



CANOE BROOK CENTER
Branford, CT

EST 1970

CANOE BROOK CONNECTIONS

MAY 2025

JOE TRAPASSO
COMMUNITY HOUSE
46 CHURCH STREET
BRANFORD CT 06405

OFFICE HOURS:

8:00am-4:30pm

CONTACTS:

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Activity Coordinator:

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Canoe Brook Cafe:

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Caseworker: Kelly

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The 2025 theme is *"Flip the Script on Aging,"* encouraging a shift in how aging is perceived. Now is the time to recognize the contributions of older adults. Check out what is happening in Connections this month as we celebrate YOU and the 55th Anniversary Dinner Party on May 22, details on pg. 3!!

SOCIAL SERVICE ANNOUNCEMENTS:

Chabaso Bread: Friday, 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, 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. If you have already completed your application and have not received an award letter from CRT in Hartford, give Nancy a call to check on the application your behalf.

All applications will be processed before the May 30 deadline.

Rent Rebate applications will start on June 15 and end on October 31. More information will be in the June newsletter letting you know what documents are needed.

Social Security Administration (SSA) Implements New Anti-Fraud Measures to Enhance Telephone Claim Processing: SSA announced on April 14th the implementation of enhanced fraud prevention tools for claims filed over the phone. SSA will allow individuals to complete all claim types via telephone, supported by new anti-fraud capabilities designed to protect beneficiaries. If irregularities are detected, the individual will be asked to complete in-person identity proofing to continue processing their claim. This allows SSA to maintain the security of its services while continuing to expand access for customers who may be unable to file online or visit an office in person. The agency will continue to conduct identity verification for all in-person claims.

ATTENTION ALL: Stop by the office to fill out a **NEW MEMBERSHIP FORM** between now and June 30th, **ALL MEMBERS WILL BE REQUIRED TO DO SO** in order to register for program come July.



SPECIAL EVENTS:

CINCO *de* MAYO

TACOS

AND MOCKTAILS

— 2 Tacos \$5 —

5 MAY
12:00PM



SIGN UP WITH NELL
(203) 315-0684
Choice of Chicken, Beef or Bean Tacos

DAVID APUZZO PRESENTS

Marimba Magic

MAY 6TH
2PM

Come enjoy your Karaoke favorites accompanied by a marimba. Marimba Magic plays the hits of the 50's + 60's making a colorful presentation on a wooden xylophone. NOT TO BE MISSED!

CANOE BROOK'S

IMPROV SHOW

MAY 8

IMPROV SHOW FULL OF FUN AND ANTICS!

11AM In the Totokett Room

CANOE BROOK CENTER

A Canoe Brook TRIAD Program

IN THE KNOW

WITH SERGEANT MIKE LOFTIS

FRIDAY, MAY 9TH

9:30AM in the Montowese Room

Sgt. Loftis will discuss local crime on the rise in Branford and Purse Snatching

COVID-19 VACCINATION

REGISTER WITH NELL @ (203) 315-0684

BRING YOUR INSURANCE CARD, WEAR SHORT SLEEVES

WEDNESDAY MAY 14th
1-4pm



Join us for a Presentation on the

Benefits of Gardening

Presented by the Health Department

MAY 13th
11am

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



SPECIAL EVENTS:

Mother's Day Afternoon Tea

At Canoe Brook

Monday, May 12th
3:00 pm



Indulge in high quality afternoon tea, with bountiful choices of refreshments. Wear your finest Spring attire, hats optional, award for best hat!

\$5

Per Person

Reservation:

203-315-0684 or by email: nreinwald@branford-ct.gov

You Are Invited To Canoe Brook's 55th Anniversary Dinner Party

22ND MAY | 5:00 PM

\$20 per person

*Dinner Catered by LoMonaco's:
Chicken or Eggplant Parmigiana served
with Penne Vodka Cream Sauce,
Dessert and Beverages.*

**Live music with
Airborne Trio!**

Chances to win free Door Prizes

CELEBRATE ITALIA!!

