



Connect ★ Learn ★ Explore

CANOE BROOK CENTER

Branchford, CT

EST 1970

CANOE BROOK CONNECTIONS

February 2025

46 CHURCH STREET
2ND FLOOR
BRANFORD CT 06405

OFFICE HOURS:

8:00am-4:30pm

CONTACTS:

Assistant Director:

Nancy 203-315-0682

ncohen@branford-ct.gov

Program Assistant:

Rhiannon 203-315-0687

rcappetta@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



INDEX:

Page 1 Social Service Announcements

Page 2-3 Special Events

Page 4 Trips

Page 5-7 Clubs & Special Interest

Page 8 Health & Fitness

Page 9-10 Daily Calendar

Page 11 Policies & Procedures

SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Fri. Jan. 31st, Feb. 14th & 28th, March 14th & 28th, 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, Hostess & Entenmanns products. One package per household until it's gone. Pick-up at 10AM in the Waverly Lounge on Thursdays, February 13 and March 13.

CT Energy Assistance Program: This program helps to offset heating costs for lower income households, specifically those households whose income falls below 60% of the State median income. We are taking applications for Natural Gas. Eversource customers can also apply for the Low Income Discount Rate and get a 10% or 50% rate reduction (must meet income guidelines.)

Presentation by Hospice on Feb. 27th at 10am:

The GUIDE Program is a groundbreaking initiative from CMS (Centers for Medicare & Medicaid Services) designed specifically for Medicare A & B patients with dementia diagnosis, providing the highest quality care and support to both patients and caregivers. By improving patient quality of life, reducing caregiver burden, enhancing care coordination, and empowering families through education, GUIDE offers comprehensive solutions for dementia care.

WHAT IS PALLIATIVE CARE?

Palliative care is a holistic approach to medical care for individuals living with serious illnesses. It focuses on relieving symptoms, reducing stress, and improving quality of life for both patients and their families. Palliative care is a specialty and can be provided at any stage of illness and alongside curative treatments. It is based on need, not prognosis.

Uber Eats now accepts EBT and Medicare Advantage Flex cards: Uber Eats introduces new features to simplify shopping, stress less and save yourself a trip. With prices of goods on the rise and access to fresh and healthy foods crucial for households, there are new tools to help you save time and money. Take the stress out of shopping with the Uber Eats app. Use code SENIORCENTER50 to shop for eligible groceries and 50% off your next \$50+ order when you use your EBT or Flex card. If you need support or have questions about how to use your Medicare Advantage Flex card on Uber, call 1-866-827-4584.

SPECIAL EVENTS:

CANOE BROOK

Join us for a free



**CANOE BROOK
JAMMERS
CONCERT**

**WEDNESDAY
FEBRUARY 5TH**
1:00 in the Totokett Room



**BLACK
HISTORY**
Month
LUNCH & LEARN

PRESENTATION
BY: THE CT MUSEUM OF CULTURE AND HISTORY
THURSDAY, FEBRUARY 6TH • 11AM

★ ★ ★
JOIN US FOR A PRESENTATION ON BLACK HISTORY IN
CONNECTICUT: ARTIFACTS FROM THE CONNECTICUT
MUSEUM OF CULTURE AND HISTORY

\$10
INCLUDES
PRESENTATION
AND LUNCH



LUNCH: MAC AND CHEESE, BBQ RIBS AND COLE SLAW

If you'd like to join the Presentation without lunch it will be \$5. The presentation starts at 11am.

**New Member
WELCOME**

Wednesday, February 12th at 10am

New to Canoe Brook or interested in joining? Join us on February 12th for coffee, treats and an information session hosted by Canoe Brook Staff. Learn all about what programs, trips and services we have to offer!

Tuesday, February 11th @ 9:30am S.A.L.T Council Meeting

We need you!! Join the S.A.L.T. Council (Seniors and Law Enforcement Together) to plan upcoming programs for TRIAD. The purpose of TRIAD is to present programs that help to reduce crime against older adults in the community, their homes and on their smart devices.





Thursday, February 27th @ 10am

Hospice Presentation on the Guide, a new Medicare program, that Connecticut Hospice is delivering to individuals diagnosed with dementia and their caregivers, as well as a review of all the programs offered by The Connecticut Hospice.

