

Connect ★ Learn ★ Explore

CANOE BROOK CENTER

Branford, CT

EST 1970

CANOE BROOK CONNECTIONS APRIL 2025

JOE TRAPASSO
COMMUNITY HOUSE
46 CHURCH STREET
BRANFORD CT 06405

OFFICE HOURS:
8:00am-4:30pm

CONTACTS:
**Director Parks Recreation
and Leisure Services:**

Dale 203-488-8304

dizzo@branford-ct.gov

Assistant Director:

Nancy 203-315-0682

ncohen@branford-ct.gov

Program Assistant:

Rhiannon 203-315-0687

rturco@branford-ct.gov

Transportation Coordinator:

Tim 203-315-0681

tkron@branford-ct.gov

Activity Coordinator:

Nell 203-315-0684

nreinwald@branford-ct.gov

Canoe Brook Cafe:

Maureen 203-315-0685

Caseworker:

Vacant

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SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Friday, April 11th & 25th, May 9th & 23, 10 am until gone. Bring a bag & we will fill it with fresh baked goodness. Yum!

Bimbo Entenmann's Bakery is donating food once a month to us: The majority of pre-packaged food is Freihofer's sliced bread, Thomas' English Muffins, flat breads, Hostess & Entenmanns products. One package per household until it's gone. Pick-up at 11AM in the Waverly Lounge on Tuesday, April 15th & May 13th

Energy Assistance for SCG Gas and Eversource Customers: Last day to apply is May 30. Your monthly gross income from all sources must be less than: \$3,322 for 1 and \$4,345 for 2. Income for anyone living in your home must be documented; there is no asset limit. **All applications will be processed before the May 30 deadline.** **Special Note:** If you heat with oil, kerosene, or propane: the last day to order fuel is April 1st.

Beware of Social Security Scams if you receive a call, text, email, letter, or message on social media that:

Threatens to suspend your Social Security number

Warns of arrest or legal action

Demands or requests immediate payment

Requires payment by gift card, prepaid debit card, Internet currency, or by mailing cash

Pressures you for personal information

Requests secrecy

Threatens to seize your bank account

Promises to increase your Social Security benefit

Tries to gain your trust by providing fake "documentation," false "evidence," or the name of a real government official

It is a SCAM!

Mini buses: Did you know that we have red tip boxes in our buses? Drivers are not allowed to receive a gratuity from passengers, but we welcome all donations placed in the box to offset vehicle costs.



Canoe Brook TRIAD Upcoming Programs:

- April 8th 10:30am: QPR (Question-Persuade-Refer) with ESDHD
- April 17th 11am: Don't be a Victim of Fraud
- April 23rd 11am: Fire Safety with Branford Fire Marshal



Register with Nell at (203)315-0684 or via email nreinwald@branford-ct.gov

Canoe Brook TRIAD is a three-way commitment among our Police Division, seniors and community partners. The Triad partnership protects our growing elderly population.

SCRCG and the DOT present a FREE

AARP SAFE DRIVING COURSE

WEDNESDAY, APRIL 2ND

9:00AM-1:00PM

Join Canoe Brook For A TOUR OF BALLARD INSTITUTE OF PUPPETRY AT UCONN

\$21 TUESDAY,
APRIL 15th

9:30AM-3:30PM

Tour of the Museum,
Lunch at your choice
of local eateries,
followed by Uconn
Dairy Bar for dessert.
Bring extra money
for lunch and ice cream.



CHEF MARY'S
CULINARY CLASSES
LLC PRESENTS

COOKING CLASS

Monday, April 14th
1:30PM

\$25 INCLUDES
LESSON AND
MEAL:

Customizable Flatbread



REGISTER WITH NELL
203-315-0684
NREINWALD@BRANFORD-CT.GOV

Canoe Brook presents

Movie And A Meal

April
25th

\$10



Lunch at 12:30PM

Movie starts roughly 1:00PM



LUNCH:
Eggplant Parmigiana,
Penne Al Pomodoro,
and Salad
From LoMonaco's

MOVIE: Conclave

Register with NELL 203-315-0684 or
nreinwald@branford-ct.gov

You Are Invited To
Canoe Brooks

55th Anniversary Dinner Party

22ND MAY | 5:00 PM

\$20 per person

*Dinner Catered by LoMonaco's:
Chicken or Eggplant Parmigiana
Penne Vodka Cream Sauce*

**Live music with
Airborne Trio!**



CELEBRATE ITALIA!!