AT THE AQUA TURF

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

\$75.00

Includes bus, music
and meal at Aqua Turf

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

Complimentary Coffee & Donuts /
Glass of Beer or Wine/ Door Prizes

REGISTER WITH NELL TODAY!

Paper Shredding

MAY 12th-16th
2pm-4pm

Check in at the front desk
upon drop off.

Must be up to date on your Annual Dues!

Join us for



POTTERY PAINTING

WITH FIRED UP

Wednesday, May 21st, 11am

**\$22**

Paint This Lovely Flower Vase



SPECIAL EVENTS:

CANOE BROOK CONNECTIONS

Newport Mansion TOUR
and Thames Street



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

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!!

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

\$80 PER PERSON

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!

Join Canoe Brook to
★ support our local ★
THEATRE

SWEENEY TODD
REBORN
THE BARBER OF FLEET STREET

AUGUST 14TH
\$50 PER TICKET

BUS LEAVES CANOE BROOK AT 1:15PM
— **AT LEGACY THEATRE** —

Register today with Nell

WNBA

SUNDAY, AUGUST 3RD

\$65

BASKETBALL GAME

Join Canoe Brook to watch the CT Sun take on the Reigning Champions New York Liberty at Mohegan Sun Arena located in the Casino!

BUS LEAVES AT 11AM
GAME STARTS AT 3:00PM

BUS LEAVES EARLY TO ALLOW TIME AT THE CASINO PRE GAME! IMMEDIATELY FOLLOWING GAME WE WILL HEAD BACK TO CANOE BROOK.

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




Picturesque Shoreline Cruise

August 20th

Rain or Shine | Ticket \$30

Bar on Board! Bring your own Food.

Canoe Brook Bus leaves the center at 5:15pm
Island Time leaves from Bruce and Johnson Marina

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

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

TRIPS:

CANOE BROOK CONNECTIONS

Trip Policies and Procedures can be found on page 13.

MAY 1ST
SHOPPING
Trader Joes, Orange CT
1:00PM-3:00PM

Trader Joe's is a national chain of neighborhood grocery stores, committed to providing customers outstanding value in the form of the best quality products at the best everyday prices.

PRICE: \$2.00

MAY 8TH
HAPPY HOUR
Guacamole's Mexican Cuisine
4:00PM-6:00PM

The mission of Guacamole's is to provide the best possible Mexican cuisine to its customers. You can experience the wide variety of seafood dishes from each of the different coasts of Mexico.

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



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. 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.

MAY 29TH
LUNCH BUNCH
Branford High School
11:00AM-1:00PM

Join us as we dine at Branford High School! Meal will be served by Student Chef's through their "Class Act" program! \$12 Meal includes Garlic Knots, Classic Minestrone, Caprese Skewers over Arugula, Chicken Francese & Decadent Mousse Trio! YUM! Transportation is provided from Canoe Brook, if desired let Nell know. Pre-Registration and Payment Required

PRICE: \$12.00

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



(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 13.**

JUNE 12TH
ELIZABETH PARK
Hartford, CT
11:00AM-3:00PM

Bring a bagged lunch and spend the afternoon at one of the most beautiful rose gardens in CT! Bring money if you'd like anything from The Snack Shack, a take-out window that specializes in gourmet hot dogs, ice cream, cold drinks, and other warm-weather snacks right within the park!

WEATHER PERMITTING

PRICE: \$10.00

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! Boston's top Italian band returns: **The Italian Connection!**

PRICE: \$75.00 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

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

AUGUST 3RD
MOHEGAN SUN WNBA
BASKETBALL
Mohegan Sun
11:00AM-6:00PM

Join Canoe Brook to watch the CT SUN take on the reigning Champions 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

AUGUST 14TH
SWEENEY TODD
Legacy Theatre
1:15PM-5:00PM

Buy with Canoe Brook and save \$5 and get door to door service from our bus! Bus leaves Canoe Brook at 1:15PM

PRICE: \$50.00 Includes Bus and Ticket to Show

AUGUST 20TH
ISLAND TIME BOAT CRUISE
Thimble Islands, Branford
5:15PM-8:45PM

We've charted our own boat along the picturesque shoreline of Branford where breathtaking views of LI sound await. Board the Island Time for a relaxing evening with fellow Canoe Brook Members, drinks available onboard, bring your own food.

