



CANOE BROOK CENTER
Branford, CT

EST 1970

CANOE BROOK CONNECTIONS

AUGUST 2025

JOE TRAPASSO
COMMUNITY HOUSE
46 CHURCH STREET
BRANFORD CT 06405

OFFICE HOURS:

8:00am-4:30pm

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SOCIAL SERVICE ANNOUNCEMENTS:

Congratulations to Rhiannon Turco! Rhiannon has been promoted to the position of Activity Coordinator. We are excited to welcome you into this new role!

Welcome back to Nikki Proto! Nikki has been in the Social Services field for 19 years. She is now the Case Manager. Previously, Nikki worked with us as the Case Worker. She took time off to be with her family and she and her husband now have two sons; Owen 4 and Wes 2. We are so happy to have Nikki join our team.

Chabaso Bread: Friday, August 8th & 22nd at 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 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, August 12.

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

Rent Rebate: We are currently processing applications in the order that we receive them. To qualify, you must be 65+ or on disability. Your 2024 gross income must be below \$ 45,200 (single) or \$ 55,100 (married). **All income, rent & utility payments made in 2024 must be documented. You must meet one year state residency in order to apply. Please make copies (for us to keep) of all the required paperwork.** Paperwork must be in by September 30. **All checks will be sent out late in November.** You can drop off the copies; once we process your application we will contact you to come to the Center to sign your application.

File of Life: This is a magnetic red vinyl packet containing a medical information card. This includes the latest medical information – allergies, medications, contact persons and more – all in one safe place. Recognized and endorsed by Hospitals, Police, and Fire Departments. Pick one up today ~ it just may save your life. We recommend that you do it in pencil in case if any of your information changes.

**ATTENTION ALL: STOP BY THE OFFICE TO FILL OUT A NEW MEMBERSHIP FORM,
ALL MEMBERS WILL BE REQUIRED TO DO SO IN ORDER TO REGISTER FOR PROGRAMS!**

SPECIAL ANNOUNCEMENT:

Meet our Culinary Staff:

Scott Roth: After graduating culinary school Scott worked in private country clubs for over 40 years. Originally from Bloomfield, CT, the Pine Orchard Yacht and Country Club brought Scott to Branford, where he spent the last 35 years as their Executive Chef before retiring in June 2024. When not in the kitchen, Scott can be found enjoying the Branford shoreline with his wife Jenni and their two kids, Rory and Tatum, usually with their dog Hazel tagging along.

Andrew Raffile: Andrew has a bachelors degree in Culinary Arts from Johnson and Wales as well as a minor degree in Baking and Pastry Arts. He owns an ice cream business that he has been operating for 10 years and is a volunteer firefighter in Branford. Andrew grew up in Branford and is eager and excited to fulfill this new role in jump starting the breakfast and lunch program for the Senior Center.

Volunteer Opportunity: If you are interested in volunteering, your help is most appreciated. Let us know your availability. The chef's will need help with set up, clean up, serving food and making sure that we don't run out of food for those who have paid. Contact Nancy for additional information at 203.315.0682 or ncohenbranford-ct.gov

We are launching our new Café menu the week of August 4th.

Breakfast will be served Mondays, Wednesdays and Fridays from 9-10:15 AM Price: \$3 each meal