AT THE AQUATURF

**TUESDAY, JULY 8TH
10:15AM - 4:30PM**

\$75.00

**Includes bus, music
and meal at Aquaturf**

Boston's top Italian band returns!

**The Italian Connection keeps it
classic with the sounds you know
and love. From the biggest
crescendos to the most dynamic
arpeggios, you won't want to
miss a beat!!**

**Enjoy a delicious meal of
Meatballs & Sausage/ Chicken Parmigiana**

REGISTER WITH NELL TODAY!

Newport Mansion TOUR and Thames Street

Canoe Brook
TRAVEL



**\$80
PER PERSON**

**WEDNESDAY,
JULY 24th
8:00am-5:45pm**

Register Today with NELL
(203)315-0684
nreinwald@branford-ct.gov

Join us as we explore NEWPORT!
Enjoy a self-guided tour of the
Breakers Mansion. This is the
most spectacular of the Newport
mansions. Absolutely incredible!
Great audio tour, helpful
employees, beautifully
maintained. The details are
fascinating! After the mansion
we will spend time on Thames
Street!
SHOP, EAT, EXPLORE!

BUS TRIP TO YANKEE STADIUM

\$120 per person

JULY 31st 1:00 GAME

Yankees vs. Rays

PRICE INCLUDES: BUS, TICKET TO THE GAME &
ALL YOU CAN EAT HOT DOGS, PRETZELS,
SAUSAGE & PEPPERS, PEPSI PRODUCTS AND
WATER THROUGH THE 5TH INNING

**Bus Leaves Center at 10:30am
Estimated Return is 6:00pm**

REGISTER WITH NELL TODAY!

TRIPS:

Trip Policies and Procedures can be found on page 12.

APRIL 9TH
YALE LUNCH TIME CHAM-
BER MUSIC CONCERT
11:45AM-2:15PM

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

PRICE:\$2.00**2nd Bus added! Spots Available!**

APRIL 10TH
LUNCH BUNCH
Mediterranean Tapas Bar,
East Haven
12:00pm-2:00pm

Indulge in the exquisite flavors of the Mediterranean and experience a culinary journey like no other! Located in East Haven! Individual checks will be provided.

APRIL 15TH
BALLARD INSTITUTE AND
MUSEUM OF
PUPPETRY
UConn
9:30AM-3:30PM

The Ballard Institute and Museum of Puppetry is a unique resource for understanding the past, present, and future of puppets and material performance. Its collection of over 3,000 puppets and its archival resources offer further insights into puppet history. After the Museum have lunch at a local eatery of your choice, followed by a visit to the UConn Dairy Bar! Bring extra money for lunch and ice cream.

PRICE:\$21.00

APRIL 16TH
HAPPY HOUR
HOME
4:00pm-6:00pm

HOME Restaurant is a cozy, friendly place to enjoy comforting food, beverages and a variety of dietary options. Individual checks will be provided.

MAY 15TH
CHAZ ESPOSITO SINGS
LEGENDS OF THE 60'S
Legacy Theatre
6:15PM-9:30PM

Buy with Canoe Brook and save \$5 and get door to door service from our bus! Bus leaves Canoe Brook at 6:15PM

PRICE:\$50.00 Includes Bus and Ticket to Show

MAY 19TH
LLAMA HIKE
Rowanwood Farm, Newtown
9:00AM-3:00PM
(Rain date May 30th)

Rowanwood Farm is Connecticut's only mini llama hiking adventure company and farm! Located in Newtown CT. Price includes: Llama Intro, personal interaction with llamas, followed by a guided hike with stops along the way for photos and more. After hike we will have lunch at Pops Family Restaurant in Milford. Individual checks will be provided.

PRICE:\$55.00**WAITING LIST**

(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.)

TRIPS:

Trip Policies and Procedures can be found on page 12.

MAY 28TH
SPRING HIKE
Racebrook Tract, Orange CT
9:45AM-2:00PM

The Racebrook Tract encompasses 230 acres in Orange and 181 acres in Woodbridge. Racebrook Tract has a variety of habitats including stream belts, forests, wetlands, meadows, and brush, making it attractive to wildlife. Many species of reptiles and amphibians find the habitat to their liking and even avian predators such as the Great-horned Owl can occasionally be seen. Although the trails are fairly level, there are some uphill sections on the western side of the preserve. Hike will be 2 miles. **After the hike we will eat lunch at a New Haven Pizzeria TDB!**

PRICE:\$5.00 Bring money for Pizza.

