



CANOE BROOK CENTER
Branford, CT

CANOE BROOK CONNECTIONS

November/December 2024

OFFICE HOURS:

8:00am-4:30pm

CONTACTS:

Director:

Vacant

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

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 classes: yoga, barre, tap dance, tai chi, aerobics)

-Activity fee is \$15.00 and is payable twice a year; January and July (includes our watercolors class)

PLEASE NOTE: ALL FITNESS AND ACTIVITY FEES ARE DUE BY JANUARY 1ST

ANNOUNCEMENTS:

Welcome Nell Reinwald! Nell is our new Activity Coordinator. We are happy to welcome her to our team. Join us **Friday, November 15th** for a meet & greet with Nell!

ArrayRx: CT residents can sign up for a state-sponsored drug discount card known as ArrayRx. You can save up to 80% on generic drugs and 20% on brand name drugs using the FREE discount card at one of thousands of participating pharmacies in the state. To sign up provide your name, email address, address, and date of birth. Residents can sign up and start saving by visiting: <https://arrayrxcard.com/Frequently-Asked-Questions> or call 1.800.913.4146

Chabaso Bread: Upstairs at Canoe Brook's Front Office, Fridays **Nov. 1, 8, 22 & Dec. 6, 20**, 10:00 am until gone. We never know what we will get, rolls or loaves, always delicious! Bring your own bag.

COVID 19 Tests: Place your order for FREE at home test. Log onto this website: <https://special.usps.com/testkits> or call 1.800.232.0233

Energy Assistance: We are currently taking applications for those who heat with oil, kerosene, and propane; contact Nancy if you heat with a deliverable fuel and have not yet applied. For those who heat with electricity, we will begin taking applications mid-December; natural gas applications mid-January. In the interim contact your gas or electric company and sign up for the Matching Payment Plan if you have not already done so.

Social Security: This year, millions of people who receive Social Security Disability and Retirement benefits and do not pay Income Related Monthly Adjustment Amount (IRMAA) will receive a newly designed and improved COLA notice. The notice is now on one page, providing exact dates and dollar amounts of your new benefit and any deductions, making it easier to find what you need. Watch the following video to learn more about the redesigned Cola notice. <https://youtube/loiaU0trOtQ>

Volunteer Opportunities: We could use your help! We're looking for a few volunteers to help us with our coffee and MORE program. If you are interested in volunteering one morning a week call Nell for more details.

Happy Holidays! Wishing you & your family love, peace and joy!
Nancy, Rhiannon, Tim and Nell.

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SPECIAL EVENTS:

**BAKED POTATO
BAR**

at Canoe Brook Center

MONDAY, NOVEMBER 18TH • 12PM

SIGN UP WITH PAYMENT BY 11/15 SEE NELL FOR MORE INFORMATION

\$5 PER PERSON

ENJOY YOUR MEAL IN A PEEL!

ENJOY A HOT, FRESH, CLASSIC POTATO TOPPED WITH BUTTER, SOUR CREAM, SHREDDED CHEDDAR CHEESE AND BACON!

WANT TO LEAVE A TOPPING OFF? NO PROBLEM!!



Join us

**Election Day
Craft Fair**

TUESDAY | NOV 5th

From 9AM-4PM

Bring friends and family to purchase beautiful creations made by Canoe Brook Members!

CANOE BROOK CENTER
46 Church Street, Branford CT

Connect • Learn • Explore

CANOE BROOK CENTER
EST 1970

Contact: 203-315-0687 for more information



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.

MIDNIGHT AT NOON

NEW YEAR'S EVE
Celebration

FRIDAY, 27th DECEMBER

Arrive by 11:45am

Price: **\$10**

LUNCH INCLUDES 2 SLICES OF CHEESE PIZZA, GARDEN SALAD AND CAKE

Entertainment • Toast to the New Year • Disco Ball Drop • Party Favors

SPECIAL EVENTS:

UR Community Cares

BLIND/LOW VISION DIRECTORY PROGRAM

Wednesday, November 20, 2024

10:00 – 11:00 am

Canoe Brook Center

Join us to hear about blind / low vision resources and UR Community Cares services!

Pick up a copy of the free directory.

Who can attend? Everyone!

This FREE program is for older and disabled residents who need assistive technology or struggling to find vision resources in and outside of Connecticut.

Please register by calling Nell at 203-315-0684.

www.URCommunityCares.org



Holiday Craft Sale

CANOE BROOK CENTER

HOLIDAY SHOPPE

THE BEST PLACE TO BUY ARTS & CRAFTS IS RIGHT HERE AT CANOE BROOK!