EAST SHORE DISTRICT HEALTH

**WINTER
WELLNESS
SERIES**

WEDNESDAY, FEBRUARY 19TH
2:30PM
**BRAIN GAMES AND TIPS FOR
MANAGING YOUR AGING BRAIN**

Thursday, February 27th 11am-12:30pm

ASK A NURSE DROP IN WELLNESS CLINIC

Free Blood Pressure Screening and Oxygen Level Test

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

SPECIAL EVENTS:

CANOE BROOK

Canoe Brook presents

Movie And A Meal

February 28th \$10



Lunch at 12:00PM
 Movie starts at 12:45PM
 (Movie: Hidden Gems)

**Lunch: Sausage, Peppers & Onions,
 Lasagna and Salad
 From LoMonaco's**

Register with NELL
 203-315-0684 or
 nreinwald@branford-ct.gov
 (Must register and pay no later then Feb. 21st)

Canoe Brook & Fired Up Presents

VALENTINE'S Pottery Craft



FEBRUARY 14th @ 10am

\$22 Includes ALL Supplies, Instructor and Kiln Firing Done by Fired Up Studio!

Paint your own Pottery with Fired Up Studio!

Register with NELL (203)315-0684 nreinwald@branford-ct.gov
 Register no later then Feb. 12th



St. Patty's

INTERGENERATIONAL ICE CREAM SOCIAL

14th March, Friday @ 2:00pm

Bring the whole family for a St. Patty's Ice Cream Social!
 Enjoy an Irish sing-a-long hosted by Canoe Brook Members.


\$3.00 per person



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

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

BRANFORD HIGH SCHOOL PERFORMING ARTS PROUDLY PRESENTS





ROALD DAHL'S **Matilda** THE MUSICAL

IN THE CATHYANN RODING AUDITORIUM
 Book: DENNIS KELLY Music & Lyrics: TIM MINCHIN

Join us to watch the Branford High School Musical

Thursday, March 13th
Leaving Canoe Brook at 6:45pm

Show Starts at 7:30pm
\$15 per Ticket
Register with Nell

TRIPS:

CANOE BROOK CONNECTIONS

FEBRUARY 2ND
UCONN WOMEN'S
BASKETBALL GAME
XL Center
11:30AM-4:00PM

Note: If there is inclement weather the game is still played, but we will not put our buses on the road. You can pick up your tickets and drive on your own. No re-funds as we do not get refunds from UCONN.

PRICE: \$70.00

WAITING LIST

February 11TH
HAPPY HOUR
La Luna Ristorante
4PM-6PM

Come to La Luna Ristorante for an upscale yet comfortable dining experience. They have won multiple awards for their fine Italian cuisine. Let's go see what everybody is talking about!

February 13TH
WINTER HIKE
Farmington Canal
1:15PM-3PM

This trail is a paved walkway that was once a railroad. The railroad operated until 1982 where some of the remaining locks and piers of the canal are still visible. This hike is 1 hour out and back.

(This hike was rescheduled from January) **PRICE:** \$2.00

FEBRUARY 20TH
CT FLOWER AND
GARDEN SHOW
Hartford Convention Center
9:00AM-2:30PM

The colorful, fragrant show features acres of spacious gardens with the 2024 theme, "Signs of Spring", with creative and practical ideas for house, apartment and condo dwellers alike. You must bring **\$20 cash** to purchase your ticket at the door and extra money to purchase lunch while at the show.

PRICE: \$15.00 to register(+ \$20 Cash day of)

WAITING LIST

FEBRUARY 25TH
LUNCH BUNCH
Arturo's
12PM-2PM

Fusion of two cultures where traditional Mexican flavor meets Italian cuisine made with fresh ingredients cooked by chef Arturo Moreno.



FEBRUARY 27TH
SHOPPING SPREE
Michael's & DSW in Guilford
1:15PM-3:30PM

Shop Michaels arts and crafts store for art supplies, crafts, framing, floral, home décor & seasonal products. Find the best athletic shoes, sneakers and more at DSW.

