

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

SEPTEMBER 2026

Senior Services



LOCATION

Joe Trapasso Community House
46 Church Street
Branford, CT 06405



OFFICE HOURS

8:00am-4:30pm
Monday through Friday



OFFICE PHONE

(203) 481-3429



WEBSITE

branfordrecreation.org



www.facebook.com/BranfordParksRecSeniorServices

TABLE OF CONTENTS

Page 1: Social Services
Page 2: Information
Page 3: Announcements
Page 4: Cafe
Page 5-10: Special Events, Programs, and Trips
Pages 11-13: Fitness & Wellness
Pages 14-16: Clubs & Special Interest Groups
Pages 17-19: Daily Activities Calendar

Senior Farmers Market Electronic Benefit Card: A \$40 benefit for fruits, veggies, fresh herbs, eggs & honey at approved markets. Must be 60+, monthly gross income under \$2461 (single) or \$3337 (married). Documentation of income is needed. Bring in your Smart Phone for app.

Renters Rebate: CT residents 65+ or on disability by 12/31/25, up to a \$700 rebate, single, or \$900 married, on rent & utilities paid in 2025. Your 2025 gross income must be below \$46,300 (single) or \$56,500 (married). ***All income, rent & utility payments made in 2025 must be documented.*** Make copies for us to keep of all the required papers. Drop off copies; once processed, we will contact you to come to sign it.

Generation Power CT: Fuel Assistance (deliverable fuel): Receive up to a \$500 grant for one future delivery, not a past due balance. This is a **one-time** delivery that must be made within 30 days of the approval date. **Utility Assistance** (gas or electricity): Receive up to a \$500 on past due bill in the name of the current household member. Provide a payment history that you have made 4 payments on your bill in the last 12 months. For both of these programs 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 one is open from Sept. 1-15.***

Energy Assistance: Starting on Sept. 21 we will be taking applications for those who heat with oil, kerosene, & propane. **Income limits:** \$48,714 single & \$63,703 couple. If you applied last year, a letter will be going out to you with the documents needed. Otherwise, contact Kelly at 203-315-0686. If you heat with gas, we will take applications on Oct. 19 & electric we will start on Nov. 16th. Drop your documents off, once the application has been completed, we will call you to sign it.

Congratulations to Kelly Gesuero on her promotion from Case Worker to Social Services Support Specialist! Thanks for all that you do to help improve peoples' lives. Her contact information can be found on page 3.

How to Avoid the Nursing Home: Join us on Tuesday, September 15 at 11:00 AM to learn more about the CT Home Care Program for Elders (CHCPE). This allows 65+ individuals to receive care at home rather than a nursing home. Individuals are likely eligible if on Medicaid. Sign-up in advance to hear more about this program.

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

Parks, Recreation & Senior Services

dizzo@branford-ct.gov

Nally Sahin ~ Asst. Director

Parks, Recreation & Senior Services

nsahin@branford-ct.gov

Nancy Cohen ~ Asst. Director

Senior Services

ncohen@branford-ct.gov

Rhiannon Turco ~ Activities Coordinator

rturco@branford-ct.gov

Tim Kron ~ Transportation Coordinator

tkron@branford-ct.gov

Ricky DiRago ~ Program Supervisor

rdirago@branford-ct.gov

Joe Carbone ~ Program Coordinator

jcarbone@branford-ct.gov

Colin Sheehan ~ Arts, Culture & Special Events

Coordinator

csheehan@branford-ct.gov

Victoria Milslagle ~Administrative Program Asst.

vmilslagle@branford-ct.gov

Laura Montone ~ Administrative Asst.

lmontone@branford-ct.gov

Nicholas Polastri ~ Lead Maintainer

npolastri@branford-ct.gov

Kyle Lynch ~ Maintainer

klynch@branford-ct.gov

Jeff Sitz ~ Maintainer

jsitz@branford-ct.gov

Colin Tracy ~ Maintainer

ctracy@branford-ct.gov

Nico Martone ~ Custodian

nmartone@branford-ct.gov

Scott Roth ~ Chef

Mary Derrico & Anna Belcher ~ Chef

Maureen Hall ~ Kitchen Aide

Please note: Building is closed Monday, Sept. 7

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

Chabaso Bread: Bread is handed out on twice a month on Fridays beginning at 10:00 am. Bring a bag and we will fill it with fresh donated baked goods. YUM! ***Limited Supply First come first serve. We will now be supplying bags***

Dates: September 4 & 18

Thank you to the Branford Garden Club for making all of the beautiful centerpieces adorning the tables in the Cafe and Waverly Room.