PRICE: \$30.00

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS SLN

TUESDAYS, 2PM

May 6th: “Life on the Edge”: Rocky Mountain National Park:

The alpine zone of Rocky Mountain National Park boasts a diverse biodiversity, including a variety of hardy plants like alpine wildflowers, low-growing shrubs, and lichen, alongside animals like bighorn sheep, mountain goats, ptarmigan birds, and small mammals.



May 13th: How inventions during WW1 Changed America:

Army Women’s Museum Join the U.S. Army Women’s Museum for an exploration of six modern and everyday items that will unlock the history and legacies of the “Great War.”

May 20th: Bering Land Bridge, Alaska: Bering Land Bridge National Preserve protects a small remnant of a once giant landmass that connected Asia to North America during the last ice age. In the preserve you can find rolling tundra, lakes, lava fields, winding rivers, hot springs, and miles of coastline. Arctic animals, plants, and people live harmoniously on this land as they have for time immemorial.



May 27th: POP! Goes the West! Whitney Art Museum



We are fortunate to catch this new art exhibition from the Whitney at Buffalo Bill Center of the West! Surround yourself with the iconic work of Andy Warhol and other artists who combine the styles and attitudes of the Pop Art movement with western subject matter. *POP!* features eye-catching artwork with bright colors and bold designs.



INTRO TO SIGN LANGUAGE CLASS

MONDAYS, 2PM

MAY 19th-JUNE 30th

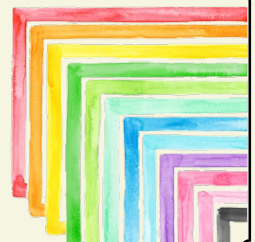
Learn the Foundations of American ASL! Sign up with Nell today!

MIXED MEDIUM WATERCOLORS CLASS

THURSDAYS, 1-3PM

(Price: \$15 Activity Fee)

Join instructor and local Artist Sharon Hart as she teaches techniques with unique and creative classes!



BOCCE COMING SOON!

If you are interested in joining a Canoe Brook Bocce League let Nell know today!
Time and Dates are still TBD.

CLUBS AND SPECIAL INTEREST GROUPS:

MOVIE MATINEE

FRIDAYS, 12:45 –2:45PM

May 2nd: *Hustle* Stanley Sugerma's (Adam Sandler) love for basketball is unparalleled, but the travel weary Philadelphia 76ers scout who has higher ambitions of being a coach remains stuck on the road looking for the next unknown talent. His search around the world leads him to Spain, when he discovers Bo Cruz , an incredible streetball player with a troubled past. **GENRE: Drama RATED: R**

May 9th: *Glass Onion* As in all the best murder mysteries, each character harbors their own secrets, lies and motivations. When someone turns up dead, everyone is a suspect. **GENRE: Mystery & Thriller/Comedy/Drama RATED: PG-13**

May 16th: *Flow* A wondrous journey, through realms natural and mystical, Flow follows a courageous cat after his home is devastated by a great flood. **GENRE: Adventure/Fantasy/Animation RATED: PG**

May 23rd: *Set it Up* Two overworked and underpaid assistants come up with a plan to get their bosses off their backs by setting them up with each other. **GENRE: Romance Comedy RATED: TV-14**

May 30th MOVIE AND A MEAL PRICE: \$10

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

Movie: *A Real Pain* Mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) reunite for a tour through Poland to honor their beloved grandmother. The adventure takes a turn when the odd-couple's old tensions resurface against the backdrop of their family history. **GENRE: Drama/Comedy RATED: R**

Lunch: Chicken Marsala, Stuffed Bread and Salad from Lomonaco's

**LoMonaco's
RISTORANTE**

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



CLUBS AND SPECIAL INTEREST GROUPS:



READER'S CHOICE BOOK CLUB

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.