PRICE: \$2.00

MARCH 13TH
BRANFORD HIGH SCHOOL
MUSICAL: MATILDA
Branford High School
6:45PM-10:15PM

Join us to watch our very own Branford High School students perform Roald Dahl's Matilda the Musical.

PRICE: \$15.00



MARCH 19TH
WOODLAWN DUCKPIN
BOWLING
West Haven
12:30PM-3:30PM

Join us for duckpin bowling at the newly renovated Woodlawn lanes! Bring \$10 and enjoy 2 hours of bowling 1-3pm, shoes included!

PRICE: \$2.00 to register(+ \$10 cash day of)

APRIL 9TH
YALE LUNCH TIME CHAMBER
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



(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.)

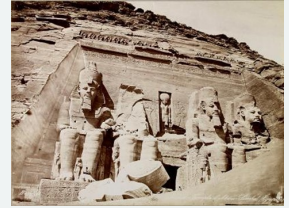
CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS SLN

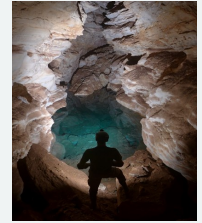
TUESDAYS, 2PM

February 4th: “Freer in Egypt”: National Museum of Asian Art

Charles Lang Freer developed an interest in Ancient Near Eastern objects in 1902 when he began to collect examples of the region’s ceramic vessels, such as glazed jars from the Parthian period (247 BCE–224 CE) and ancient Egyptian statuettes in faience (e.g., F1902.24). His interest increased over the years and culminated in 1906 when he embarked on his first trip to Egypt.



February 11th: “Small Cave No More”: Jewel Cave National Monument Learn about one of the longest caves in the world! Hundreds of feet beneath our tour routes, Jewel Cave’s passageways descend deep enough to intersect the Madison Aquifer. At these points, cave explorers have discovered 14 underground lakes!



February 18th: Martin Van Buren National Historic Site



“All in all, he’s a riddle that must puzzle the devil.” - Davy Crockett

Today, Martin Van Buren is an obscure man, often little more than a footnote. In pre-Civil War America, however, it was impossible not to have an opinion of him. Van Buren was central to the creation of America's political parties and to the largest crisis of his time, slavery. The above quote is from Davy Crockett, one of many Americans trying to understand the Red Fox of Kinderhook.

February 25th: “We Return Fighting”: The Harlem Hellfighters in World War 1: National Museum of the United States Army Explore the commitment, challenges, and bravery of the Harlem Hellfighters. Learn how their actions, along with the thousands of other Black World War I veterans, contributed to the Allied victory. Examine the legacy of their service and its impact on the civil rights movement.

MEDITATION

TUESDAYS, 10AM (\$15 Activity Fee)

Join Facilitator Dr. Margo Merin to help implement a daily mediation practice in your life. Meditation helps reduce stress, lowers blood pressure and helps you feel your best!

WRITER’S CORNER

WEDNESDAY, FEBRUARY 5TH 11:30 AM

WEDNESDAY, FEBRUARY 19TH 11:30 AM

COME EXERCISE YOUR CREATIVE WRITING MUSCLES WITH JANICE SAMOEIL AND A FRIENDLY GROUP OF STORY TELLERS. NO EXPERIENCE NECESSARY!

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.

CLUBS AND SPECIAL INTEREST GROUPS:**MOVIE MATINEE**

FRIDAYS, 12:45 –2:45PM

Feb. 7th: *The Six Triple Eight*- The Six Triple Eight is inspired by the first and only Women's Army Corps unit of color to serve overseas in WWII. Despite facing racism and sexism -- and grueling working conditions -- they were committed to serving their country with honor and distinction. Given an extraordinary mission and united in their determination, these unsung heroes delivered hope and shattered barriers. **GENRE: DRAMA/WAR NOT RATED**

Feb. 14th: *Always Be My Maybe*- Childhood sweethearts have a falling out and don't speak for 15 years. They reconnect as adults when Sasha runs into Marcus in San Francisco. Although the old sparks are still there, the couple live in different worlds. **GENRE: ROMANCE/COMEDY RATED:PG-13**