Policy for signing up for free programs/lectures: Please sign-up in advance of the event. We need to know how many people will be in attendance. Based on this number, we will know what space works best for the program.

Computers for use in the Library:

We have 2 computers available for public use in our library! They are located behind the glass doors in the large bookshelf.



Donation of Medical Equipment: We are currently taking donations of gently used **clean** equipment such as canes, walkers, wheelchairs and commodes. Contact Tim Kron at 203.315.0681. If you are in need of one of these items, contact Tim to check out the availability of what you are looking for.

Transportation Services

- Bus transportation is available to all senior center members. 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 203-481-3429 ext. 183

Services offered by our new Social Services Support Specialist Kelly Gesuero:

- | | | |
|---|----------------------|-------|
| *Renters Rebate Applications | *Energy Assistance | *SNAP |
| *Farmers Market Electronic Benefit Card | *Generation Power CT | *MSP |

Kelly can be reached at kgesuero@branford-ct.gov or 203-481-3429, ext 186

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. **Credit maybe applied 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 members pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES CANOE BROOK CAFE MENU SEPTEMBER 2026

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lunch Sausage & Peppers	2 Lunch BBQ Ribs & Vegetable	3 Lunch Cod with Vegetable	4 Lunch Hot Dog or Hamburger
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 CLOSED HAPPY LABOR DAY	8 Lunch Shrimp Scampi with Vegetable	9 Lunch BBQ Pulled Pork with Vegetable	10 Lunch Meatloaf with Mashed Potatoes and Vegetable	11 Lunch Chicken Parmesan with Pasta
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 Lunch Salisbury Steak and Vegetable	15 Lunch Meatloaf with Mashed Potatoes and Vegetable	16 Lunch Salmon with Rice and Vegetable	17 Lunch Pork Loin with Vegetable	18 Lunch Stuffed Cabbage
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 Lunch Eggplant Parmesan with Vegetable	22 Lunch Chicken Fajitas	23 Lunch Beef Stew	24 Lunch Chicken Marsala with Vegetable	25 Lunch Stuffed Shrimp with Vegetable
MONDAY	TUESDAY	WEDNESDAY	*BREAKFAST IS NOW YOUR CHOICE, PICK 1 OF 4 OF THE MENU CHOICES! * DESSERT WITH EVERY MEAL!	
28 Lunch Tuscan Chicken & Penne ala Vodka	29 Lunch Buttermilk Fried Chicken	30 Lunch Meatloaf with Mashed Potatoes and Vegetable		

Breakfast: \$3.00

Lunch: \$5.00

Daily Breakfast Choices:

1. Eggs, Bacon or Sausage
2. Pancakes, Bacon or Sausage
3. French Toast, Bacon or Sausage
4. Bacon Egg & Cheese 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 lunch 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!



TAKE GREAT PHOTOS WITH YOUR SMARTPHONE (FOR BOTH IPHONES AND ANDROIDS)



Thursday, September 17th

1-4pm

Price: \$25

Peter, of Peter Glass Photography, is an award-winning professional photographer specializing in commercial, corporate, and editorial photography.

This class is for those interested in producing high-quality images with their smartphone cameras. Don't forget to bring your fully charged smartphone, the smartphone's charger, and any accessories you have.