MON, DEC 9th 11am-1pm

FRI, DEC 20th 10am-12:30pm

Waverly Lounge, Here at Canoe Brook

ASK A NURSE AND WELLNESS CLINIC

NOV. 26TH @ 11AM

- * Free Blood Pressure Screening
- * Heart Rate Check
- * Temperature Check
- * Oxygen Level Check

THIS IS A DROP IN CLINIC!

At Canoe Brook Center
For more information call
(203)315-0687



SAFETY DURING THE HOLIDAYS: HOW TO SURVIVE THE EXTREME COLD



Tuesday, November 19th

10:30 AM



At Canoe Brook Center

Presented by the Branford

Fire Department



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

CANOE BROOK PRESENTS

CHANUKAH *Dinner*

CELEBRATE THE FESTIVAL OF LIGHTS
WITH TRADITIONAL FAVORITES

TUESDAY, DECEMBER 3RD

5PM - 7PM

Enjoy Nancy's home cooked family traditions including brisket, potato latkes, green bean casserole, challah and more!
Enjoy Eastern European Klezmer music with David Chevan's Band!

RESERVATIONS AND PAYMENT DUE
BY NOVEMBER 22ND
PRICE: \$27.00



SPECIAL EVENTS:




DECEMBER 11th

1:30pm-3:30pm

You must reserve a time slot, no walk ins!

CALL 203-315-0684



Christmas
Trim the Tree
10am
Dec. 10th
At Canoe Brook

Pre-register for activities with Nell at

(203)315-0684 or

nreinwald@branford-ct.gov

kindly join us for a

HOLIDAY DINNER

— HOSTED BY —
The Branford Rotary Club

DECEMBER 11th 5-7PM
Doors open at 4:45

At the Congregational Church on the Green

The most magical event of the year!!
The Branford Rotarians are expressing their gratitude for Branford Seniors by cooking & serving up a fabulous turkey & fresh ham feast. Come gather with your friends, have a wonderful meal & enjoy the music.

Price: \$2.00

Reservations must be made in person with payment.
You may sign-up yourself & one other person.
(Tickets are limited to 100 seats)
Transportation is available.

TRIPS:

NOVEMBER 6TH
LUNCH BUNCH
Lobster Shack
12PM-2PM

The Lobster Shack is located on the beautiful Connecticut shoreline in East Haven. If you're searching for Connecticut's Best Lobster Roll then join us for Lunch Bunch! Individual checks provided. Limited Seating!



NOVEMBER 13TH
STONY CREEK WALKING TRIP
(ROUGHLY A MILE OF WALKING)
Stony Creek Museum,
Legacy Theatre,
Beach walk,
Stony Creek Market Lunch
10AM-2PM

Take a tour of the beautiful Stony Creek area. Visit the Stony Creek Museum whose mission is to collect, archive, maintain and exhibit to the public manuscripts, pictures, objects, artifacts, memorabilia and items that reflect the history, culture, and community of Stony Creek, Connecticut and the Thimble Islands.

Behind the scenes tour of the Legacy Theatre. Legacy Theatre enhances the Connecticut Shoreline's economy, educational opportunities and quality of life through live theatre and related programs. Limited Seating! Bring extra money for lunch.

PRICE: \$2.00



NOVEMBER 14TH
SHOPPING SPREE
TJMaxx & Hobby Lobby
1:30PM-3PM

Limited Seating! **PRICE: \$2.00**



NOVEMBER 20TH
HAPPY HOUR
Longley's
4PM-6PM

Individual checks provided.



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

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

TRIPS:

DECEMBER 4TH
LUNCH BUNCH
 Townhouse
 12PM-2PM

From all-day breakfast to seafood entrees, and everything in between. There is something for the whole family on the menu! Individual checks provided.



DECEMBER 5TH
NELSON'S HALL
 A Swingin' Christmas
 1PM - 4:15PM

Experience the holiday season like never before with Louis Prima Jr. and The Witnesses as they bring their electrifying "Swingin' Christmas" tour to the stage!

PRICE: \$49.00 (Waitlist)



DECEMBER 12TH
SHOPPING SPREE
 Connecticut Post Mall
 1:30PM-4PM

Limited Seating!

PRICE: \$2.00



DECEMBER 17TH
HAPPY HOUR
 Thimble Island Brewery
 4-6PM

At Thimble Island Brewery visitors enjoy many menu options, including pretzel bites, chicken wings, salads and our famous Smash Burger. With 30 draft lines there are plenty of options to quench your thirst as well! (You must submit your food order when you register. See Nell for the Menu.) Individual checks provided.