TUESDAY, JUNE 10TH 1:30PM

"The Three Weismans of Westport" Author: Cathleen Schine

Betty Weisman has just been dumped by her husband of forty-eight years. Exiled from her elegant New York apartment by her husband's mistress, she and her two middle-aged daughters, Miranda and Annie, regroup in a run-down Westport, Connecticut, beach cottage.



ASK A NURSE

MAY 27th 11am-12:30pm Last Tuesday of Every Month, Includes blood pressure screening, oxygen level check and \$15 Hemoglobin A1C Test
THIS IS A DROP IN CLINIC!

TECH HELP

MAY 28th 2-4pm Last Wednesday of Every Month
MUST MAKE APPOINTMENT!



GENEALOGY

MONDAY, MAY 12th 1:00 PM

Military Records: There have been many wars in history. Where can you go to research their part in the conflicts during their lifetimes? It can be amazing what you can find out about your ancestor, that they probably never mentioned. Let's explore what can be found. We will also discuss the history of the time periods and your ancestor's role in the conflict. You will pick the topics discussed. Records for Vietnam and newer are not readily available due to privacy laws although some exist.

Please let Marty know the Who, Where, When and What Branch served of your ancestor prior to the meeting. 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**

HEALTH & FITNESS:

CANOE BROOK CONNECTIONS

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

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

FITNESS CLASS WITH INSTUCTORS

CHAIR YOGA: Thursdays 10:00AM or 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

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

LINE DANCING: Fridays 10:00AM or 11:00AM (CLASSES ARE CURRENTLY FULL!)

THEATRE JAZZ DANCCE: Fridays 3:00PM until the end of MAY



KINIMA-FIT: FREE 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 (ALL FREE)

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!

MAY 2025

CANOE BROOK CONNECTIONS

Mon

Tue

Wed

Thu

Fri

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**.

1

9:00 Intermediate Yoga
10:00 Chair Yoga I
10:00 Hook N' Needle
11:15 Zumba
11:30 Kinima: Cardio
12:15 Chair Yoga II
1:00 Canasta
1:00 Watercolor group
1:00 Trader Joe's
2:30 Qigong
3:00 Karaoke Club

2

8:10 Aerobics
9:30 Kinima: Weights
10:15 YouTube Yoga
10:00 Shuffleboard
10:00 Adv. Line Dancing
11:00 Beg. Line Dancing
11:00 Mah Jongg
12:45 Movie Matinee
1:00 Cribbage
1:00 Cornhole
2:00 Pinochle
3:00 Jazz Dance

5

8:10 Aerobics
9:30 Kinima: Weights
10:15 Advanced Barre
11:00 Mah Jongg
11:15 Zumba
12:00 Cinco De Mayo Lunch
12:00 Dominoes
12:30 Bingo
1:30 Tap Class
2:00 Hand & Foot
2:00 Rummikub
4:30 Qigong

6

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 Marimba Magic Music Program
2:00 SLN
2:00 Poker
2:30 Tai Chi

7

8:10 Aerobics
8:45 Walking Foote Park
9:30 Advanced Barre
9:30 Kinima: Weights
10:15 Kinima: Cardio
11:00 Qigong
11:00 Teacups & Flowers with a Committee of the Branford Garden Club (FULL)
11:00 Setback
12:30 Jammers
1:00 Hand & Foot
1:00 Coloring Group
1:30 Ukulele For Fun
2:00 Kinima: Full Body

8

9:00 Intermediate Yoga
10:00 Chair Yoga I
10:00 Hook N' Needle
11:00 Improv Show
11:15 Zumba
11:30 Kinima: Cardio
12:15 Chair Yoga II
1:00 Canasta
1:00 Watercolor group
2:30 Qigong
3:00 Karaoke Club
4:00 Guacamole's Happy Hour

