

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

OCTOBER 2026

Senior Services



LOCATION

Joe Trapasso Community House
46 Church Street
Branford, CT 06405



OFFICE HOURS

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



OFFICE PHONE

(203) 481-3429



WEBSITE

branfordrecreation.org



www.facebook.com/BranfordParksRecSeniorServices

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Annual Medicare Part D Open Enrollment (Oct. 15-Dec. 7th): Join us on Monday, October 19 at 10 AM for this in person meeting. Leslie Pruitt, Resource Center Coordinator at the Agency on Aging of South-Central CT, will explain this process and share any changes coming to Medicare in 2027. Sign up by 10/16 to attend.

Medicare Enrollment: Monday, October 26, 10 AM - 3 PM: There are limited spots available for one-on-one assistance with Carolyn Cicarella, CHOICES Counselor. If you have a Medicare.gov account with your scripts included, please bring this to your appointment. If you don't have an account, please make sure to bring all of your medications with dosages, current plan details and healthcare providers you regularly see. Contact Nancy for a confidential appointment time at 203-315-0682.

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

USDA Farmers to Families Food: Every week at Foote Park until further notice there will be a variety of fresh fruits & veggies available to all Branford residents from local farmers on Thursdays at 11 am. *Supplies are limited. Please do not arrive before 11 am.*

Welcome to New Staff: Deborah Dangelo, Part Time Administrative Assistant and James Trudden, Program Support Assistant.

Be Wary of Customer Support Impostors for Financial Services

- Asking user for account password
- Asking for personal information (Social Security, routing or account numbers)
- Emails have typos, grammatical errors, or awkward language
- An offer for a prize or gift that seems too good-to-be-true
- Sending attachments claiming to be tax or financial documents. False attachments can download harmful malware onto your device. Avoid clicking links or attachments.
- If you are told to go to Walmart to make a payment, don't do it.

REGISTRATION INFORMATION

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OUR STAFF

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

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

MEMBERSHIP

Annual fee is \$10 (Renews one year from the date you join!)

HOW TO REGISTER

You can register by phone, in-person or on-line for most of our programs. Need help creating an account? Call the office or visit staff for assistance. You can visit us on-line at www.branfordrecreation.org and click on "Create an Account" Only Branford residents and members of the Senior Center may register.

REGISTRATION PAYMENTS

Forms of payment: Cash, Check or Credit Card. VISA & Mastercard are accepted on-line, by mail and in-person. Cash payments are only accepted during office hours. If paying by check, please make checks or money orders payable to "Treasurer, Town of Branford". A \$20 fee will be assessed for returned checks.

TRIP POLICIES:

- If a program/activity is cancelled by the Parks, Recreation & Senior Services Department a full refund will be issued.
- If you need transportation to the center for a trip, please let us know when making your reservation.
- Full payment is due at time of reservation unless otherwise noted.
- If a trip/activity is full, you will be placed on a waitlist.
- People will be seated together on busses and theatres as indicated when registering. If a guest is traveling with you, list them as your guest and include their payment (in full).
- For day trips, you must arrive 15 minutes prior to departure time.

Cancellation Policy: A refund will be granted only if the vacated spot is successfully filled by a participant from the official waitlist at the time of withdrawal.

FITNESS POLICY:

Please notify Rhiannon if you expect to miss 3 or more consecutive classes or you will be automatically removed from the class with no refund.

Smoking is prohibited at all properties under the control of the Branford Parks, Recreation & Senior Services Dept. at all times, including but not limited to: buildings, grounds, entrances, sidewalks, parking lots and beaches. Smoking is defined as the use of cigarettes, pipes, cigars, and other devices that produce smoke including electronic cigarettes, vapes and water pipes"

Dale Izzo ~ Director

Parks, Recreation & Senior Services

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Nico Martone ~ Custodian

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Scott Roth ~ Chef

Mary Derrico & Anna Belcher ~ Chef

Maureen Hall ~ Kitchen Aide

Please note: Building is closed Monday, Oct. 12

WEATHER

If Branford Public Schools are cancelled or dismissed early, all Senior Programming and activities will be cancelled. If schools have a delay opening, programs will continue as scheduled, except for programs starting prior to 10:00 AM. Breakfast will be cancelled. If the BOE cancels their evening activities, it will be at the discretion of our Department to keep evening programs on as scheduled. For the most up to date information, please call the office, visit our website

OFFICE PHONE: (203) 481-3429

WEBSITE: WWW.BRANFORDRECREATION.ORG

Chabaso Bread: Bread is handed out on twice a month on Fridays beginning at 10:00 am. YUM! ***Limited Supply First come first serve. We will now be supplying bags!***

Dates: October 2, 16 & 30

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

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

Computers for use in the Library:

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



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

Transportation Services:

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

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

CALL TIM FOR ALL TRANSPORTATION NEEDS (203) 315-0681 email: tkron@branford-ct.gov

Services offered by our Case Manager, Tabitha Brown:

- Printing and completing applications for senior or disabled housing
- Understanding how 211 works & assistance calling them
- Getting connected to basic need services in the Branford community
- Guidance and support when dealing with Domestic Violence
- Connections to Mental Health and Physical Health resources
- Applying for a government phone
- And so much more!