JUNE 4TH
NYC BOAT TOUR
Circle Line Sightseeing
9:00AM-5:30PM

During this 2 hour and 30 minute cruise you'll cruise along all three NYC rivers, pass under 20 bridges and see over 130 of the city's most iconic landmarks!

PRICE:\$135 Coach Bus, Boat and Lunch Included

Second Bus Added, Limited Space Available!

JULY 8TH
CELEBRATE ITALIA!
Aqua Turf
10:15AM-4:30PM

Join us at the Aqua Turf for music, dancing and a meal! All Entrees served Family Style Complimentary Coffee & Donuts / Complimentary Glass of Beer or Wine! Lunch will be family style meatballs & sausage, chicken parmigiana and dessert!

Celebrate Italia!! Boston's top Italian band returns! **The Italian Connection** keeps it classic with the sounds you know and love. From the biggest crescendos to the most dynamic arpeggios, You won't want to miss a beat!!

PRICE:\$72.00 Includes Bus, Music and Lunch

JULY 24TH
NEWPORT MANSIONS
DAY TRIP
Newport RI
8:00AM-5:30PM

The Breakers is the grandest of Newport's summer "cottages" and a symbol of the Vanderbilt family's social and financial pre-eminence in the Gilded Age. After the Mansion we'll explore Thames Street! Thames Street is the nerve center of Newport's thriving downtown/waterfront area. It is lined on each side with countless bars, restaurants, shops and historic homes.

PRICE:\$80.00 Includes Bus, and entry to the Mansion, Bring money for lunch and shopping

JULY 31ST
YANKEES VS TAMPA
BASEBALL GAME
Yankee Stadium
10:30AM-6:00PM

Canoe Brook is teaming up with the Park and Rec Team to bring you a fun bus trip to Yankee Stadium, bring the whole family! Game starts at 1pm. Price includes coach bus, ticket to the game and ALL YOU CAN EAT hot dogs, pretzels, sausage and peppers, Pepsi products and water through the 5th inning!

PRICE:\$120 Coach Bus, Game and Lunch Included

PLEASE NOTE: THIS IS A COLLABORATIVE TRIP WITH PARK AND REC, THERE WILL BE CHILDREN ON THE BUS

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.)

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS SLN

TUESDAYS, 2PM

April 1st: Tour of The Petroleum Museum, Permian Basin

Founded in 1975 by over 500 community leaders under the leadership of George T Abell, the Museum tells the story of petroleum and the rugged lives of men and women who sought a better life. The Petroleum Museum is the largest museum dedicated to the petroleum industry and its pioneers, and welcomed over one million visitors worldwide. The mission of the museum is to share the petroleum and energy story and its impact on our lives.



April 8th: “ Stars of the Vikings”- Mystic Seaport Museum



We are looking forward to once again visiting one of our favorite museums- The Mystic- with Brian Koehler! Join us as we learn about the stars and constellations as seen by Norse people in the European region of Scandinavia. We will hear stories about these ancient seafarers, and explore Norse legends that sought to explain phenomena in the sky, including the Milky Way, eclipses, and the Aurora Borealis.

April 15th: - The Civil Rights Trail- Selma Interpretive Center

In 1996, Congress established the Selma to Montgomery National Historic Trail to commemorate the people, places, and marches of the 1965 Selma to Montgomery Voting Rights Movement and the Selma to Montgomery March. After decades of struggling with Southern Jim Crow laws and to exercise their right to vote, Black citizens were finally successful in fulfilling that right with the signing of the 1965 Voting Rights Act.



April 22nd: Federal One: Saving the Arts in the Great Depression/ FDR Presidential Library and Museum

One of the lesser known aspects of the WPA- the Federal One Project, helped to ensure that the American creative spirit continued on in writing, visual arts, dance, and performance during the dark days of the Great Depression. Join us as we learn about examples of the New Deal murals, writings, performances, and why the arts were so important to the WPA and the country.



WATERCOLOR MIXED MEDIUM CLASS WITH SHARON HART

Exciting news! We have a new art teacher here at Canoe Brook! Sharon Hart is our new instructor who has experience with teaching people of various abilities, she is creative and is a versatile mixed-media artist. Her enthusiasm for the art is contagious and we look forward to having her join our team. You can see a few samples of her artwork at BACA.

