

THE CANOE BROOK CONNECTIONS

TOWN OF BRANFORD

PARKS, RECREATION & SENIOR SERVICES

NOVEMBER 2025

SENIOR SERVICES



LOCATION

Joe Trapasso Community House
46 Church Street
Branford, CT 06405



OFFICE HOURS

8:00am-4:30pm
Monday through Friday



OFFICE PHONE

(203) 481-3429



WEBSITE

branfordrecreation.org



[www.facebook.com/
canoebrookcenter](https://www.facebook.com/canoebrookcenter)

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Energy Assistance: We are currently taking applications for those who heat with oil, kerosene, and propane; contact Kelly (203-315-0684) or Nancy (203-315-0682) if you heat with deliverable fuel and have not yet applied. For those who heat with natural gas, we will begin taking applications mid-December, electricity applications mid-January.

SNAP: No SNAP benefits will be issued after Nov. 1 while the government remains shutdown. If you are in need of food, daily hot meals are provided at the Community Dining Room 30 Harrison Avenue. Contact them at 203-488-9750 for more details. Also, at the same address, is the Branford Food Pantry offering supplemental groceries for those in need. A registration form has to be filled out with proof of Branford residency. They are open Tuesdays from 8:30 - 11:00 am and 4:00 - 6:00 pm. Also, on Fridays from 9:00 - 11:30 am. The registration form can be filled out that day. The phone # is 203-481-3663

November is the time to be thankful and to embrace those who enrich our lives.

“A PLACE TO CONNECT, LEARN & THRIVE”

We believe that aging is an opportunity for growth, friendship, and new experiences. Our center provides a warm inclusive environment where adults 60+ can connect, stay active and enjoy life to the fullest!

Information in this newsletter will be updated as it becomes available. Please check our website for updates for call the office at 203-481-3429

Safety is our #1 priority. Guidelines have been put in place for each program with the safety of the staff and program participants in mind. We ask you to adhere to all guidelines for our programs, trips and special activities & events.

HOW TO REGISTER

You can register by phone, in-person or on-line for most of our programs. Need help creating an account? Call the office or visit staff for assistance. You can visit us on-line at www.branfordrecreation.org and click on "Create an Account" Only Branford residents and members of the Senior Center may register.

REGISTRATION PAYMENTS

Forms of payment: Cash, Check or Credit Card. VISA & Mastercard are accepted on-line, by mail and in-person. Cash payments are only accepted during office hours. If paying by check, please make checks or money orders payable to "Treasurer, Town of Branford". A \$20 fee will be assessed for returned checks.

TRIP POLICIES:

If you need transportation to the center for a trip, please let us know when making your reservation.

Full payment is due at time of reservation unless otherwise noted. If you are placed on a waitlist, you will be notified. People will be seated together on busses and theatres as indicated when registering. If a guest is traveling with you, list them as your guest and include their payment (in full). For day trips, you must arrive 15 minutes prior to departure time.

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

SENIOR CENTER CLOSING DATES

Tuesday	Nov. 11 th	Veteran's Day
Thursday	Nov. 27 th	Thanksgiving
Friday	Nov. 28 th	Thanksgiving Holiday
Wednesday	Dec. 24 th *	Christmas Eve
Thursday	Dec. 25 th	Christmas Day
Wednesday	Dec. 31 st *	New Year's Eve
Thursday	Jan. 1 st	New Year's Day

*Office closes at noon (12pm)

SMOKE FREE POLICY

Smoking is prohibited at all properties under the control of the Branford Parks, Recreation & senior Services Dept. at all times, including but not limited to: buildings, grounds, entrances, sidewalks, parking lots & beaches. Smoking is defined as the use of cigarettes, pipes, cigars & other devices that produce smoke including e-cigarettes, vapes and water pipes.