To make an appointment with Tabitha please call 203-315-0683

Services offered by our Social Services Support Specialist Kelly Gesuero:

- | | |
|------------------------------|--------------------|
| *Renters Rebate Applications | *Energy Assistance |
| *MSP | *SNAP |

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

Join us daily in the Canoe Brook Cafe for breakfast and lunch. The Senior Center serves hot breakfast & lunch daily. Meals are created by our own Chefs and are available Monday through Friday (excluding all town observed holidays) The cost for members is \$3 for breakfast and \$5 for lunch. **Reservations MUST be made at least 1 day in advance before 10:00am and accompanied by payment. Payments can be made with cash, check or credit card.** Call the office at 203-481-3429. Cancellation should be called in as early as possible. *No refunds for no shows.* **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 residents pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES

CANOE BROOK CAFE MENU

OCTOBER 2026

***BREAKFAST IS NOW YOUR CHOICE, PICK 1 OF 4 OF THE MENU CHOICES!**

***DESSERT WITH EVERY MEAL!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Lunch Chicken Piccata With Vegetables	6 Lunch Stuffed Peppers	7 Lunch Pork Sandwich With Vegetables	1 Lunch Pork Loin with Vegetables	2 Lunch Shrimp Scampi With Vegetables
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 CLOSED	13 Lunch Chicken Pot Pie	14 Lunch Meatloaf With Potatoes and Vegetables	8 Lunch Eggplant Parmesan, Ziti & Vegetable	9 Lunch Salmon With Rice and Vegetable
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Lunch Chili with Cornbread	20 Lunch Ribs and Vegetable	21 Lunch Stuffed Flounder With Vegetable	22 Lunch Stuffed Cabbage with Vegetable	23 Lunch Chicken Marsala with Pasta and Vegetable
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Lunch Vegetable Lasagna	27 Lunch Stuffed Shrimp and Vegetable	28 Lunch Meatloaf with Mashed Potato and Vegetable	29 Lunch Chicken Parmesan with Pasta and Vegetable	30 Lunch BBQ Brisket 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 or Sausage Egg Sandwich

Breakfast is served

Daily from

8:45AM-10:00AM

and

Lunch is served from

11:45AM-12:30PM

***YOU MUST GET YOUR LUNCH BY**

12:30PM*

Here is how to register:

1. You must pre-register

for meals by 12PM

the day before!

Please Call

the office at

203-481-3429

2. Payment can be

made via cash, check, or

credit card.

Bon Appetit!!!

**The menu is subject
to change.**



Waverly Lounge:

Complimentary Tea and Coffee Served daily

8:15am to 12:00pm

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



Annual Election Day Craft Fair

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

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

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. Be in the know! Please register in advance for this informative talk.

Halloween Jukebox Bingo

Thursday, October 29th
4-7pm
Price: \$30

A new twist on bingo. Instead of numbers we use your favorite music! Enjoy a delicious Fall harvest meal prepared by our chefs. **Menu:** salad w/pears, craisins & candied pecans; bread. **Entree choice of:** chicken breast stuffed w/apricots, apples & herbs **or** stuffed fish. **Sides:** roasted potatoes, parsnips & butternut squash, brussel sprouts. **Dessert:** creme brulee. Beer, wine & soft drinks. Wear orange, black, or a your best Halloween costume!

Pepper Jelly

Thursday, October 22
1:30 pm

Help is needed to make pepper jelly for the Annual Election Day Fair on November 3rd. Have fun in the kitchen with Nancy. Sign-up by 10/16.

Pasta Fundraiser Meeting

Thursday, October 15
9:30 am

Plans are starting for a Pasta Fundraiser in the New Year to help out with our meal program. Be in the know with all of the details to make this a successful event. Looking to have raffle prizes, so if you own a business or would like to go to some of your favorite retail shops to ask if they would like to make a donation to this community event, please let us know. Sign-up by 10/14.