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

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

TRIPS:

JANUARY 8TH
BEINECKE LIBRARY
9:45AM-12:15PM
(Snow Date Jan. 15th)

Powerful excerpts from nineteen video testimonies presents the experiences of survivors and witnesses to the atrocities and genocide committed by Nazi Germany and its collaborators. These videos are presented alongside a display of books, pamphlets, manuscripts, documents, and other items from the collections of Yale Library that presents a history of Jewish efforts to document anti-Jewish persecution by means of eyewitness accounts, from the Kishinev Pogrom of 1903 through the Holocaust and its aftermath. This is a mini bus trip.

PRICE: \$2.00

JANUARY 22ND
MOHEGAN SUN
9:00AM - 3:00PM
(Snow Date Jan. 29th)

Bring extra money for lunch and gaming.

PRICE: \$14.00



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. (If there is inclement weather, the trip will be cancelled.)

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



Uconn Women’s Basketball Game is still TBD check out our bulletin board for announcements and updates! Call Nell to be put on the interest sheet.

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 refunds as we do not get refunds from UCONN.

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 waiting list for the trip at the time of your cancellation.**

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS SLN

TUESDAYS, 2PM

Good news! Leave the computer futzing to us! If you'd like to come enjoy these interactive presentations with friends, you can come to the Center in person!

November 5th: Ford's Theatre and the Lincoln Assassination

Join us virtually at Ford's Theatre, as we visit the story of Lincoln's assassination from the place where it happened! Explore the world of Civil War Washington, D.C., the events leading up to the night of the assassination and consider its lasting legacies.



November 12th: The Roosevelt Children: FDR Presidential Library and Museum



We will discover some of the successes and failures of the Roosevelt family, and how they may compare to other presidential offspring. How was being the child of such important and famous parents a drawback? Was it a hindrance or a help? Join us as we explore these and other fascinating facts by one of our favorite presenters, Jeff Urbin, from the FDR Presidential Library and Museum.

November 19th: Chimney Rock Museum: The Oregon Trail: Chance, Choice and Chimney Rock!

Experience the Oregon Trail like never before at Chimney Rock! Discover the importance of choice, chance, and opportunity as our expert shares real stories of those affected by the historic trail. Feel the awe and curiosity the pioneers experienced when they saw the most famous landmark on the Oregon, California, and Mormon Trails.



November 26th: Virtual Tour of the Wyoming Veterans Museum



In honor of Veterans Day this month, we will visit the Wyoming Veterans Museum, located in the heart of the World War II Casper Army Air Base. The Wyoming Veterans Memorial Museum honors and shares the contributions made by generations of Wyoming veterans. Explore the individual experiences of soldiers, sailors, airmen, and marines who protected our nation around the globe. It's always a good day to honor our Veterans!

CLUBS AND SPECIAL INTEREST GROUPS:

SENIOR LEARNING NETWORK PROGRAMS (SLN)

TUESDAYS. 2PM

Please note exception for the holidays THURS. Dec 12

December 3rd: “ Behind the Scenes”- National Museum of the Pacific War

Join the National Museum of the Pacific War on December 3rd at 2:00 PM EST for an exclusive virtual tour designed for the Senior Learning Network. This exclusive behind-the-scenes program will offer a glimpse into the museum's extensive collection, which includes over 55,000 3D objects and 5,000 linear feet of archival material. Discover how these remarkable artifacts contribute to telling the profound story of World War II in the Asia-Pacific region.



December 10th: Harper’s Ferry National Park/ Harpers Ferry's Place in History:



Discover how the promise of "...a more perfect union," was defended, debated, and redefined in Harpers Ferry. Learn about the United States Armory, John Brown's Raid, the Civil War, the struggle for Civil Rights, and more!

December 12th THURSDAY:

John Bunker Sands Photography Gallery

Intense flames, dramatic skies, firefighters at work, aircraft dropping fire retardant, ember trails, a “fire whirl” ascending. A new special exhibition at the *Buffalo Bill Center of the West* shares dramatic images of wildland firefighting taken by a hotshot firefighter in the thick of the action. brave people who combat them. Photographed by Wyoming Hotshot Captain Kyle Miller, *Fire on the Mountain* provides an intimate encounter with the realities of a changing climate. Kyle began photographing wildfires in 2004 while serving on a fire crew in Montana. A resident of Cody, Wyoming, Kyle joined the Wyoming Interagency Hotshot crew in 2010. Hotshots are highly trained, specialized wildland firefighters who use various ground tactics and hand tools to slow and stop fires from spreading. The work is physically strenuous, mentally taxing, and requires a high level of conditioning in both body and mind. The images in this exhibition highlight two primary themes: **Fire Ecology** and the **Human Element of Wildland Firefighting**.