Sign up today with Nell for this exciting new Watercolor Class! (\$15 Activity Fee Applies)

CLUBS AND SPECIAL INTEREST GROUPS:

CANOE BROOK CONNECTIONS

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

April 4th: *A Different Man* The film follows Edward, an actor with neurofibromatosis who undergoes an experimental procedure to change his face, only for his new life to make past insecurities and new issues apparent. **GENRE: Comedy/Drama/Thriller RATED: R**

April 11th: *Waitress the Musical* The Tony-nominated Broadway phenomenon comes to the big screen starring composer-lyricist Sara Bareilles as a waitress with a tasty dream. **GENRE: Broadway Musical RATED: PG**

APRIL 25TH MATINEE AND A MEAL: PRICE: \$10

Movie: *Conclave* Cardinal Thomas Lawrence organizes a conclave to elect the next pope and finds himself investigating secrets and scandals about the major candidates. **GENRE: Drama/Thriller RATED: PG**

Lunch: Eggplant Parmigiana, Penne Al Pomodoro and Salad

LoMonaco's
RISTORANTE

NOTE: LUNCH AT 12:00PM, MOVIE STARTS AT 12:30PM

CREATIVITY AND CRAFT PROGRAMS

NEW!

April 7th 10am: Make beaded earrings to sell at the Election Day Craft Fair in November. If you have your own jewelry tools, please bring them to this workshop. You need good eye/hand coordination for this project. By attending this workshop, you will go home with the knowledge of how to create these earrings in your home.

April 14th 1:30pm: Cooking with Chef Mary \$25

April 22nd 10:30am: Oyster and Scallop Shells Ornament Workshop: Learn how to create special designs with Mod Podge, paints and images. We will be selling these at the Annual Election Day Fair in November. By attending this workshop, you will go home with the knowledge of how to create these ornaments in your home.

May 7th 11am: Teacups and Flowers with Branford Garden Club. Bring your own teacup. Limited seating in this workshop.

May 8th 11am: Improv Showcase with our talented actors!

May 21st 11am: Fired Up Pottery Painting \$22



INTRO TO SIGN LANGUAGE

MONDAYS, 2PM (Starts MAY 19th until JUNE 30th)

Learn the foundation of American Sign Language (ASL)! Learn about handshapes, facial expressions, vocabulary, and phrases that allow you to participate in signed conversations. The class also covers introducing yourself in sign language, the ASL alphabet and numbers. With Nancy Fortune.

NEW!

You must sign up with Nell for ALL PROGRAMS!

CLUBS AND SPECIAL INTEREST GROUPS:**READER'S CHOICE BOOK CLUB**

TUESDAY, APRIL 8TH 1:30PM

"The Women" Author: Kristin Hannah

A historical fiction novel by American author Kristin Hannah published by St. Martin's Press in 2024. The book tells the story of Frances "Frankie" McGrath, a young nurse who serves in the United States Army Nurse Corps during the Vietnam War. The novel debuted at number one on *The New York Times* fiction best-seller list.

TUESDAY, MAY 6TH 1:30PM

"Hello Beautiful" Author: Ann Napoltano

A drama about the four sisters in an Italian Catholic family in Chicago; two sisters fall in love with the same man, causing the family to split apart for 25 years.

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**TECH HELP****APRIL 30th** (Last Wednesday of Every Month 2-4pm)**MUST MAKE APPOINTMENT****ASK A NURSE****APRIL 29th** (Last 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!**GENEALOGY**

MONDAY, APRIL 14TH 1:00 PM

Church Records and How to Find Them: Church records are excellent resources for information regarding your family history. They contain Baptismal Records and Birth Records, which often are the only records of births prior to government required records in 1900. Please let Marty know ahead of the meeting the Who, Where and When of your ancestor jgarr15026@aol.com or genealogygurugarrett@gmail.com

***NOTE- Pre-registration is required for each genealogy workshop that you wish to attend. Call Nell(203) 315-0684 or email nreinwald@branford-ct.gov**

PICKLEBALL ANNOUNCEMENT

We will continue indoor Pickleball until **April 11th**. Veterans Park will open **April 1st WEATHER PERMITTING!** Canoe Brook Center has reserved Pickleball play time on the Vets Park Tennis Courts on **Tuesdays and Thursdays 8:30am-Noon**. Veteran's Park Schedule:

Tuesdays:

8:30am-10am Intermediate

10am-11am Seasoned

11am-12pm Beginner Lessons with Roger

Thursdays:

8:30am-10am Seasoned

10am-11am Intermediate

11am-12pm Beginner Lessons with Roger

FITNESS CLASS WITH INSTUCTORS

Register today with Nell, you can be put on a waitlist for any class that is currently full.