Dale Izzo ~ Director
Parks, Recreation & Senior Services
dizzo@branford-ct.gov

Nally Sahin ~ Asst. Director
Parks, Recreation & Senior Services
nsahin@branford-ct.gov

Nancy Cohen ~ Asst. Director
Senior Services
ncohen@branford-ct.gov

Rhiannon Turco ~ Activities Coordinator
rturco@branford-ct.gov

Tim Kron ~ Transportation Coordinator
tkron@branford-ct.gov

Kelly Gesuero ~ Case Worker
kgesuero@branford-ct.gov

Victor Amatori, Jr. ~ Program Supervisor
vamatori@branford-ct.gov

Ricky DiRago ~ Program Coordinator
rdirago@branford-ct.gov

Colin Sheehan ~ Arts, Culture & Special Events Coordinator
csheehan@branford-ct.gov

Victoria Milslagle ~ Administrative Program Asst.
vmilslagle@branford-ct.gov

Laura Montone ~ Administrative Asst.
lmontone@branford-ct.gov

Nicholas Polastri ~ Lead Maintainer
npolastri@branford-ct.gov

Kyle Lynch ~ Maintainer
klynch@branford-ct.gov

Jeff Sitz ~ Maintainer
jsitz@branford-ct.gov

Colin Tracy ~ Maintainer
ctracy@branford-ct.gov

Nico Martone ~ Custodian
nmartone@branford-ct.gov

Scott Roth ~ Chef

Andrew Raffile ~ Chef

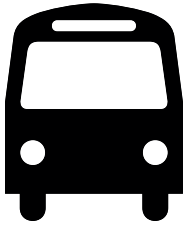
Maureen Hall ~ Kitchen Aide



WEATHER

If Branford Public Schools are cancelled or dismissed early, all Senior Programming and activities will be cancelled. If schools have a delay opening, programs will continue as scheduled, except for programs starting prior to 10:00 AM. Breakfast will be cancelled. If the BOE cancels their evening activities, it will be at the discretion of our Department to keep evening programs on as scheduled. For the most up to date information, please call the office, visit our website

The Town of Branford provides transportation services to residents 60 years and older. Transportation is available to clients utilizing the following programs/services



BUSES

Bus transportation is available to all senior center members. We provide transportation from your home to the senior center as well as transportation for local errands and grocery stores.



MEDICAL CARS

Medical transportation is available to Branford residents 21 years of age or older. We have 3 Subaru Forresters that are provided by the Town of Branford and a team of dedicated volunteer drivers. You must be able to get in and out of the vehicle unassisted and buckle your seatbelt.

Transportation is provided to doctors' offices in Branford, East Haven, New Haven, Guilford, Madison, Divine St. North Haven, the VA in West Haven and BH Care in North Branford.

If you are interested in being a volunteer medical driver please contact Tim for more information

**YOU MUST CALL TIM FOR ALL TRANSPORTATION NEEDS
TIM KRON (203) 315-0681 EMAIL: TKRON@BRANFORD-CT.GOV**

MEMBERSHIP

We welcome Branford residents ages 60+ to the Senior Center:

- **ANNUAL FEE IS \$10 (RENEWS ONE YEAR FROM THE DATE YOU JOIN!)**
- **\$10 PER FITNESS CLASS FOR A 3 MONTH SESSION, PRE-REGISTRATION REQUIRED!**
- **WATER COLORS CLASS COST \$15 FOR 3 MONTH SESSION**



Chabaso Bread: Bread is handed out twice a month on Fridays beginning at 10:00 am. Bring a bag and we will fill it with fresh donated baked goods. YUM! **Limited Supply First come first serve.**
Dates: Fridays, November 7 and 21, December 5 and 19

Bimbo Entenmann's Bakery: Once a month we receive donations. One package per household. Pick up is 11am in the Waverly Lounge.
Limited Supplies, first come, first serve.
Dates: Tuesdays, November 18 and December 9.

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 incase if any of your information changes.

Covid Vaccines: Wed., Nov. 12th, 12:30-2:30 PM, (downstairs), no appointment needed. Bring your ID, insurance card and wear a short-sleeved shirt.

Volunteer Opportunities: We are looking for volunteers in the kitchen for breakfast and lunch. The chefs will need help with set up, clean up and serving. Your commitment would be 1 day a week for 1.5-2 hours.