TRIAD:Traffic Stop Practices

Thursday, October 8th

8:30am

The Branford Police will be here to discuss what to do and what not to do when getting pulled over, and what to do after getting into an accident. *Please register in advance*



Crochet Pumpkins

Monday, September 28th

10am-12pm

Price: \$3

Rhiannon will teach you how to make a decorative crochet pumpkin for you to take home. Please bring 1 skein of yarn in the color of your choice along with a crochet hook. We will have extra crochet hooks if needed. All other supplies will be provided. You must already know how to single crochet to take this class.

Focus Group ~ For those born between 1956 and 1966

Monday, Sept 28th at 5pm

Attention 60-70 year olds! We are looking to expand our program offerings for those people who may still be working and for those who have signed up to be members but have yet to participate in programs. Are you retired and bored? Don't know what to do now that you are not working? We are excited about connecting and listening to what you are looking for at your Senior Center. Staying active in retirement leads to a healthier lifestyle. Register in advance. Appetizers & adult beverages will be served. RSVP by 9/23.

Mastering Aging Program

Over the next several weeks we will have presentations on topics related to growing older. There is no handbook to guide you into this next phase of life. Be informed and proactive about your well-being. We will navigate together the complexities of aging with confidence and purpose. Sign-up in advance for this informative lecture series.

Tuesdays, October 6 - November 24 (no meeting on November 10)
1:30 - 2:30 pm

October 6 ~ Overview of Series and Exercise: Exercise is crucial for maintaining physical health, mental well-being & longevity. It can reduce the risk of chronic disease, enhances your mood, energy & overall quality of life. Get pumped up with exercises that you can do at home.

October 13 ~ Healthy Relationships: Having good relationships are crucial to the aging process. As we age we lose family and friends through sickness, moving, retirement & death. What are healthy relationships? Learn the “tools” for a better happier you!

October 20 ~ Sleep: Benefits of the importance of sleep, obstacles of getting enough sleep, identifying sleep problems, causes of insomnia, how to improve daytime habits for a better nights sleep, and tips for better sleep at night.

October 27 ~ Falls Prevention and Medication Management: 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 medications.

November 3 ~ Financial Fitness: 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 17 ~ Advance Planning: 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: Importance of good nutrition, healthy eating for older adults, malnutrition, tips on staying hydrated and how to eat healthy for success.

LiveWell Speakers Event

Tuesday, September 29th
11am-12:30pm

The Empowering Partnerships Network Speakers' Bureau shares powerful, dementia positive stories about living well and thriving with dementia. You will hear 3 stories that will redefine what it means to live well with dementia - shifting the narrative towards possibility, connection, joy, and dignity. Themes will include personal diagnosis journeys, finding purpose after diagnosis, adapting to changing abilities, building connection and community, and healthy lifestyles that support brain health. Sign-up in advance for this event.

Drag Queen Bingo

WITH THE DARLING DIVAS

Wednesday, September 30th

5-9pm

Price: \$30



Join us for Drag Queen Bingo with the Darling Divas! Bring your own food. Beer, wine, and dessert will be served. It is sure to be a fun night! Bring a dauber if you have one. If not, bring a magic marker.

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

Tuesday, September 22nd

10:00 AM - 3:00 PM

How Does Poetry Speak?

An introduction to the ways poetry communicates and how it differs from other forms of language. Who is Judith? She is a poet whose work has been published in many literary journals as well as "The New York Times" and "Scientific American." She has given readings, lectures and workshops throughout the United States and in Germany. A collection of her poems, "Ekphrasis" was published in December 2023. Lunch: Chicken Marsala, rice, veggie & dessert. Sign-up with payment by 9/15 **Price:** \$6



Self-Defense Class with Cromwell Martial Arts

Wednesday, October 14th

1-2pm

Price: \$5

This class will teach protective tips on how to avoid confrontations as well as self-defense techniques when conflict cannot be avoided.

Flu Clinic is located on the first floor of the Community House

Tuesday, October 6 from 1:00-6:00 PM



Bring your insurance card. No appointment is needed.
Senior Strength Flu Vaccine for age 65+ will be available.
Bring your ID, insurance card and wear a short-sleeved shirt.



Monthly Mystery Shopping Trip

Thursday, September 17th

11:30am-2:30pm

Price: \$5

Hint: Family-owned grocery. Options available for lunch and fall fun.