Lunch will be served Tuesdays and Thursdays from 12-1 PM Price: \$5 each meal

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

BRANFORD SENIOR CENTER CANOE BROOK CAFE MENU

August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Breakfast: \$3.00 Lunch: \$5.00
BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	<p>We are happy to offer breakfast and lunch services in the Canoe Brook Cafe.</p> <p>Breakfast is served Monday, Wednesday & Fridays from 8:30 AM-10:15 AM.</p> <p>Lunch is served from 12:00PM - 1:00 PM Tuesdays & Thursdays.</p> <p>Here is how to register for meals from our chefs: Scott & Andrew</p> <ol style="list-style-type: none"> 1. You must pre-register for meals at least 1 day in advance. Please call the office at 203-481-3429 2. Payment can be made via cash, check or credit card. 3. If you need assistance, please ask the staff 4. The menu is subject to change.
4 Scrambled Eggs Sausage	5 Cheeseburger Lettuce & Tomato Pasta Salad Dessert	6 French Toast Sausage	7 Chicken Parmigiana Penne Pasta Salad Dessert	8 Blueberry Pancakes Hash Browns	
BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	
11 Pancakes Sausage	12 Chicken Salad Plate Tortellini Salad Watermelon Dessert	13 Scrambled Eggs Sausage	14 Stuffed Shells Spinach Bread Dessert	15 French Toast Hash Browns	
BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	
18 French Toast Bacon	19 Grilled Salmon Vegetable Medley Rice Dessert	20 Pancakes Bacon	21 Chicken Florentine Carrots Couscous Dessert	22 Quiche Melon	
BREAKFAST	LUNCH	BREAKFAST	LUNCH	BREAKFAST	
25 Scrambled Eggs Sausage	26 Roaster Turkey Green Beans Stuffing Dessert	27 French Toasted Hash Browns	28 Turkey & Cheese Italian Wedding Soup Dessert	29 Pancakes Sausage	



TRIAD: Understanding Hate Crimes in Connecticut with Sergeant Loftis

Wednesday, August 13 at 9:00 AM

Hate crimes are criminal offenses motivated by bias against race, color, religion, national origin, sexual orientation, gender identity or disability. Find out how to report a hate crime. Learn why reporting a hate crime matters. The Hate Crimes Investigative Unit (HCIU) was established into CT law in May of 2022. HCIU is the central storehouse for law enforcement-related hate crime information across the state. Remember, reporting hate crimes is vital to keeping our communities safe! Sign-up by August 12 with Rhiannon.



Your Medications, Your Safety: A Conversation About Your Pharmacy

Tuesday, August 19 at 11:00 AM

Obtain valuable information from Elizabeth Barnes, Student Intern at the East Shore District Health Department. All are welcome to an open and empowering discussion about medication safety, accessibility, support and communication with the pharmacy.

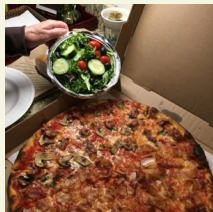


Picnic at Foote Park

Friday, August 22 at 11:30 AM

Join us at Foote Park at the pavilion, overlooking scenic river views of Branford River. Bring a lawn chair if you like. We will have lawn games set up, take a leisurely stroll around the park and connect with friends. Lunch will be served at noon. Chef Scott will be serving barbecued chicken breasts, sausage, peppers and onions, potato salad, baked beans & watermelon.

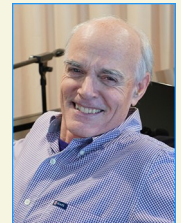
Price: \$10



Pizza and Music Night

Wednesday, August 27 from 5:00 - 6:30 PM

Start the evening with 3 slices of pizza, salad, brownies and beverages. Let us know your pizza preference at time of sign up: pepperoni, mushroom **or** mozzarella. After dinner we will have Brian Gilley entertaining us with Ragtime, Boogie-Woogie, Jazz, Blues, Rock 'n' Roll and more!! Brian will tickle the keys, pound 'em when necessary, and sing the hits with a crisp radiance. Brian's piano artistry, congeniality and versatile singing make him a natural for the diverse and dynamic repertoires of the 20th Century of music.



Price: \$15



Movie: Will and Harper and a Meal

Friday, August 29 at 12:30 PM - Movie starts at 1:00 PM

Enjoy chicken parmigiana, penne with vodka sauce and salad.

Price: \$10

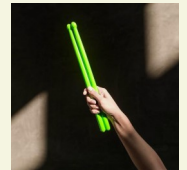


We are looking for volunteers to be pen pals during the school year

For the first time ever, we have 34 8th graders who are part of a Leadership Club at the Middle School where part of their commitment is to participate in this program. We ask that you correspond with a student in *cursive writing* on a monthly basis & the 8th grader will write back in cursive, even if it's just the signature.

Kids Who Can't Read *cursive writing* Can't Read *historic documents*. If you enjoy writing, contact Rhiannon to be part of this rewarding experience.

***New!!* Cardio Drumming Introductory Class with Ray Gabucci** **Mondays, September 8, 15, 22 & 29** **10:45 - 11:30 AM**



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

Benefits of drumming: Engages the brain promoting mental acuity and agility improving memory, social interaction and improves balance and coordination. Drums, cans and music are provided by Ray. Limited class size.