December 17th: Holidays with the Roosevelts/ FDR Presidential Library and Museum



It wouldn't be the holidays without checking in with the Roosevelts! Join us with our friend, Jeff Urbin- education specialist at FDR Presidential Library and Museum for a trip down memory lane with the Roosevelt family. We will discuss how the Roosevelts celebrated Christmas during the dark times of the Great Depression and WW2, and how it impacted the ways that Americans celebrated the holidays. Join us for this fun and informative time as we close out our year of life long learning!



CLUBS AND SPECIAL INTEREST GROUPS:



MATINEE MOVIES

FRIDAYS, 12:45 –2:45PM

NOV. 1ST: “Rebel Ridge”- Former Marine Terry Richmond travels to Shelby Springs to post bail for his cousin, only to find his savings unjustly seized by a corrupt local police force. With the help of court clerk Summer McBride, Terry uncovers a deep-seated conspiracy and vows to bring justice to the town. **RATED: R**

NOV. 8TH: “I Used To Be Funny”- I Used To Be Funny is a dark dramedy that follows Sam Cowell (Rachel Sennott), an aspiring stand-up comedian and au pair struggling with PTSD, as she decides whether or not to join the search for Brooke (Olga Petsa), a missing teenage girl she used to nanny. **NOT RATED**

NOV. 15TH: “Dark Waters”- An attorney whose firm defends chemical companies jeopardizes his career to expose a toxic waste-dumping scheme in this drama based on a true story. **RATED:PG-13**

NOV. 22ND: “His Three Daughters”-This tense, touching and funny portrait of family dynamics follows three estranged sisters as they converge in a New York apartment to care for their ailing father and try to mend their own broken relationship with one another. **RATED: R**

DEC. 6TH: “The Edge of Tomorrow”- Edge of Tomorrow is a science fiction action film where Major William Cage, forced into combat against an alien invasion, discovers he is reliving the same day after dying. Partnering with Special Forces warrior Rita Vrataski, he utilizes this time loop to improve his battle skills and devise a strategy to defeat the extraterrestrial threat. The movie explores themes of resilience, adaption, and transformation in the face of seemingly insurmountable odds. **RATED: PG-13**

DEC. 13TH: “Brooklyn”- An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within. **RATED:PG-13**

DEC. 20TH: “Little Secret”- Emily is a plucky preteen who is entrusted with her young neighbors' most private and cherished secrets. Every Wednesday, Emily sets up a booth in her backyard that regularly attracts the guilty young souls of the neighborhood. These include Philip whose clumsiness and his interest in Emily make him a challenging client. But complications ensue when she suddenly finds it difficult to keep all of her neighbors' secrets to herself. **RATED: PG**

CLUBS AND SPECIAL INTEREST GROUPS:



MEDITATION, PLUS!

TUESDAYS (Through Dec. 17th) 10-11AM

Join Facilitator **Dr. Margo Meri, DSW**

Studies have proven implementing daily meditation practices reduces stress, lowers blood pressure and helps you feel your best! **PRICE: \$5.00**

CARDS AND GAMES



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

Canasta-Thursdays 1pm



GENEALOGY

MONDAY, NOVEMBER 18th 1:00 PM

Italian Research - We will discuss the resources that are available to you to research your Ancestor who immigrated to the USA from Italy. We will discuss what record groups are available to you. The Italian Government has a free website that you can use to find your ancestor's Birth, Marriage and Death Records beginning in around 1804 through the 1920's.

The website is <https://antenati.cultura.gov.it/find-the-archives-2/?lang=en>

You will learn how to navigate this valuable resource. Please let Marty know ahead of the class who, what, where and dates of your ancestor so your Ancestor can be featured in the program.

MONDAY, DECEMBER 9TH 1:00 PM

Ethnic Holiday Celebration - Come and share your Family's Holidays Traditions and Tastes. At this celebration we bring and share a holiday dish from our family's heritage – it may be an old or new favorite family recipe. We also will talk about our family traditions old and new.

We will also share the Oplatek which is a Polish tradition, which dates back hundreds of years, that blesses us with health and happiness for the new year

CLUBS AND SPECIAL INTEREST GROUPS:

BENEFITS OF SOCIALIZATION FOR SENIORS

- Delays cognitive decline
- Sharpens memory skills
- Improves mental health & self-esteem
- Reduces risk of chronic illnesses
- Lowers stress levels
- Gives sense of purpose & belonging

There are many benefits to socialization and staying connected as we age. Join one of Canoe Brook's special interest groups to help get connected to friends in your town!