Lunch Bunch: Dockside

Separate checks will be provided
Order off the senior menu.

Thursday, September 10th
12pm

145 Block Island Rd
Branford, CT 06405

Happy Hour: Eli's

Separate checks will be provided

Tuesday, September 15th
4pm

624 W. Main St.
Branford, CT 06405

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

Presentations on extended trips through Collette ~ Sign-up in advance to attend

Wednesday, October 14 at 10 AM - Canadian Rockies & Glacier National Park: August 15-21, 2027

Highlights: Head-smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-To-The-Sun Road, Banff, Athabasca Glacier, Lake Louise, and Heritage Park Historic Village.

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.

West Haven Boardwalk

Tuesday, September 15th

Rain date: Thursday, September 24th

9:30am-1:00pm

Price: \$5 (price for bus ride)

Walk the 1.5-mile boardwalk offering views of Long Island Sound. Lined with benches and picnic tables, the boardwalk invites visitors to relax and enjoy the ocean breeze while taking in the sights and sounds of the waterfront. Afterward, we will stop for lunch at Stowe's Seafood.

Stowe's does offer some non-fish options. They only accept cash for payment.



Start gathering all of your old papers for shredding! The shredding event will take place in October.

Dates are TBD. Check the October newsletter for more details

Crypt Tour of the Center Church on the Green

Monday, October 5th

12:15pm-2:30pm

Price: \$6

Take a guided tour of the crypt below the Center Church on the Green located on the New Haven Green. In 1812-1814, a fourth meeting house, the current Center Church meeting house, was built over a small portion of the town's burial ground.

Historically, the New Haven Crypt is one of the exceptional colonial burial grounds to endure untouched.

The Crypt is a rich source of information on the early days of New Haven and a resource for understanding what makes this city unique today.

Hudson Valley Fall Foliage Day Trip

Wednesday, October 7th

7:00am-7:00pm

Price: \$185 (includes coach bus, walking tour, lunch, and cruise)

Transportation from home is not provided

Take a 1-mile guided walking tour on the ***Walkway Over the Hudson*** where you will see views of the Hudson River, Catskill Mountains, and landscape. This bridge was once the 19th century Poughkeepsie-Highland Railroad Bridge that carries freight trains to the rest of the country.

Lunch will be at Mariner's Harbor Restaurant. Entree choices: Chicken Marsala w/ mashed potatoes and vegetables or Lemon butter oven-broiled cod with cilantro lime rice and vegetables. Served with salad, rolls, and dessert. Coffee, tea, and fountain beverages included.

Please let us know your lunch choice at the time of sign-up.

The trip will conclude with a 2-hour scenic cruise on the Hudson River aboard the "***Rip Van Winkle***". Snacks and beverages are available for purchase on board.

Radio City Christmas Spectacular

Thursday, November 19th

7:45am-8:00pm

Price: \$155 (includes coach bus and ticket to show)

Transportation from home is not provided. Guests ages 60+ are allowed

Enjoy a day in NYC followed by a 3pm show of the infamous Christmas Spectacular featuring the Radio City Rockettes. The motorcoach will drop us at 30 Rockefeller Plaza where you will have approximately 3 hours of free time to explore the city. Please meet at Radio City Music Hall by 2pm to get in line for the show. After the show, we will meet back at 30 Rockefeller Plaza (about a 1-minute walk from the theater) by 5pm to return home.

RADIO CITY
ROCKETTES



Goodspeed Opera House ~ *Annie*

Thursday, December 10th

Price: \$70

Meet at the Community House at 12pm, Show starts at 2:00pm

The 50th Anniversary of Goodspeed's Greatest Hit! The musical that stole America's heart comes home on the stage where it all began! With pluck and positivity, Annie escapes Miss Hannigan's orphanage in search of her parents & finds a new family with her lovable mutt Sandy and billionaire Oliver Warbucks. This dazzling new production bursts with joy and timeless songs like "Tomorrow," "It's the Hard Knock Life," and "Maybe." You can bet your bottom dollar—it's the can't-miss event of the season!