Feb. 21st: *The Florida Project* - Set in the shadow of the most magical place on Earth, 6-year-old Moonee and her two best friends forge their own adventures, while Moonee's struggling mom and a kindhearted motel manager protect the kids from the harsh reality that surrounds them. **GENRE:DRAMA RATED:R**

LoMonaco's
RISTORANTE

MATINEE AND A MEAL**FRIDAY, FEBRUARY 28TH****PRICE: \$10 (Must Pre-register and Pay by Feb. 21st)**

Movie: *Hidden Figures*- An incredible and inspiring untold true story about three women at NASA who were instrumental in one of history's greatest operations - the launch of astronaut John Glenn into orbit. **GENRE: HISTORY DRAMA RATED: PG**

NOTE: LUNCH AT 12:00PM, MOVIE STARTS AT 12:45PM**GENEALOGY**

MONDAY, FEBRUARY 10TH 1:00 PM

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

Genealogy Sites: Websites are constantly being added to and updated. There are new sites being developed. What are currently the best sources for the types of records you are searching for? We will look at some of them – what they provide and how to use them to the best advantage. Everyone is welcome whether you are a seasoned genealogist or beginner.

CLUBS AND SPECIAL INTEREST GROUPS:

READER'S CHOICE BOOK CLUB



TUESDAY, FEBRUARY 4TH 1:30 PM

"Code name Verity" Author: Elizabeth Wein

Code Name Verity is a historical fiction novel by Elizabeth Wein, published in 2012. It focuses on the friendship between two young British women in World War II: a spy captured by Nazis in German-occupied France and the pilot who took her there

TUESDAY, MARCH 4TH 1:30PM

"The Picture of Dorian Gray " Author: Oscar Wilde

The work, an archetypal tale of a young man who purchases eternal youth at the expense of his soul, was a romantic exposition of Wilde's own Aestheticism.

See Nell for a copy of each book, limited large print editions may be available.

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



CREATED BY VECTORPORTAL.COM

Have you heard about SSILL?

Canoe Brook Center is partnering with the SSILL!

(The Schiller Shoreline Institute of Lifelong Learning)



Schiller Shoreline Institute
for Lifelong Learning

The SSILL program offers educational presentations, trips and more to members for ONLY \$35.00 a year! (Additional fees apply.) Check out the SSILL website for more information on this great program!

SSILL begins its Spring semester On March 4th at the Guilford Community Center at 9:30 a.m. with reception and a concert by Music Haven. Registration for the Spring semester begins on February 21st online or in-person at the Guilford Community Center. Look for the Spring catalogues in mid-February at all area libraries and other popular places along the Shoreline. Visit the SSILL website at ssill.org for much more information or email us at ssill.ct@gmail.com.

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

INDOOR PICKLEBALL

Located in the Joe Trapasso Gymnasium on the first floor.

<u>MONDAYS:</u>	12:00PM-1:30PM	SEASONED PLAYERS
<u>TUESDAYS:</u>	8:30AM-10:30AM	SEASONED PLAYERS
<u>WEDNESDAYS:</u>	2:00PM-3:30PM	INTERMEDIATE
<u>THURSDAYS:</u>	8:30AM-10:30AM	INTERMEDIATE
<u>FRIDAYS:</u>	1:00PM-2:30PM	BEGINNER LESSONS WITH ROGER



FITNESS CLASS WITH INSTRUCTORS

(Must pay the \$24 fitness fee for these classes)

CHAIR YOGA: Thursdays 10:00AM & 12:30PM (CLASS IS CURRENTLY FULL)

BEGINNER YOGA: Tuesdays 9:00AM (CLASS IS CURRENTLY FULL)

INTERMEDIATE YOGA: Thursdays 9:00AM

ADVANCED YOGA: Tuesdays 10:00AM (CLASS IS CURRENTLY FULL)

BEGINNER BARRE: Tuesdays 11:15AM (CLASS IS CURRENTLY FULL)

ADVANCED BARRE: Mondays & Wednesdays 10:15AM (CLASS IS CURRENTLY FULL)

AEROBICS: Mondays, Wednesdays & Fridays 8:10AM (CLASS IS CURRENTLY FULL) (NO CLASS 2/19)

TAP: Mondays 1:30PM

TAI CHI: Tuesdays 2:30PM (CLASS IS CURRENTLY FULL)

ZUMBA: Thursdays 11:15AM (CLASS IS CURRENTLY FULL)

LINE DANCING: Fridays 10:30AM (CLASS IS CURRENTLY FULL)



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

KINIMA-FIT: VIRTUAL FITNESS CLASSES

Dumbbell Weights- Mondays, Wednesdays & Fridays 9:30AM Bring your own hand weights.