Price: \$15

Canoe Brook Whiffle Ball Game - Interested?

Enjoy a fun, running optional, Whiffle ball game with your Canoe Brook friends with flexible and modified rules. Tentative date between September 8th-12th.

Contact Rhiannon at 203.315.0684 if you are interested in participating



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

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

PRE-REGISTER for activities with Rhiannon at (203)315-0684 or via email at rturco@branford-ct.gov

CANOE BROOK'S

FALL FOLIAGE TRIP & MASS MoCa

THURSDAY, OCTOBER 23RD
7:45AM-6:30PM

PRICE: \$108

Price includes coach bus, ticket To MASS MOCA, & lunch

Take a comfortable drive up Mohawk Trail with us, first stop Wigwam Western Summit to view what's known as America's Switzerland!! Next, explore over 30 exhibits at the Massachusetts Museum of Contemporary Art. Enjoy lunch at Lickity Split located inside the museum

More details on page 7 of the newsletter



Florence Griswold Museum

Thursday, October 2, 2025

9:15 AM - 2:30 PM

\$43.00

Enjoy a docent led tour of the exhibitions in the Kriebel Gallery. After the tour, visit the Griswold Boarding House and the Wee Faerie Village!

Bring extra money for lunch at the Hangry Goose

More details on page 7 of the newsletter

KAYAKING

Adventure

Wednesday, September 3rd

**\$88 per person Single
\$65 per person Double**



Leave CB at 9:15am
Return at 12:45pm

Join Canoe Brook and the Branford River Paddle Sport for a tour of Branford Point!

We will paddle out to Lovers Island with a quick stop at a small beach across from Lovers Island. We will then paddle out to Johnsons Point / Branford Cove and explore a small creek at the mouth of the cove.!

Raindate September 10th

REGISTER ONLINE AT branfordrecreation.org
or come to the office



TRIPS:

Trip Policies and Procedures can be found on page 14.

AUGUST 3
MOHEGAN SUN WNBA
BASKETBALL
 Uncasville, CT
 9:00AM-4:00 PM

CT SUN will take on the NEW YORK LIBERTY at Mohegan Sun Arena in the casino. We will leave Canoe Brook early so we can spend time at the Casino prior to the game. Bring money for food and gambling if desired. **We will leave immediately after the game.**

PRICE: \$65.00 Includes Bus and Game Ticket

**WAITING
LIST**

AUGUST 20
LUNCH BUNCH
 Lenny's
 205 S Montowese Street
 12:00 PM

Enjoy fresh local seafood and more overlooking Sybil Marsh. We will be seated at tables of 4-6 people. The restaurant is not able to do individual checks because of the size of our group and for this gathering, they are only accepting cash. Sign-up in advance with Rhiannon.

AUGUST 20TH
ISLAND TIME BOAT CRUISE
 Safe Harbor Bruce & Johnson
 Marina
 5:15PM-8:15 PM

We've chartered our own boat along the picturesque shoreline of Branford where breathtaking views of LI sound await. **DO NOT BRING YOUR OWN BEVERAGE**, drinks available onboard, bring your own food.

PRICE: \$30.00

**WAITING
LIST**

AUGUST 28
HAPPY HOUR
 New England Brewing Co.
 4:00 - 6:00 PM

5 Indian Neck Ave., Branford (Formerly Stony Creek Brewery). Offers craft beer, craft cocktails, food and the best sunset in town if you stay later. Pay individually for food with the kiosk using your credit card (staff is available to help). Sign-up in advance with Rhiannon.

AUGUST 29
REDWOOD COUNTRY
FLEA MARKET
 Wallingford, CT
 10:00 AM - 1:00 PM

This is a great little flea market with something for everyone. Vendors sell all sorts of stuff: antiques, collectible's, new & used items, sports items, tools, music, DVDs, produce, flowers, clothing, jewelry and more! Limited seating on the bus. Bring money with you.

Price: \$5 (bus only)

SEPTEMBER 3RD
KAYAK TOUR
 Memorial Park, Harbor Street
 9:15PM-12:45PM
 Rain Date: Sept. 10th

The Branford Point Tour starts off at the back beach kayak launch at the Branford Memorial Park off Harbor Street.

