1800s were transported to Mystic Seaport Museum from locations around New England to re-create this historic village.

**NEW**

**Cards and Games in the evening** - Looking to get out of the house during the week?

Bring your friends to play Mah Jong, Setback, Hand & Foot, Scrabble, Pinochle, and Poker Monday through Friday from 5-9 PM. Let us know that you are coming to play a game, so that we can leave the games in the office with night security. The Center will not be providing transportation in the evening, but you can get a ride through GNHTD My Ride (203-288-6282), Encompass (860-444-4444) or Metro Taxi (203-777-7777). Please note: applications need to be filled out for My Ride and Encompass.

## **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 2pm

**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 with NANCY**

#### **Sea Glass Flowers in Vases**

**Friday, September 19**

**10 AM**



Learn how to make sea glass flowers. Materials needed for the class will be provided. All flowers made will be sold at the Election Day Fair on November 4th. Please bring a pair of scissors to the class. Class size is limited.



#### **Sea Glass Christmas and New Year Cards**

**Tuesday, September 30**

**10 AM**



Make one card for yourself and one for the Center. Step by step instruction will be given for these cards. If you have any green or blue glass that you would like to donate, that would be appreciated. These cards will also be sold at the fair. Class size is limited.



## CLUBS AND SPECIAL INTEREST GROUPS:



### READER'S CHOICE BOOK CLUB

TUESDAY, SEPTEMBER 9 1:30PM

*"After Annie" Author: Anna Quindlan*

When Annie Brown dies suddenly, her husband, her four young children and her closest friend are left to struggle without the woman who centered their lives.

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

### TECH HELP

Wednesday, September 24, **MUST MAKE APPOINTMENT!**

2-4PM (15 Minute Appointments)



### GENEALOGY

**MONDAY, SEPTEMBER 8 at 1:00 PM - Creating and Documenting Family History Trees and Books using Legacy**

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. **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.

**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. [jgarr15026@aol.com](mailto:jgarr15026@aol.com) or [genealogygurugarrett@gmail.com](mailto:genealogygurugarrett@gmail.com)



## HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

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

**\*\*REGISTRATION FOR FALL SESSION OPENS SEPTEMBER 4th at 8:15am\*\***

**FIRST COME FIRST SERVE FOR EACH SESSION**

**YOU CAN COME TO THE OFFICE TO REGISTER OR REGISTER ONLINE AT [BRANFORDRECREATION.ORG](http://BRANFORDRECREATION.ORG)**

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

CHAIR YOGA FRIDAYS: Fridays 9:00 AM **Note new day/time**

CHAIR YOGA THURSDAYS: Thursdays 10:00 AM

BEGINNER YOGA: Tuesdays 9:00AM

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM

BEGINNER BARRE: Tuesdays and Thursdays 11:15AM

ADVANCED BARRE: Mondays 10:15AM & Wednesdays 9:30AM

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM

ZUMBA: Thursdays 12:15PM

BEGINNER LINE DANCING: Fridays 11:00AM

ADVANCED LINE DANCING: Fridays 10:00AM

CIRCUIT: Tuesdays 12:15 PM

**NEW!**



### **NEW! Circuit class:**

A type of exercise class that involves rotating through a series of different exercises, often with minimal rest in between, to work various muscle groups and improve overall fitness. These classes typically include a combination of cardiovascular, resistance, and strength training exercises, offering a full-body workout.

**Come be a spectator at our Canoe Brook Whiffle Ball game on Wednesday, September 10th at 11am! The game will be played on Hammer Field right next to the Community House.**

## **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, September 26th**

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!**



### **KINIMA-FIT: 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.**

# SEPTEMBER 2025

Mon	Tue	Wed	Thu	Fri
<b>1</b> <b>Closed</b>  <b>Labor Day</b> 	<b>2</b> 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:30 Tai Chi	<b>3</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun	<b>4</b> 8:15 Sign-up for classes 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle <b>10:30 Food Boxes</b> <b>11:00 Workshop</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	<b>5</b> 8:10 Aerobics 9:30 Kinima: Weights <b>10:00 Bread</b> 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
<b>8</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:45 Cardio Drumming I 11:00 Mah Jongg 11:15 Chair yoga II 12:00 Dominoes 12:30 Bingo <b>1:00 Genealogy</b> 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	<b>9</b> 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>11:00 Free Baked Goods</b> 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble <b>1:30 Book club</b> 1:30 Poker 2:00 Senior Learning Network (SLN) 2:30 Tai Chi	<b>10</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback <b>11:00 Whiffleball</b> 11:30 Cardio Drumming II 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 4:00 NEBCO (Wait List)	<b>11</b> 9:00 Intermediate Yoga <b>9:30 Silver Sands trip</b> 10:00 Chair Yoga I 10:00 Hook N' Needle <b>10:30 Food Boxes</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	<b>12</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga <b>11:00 Blue Zones talk</b> 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
<b>15</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 10:45 Cardio Drumming I 11:00 Mah Jongg 11:15 Chair Yoga II 12:00 Dominoes 12:30 Bingo 2:00 Hand & Foot 2:00 Rummikub <b>2:00 Tea Party on the patio</b>	<b>16</b> 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>11:00 Community Conversation</b> 11:15 Beginner Barre 11:30 Kinima: Cardio <b>11:30 Mary's Culinary Class</b> 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network (SLN)	<b>17</b> 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio <b>11:00 "Scam"burgers</b> 11:00 Qigong 11:30 Cardio Drumming II 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun	<b>18</b> 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle <b>10:00 Clinton Crossing</b> <b>10:30 Food Boxes</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	<b>19</b> 8:10 Aerobics 9:30 Kinima: Weights <b>10:00 Bread</b> 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing <b>10:00 Sea Glass Flow-ers</b> 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee <b>1:00 Trip to BACA</b> 1:00 Cribbage 1:00 Cornhole



# SEPTEMBER 2025

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<b>22</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 10:45 Cardio Drumming I 11:00 Mah Jongg 11:15 Chair yoga II 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	<b>23</b> 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>11:00 Fall Prevention</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 Senior Learning Network 2:30 Tai Chi	<b>24</b> 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 11:30 Cardio Drumming II <b>12:00 Jalapeno Heaven</b> 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun <b>2:00 Tech help</b>	<b>25</b> 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle <b>10:30 Food Boxes</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong <b>4:00 Happy Hour on the patio</b>	<b>26</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce <b>10:00 Bread</b> 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg <b>12:30 Movie and a Meal</b> 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
<b>29</b> 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 10:45 Cardio Drumming I <b>11:00 Caring for Care-Partners talk</b> 11:00 Mah Jongg 11:00 My-Rec Help 11:15 Chair yoga II 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	<b>30</b> 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation <b>10:00 Sea Glass Cards</b> <b>11:00 Ask a Nurse</b> 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble <b>1:30 Author talk w/ Marion Gittleman</b> 2:00 Poker 2:00 Senior Learning Network 2:30 Tai Chi			

## **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](mailto: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>