CHAIR YOGA: Thursdays 10:00AM & 12:15PM

BEGINNER YOGA: Tuesdays 9:00AM

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM

BEGINNER BARRE: Tuesdays 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 **NO CLASS 4/1**

ZUMBA: Thursdays 11:15AM (CLASS FULL) Mondays 11:15AM

LINE DANCING: Fridays 10:30AM (CLASS IS CURRENTLY FULL, NEW CLASS STARTING IN MAY!)

JAZZ THEATER DANCE CLASS: Fridays 3:00PM (8 WEEK CLASS APRIL & MAY ONLY)



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

Full Body Workout- Wednesday 2PM Standing exercises for arms & legs, core & cardio.

Two forms need to be filled out before you join; check with Nell. All are welcome!




FOOTE PARK WALKING GROUP

WEDNESDAYS 8:45AM

Canoe Brook Walkers will be headed to Foote Park to walk the tracks together. Starting Wednesday, April 16th. Last day to walk in the gym will be April 9th.

APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker	2 8:10 Aerobics 8:45 Walking Group 9:00 AARP Safe Driving 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	3 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	4 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Collette Travel Presentation 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle 3:00 Jazz Theatre Dance Class
	7 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:00 Jewelry Making with Connie & Lee 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	8 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 TRIAD: QPR Prevention Program 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Book Club 2:00 SLN 2:00 Poker 2:30 Tai Chi	9 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 11:30 Writer's Corner 11:45 Yale Lunch Time Chamber Music Trip 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	10 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:00 Lunch Bunch 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong

Pre-register for activities with Nell at (203)315-0684 or nreinwald@branford-ct.gov

Transportation is available for all programs, call Tim at (203)315-0681.

APRIL 2025

CANOE BROOK CONNECTIONS


Monday

Tuesday

Wednesday

Thursday

Friday

<p>14</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Cooking Class with Mary 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>15</p> <p>9:00 Beginner Yoga 9:30 Ballard Institute of Puppetry Trip 10:00 Advanced Yoga 10:00 Meditation 11:00 Free Baked Goods 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>16</p> <p>8:10 Aerobics 8:45 Walking group at Foote Park 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 4:00 Happy Hour: Home</p>	<p>17</p> <p>9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:00 TRIAD: "Don't Be a Victim of Fraud" 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong</p>	<p>18</p> <p>Canoe Brook CLOSED</p> 
<p>21</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>22</p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 Shell Crafts 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>23</p> <p>8:10 Aerobics 8:45 Walking Foote Park 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 TRIAD: Fire Safety with Fire Marshal 11:00 Setback 11:30 Writer's Corner 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body</p>	<p>24</p> <p>9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:00 Anniversary Party Planning Meeting 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong</p>	<p>25</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Free Bread 10:00 Shuffleboard 10:30 Line Dancing 11:00 Mah Jongg 12:30 Movie & Meal 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle 3:00 Jazz Theatre Dance Class</p>
<p>28</p> <p>8:10 Aerobics 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Zumba 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>29</p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>30</p> <p>8:10 Aerobics 8:45 Walking group at Foote Park 9:30 Kinima: Weights 9:30 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Tech Help</p>	<p>Pre-register for activities with Nell at (203)315-0684 or nreinwald@branford-ct.gov</p> <p>Transportation is available for all programs, call Tim at (203)315-0681.</p>	

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: [Canoe Brook-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 \$8 (Renews one year from the date you join!)
- Fitness fee is \$24.00 and is payable now through June 30th (includes all fitness class: yoga, barre, tap dance, tai chi, aerobics, jazz theatre dance and zumba)
- Activity fee is \$15.00 and is payable now through June 30th (for the watercolors class and meditation plus group)

TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

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

Having trouble Parking? If the parking lot is full check road side parking on Church Street. We are sorry for the inconvenience we are working to find a solution.

Thanks to the Canoe Brook Singers who performed at the St. Patty's Ice Cream social!
Dublin the fun with a wee bit of Irish music!



Volunteer Appreciation Week is April 27th– May 3rd
Here at Canoe Brook we have a dedicated, hard working, FABULOUS team of Volunteers! We couldn't operate without them!
Thank you to ALL the Wonderful Volunteers here at Canoe Brook!



Duckpin bowling fun!

Thank you ❤️