We are also looking for volunteers to drive Branford residents to their doctor's appointments. Volunteers use vehicles provided by the town. Call Tim for more information. 203-315-0681



Join us daily in the Canoe Brook Cafe for breakfast and lunch. The Senior Center serves hot breakfast & lunch daily for folks 60+. Meals are created by our own Chefs, Scott and Andrew and are available Monday through Friday (excluding all town observed holidays). Reservations **MUST** be made at least 1 day in advance before 10:00am and accompanied by payment. Payments can be made with cash, check or credit card. Call the office at 203-481-3429. Cancellation should be called in as early as possible. No refunds for no shows. Credit maybe applied for medical reason only.



CAFE HOURS

Breakfast: 8:30am-10:30am Lunch: 12:00pm



FEES:

Breakfast: \$3 Lunch: \$5
Note: non members pay \$ 1 more per meal

BRANFORD PARKS, RECREATION & SENIOR SERVICES CANOE BROOK CAFE MENU NOVEMBER 2025				
MON	TUE	WED	THU	FRI
3 Breakfast Build Your Own Oatmeal Lunch Hot Dogs & Tater Tots	4 Breakfast Waffle Lunch Coq au Vin Potato	5 Breakfast Scrambled Eggs Lunch Pork Loin Potato & Veg	6 Breakfast Pancakes Lunch Chicken Parmesan Pasta Salad	7 Breakfast Egg Sandwich Lunch Shrimp over Mac & Cheese
MON	TUE	WED	THU	FRI
10 Breakfast Eggs Benedict Lunch Stuffed Shells	11 <i>Veteran's Day</i> CLOSED 	12 Breakfast Muffin & Parfait Lunch Grilled Cheese Bacon & Tomato	13 Breakfast French Toast Lunch Meatloaf Potato & veg	14 Breakfast Crepes Lunch Salmon Rice & Veg
MON	TUE	WED	THU	FRI
17 Breakfast Waffle Lunch Cobb Salad	18 Breakfast Quiche Lunch Build Your Own Taco	19 Breakfast Build Your Own Omelet Lunch Shrimp Scampi	20 Breakfast Biscuits & Gravy Lunch Chicken Parmesan Pasta & Salad	21 Breakfast Crepes Lunch Soup & Sandwich
MON	TUE	WED	THU	FRI
24 Breakfast Muffin & Parfait Lunch Chicken Salad Over Greens	25 Breakfast Pancakes Lunch Tilapia Rice & Veg	26 Breakfast Scrambled Eggs Lunch Thanksgiving Dinner	27 <i>Happy Thanksgiving</i> CLOSED	28 CLOSED



Waverly Lounge:

Complimentary Tea and Coffee served daily from 8:15am to Noon (12:00pm)



Marimba Magic- A Doo-Wop Sock Hop with Dave Apuzzo

Tuesday, November 18th
10:30 am

Marimba Magic plays the hits of the 60s making a colorful presentation on a wooden xylophone. Come enjoy your Karaoke favorites accompanied on a marimba. Not to be missed!

Safety with Supplements presented by the East Shore District Health Department

Thursday, November 20th
11:00 am

Are you taking supplements? Are you thinking of trying supplements? Are you overwhelmed with all of the supplements you see at the drug store? Learn more about how to take supplements safely, how to talk to your doctor about adding them to your medication list, the difference between a fad and something that may help you with your health goals, and what red flags to watch out for.

Food Safety presented by the East Shore District Health Department

Thursday, November 13th
11:00 am

ESDHD's Registered Sanitarians will share with you how you can safely prepare food for holiday visitors.



Mary's Culinary Cooking

Wednesday, November 12th

10:30 am

\$25

Chef Mary will teach you how to make Creamy Pumpkin Alfredo!

Lesson and meal included

Memory Loss: When to Be Concerned

Friday, November 21st

11:00 am

Angela Christie, a Dementia Specialist with Hartford Healthcare, will be here to discuss the differences between mild forgetfulness, serious memory problems and causes of memory loss. She will share tips on how to have the tough conversation and next steps.