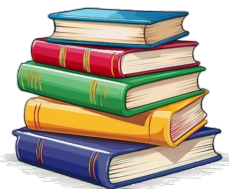


WRITERS CORNER

WEDNESDAY, NOVEMBER 6th 11:30 AM
WEDNESDAY, NOVEMBER 20th 11:30AM
WEDNESDAY, DECEMBER 11th 12:00PM
(Meeting at Turtle Bay)



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



READER'S CHOICE BOOK CLUB

TUESDAY, NOVEMBER 12th 1:30 PM

"The Dutch House" Author: Ann Patchett

"A masterful and beautifully rendered allegory of the destructive force of social ambition in several generations of a Pennsylvania family" -Pulitzer Prizes

TUESDAY, DECEMBER 10th 1:30 PM

"19th Christmas " Author: James Patterson

In this #1 New York Times Best Seller, the Women's Murder Club gets ready for a quiet Christmas - that is until a mysterious killer decides to terrorize the city.

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



HEALTH & FITNESS:

Are you an active adult, or looking to get healthy? Try some of our great fitness programs! It's a great way to meet new friends and start feeling your best!



INDOOR PICKLEBALL

BEGINS NOVEMBER 7TH

Located in the Joe Trapasso Gymnasium on the first floor.

(You must be a member of Canoe Brook Center to participate.)

<u>MONDAYS:</u>	11:45AM-12:45PM	BEGINNERS
	12:45PM-1:45PM	SEASONED
		PLAYERS



TUESDAYS: **8:30AM-10:45AM** **SEASONED PLAYERS**

THURSDAYS: **8:30AM-10:45AM** **BEGINNERS PLAYERS**

FRIDAYS: **1:00PM-2:30PM** **LESSONS WITH ROGER**

Want MORE Pickleball?

Register with Branford Parks and Recreation Department for a Pickleball Membership, call 203-488-8304 for more information.



HEALTH & FITNESS:

“Exercise not only changes your body, it changes your mind, your attitude and your mood.”

YOGA:

Intro to Yoga Thursdays 10:00AM - Yoga with a chair, no floor work, great for balance and stability!

(This class currently has a **waitlist**.)

Beginner Yoga Tuesdays 9:00AM - Half chair, half floor work

Intermediate Yoga Thursdays 9:00AM - Great for strength and balance

Advanced Yoga Tuesday 10:00AM - Similar to Intermediate with a few more difficult poses

No Yoga Classes Dec. 10th, 24th, 26th, 31st & Jan. 2nd

BARRE: Tuesdays, 11:15AM - Barre is a toning, bodyweight, and lifting workout. It features small, detailed ballet movements that are accessible for anyone to do! (This class currently has a **waitlist**.)

No Barre Classes Nov. 19th, Dec. 24th and 31st

AEROBICS: Mondays, Wednesdays & Fridays, 8:10AM

TAP: Mondays, 1:30PM

TAI CHI: Tuesdays or Thursdays, 2:30PM



WALKING GROUP

MONDAYS & WEDNESDAYS

BEGINNING NOVEMBER 13TH

8:45-9:30AM



Join us in the Joe Trapasso Gymnasium, located on the first floor.

Let's get moving, no more excuses!

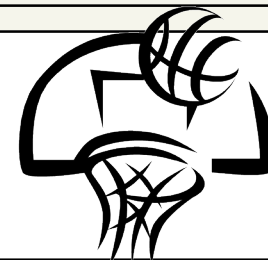
NEW!

OPEN GYM BASKETBALL

WEDNESDAYS,

BEGINNING NOVEMBER 20TH

2:30-3:30 PM



HEALTH & FITNESS:

KINIMA-FIT: VIRTUAL FITNESS CLASSES

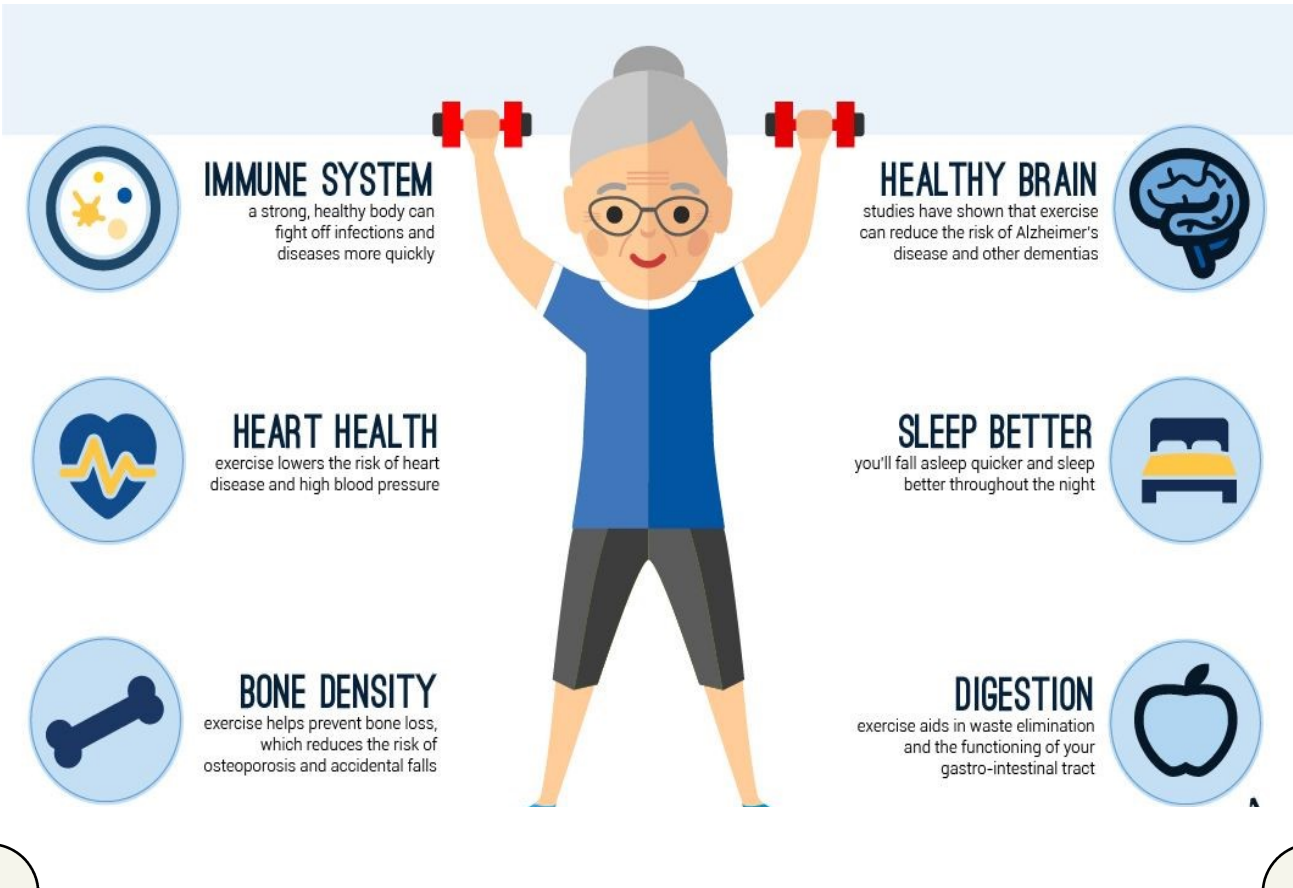
Cardio Strength- Mondays, Wednesdays & Fridays, 9:30 am - Moderate full body exercise with cues and music

Dumbbell Full Body- Tuesday & Thursday, 11:30 am - Bring your own hand weights.

Chair Yoga- Thursdays, 12:00pm - Seated yoga

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

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



IMMUNE SYSTEM
a strong, healthy body can fight off infections and diseases more quickly

HEALTHY BRAIN
studies have shown that exercise can reduce the risk of Alzheimer's disease and other dementias

HEART HEALTH
exercise lowers the risk of heart disease and high blood pressure

SLEEP BETTER
you'll fall asleep quicker and sleep better throughout the night

BONE DENSITY
exercise helps prevent bone loss, which reduces the risk of osteoporosis and accidental falls

DIGESTION
exercise aids in waste elimination and the functioning of your gastro-intestinal tract