We will paddle out to Lovers Island with a quick stop at a small beach across from Lovers Island. We will then paddle out to Johnsons Point / Branford Cove and explore a small creek at the mouth of the cove. If you are sharing a kayak, let us know the name of the other person.

PRICE: \$88 Single \$65 per person for Double

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

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

Price of bus only: \$8

TRIPS:

CANOE BROOK CONNECTIONS

Trip Policies and Procedures can be found on page 14.



Florence Griswold Museum

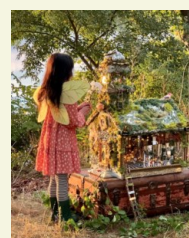
Thursday, October 2, 2025

9:15 AM - 2:30 PM

Celebrating art, history and nature.

Start our visit with a docent led tour of the exhibitions in the Kriebble Gallery. After the tour visit the Griswold Boarding House, Circa 1910.

Wee Faerie Village - the theme this year is *Gardner's Grove: a Growing Community*. Gardener's Grove celebrates the growing world with a wee community that is inspired by plants. Immerse yourself in the spirit of imagination and whimsy that comes from visiting at least two dozen pint-sized installations across the Museum's campus on a perfect autumn day.



Bring extra money for lunch at **The Hangry Goose**. Individual checks provided.

Price for docent led tour and bus: \$43



Wigwam Western Summit ~ "America's Switzerland"

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

Thursday, October 23, 2025

7:45 AM - 6:35 PM

First stop along the Mohawk Trail in North Adams, MA will be at the Wigwam Western Summit with breathtaking views of the mountains. It's the best place to see the mountains of 3 states. Directly ahead is the Taconic range of New York, to the left is Mt. Greylock of MA, to the right is the Green Mountains of Vermont.

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

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

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

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

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

MASS MoCA

Price: \$108

Turn to page 16 for information on the Italy trip in October of 2026.

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

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

SPECIAL INTEREST GROUPS:

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

August 1st: *Straw*: The story follows Janiyah Wiltkinson (Henson), a single mother struggling to make ends meet as she works two jobs and pays the bills of her unwell daughter, Aria (Jackson). However, this particular day everything that could possibly go wrong in Janiyah's life, does -- making it difficult for her to think straight.

Crime/Drama RATED: TV-MA

August 8th: *Havoc*: When a drug heist swerves lethally out of control, a jaded cop fights his way through a corrupt city's criminal underworld to save a politician's son.

Rated: Action/Crime/Drama/Mystery TV-MA

August 15th: *La Dolce Villa*: Eric heads to Italy to stop his daughter from frittering away her entire bank account on restoring one of those villas. Of course, that's only the beginning of his trip. By the end of it, he may have a few different ideas - about life, love, and even a decaying old villa. **Romantic Comedy RATED: TV-PG**

August 22nd: No film today due to the picnic at Foote Park

August 29th: MOVIE AND A MEAL PRICE: \$10

NOTE: LUNCH AT 12:30PM, MOVIE STARTS AT 1:00PM

Movie: *Will & Harper*: Did you ever hear the one about the "Saturday Night Live" writer who came out as transgender to his friend Will Ferrell, and they took a road trip across the United States to see how the country reacts to transgender people? You haven't? You should, because it's pretty funny. And in the end, it's no joke. It takes the form of a documentary. **This film is laugh out loud funny.**

Lunch: Chicken parmigiana, penne with vodka sauce and salad.

Price: \$10

LoMonaco's
RISTORANTE

PRE-REGISTER for activities w/Rhiannon at (203)315-0684 or via email at rturco@branford-ct.gov

CLUBS AND SPECIAL INTEREST GROUPS:**SENIOR LEARNING NETWORK****TUESDAYS, 2:00 –3:00PM**

August 5th: “FDR and the Bomb”- FDR Presidential Library and Museum. In the 1940s scientists in several countries were exploring the possibility of unleashing the potential power of the atom for the purposes of creating a ‘super weapon.’ Who convinced FDR that the US needed to be working on creating an atomic weapon? What might have happened if Germany had created the Bomb before we did? Truman deemed the dropping of the Bomb on the Japanese Homeland as necessary to ending the war - would FDR have come to the same conclusion? Join us as we discuss this and other relevant topics with one of our favorite presenters, Jeff Urbin from FDR Library/ Museum

August 12th: “ Iran Through the Ages” Inner Asian and Uralic Center. The Inner Asian and Uralic National Resource Center (IAUNRC) at Indiana University's Hamilton Lugar School of Global and International Studies is a U.S. Department of Education Title VI National Resource Center dedicated to raising awareness about its target area: namely the Turkic, Iranian, Mongolian, Uralic, and Tibetan cultural spheres. Some countries included are Turkey, Azerbaijan, Hungary, Uzbekistan, and Afghanistan.