Pre-Registration is required! Please call or stop by the office to sign-up.

LUNCH BUNCH

GW Carsons

Wednesday, November 26th

12-2 pm

308 E. Main St.

Separate checks will be provided

HAPPY HOUR

Rossitto's

Wednesday, November 12th

4-6 pm

284 E. Main St.

Please bring CASH as separate checks will not be provided



New Britain Museum of American Art

Wednesday, January 7th

9:30am-3:00pm

Price: \$60 includes
docent tour and lunch

Enjoy a docent led tour of the special exhibit on display, *Norman Rockwell: From Camera to Canvas*. For more than forty years, photographs were the building blocks of Norman Rockwell's art. Following his preliminary sketches, they were the first depictions of his ideas. In this crucial stage between inspiration and canvas, Rockwell choreographed the elements of character, expression, setting, and detail, creating photographic images that became the templates for his paintings. This exhibit features over 150 photographs, tear-sheets, paintings, and drawings that span Rockwell's prolific career.

After the tour, we will eat lunch provided by the museum and then there will be time to explore the rest of the museum on your own.

Please notify us of your lunch choice at the time of registration

Lunch choices: Each meal includes 1 full sized wrap or salad; a bag of chips; a chocolate chip cookie or trail mix; canned soda, seltzer, or water.

Sandwich options: Chicken Salad Wrap, Tuna Wrap, GF Turkey Wrap, GF Vegan Wrap, Italian Combo, Grilled Chicken Sandwich

Or

Salad options: Caesar Salad, Green Salad, Kale Salad, Spinach Salad

Discover the Magic of Italy! Enjoy strolling through cobblestone streets of Rome, cruising the canals of Venice and sipping wine in the rolling hills of Tuscany. Join us for an unforgettable 13-day journey through Italy's most iconic and breathtaking destinations, departing October 10–22, 2026. This expertly curated experience includes visits to Rome, Amalfi Coast with Capri, Pompeii, Florence, Venice and Italian Lakes! Highlights: Rome, Colosseum, Sorrento, Isle of Capri, Ruins of Pompeii, Florence, Leaning Tower of Pisa, Tuscan Winery, Venice, Murano Island, Verona, Lake Maggiore, Stresa, and 18 meals. Includes: Round trip air from New York, hotel transfers and hometown transportation to/from airport and professional tour manager and local guides. For additional information contact Nancy.

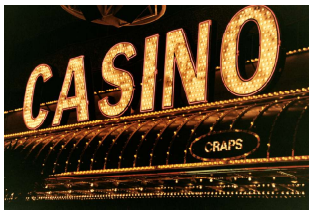


Holiday Parade & Tree Lighting!

Saturday, November 29th
5:15pm-8:00pm



Be a part of the Holiday Parade by riding the Canoe Brook bus from the High School to the Town Green. Meet at Canoe Brook by 5:15pm to load the bus. The bus will depart from Canoe Brook and join the parade processional at the High School. The parade will start at the High School and end at the Town Green for the tree lighting.



Mohegan Sun

Wednesday, March 25th
9:00-3:00 pm
Price: \$14

There is something for everyone at Mohegan Sun!
Choice of slot machines, gaming tables, food, shopping and more!
Bring extra money for lunch and gaming.
"A great escape close to home"

Mini Shopping Trip: Burlington, TJ Maxx, Hobby Lobby in East Haven

Thursday, November 20th
1:30-3:30 pm
Price: \$2

Mini Shopping Trip: Connecticut Post Mall

Thursday, December 18th
12:30-3:30pm
Price: \$2

Lunchtime Chamber Music

Wednesday, December 10th

11:45am-2:15pm

Price: \$2

Join us to watch Yale’s School of Music students perform a midday chamber music concert at Morse Hall. Meet at Canoe Brook at 11:30am to take the bus to the concert.