Lunchtime Chamber Music

Wednesday, October 21st

11:45am-2:30pm

Price: \$2

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

Craft Corner

Wine Cork Ornament

Monday, September 14 at 10 am

Make one for yourself and one for the Center when we have our sale in November. Bring a Sharpie to class. All supplies will be provided.

Sea Glass Bird Picture

Monday, October 5 at 10 am

Learn the process of creating this picture that we will sell at the Fair in November.

Sign up in advance for both of these classes. Limited seating.



Pottery Painting with Fired Up!

Wednesday, September 16th

11:00 am

Price: \$22

Paint your very own sunflower mug!



Friday Cookout

Friday, September 4th

12 pm

Price: \$5



Enjoy a special Friday cookout at the Community House. Choice of hot dog or hamburger, baked beans, potato salad, and watermelon will be served. The patio will be available for those who want to eat outside. Games will be set up on the side lawn on the corner of Church and Prospect Street.

PICKLEBALL

We have courts reserved at Veteran's Park. The bathrooms are now open during these hours.

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

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 starting September 3rd



Ask a Nurse

Tuesday, September 22nd

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

Walk on a paved path through Foote Park



Bocce

Mondays- Men's Play 10am-1pm

Wednesdays- Women's Play 10am-1pm

Fridays- Co-Ed Play 10am-1pm

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

VIRTUAL FITNESS CLASSES

The virtual fitness classes are held onsite

YouTube Strength- Mondays, Wednesdays & Fridays 9:30AM

YouTube Chair Zumba - Tuesdays 10:30AM & 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



SIGN-UPS FOR FALL FITNESS SESSION (Oct. 1 - Dec. 31) WILL BE SEPTEMBER 16th at 2pm

Beginner Barre

Tues & Thurs, 10/6-12/31
Instructor: Latoya Armstrong
Time: 11:15am-12:15pm
Fee: \$15

Barre is a strength-and-conditioning workout utilizing small, controlled movements, isometric holds, and high-repetition exercises designed to target specific muscle groups. Bring a mat and a small exercise ball.

Meditation

Tuesdays, 10/6-12/29
Instructor: Margo Merin
Time: 10:00-11:00am
Fee: \$10

The first half of the class is discussion of a topic and the last half of the class is a guided meditation.

Zumba

Thursdays, 10/1-12/17
Instructor: Latoya Armstrong
Time: 12:15-1:15pm
Fee: \$10

Zumba is a dance-based cardio workout.

Beginner Line Dancing

Fridays, 10/2-12/18
Instructor: Xan Walker
Time: 11:00-12:00pm
Fee: \$10

Advanced Line Dancing

Fridays, 10/2-12/18
Instructor: Xan Walker
Time: 10:00-11:00am
Fee: \$10

You must take the beginner class first

Tap Dance

Mondays, 10/5-12/28
Instructor: Sharon DiCrosta
Time: 1:30-2:30pm
Fee: \$10

Tai Chi

Tuesdays, 10/6-12/29
Instructor: Alanna Keating
Time: 2:30-3:30pm
Fee: \$10

This class involves gentle, low-impact movements performed in a sequence.

Advanced Barre

Mon & Wed, 10/5-12/30
Instructor: Latoya Armstrong
Time: 9:30am-10:30am
Fee: \$15

Barre is a strength-and-conditioning workout. Bring a mat and a small exercise ball. The advanced class is recommended for those who have taken beginner barre before.

Mixed Media Watercolor

Thursdays, 10/1-12/17
Instructor: Sharon Hart
Time: 1:00-3:00pm
Fee: \$15

Monday Circuit

Mondays, 10/5-12/28
Instructor: Latoya Armstrong
Times: 10:30-11:30am
Fee: \$10

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. **You may only register for 1 Circuit session.*

Aerobics

Mon., Wed., Fri, 10/2-12/18
Instructor: Laura Richling
Time: 8:10-9:00am
Fee: \$20

This is a cardio strength workout that is also great for improving balance.