This presentation covers Iran from Antiquity to the 21st century, with a focus on providing historical context for events. We will cover the history of various states and empires that arose in Iran, cultural and literary developments in the country and its contributions to world culture and

August 19th: The Visual Arts in the Pro Football Hall of Fame. Let’s Visit the Hall of Fame! This program examines the architectural features of the museum in addition to sculptures, paintings, prints, photographs, videography and commercial/graphic art. Join us for an up close and personal look at the way these works of art help visitors understand and appreciate various aspects of historical and social contexts related to museum displays.

August 26th: FDR and Social Security- FDR Presidential Library and Museum. FDR considered the creation of Social Security to be his greatest domestic achievement. This session traces the creation and passage of the Social Security Insurance Act, one of the most important pieces of social legislation in American history. Join us as we hear from Jeff once again about this very relevant topic to senior adults today, and what Social Security may look like in the future.

CLUBS AND SPECIAL INTEREST GROUPS:

WEEKLY CARDS, GAMES AND MORE

Hand & Foot-Mondays 2pm & Wednesdays 1pm

Mah Jongg-Mondays 11am & Fridays 11am

Bingo-Mondays 12:30pm

Scrabble-Tuesdays 1pm

Poker-Tuesdays 2pm

Setback-Wednesdays 11am

Coloring Group-Wednesdays 1pm

Ukulele-Wednesdays 1:30pm

Canasta-Thursdays 1pm

Cornhole-Fridays 1pm

Cribbage-Fridays 1pm

Pinochle-Fridays 2pm



CREATIVE CORNER:

Art of Healing

Tuesday, August 19

11:00 AM

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



Sea Glass Jewelry Workshop with Nancy

Thursday, August 28

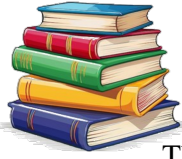
10-11 AM



Create beautiful earrings, pendants & sea glass beaded bracelets to be sold at the Annual election Day Craft Fair on November 4th. Good eye/hand coordination is needed to make this fine jewelry. If you have jewelry tools, please bring them to this class.

Preregister for this class ~ Limited number of seats available.

CLUBS AND SPECIAL INTEREST GROUPS:



READER'S CHOICE BOOK CLUB

TUESDAY, AUGUST 5 1:30PM

"The Midnight Library" Author: Matt Haig

The books in the Midnight Library enable Nora to live as if she had done things differently. With the help of a friend, she can now undo every one of her regrets as she tries to live her perfect life. Soon her choices place the library and herself in extreme danger.

TUESDAY, SEPTEMBER 9 1:30PM

"After Annie" Author: Anna Quindlan

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

TECH HELP (will NOT meet in August)

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

2-4PM (20 Minute Appointments)



MyRec Help with Rhiannon

Monday August 25th 11am-12pm. Come with your questions about MyRec and Rhiannon will answer them!

GENEALOGY

MONDAY, AUGUST 11 at 1:00 PM - Beginning Genealogy - the next steps

In this class you will continue your research journey. We will work with several websites to fill in the gaps of your Family Tree and go beyond the "statistics" of your ancestors to get a better picture of who the people were and how they lived their lives to make a more personal family tree. All are welcome.

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

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

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

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

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

****REGISTRATION FOR SUMMER SESSION OPENS JUNE 2ND****

FIRST COME FIRST SERVE FOR EACH SESSION

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

SUMMER FITNESS CLASSES July 1 - September 30 (\$10 per Seasonal Session)

CHAIR YOGA MONDAYS: Mondays 11:15 AM w/ Latoya

CHAIR YOGA THURSDAYS: Thursdays 10:00 AM

BEGINNER YOGA: Tuesdays 9:00AM

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM

BEGINNER BARRE: Tuesdays and Thursdays 11:15AM

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

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM

ZUMBA: Thursdays 12:15PM

BEGINNER LINE DANCING: Fridays 11:00AM

ADVANCED LINE DANCING: Fridays 10:00AM



Pickleball is a paddleboard sport that combines elements of badminton, tennis and ping pong. Use the paddle to hit a perforated polymer ball (similar to a Whiffle ball) over a net. Lessons are given by Roger Stone on Tuesdays and Thursdays at Veteran's Park from 11 am - Noon. This is open to Senior Center members only as long as the annual membership fee has been paid (\$10).