GENEALOGY

Hard to Find Vital Records, Including Adoption Records, Divorce Records

Although government vital records were not kept until the latter part of the 19th century in the USA and elsewhere Vital records are available in obscure locations. What is available varies greatly from State to State and by time period. Please send Marty the name of who you are looking for, the type of record, location, dates you know etc.

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

Date: Monday, Oct 19th at 1:00pm

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 with Nancy: Exercise can reduce the risk of chronic disease, enhances your mood, energy & overall quality of life.

October 13 ~ Healthy Relationships presented by Steph Striker, LCSW, Branford Counseling & Community Services: 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?

October 20 ~ Sleep presented by East Shore District Health Department: 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 night's sleep, & tips for better sleep at night.

October 27 ~ Falls Prevention and Medication Management presented by East Shore District Health Department: Myths/realities about falling, identifying and removing fall hazards, and tips to prevent falls. Also, how to manage your medications, document, store, and dispose of medications.

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

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

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

**E-Bike Presentation
Friday, October 30th
10:00am**

Attend this e-bike information session and demonstration. Did you know that one of the biggest groups of e-bike users is seniors? Spark Cycleworks will bring bikes to do demos and explain important details about upkeep and service; they will cover important safety info as well as state laws. We will meet indoors first and then go outside to see the workings of the bikes and if you choose, try one out. This is a fun, informative and hands on experience. Sign-up by 10/28.

**Diamond Art Ornaments
Tuesday, November 17th
10:00 am
Price: \$5**

Make your own diamond art ornament just in time for the holidays! All supplies will be provided.



Legacy Theatre
'Tis the Season
Thursday, December 17th
2pm
Price: \$40

The Sarafinas bring their New York City magic to the Legacy Theatre for the world premiere of their brand-new holiday show, *'Tis the Season!* Step into a live holiday television special where a grandmother and granddaughter gather to decorate their holiday tree. As ornaments are hung and memories are shared, The Sarafinas whisk them—and the audience—on a magical journey of music, nostalgia, and the true spirit of the season.



Please meet at the Community House promptly at 1:15pm

Bunco
Tuesdays at 6pm
Waverly Lounge
Starting October 13th



We are starting a Bunco group in the evening! Whether you already know how to play or you have never played before, come join in on the fun! Bunco is a dice game that involves switching seats and tables throughout the game. The objective is to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved when a person rolls three of a kind and all three numbers match the round number. *Transportation from home not provided*

Goodspeed Opera House
Annie
Thursday, December 10th
Price: \$70



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!

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

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.

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

Flu Clinic is located on the first floor of the Community House
Tuesday, October 6 from 1:00-6:00 PM



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, October 15th

11:00am-2:00pm

Price: \$5

Hint: Enjoy a variety of shop (Food, clothes, books). Be prepared to walk outside.

Lunch Bunch: 9 East Habachi & Asian Kitchen

Thursday, October 8th

12pm

310 E Main St

Branford, CT 06405

Please bring cash as separate checks may not be provided

Happy Hour: Little Pub

Thursday, October 15th

4pm

120 N Main Street

Branford, CT 06405

Separate checks will be provided as long as you tell the wait staff prior to ordering your food that this is your request.

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

Painted Canyons of the West: April 11-19, 2027, If you have been thinking about going on this Collette Tour, you have until October 11th to sign-up with a deposit. Highlights: Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef National Park, Bryce Canyon National Park, Zion National Park, Las Vegas. Double PP \$3,999, Single PP \$4,999

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.

Shredding Event

**October 19th-23rd
2-4pm**



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

Free! A benefit for members of the Senior Center whose annual dues are current - \$10 (Bins are for personal use only)



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

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

Schedule starting November 9th in the gymnasium:

Mondays:

10-11:15am Intermediate players

11:30am-12:45pm Seasoned Players

Thursdays:

8:30-10:45am Intermediate Players

Tuesdays:

8:30-10:45am Seasoned players

Fridays:

1-2:30pm Beginner lessons with Roger

Please register in advance

Hoop Games

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



Ask a Nurse

Tuesday, 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
FOOTE PARK

Walking group will move in the gym starting November 9th

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

UPDATED SCHEDULE

Kinima Strength- Mondays 9:30am

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

YouTube Chair Zumba - Tuesdays & Thursdays 10:00AM

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

YouTube Balance & Strength- Thursdays 11:30AM

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



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

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

Cardio Drumming
\$15 for 4 week session

Mondays

November 16th - December 7th
11:00am

OR

Wednesdays

November 4th - December 2nd
11:00am

Whiffleball Game

Wednesday, October 28th
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.