Advanced Yoga

Tuesdays, 10/6-12/29
Instructor: Margaret Criscuolo
Time: 10:00-11:00am
Fee: \$10
Please bring a mat

Qigong

Wed & Thurs, 10/5-12/28
Instructor: Michael Griffin
Times: 11am-12pm (W); 2:30-3:30pm (Th)
Fee: FREE
Combines mindful movement, breathwork, and meditation to improve balance, flexibility, and inner calm.

Evening Tai Chi

Thursdays, 10/1-12/17
Instructor: Alanna Keating
Time: 4:30-5:30pm
Fee: \$10

Saturday Fit & Fun

Saturdays, 10/3-12/19 (no class 11/28)
Instructor: Tara Hellemann
Time: 11am-12pm
Fee: \$28

The program utilizes light weights, balls and bands. A chair will be provided as optional use. The class will have a combination of cardio, strength, balance, stretching and mindfulness exercises.

Theatre Jazz

Mondays, 10/5-12/28
Instructor: Sharon DiCrosta
Time: 2:30-3:30pm
Fee: \$30

Work to build strength, flexibility, balance & body control all while learning storytelling & a little bit of Broadway theatre history.

Tuesday Circuit

Tuesdays, 10/6-12/29
Instructor: Latoya Armstrong
Times: 12:15-1:15pm
Fee: \$10

**You may only register for 1 Circuit session.*

Friday Chair Yoga

Fridays, 10/2-12/18
Instructor: Laura Richling
Time: 9:00-10:00am
Fee: \$10

All yoga poses are done with the assistance of a chair

Thursday Chair Yoga

Thursdays, 10/1-12/31
Instructor: Margaret Criscuolo
Time: 10:00-11:00am
Fee: \$10

All yoga poses are done with the assistance of a chair

Intermediate Yoga

Thursdays, 10/1-12/31
Instructor: Margaret Criscuolo
Time: 9:00-10:00am
Fee: \$10
Please bring a mat

Beginner Yoga

Tuesdays, 10/6-12/29
Instructor: Margaret Criscuolo
Time: 9:00-10:00am
Fee: \$10
Please bring a mat.

5-Week Dementia Caregiver Series

Fridays, 11am-12:30pm

Sept. 4th - Oct 2nd

Supporting a person with dementia is not “one size fits all”. As the disease progresses, so will the level of assistance needed. Join us for an informative series to increase awareness of how dementia impacts the lives of those it touches. Join Angela Christie, Dementia Specialist from Hartford Healthcare in discussing these important topics.

Depending on interest, there is a potential for a support group for caregivers at the end of the session.

Week 1 • Introduction to Alzheimer's Disease

Join us for a conversation and overview of Alzheimer's disease.

Week 2 • Understanding the Message Behind the Behavior

Join us for a conversation about communication and behavior in dementia care.

Week 3 • Caring for the Caregiver: Managing Stress & Building Resilience

Join us for a conversation about the challenges and rewards of caregiving.

Week 4 • Caring for the Care-Partner

Join us for a conversation about supporting and caring for a loved one living with Alzheimer's disease or another dementia.

Week 5 • Community Resources & Support Services

Join us for a conversation about the resources available to support individuals living with Alzheimer's disease and their care partners.



WHIFFLEBALL GAME

Wednesday, September 30th

11:00am

Hammer Field

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

CARDIO DRUMMING

\$15 for 4 week session

Registration begins Sept 16th at 2pm

Mondays

October 19th-November 9th
11:00am

OR

Wednesdays

October 7th-28th
11:00am

Knitting Lessons

Fridays at 1pm
Sept. 11th - Oct. 16th



Crochet Lessons

Fridays at 1pm
Oct 23rd-Dec. 4th (no class
(11/27))

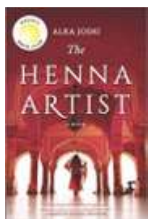
Recommended for those who have never knit or crochet before.