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

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

PICKLEBALL AT VETS PARK

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

Tuesdays:

8:00am-10am Intermediate

10am-11am Seasoned

11am-12pm Beginner Lessons with Roger

Thursdays:

8:00am-10am Seasoned

10am-11am Intermediate

11am-12pm Beginner Lessons with Roger

ASK A NURSE - Tuesday, August 26

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

THIS IS A DROP IN CLINIC!



KINIMA-FIT: VIRTUAL FITNESS CLASSES

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

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

YouTube Yoga- Fridays 10:15AM

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



QIGONG FOR RELAXATION AND VITALITY

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

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

BOCCE

Canoe Brook Center has reserved Bocce Court Times:

Monday's Men's Play 10am-1pm Wednesday's Women's Play 10am-1pm Fridays Co-Ed Play 10pm-1pm
All other times the courts are open to public first come first serve.

AUGUST 2025

Mon	Tue	Wed	Thu	Fri
	3			1 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
4 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	5 9:00 Beginner Yoga 10:00 Advanced Yoga 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 1:30 Book club 2:00 Poker 2:00 Senior Learning Network 2:30 Tai Chi	6 8:10 Aerobics 9:30 Kinima: Weights 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	7 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:30 Kinima: Cardio 1:00 Canasta 1:00 Watercolor group	8 8:10 Aerobics 9:30 Kinima: Weights 10:00 Bread 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
11 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Chair Yoga w/ Latoya 12:00 Dominoes 12:15 Chair Yoga II 12:30 Bingo 1:00 Genealogy 2:00 Hand & Foot 2:00 Rummikub	12 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Free Baked Goods 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 Senior Learning Network 2:30 Tai Chi	13 8:10 Aerobics 9:00 TRIAD: Understanding Hate Crimes in CT 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	14 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	15 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle

AUGUST 2025

Mon

Tue

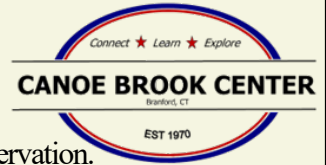
Wed

Thu

Fri

18 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 11:00 Mah Jongg 11:15 Chair yoga w/ Latoya 12:00 Dominoes 12:15 Chair Yoga II 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	19 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Your Medications, Your Safety 11:00 Art of Healing 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 Senior Learning Network 2:30 Tai Chi	20 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:00 Lunch Bunch at Lenny's 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 5:15 Island Times Boat Cruise	21 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong	22 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Bread 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:30 Picnic at Foote Park 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle
25 8:10 Aerobics 9:30 Kinima: Weights 10:00 Men's Bocce 10:15 Advanced Barre 11:00 Mah Jongg 11:00 My-Rec Help 11:15 Chair yoga w/ Latoya 12:00 Dominoes 12:15 Chair Yoga II 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub 4:30 Qigong	26 9:00 Beginner Yoga 10:00 Advanced Yoga 11:00 Ask a Nurse 11:15 Beginner Barre 11:30 Kinima: Cardio 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 Senior Learning Network 2:30 Tai Chi	27 8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Qigong 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 5:00 Pizza & Music Night	28 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 10:00 Sea Glass Workshop 11:15 Beginner Barre 11:30 Kinima: Cardio 12:15 Zumba 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 4:00 Happy Hour at New England Brewing Co.	29 8:10 Aerobics 9:30 Kinima: Weights 10:00 Redwood County Flea Market 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:30 Movie & a Meal 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle

POLICIES AND PROCEDURES:



TRIP POLICIES:

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

CANCELLATION POLICY:

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

DUES AND FEES:

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

TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

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

Discover the Magic of Italy with Canoe Brook Center!

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

Tour Highlights Include:

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

Professional tour manager and local guides

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

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