WEEKLY CARD GAMES & MORE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:00am Mah Jongg 12:30pm BINGO 2:00pm Hand & Foot	1:00pm Scrabble 1:30pm Poker 6:00pm Bunco	11:00am Setback 12:30pm Jammers 1:00pm Hand & Foot 1:00pm Coloring n' Conversation 1:30pm Ukulele	10:00am Hook N' Needle 1:00pm Canasta	10:00am Shuffleboard 11:00am Setback 11:00am Mah Jongg 11am Ping Pong 1:00pm Corn Hole 2:00pm Pinochle

READER'S CHOICE BOOK CLUB



Pineapple Street - Author Jenny Jackson This is about three women in New York's one-percenters, their family love and class.

Date: Tuesday, October 6 at 1:30 PM



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

Date: November 3 at 1:30 PM



TECH HELP

Wednesday, October 28th

2-4 PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT IN ADVANCE!

Insight

For people dealing with or supporting those with decreasing vision led by Maureen Carr.

Maureen has been legally blind since birth & had the opportunity to learn and cultivate strategies which allow her to maximize her resources and objectives. 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. We use creative thinking, openness, resourcefulness, specific skill techniques to mention a few. Come and gain new **INSIGHT** in your world. Please register in advance.

Date: October 21st at 2pm

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.

Magazine Collage Class

Thursday, October 8th

5-7pm

Price: \$25



Cut Loose & Get Creative! Come join your friends for a fun and relaxing collage class. Cut, tear, layer, and combine colorful pictures, inspiring words, and favorite images to create a one-of-a-kind masterpiece. No artistic experience needed. Sharon Hart will demonstrate the process and provide ideas to get you started. What to Bring? Your reading glasses, if you use them, and your imagination! All other materials will be provided.

Star Wreath Workshop

Thursday, November 5th

5-7pm

Price: \$35

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



Courtney from Re-Loved Designs

Mini Sea Glass and Pebble Art

Wednesday, October 14th

10:30am

Price: \$20

Mini sea glass and pebble art to create the most adorable fall and Halloween inspired creations. Fee includes mini frame, all materials and instruction



Mini Beaded Blooms- Fall Edition!

Wednesday, October 28th

10:30am

Price: \$20

Mini Beaded Blooms are back, but even cuter with these fall themed additions. You will make 1 mini vase with 5-6 beaded stems for the most adorable seasonal trinket. Fee includes all materials and instruction



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!



Santa Fe – The City Different

Monday, October 5th at 2pm

The European Union in an Age of Nationalism

Friday, October 9th at 10am

Planning Ahead for Aging Support & Senior Living Before a Crisis

Friday, September 16th at 10am

Gay Songwriters in 20th Century NYC – Hart, Porter & Coward

Monday, October 19th at 10am

Age Well: The Science of Brain Health & Proven Ways to Protect Your Mind

Friday, October 23rd at 10am

Santa Muerte & The Day of the Dead

Monday, October 26th 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.

October 2 – The Breadwinner

When a supermom lands a Shark Tank deal, she switches roles with her breadwinner husband, who struggles to adapt as a stay-at-home dad to their three daughters.

October 9 – 9 to 5

Three secretaries turn the tables on their obnoxious boss. Starring Dolly Parton, Jane Fonda, and Lily Tomlin

October 16– Steel Magnolias

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold. Starring Dolly Parton, Sally Field, Shirley MacLaine

October 23 - The Dressmaker

A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong

October 30 - Beetlejuice

The spirits of a deceased couple are harassed by an unbearable family that has moved into their home, and hire a malicious spirit to drive them out.

Birthday Celebration!



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

All are welcome to attend!

Please sign up by 10/26

DAILY ACTIVITIES SCHEDULE

MON	TUES	WED	THURS	FRI
			1 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:30 YouTube Balance & Strength 12:00 Goodspeed: Snow Goose 1:00 Canasta 1:00 Watercolor 1:30 Hoop Games 2:30 Qigong 4:30 Tai Chi	2 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:00 Chabaso Bread 10:15 YouTube Chair Yoga 11:00 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 2:00 Pinochle <u>Saturday 10/3</u> 11am Saturday Fit & Fun
5 8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:30 Circuit 11:00 Mah Jongg 12:00 Dominoes 12:15 Trip: Center Church on the Green 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Road Scholar 2:30 Theatre Jazz	6 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:45 YouTube Strength 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Book Club 2:30 Tai Chi	7 7:00 Trip: Hudson Valley 8:10 Aerobics 8:15 Beginner Barre 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele Fun	8 9:00 Morning Errands 9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:15 Beginner Barre 11:30 YouTube Balance & Strength 12:00 Lunch Bunch 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:30 Hoop Games 2:30 Qigong 4:30 Tai Chi 5:00 Magazine Collage Class	9 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:00 Road Scholar 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:45 Movie Matinee 1:00 Cornhole 1:00 Knitting Lesson 2:00 Pinochle <u>Saturday 10/10</u> 11am Saturday Fit & Fun