YOU MUST SIGN UP WITH NELL FOR ALL FITNESS CLASSES

PLEASE NOTE: ALL FITNESS AND ACTIVITY FEES FOR THE YEAR ARE DUE BY JANUARY 1ST

Mon

Tue

Wed

Thu

Fri


November 2024

Activities Calendar

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**

<p>4</p> <p>8:10 Aerobics 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 12:30 Bingo 1:30 Tap Class 2:00 Hand & Foot Card Game 2:00 Rummikub</p>	<p>5 9-4 Craft Fair</p> <p>8:30 Beg. Pickleball at Veterans park 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:00 Pickleball Seasoned 11:15 Barre 11:30 Kinima: Weights 11:30 Life Transitions 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>6</p> <p>8:10 Aerobics 9:30 Kinima: Cardio Strength 11:00 Setback 11:30 Writer's Corner 12:00 Lunch Bunch: Lobster Shack 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body</p>	<p>7 Indoor Pickleball Begins</p> <p>8:30 Beg. Pickleball 9:00 Inter. Yoga 10:00 Intro to Yoga 10:00 Hook N' Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Canasta 1:00 Watercolors 2:30 Tai Chi</p>	<p>8</p> <p>8:10 Aerobics 9:30 Kinima: Cardio Strength 10 Bread Delivery 10:00 Meet & Greet with Nell the new Activity Coordinator 10:00 Shuffleboard 11:00 Mah Jongg 12:45 Featured Film 1:00 Cornhole 1:00 Pickleball Lessons with Roger</p>
<p>11</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CANOE BROOK CLOSED</p> 	<p>12</p> <p>8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Barre 11:30 Kinima: Weights 11:30 Life Transitions 12:30 Discussion Group 1:00 Scrabble 1:30 Book Club 2:00 SLN 2:00 Poker 2:30 Tai Chi</p>	<p>13</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 10:00 Stony Creek Tour Trip: Stony Creek Museum, Legacy Theatre, Beach Walk & Stony Creek Market Lunch 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body</p>	<p>14</p> <p>8:30 Beg. Pickleball 9:00 Inter. Yoga 10:00 Intro to Yoga 10:00 Hook n Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Canasta 1:00 Watercolors 1:30 Shopping Spree: TJMaxx & Hobby Lobby 2:30 Tai Chi</p>	<p>15</p> <p>8:10 Aerobics 9:30 Kinima: Cardio Strength 10:00 Shuffleboard 11:00 Mah Jongg 12:45 Featured Film 1:00 Cornhole 1:00 Pickleball Lessons with Roger</p>

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8:10 Aerobics
9:30 Kinima:
 Cardio Strength
10 Bread Delivery
10:00 Shuffleboard
11:00 Mah Jongg
12:45 Featured Film
1:00 Cornhole

November 2024 Activities Calendar

Mon	Tue	Wed	Thu	Fri
18 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:45 Beginner Pickleball 12:00 Potato Bar 12:30 Bingo 12:45 Seasoned Pickleball 1:00 Genealogy Class 1:30 Tap Class 2:00 Hand & Foot Card Game 2:00 Rummikub	19 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 10:30 TRIAD: Safety During the Holidays: How to Survive the Extreme Cold 11:30 Kinima: Weights 11:30 Life Transitions 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi	20 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 10:00 UR Community Cares: Blind & Vision Impaired Directory 11:00 Setback 11:30 Writer's Corner 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:30 Open Gym Senior Hoops 4-6 Happy Hour: Longley's	21 8:30 Beg. Pickleball 9:00 Inter. Yoga 10:00 Intro to Yoga 10:00 Hook N' Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Canasta 1:00 Watercolors 2:30 Tai Chi	22 8:10 Aerobics 9:30 Kinima: Cardio Strength 10 Bread Delivery 10:00 Shuffleboard 11:00 Mah Jongg 12:45 Featured Film 1:00 Cornhole 1:00 Pickleball Lessons with Roger
25 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:45 Beginners Pickleball 12:30 Bingo 12:45 Seasoned Pickleball 1:30 Tap Class 2:00 Hand & Foot Card Game 2:00 Rummikub	26 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask the Nurse 11:15 Barre 11:30 Kinima: Weights 12:30 Discussion Group 1:00 Scrabble 2:00 SLN 2:00 Poker 2:30 Tai Chi	27 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:30 Open Gym Senior Hoops	28 <p style="text-align: center;">CANOE BROOK CLOSED</p> <p style="text-align: center;"><i>Happy Thanksgiving</i></p> 	29 <p style="text-align: center;">CANOE BROOK CLOSED</p> 

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.