Cardio Strength- Tuesday & Thursday 11:30AM, Wednesdays 10:15AM Moderate full body exercise with cues and music.

YouTube Yoga- Fridays 10:15AM Seated yoga, great wind down.

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!




February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	4 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 1:30 Book Club 2:00 SLN 2:00 Poker 2:30 Tai Chi	5 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 11:30 Writer's Corner 1:00 Hand & Foot 1:00 Jammers Concert 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	6 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:00 Black History in CT Lunch & Presentation 11:15 Zumba 12:30 Chair Yoga II 1:00 Canasta 1:00 Watercolors 2:30 Qigong	7 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 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle
10 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	11 8:30 Seasoned Pickleball 9:00 Beginner Yoga 9:30 SALT Council 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 2:30 Tai Chi 4:00 Happy Hour: La Luna Ristorante	12 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:00 New Member Welcome 10:15 Advanced Barre 10:15 Kinima: Cardio 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	13 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 Bakery Donations 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Chair Yoga II 1:00 Farmington Hike 1:00 Canasta 1:00 Watercolors 2:30 Qigong	14 8:10 Aerobics 9:30 Kinima: Weights 10:00 Free Bread 10:00 Valentine's Day Pottery with Fired Up 10:00 Shuffleboard 10:15 YouTube Yoga 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle

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.

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
17 CANOE BROOK CLOSED 	18 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 2:30 Tai Chi	19 8:45 Walking Group 9:30 Kinima: Weights 10:15 Kinima: Cardio 10:15 Advanced Barre 11:00 Setback 11:30 Writer's Corner 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:30 Wellness Series 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	20 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 9:00 Garden Show Trip 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Chair Yoga II 1:00 Canasta 1:00 Watercolors 2:30 Qigong	21 8:10 Aerobics 9:30 Kinima: Weights 10:00 Shuffleboard 10:15 YouTube Yoga 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle
24 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Advanced Barre 11:00 Mah Jongg 12:00 Seasoned Pickleball 12:00 Dominoes 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	25 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:30 Kinima: Cardio 12:00 Lunch Bunch: Arturo's 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi	26 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Weights 10:15 Kinima: Cardio 10:15 Advanced Barre 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:00 Intermediate Pickleball	27 8:30 Intermediate Pickleball 9:00 Intermediate Yoga 10:00 CT Hospice Presentation on Medicare & Medicaid Services 11:00 Ask A Nurse 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:30 Chair Yoga II 1:00 Canasta 1:00 Watercolors 1:15 Shopping Trip: Michaels & DSW 2:30 Qigong	28 8:10 Aerobics 9:30 Kinima: Weights 10:00 Free Bread 10:00 Shuffleboard 10:15 YouTube Yoga 10:30 Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee and a Meal 1:00 Cribbage 1:00 Cornhole 1:00 Beginner Pickleball Lessons With Roger 2:00 Pinochle

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.

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 twice a year; January and July (includes all fitness class: yoga, barre, tap dance, tai chi, aerobics and zumba)
- Activity fee is \$15.00 and is payable twice a year; January and July (includes our watercolors class and meditation)

TRANSPORTATION: YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS

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

We had a wonderful New Years Eve Celebration! Thank you to our outstanding Ukulele group who performed and sang for us! It was a great celebration, cheers to 2025!

**Thank
You**


Thank you to our fabulous volunteers who all pitched in to make this years Chanukah Dinner a great success! The service was great, the food was delicious and the entertainment was excellent! Thank you to everyone who was a part of it!

Thank you to CHERI'S BAKERY for their generous donation of daily pastries! Stop in Monday-Friday for a free coffee and pastry! Yummy!