9

8:10 Aerobics
9:30 Kinima: Weights
9:30 TRIAD: In the Know w/ BPD
10:15 YouTube Yoga
10:00 Free Bread
10:00 Shuffleboard
10:00 Adv. Line Dancing
11:00 Beg. Line Dancing
11:00 Mah Jongg
12:45 Movie Matinee
1:00 Cribbage
1:00 Cornhole
2:00 Pinochle
3:00 Jazz Dance

12

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 Tap Class
2:00 Hand & Foot
2:00 Rummikub
3:00 Mother's Day Afternoon Tea
4:30 Qigong

13

9:00 Beginner Yoga
10:00 Advanced Yoga
10:00 Meditation
11:00 Benefits of Gardening with the Health Department
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

14

8:10 Aerobics
8:45 Walking Foote Park
9:30 Advanced Barre
9:30 Kinima: Weights
10:15 Kinima: Cardio
11:00 Qigong
11:00 Setback
12:00 Writer's Corner
12:30 Jammers
1:00 COVID Clinic
1:00 Hand & Foot
1:00 Coloring Group
1:30 Ukulele For Fun
2:00 Kinima: Full Body

15

9:00 Intermediate Yoga
10:00 Chair Yoga I
10:00 Hook N' Needle
11:15 Zumba
11:30 Kinima: Cardio
12:15 Chair Yoga II
1:00 Canasta
1:00 Watercolor group
2:30 Qigong
3:00 Karaoke Club
6:15 Legacy Theatre

16

8:10 Aerobics
9:30 Kinima: Weights
10:15 YouTube Yoga
10:00 Shuffleboard
10:00 Adv. Line Dancing
11:00 Beg. Line Dancing
11:00 Mah Jongg
12:45 Movie Matinee
1:00 Cribbage
1:00 Cornhole
2:00 Pinochle
3:00 Jazz Dance

MAY 2025

Mon

Tue

Wed

Thu

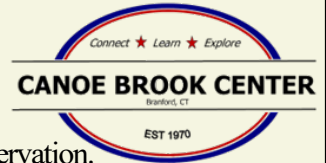
Fri

19 8:10 Aerobics 9:30 Kinima: Weights 9:00 Llama Hike 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 2:00 Sign Language 4:30 Qigong	20 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	21 8:10 Aerobics 8:45 Walking Foote Park 9:30 Advanced Barre 9:30 Kinima: Weights 10:15 Kinima: Cardio 11:00 Qigong 11:00 Fired Up Pottery Painting 11:00 Setback 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body	22 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 3:00 Karaoke Club 5:00 55th Anniversary Party	23 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Bread 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle 3:00 Jazz Dance
26  Closed in Observance of Memorial Day	27 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	28 8:10 Aerobics 8:45 Walking Foote Park 9:30 Advanced Barre 9:30 Kinima: Weights 9:45 Spring Hike 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 2:00 Tech Help	29 9:00 Intermediate Yoga 10:00 Chair Yoga I 10:00 Hook N' Needle 11:00 Lunch Bunch @ Branford High School 11:15 Zumba 11:30 Kinima: Cardio 12:15 Chair Yoga II 1:00 Canasta 1:00 Watercolor group 2:30 Qigong 3:00 Karaoke Club	30 8:10 Aerobics 9:30 Kinima: Weights 10:15 YouTube Yoga 10:00 Shuffleboard 10:00 Adv. Line Dancing 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:30 Movie & A Meal 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle 3:00 Jazz Dance

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 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

Thanks to the Canoe Brook Clean Up Crew for organizing an Earth Day Clean up at Veteran's Park! Great job team!



Welcome **Sharon Hart** our new **Watercolors Instructor**, our members are absolutely loving her class!

Welcome **Kelly** from downstairs, she will be joining the Canoe Brook team as the new **Caseworker**.

Welcome **Chef Scott** who will be cooking food for us here at Canoe Brook. Stay tuned for some breakfast options coming soon!



Welcome