MON	TUES	WED	THURS	FRI
12 CLOSED	13 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:45 YouTube Strength 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:30 Tai Chi 6:00 Bunco	14 8:10 Aerobics 8:15 Beginner Barre 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 Life Stories Workshop 10:00 YouTube Cardio 10:00 Women's Bocce 10:30 Courtney from Re-Loved Designs 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele for Fun	15 9:00 Intermediate Yoga 9:00 Morning Errands 9:30 Pasta Fundraiser Meeting 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 YouTube Chair Zumba 11:00 YouTube Chair Yoga 11:00 Mystery Shopping Trip 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 4:00 Happy Hour	16 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 10:00 Road Scholar 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:00 Chabaso Bread 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:45 Movie Matinee 1:00 Cornhole 1:00 Knitting Lesson 2:00 Pinochle <u>Saturday 9/17</u> 11:00 Saturday Fit & Fun
19 8:10 Aerobics 8:45 Walking at Foote Park 9:30 Kinima Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Men's Bocce 10:00 Road Scholar 10:30 Circuit 11:00 Mah Jongg 11:00 Cardio Drumming 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:30 Theatre Jazz	20 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 YouTube Chair Zumba 10:45 YouTube Strength 11:15 Beginner Barre 11:30 YouTube Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:30 Tai Chi 6:00 Bunco	21 8:10 Aerobics 8:15 Beginner Barre 8:45 Walking at Foote Park 9:00 Morning Errands 9:30 YouTube Strength 9:30 Advanced Barre 10:00 YouTube Cardio 10:00 Women's Bocce 11:00 Setback 11:00 Qigong 11:00 Cardio Drumming 11:45 Trip: Lunchtime Chamber Music 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring n' Conversation 1:30 Ukulele For Fun 2pm Insight	22 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 Pepper Jelly 1:30 Hoop Games 2:30 Qigong 4:30 Tai Chi	23 8:10 Aerobics 8:15 Beginner Barre 9:00 Chair yoga 9:30 YouTube Strength 10:00 Shuffleboard 10:00 Adv. Line Dancing 10:00 Co-Ed Bocce 10:00 Road Scholar 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Setback 11:00 Ping Pong 12:45 Movie Matinee 1:00 Cornhole 1:00 Crochet Lesson 2:00 Pinochle <u>Saturday 10/24</u> 11:00 Saturday Fit & Fun

MON

TUES

WED

THURS

FRI

26

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

27

9:00 Beginner Yoga
 10:00 Advanced Yoga
 10:00 Meditation
 10:00 YouTube Chair Zumba
 10:45 YouTube Strength
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
 2:30 Tai Chi
 6:00 Bunco

28

8:10 Aerobics
 8:15 Beginner Barre
 8:45 Walking at Foote Park
9:00 Morning Errands
 9:30 YouTube Strength
 9:30 Advanced Barre
10:00 Life Stories Workshop
 10:00 YouTube Cardio
 10:00 Women's Bocce
10:30 Courtney from Re-Loved Designs
 11:00 Setback
 11:00 Qigong
 11:00 Cardio Drumming
11:00 Whiffleball Game
 12:30 Jammers
 1:00 Hand & Foot
 1:00 Coloring n' Conversation
 1:30 Ukulele For Fun
2:00 Tech Help

29

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

30

8:10 Aerobics
 8:15 Beginner Barre
 9:00 Chair yoga
 9:30 YouTube Strength
10:00 Chabaso Bread
 10:00 Shuffleboard
 10:00 Adv. Line Dancing
10:00 E-Bike Talk
 10:00 Co-Ed Bocce
 10:15 YouTube Chair Yoga
 11:00 Beg. Line Dancing
 11:00 Mah Jongg
 11:00 Setback
 11:00 Ping Pong
12:30 Birthday Celebration
 12:45 Movie Matinee
 1:00 Cornhole
1:00 Crochet Lesson
 2:00 Pinochle

Saturday 10/31

11:00 Saturday Fit & Fun

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



Kayak trip to Outer Island



Crochet Pumpkin class



Whiffleball Game