PLEASE NOTE: ALL FITNESS AND ACTIVITY FEES FOR THE YEAR ARE DUE BY JANUARY 1ST

December 2024 Activities Calendar

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:45 Beginners Pickleball 12:30 Bingo 12:45 Seasoned Pickleball 1:30 Tap Class 2:00 Hand & Foot Card Game 2:00 Rummikub</p>	<p>3</p> <p>8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Barre 11:30 Kinima: Weights 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 SLN 2:30 Tai Chi 5:00 Chanukah Dinner</p>	<p>4</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 10:00 Trim the Tree 11:00 Setback 12:00 Lunch Bunch: Townhouse 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:30 Open Gym Senior Hoops</p>	<p>5</p> <p>8:30 Beg. Pickleball 9:00 Inter. Yoga 10:00 Intro to Yoga 10:00 Hook N' Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Trip: Nelson Hall– A Swinging Christmas 1:00 Canasta 1:00 Watercolors 2:30 Tai Chi</p>	<p>6</p> <p>8:10 Aerobics 9:30 Kinima: Cardio Strength 10 Bread Delivery 10:00 Shuffleboard 11:00 Mah Jongg 12:45 Featured Film 1:00 Cornhole 1:00 Pickleball Lessons with Roger</p>
<p>9</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:00 Holiday Craft Shoppe at Canoe Brook 11:45 Beginners Pickleball 12:30 Bingo 12:45 Seasoned Pickleball 1:00 Genealogy Class 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>10</p> <p>8:30 Seasoned Pickleball 10:00 Meditation 11:15 Barre 11:30 Kinima: Weights 1:30 Book Club 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 SLN 2:30 Tai Chi</p>	<p>11</p> <p>8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Setback 12:00 Writer's Corner 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 1:30 Tech Help 2:00 Kinima: Full Body 2:30 Open Gym Senior Hoops 5:00 Rotary Dinner</p>	<p>12</p> <p>8:30 Beg. Pickleball 9:00 Inter. Yoga 10:00 Intro to Yoga 10:00 Hook N' Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Canasta 1:00 Watercolors 1:30 Shopping Spree: CT Post Mall 2:00 SLN 2:30 Tai Chi</p>	<p>13</p> <p>8:10 Aerobics 9:30 Kinima: Cardio Strength 10:00 Shuffleboard 11:00 Mah Jongg 12:45 Featured Film 1:00 Cornhole 1:00 Pickleball Lessons with Roger</p>

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December 2024 Activities Calendar

Mon	Tue	Wed	Thu	Fri
16 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:45 Beg. Pickleball 12:30 Bingo 12:45 Seasoned Pickleball 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	17 8:30 Seasoned Pickleball 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Barre 11:30 Kinima: Weights 12:30 Discussion Group 1:00 Scrabble 2:00 Poker 2:00 SLN 2:30 Tai Chi 4:00 Happy Hour: Thimble Island	18 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Setback 1:00 Hand & Foot 1:00 Jammers 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Kinima: Full Body 2:30 Open Gym Senior Hoops	19 8:30 Beg. Pickleball 9:00 Inter. Yoga 10:00 Intro to Yoga 10:00 Hook N' Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Canasta 1:00 Watercolors 2:30 Tai Chi	20 8:10 Aerobics 9:30 Kinima: Cardio Strength 10:00 Shuffleboard 10:00 Bread Delivery 10:00 Holiday Craft Shoppe at Canoe Brook 11:00 Mah Jongg 12:45 Featured Film 1:00 Cornhole 1:00 Pickleball Lessons with Roger
23 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:45 Beg. Pickleball 12:30 Bingo 12:45 Seasoned Pickleball 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	24 8:30 Seasoned Pickleball CANOE BROOK CLOSED AT NOON	25 CANOE BROOK CLOSED Happy Holidays	26 8:30 Beg. Pickleball 10:00 Hook N' Needle 11:30 Kinima: Weights 12:00 Kinima: Seated Yoga 1:00 Canasta 1:00 Watercolors 2:30 Tai Chi	27 8:10 Aerobics 9:30 Kinima: Cardio Strength 10:00 Shuffleboard 11:00 Mah Jongg 12:00 Midnight at Noon New Years Celebration 1:00 Cornhole 1:00 Pickleball Lessons with Roger
30 8:10 Aerobics 8:45 Walking Group 9:30 Kinima: Cardio Strength 11:00 Mah Jongg 11:45 Beg. Pickleball 12:30 Bingo 12:45 Seasoned Pickleball 1:30 Tap Class 2:00 Hand & Foot 2:00 Rummikub	31 8:30 Seasoned Pickleball CANOE BROOK CLOSED AT NOON 	<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> <p>PLEASE NOTE: ALL FITNESS AND ACTIVITY FEES FOR THE YEAR ARE DUE BY JANUARY 1ST</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.**
- **TRANSPORTATION COORDINATOR: Tim Kron (203)315-0681**

tkron@branford-ct.gov

CANCELLATIONS & CLOSURES:

Cancellation Policy: If you cancel for any reason there will be no refund, unless there is a waiting list for the trip at the time of your cancellation.\

If there's [inclement weather](#) please call the office or check out our Facebook page for closure information before you venture out!

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)
- Activity fee is \$15.00 and is payable twice a year; January and July (includes our watercolors class)

PLEASE NOTE: ALL FITNESS AND ACTIVITY



FEES ARE DUE BY JANUARY 1ST