WEEKLY CARD GAMES & MORE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am Mah Jongg 12:30pm BINGO 2:00pm Hand & Foot	1:00pm Scrabble 1:30pm Poker	11:00am Setback 12:30pm Jammers 1:00pm Hand & Foot 1:00pm Coloring n' Conversation 1:30pm Ukulele	10:00am Hook N' Needle 1:00pm Canasta	10:00am Shuffleboard 11:00am Setback 11:00am Mah Jongg 11am-4pm Ping Pong 1:00pm Corn Hole 2:00pm Pinochle

READER'S CHOICE BOOK CLUB



Henna Artist - Author Alka Joshi

The story centers on 17-year-old Lakshmi, who escapes an abusive marriage and moves to the city of Jaipur in the 1950s. She becomes a highly henna artist and confidante to wealthy women, navigating societal expectations, gossip, and personal secrets while striving for independence and self-fulfillment.

Date: Tuesday, September 1 at 1:30 pm



Pineapple Street - Author Jenny Jackson Darley, the eldest daughter in the well-connected old money family, followed her heart, trading her job and her inheritance for motherhood but giving up far too much in the process; Sasha, a middle-class New England girl, has married into the Brooklyn Heights family, and finds herself cast as the ambitious outsider; and Georgiana, the baby of the family, has fallen in love with someone she can't have, and must decide what kind of person she wants to be.

Date: Tuesday, October 6 at 1:30 PM

Insight

A group 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. These skills have not only allowed her to flourish in a world that is quite visually oriented, but to develop alternative solutions to ordinary daily tasks. This skill cultivation has many overlapping benefits for everyday life for anyone. We use creative thinking, openness, resourcefulness, specific skill techniques to mention a few. Come and gain new **INSIGHT** in your world. Please register in advance

Dates: September 16th at 2:00pm



GENEALOGY

Finding and Using Obituaries and Comparing Newspaper Websites

Obituaries are invaluable resources for your ancestors. Many obituaries can provide you with information that you cannot find elsewhere, like their parent's names, siblings etc. It can confirm relationships. Which you are uncertain of. Where can you find Obituaries for your ancestor. We'll talk about where to go to find them preferably on-line at little or at no cost.

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

Date: Monday, Sept 14th at 1:00pm



TECH HELP

Wednesday, September 30th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!

Courtney from Re-Loved Designs



Decoupage Mini Pumpkins

Wednesday, September 9th

10:30am

Price: \$20



Decorate 2 mini pumpkins with fall-themed napkins and fun embellishments to create your own festive fall décor!



Needle Felting Art

Wednesday, September 30th

10:30am

Price: \$20



Choose from an adorable ghost, pumpkin or candy corn. Each complete piece will be attached to a wood slice or mini frame

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!



Remembering the Future — Architecture at the NYC World's Fair

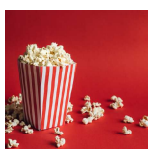
Tuesday, September 8th at 2pm

Greek Gastronomy — A Journey of Flavors, People & Landscapes

Thursday, September 15th at 2pm

A Penitentiary with a Past — The Story of Alcatraz

Tuesday, September 22nd at 2pm



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.

September 4 – My Big Fat Greek Wedding

A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

September 11 – The Starling

After Lilly suffers a loss, a combative Starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the Starling, she rediscovers her will to live and capacity for love.

September 18– A Beautiful Day in the Neighborhood

Lloyd Vogel, a cynical journalist, gets acquainted with a kind-hearted television host Fred Rogers while writing an article on him. With time, they strike an unlikely friendship.

September 25 - A Man Called Otto

A recently widowed grump sees no reason to keep on living until an unexpected friendship with a young mother changes his outlook on life.

Birthday Celebration!

Come celebrate September birthdays on **Friday, September 25th at**

12:30pm with a sweet treat!

All are welcome to attend!



Please sign up in advance.

AUGUST DAILY ACTIVITIES SCHEDULE

MON	TUES	WED	THURS	FRI
It's National Senior Center Month! <u>Theme: Happier Birthdays Happen Here</u>	1 NO BARRE NO CIRCUIT 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 YouTube Chair Zumba 11:30 YouTube Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Book Club 2:00 Road Scholar 2:30 Tai Chi	2 NO BARRE 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 10:00 Kayak Outer Island 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun	3 NO BARRE NO ZUMBA 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Recess! 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 12:00 Ivoryton: Come From Away 1:00 Canasta 1:00 Watercolor 1:30 Hoop Games 2:30 Qigong 4:30 Tai Chi	4 8:10 Aerobics 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 Dementia Series 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:00 Friday Cookout 12:45 Movie Matinee 1:00 Cornhole 2:00 Pinochle <u>Saturday 9/5</u> NO Saturday Fit & Fun
7 CLOSED 	8 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 YouTube Chair Zumba 11:30 YouTube Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi	9 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 10:00 YouTube Cardio 10:00 Life Stories Writing Workshop 10:00 Women's Bocce 10:30 Decoupage Pumpkins 11:00 Setback 11:00 Qigong 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun	10 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Recess! 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 12:00 Lunch Bunch: Dockside 1:00 Canasta 1:00 Watercolor 1:30 Hoop Games 2:30 Qigong 4:30 Tai Chi	11 8:10 Aerobics 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 Dementia Series 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 Knitting Lesson 2:00 Pinochle <u>Saturday 9/5</u> 11am Saturday Fit & Fun

MON	TUES	WED	THURS	FRI
14 8:10 Aerobics 8:45 Walking at Foote Park 9:30 YouTube Strength 9:30 Advanced Barre 10:00 Wine Cork Ornament 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	15 NO TAI CHI NO MEDITATION 9:00 Beginner Yoga 9:30 West Haven Boardwalk 10:00 Advanced Yoga 10:30 YouTube Chair Zumba 11:00 How to Avoid The Nursing Home for Your Loved One 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 4:00 Happy Hour: Eli's	16 2PM REGISTRATION FOR CLASSES 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Beginner Barre 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 11:00 Pottery Painting w/ Fired Up! 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele for Fun 2:00 Registration for Paid Classes	17 NO TAI CHI 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 Recess! 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:15 Beginner Barre 11:30 Mystery Shopping Trip 11:30 YouTube Balance & Strength 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:00 Take Great Photos w/ Phone 1:30 Hoop Games 2:30 Qigong	18 8:10 Aerobics 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 Dementia Series 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 Knitting Lesson 2:00 Pinochle <u>Saturday 9/19</u> 11:00 Saturday Fit & Fun
21 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Big E Trip #1 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	22 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 Poetry Workshop 10:30 YouTube Chair Zumba 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi	23 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Trip: Big E #2 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Life Stories Writing Workshop 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele For Fun	24 9:00 Intermediate Yoga 9:00 Morning Errands 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 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	25 8:10 Aerobics 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 Dementia Series 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:30 Birthday Celebration 12:45 Movie Matinee 1:00 Cornhole 1:00 Knitting Lesson 2:00 Pinochle <u>Saturday 9/26</u> 11:00 Saturday Fit & Fun

MON	TUES	WED	THURS	FRI
28 8:10 Aerobics 8:45 Walking at Foote Park 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:00 Crochet Pumpkin 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	29 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 YouTube Chair Zumba 11:00 LiveWell Speakers Event 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Road Scholar 2:30 Tai Chi	30 8:10 Aerobics 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Women's Bocce 10:30 Needle Felting 11:00 Setback 11:00 Qigong 12:30 Jammers 11:00 Whiffleball Game 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele For Fun 2:00 Tech Help 5:00 Drag Queen Bingo		

September is National Senior Center Month! It is celebrated each September to highlight the vital role senior centers play in promoting health, connection, and purpose for older adults.

The 2026 theme, "Happier Birthdays Happen Here," celebrates how senior centers foster creativity, connection, purpose, and resilience



Whiffleball Game 08/26/26



Hidden Valley Mini Golf 8/27/26

AUGUST NEWSLETTER CORRECTION:

For the month of November, the Life Stories Creative Writing Workshop will NOT meet on November 11th. Instead, it will meet on November 4th