Fantasy of Lights

Wednesday, December 17th

4:30-7:30 pm

Price: \$6



Join the Canoe Brook Bus to drive the mile-long route that features over 60 displays and 100,000 lights. This bright and colorful light display illuminates Lighthouse Point Park in New Haven. After the lights we will go to Wendy's for Dinner (please bring extra money for your meal).

**Midnight at Noon!
New Year’s Eve Celebration**

Tuesday, December 30th

11:45 am

**SAVE THE
DATE!**



Musical performance by the Scranton Strummers. The Scranton Strummers are a ukulele group that plays the songs you know and love.

Menu and price TBD. Sign-ups for this will be in the December newsletter!

Chanukah Dinner

Thursday, December 4th

5:00-7:00 pm

Price: \$27



Enjoy Nancy's home cooked family traditions including brisket, potato latkes, green bean casserole, challah and more!

Entertainment by Eastern European Klezmer music with David Chevan's Band! (Klezmer music is joyous; a blend of various musical traditions including Yiddish folk songs, Romanian and Gypsy music, reflecting the cultural diversity of the region.)

Holiday Dinner hosted by the Branford Rotary Club

Located at the Congregational Church on the Green

Thursday, December 11th

5:00-7:00 pm

Price: \$2



The Branford Rotarians are expressing their gratitude for Branford seniors by cooking and serving up a delicious turkey & ham feast with all the fixings. Come enjoy music and a wonderful meal with your friends!

Payment must be made at time of registration. You may sign up yourself and one other person. Transportation is available.

There will be a visit from Santa as well!

Jammers Concert

Wednesday, December 3rd

1:00 pm



Come watch your fellow Canoe Brook friends perform classic hits that we all know and love!



Trim the Tree

Wednesday, December 3rd
10:00 am

Come help decorate our Christmas Tree in the front entrance!

Improv Showcase

Thursday, December 18th
11:00 am

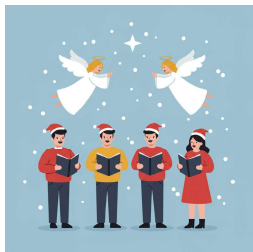
Your fellow Canoe Brook members will perform a series of short skits to show off what they learned in Improv class. This is always a fun time!

Holiday Shoppe

Monday, December 8th
&
Friday, December 19th
10:00am-12:30pm



Come shop for some unique holiday gifts made by Canoe Brook members



Christmas Caroling!

Monday, December 15th
2:00 pm

Some of our Canoe Brook members will lead us in a fun holiday sing-a-long. Hot chocolate and light refreshments will be provided.

In the Know with Sgt. Mike Loftis

Friday, December 5th
9:30am

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

INDOOR PICKLEBALL

Beginning November 10th

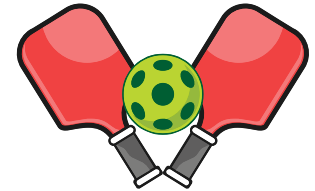
Located in the Joe Trapasso Gymnasium on the first floor

MONDAYS: 11:45AM-12:45PM INTERMEDIATE PLAYERS
12:45PM-1:45PM SEASONED PLAYERS

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

THURSDAYS: 8:30AM-10:45AM INTERMEDIATE PLAYERS

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



Please call the office to sign up!

WALKING GROUP

MONDAYS & WEDNESDAYS

BEGINNING NOVEMBER 10TH
8:45-9:30AM

JOIN US IN THE JOE TRAPASSO GYMNASIUM, LOCATED ON THE FIRST FLOOR.

VIRTUAL FITNESS CLASSES

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

Kinima Cardio- Tuesday & Thursday 11:30AM

YouTube Aerobic workout- Wednesdays 10:15AM

YouTube Meditation- Tuesdays 11:15am

YouTube Chair Yoga- Fridays 10:15AM

The virtual fitness classes are held onsite



FITNESS CLASSES

****NOTE: THESE CLASS ALL COST \$10 PER CLASS FOR 3 MONTH SESSION****

REGISTRATION FOR WINTER SESSION (JANUARY - MARCH) OPENS DECEMBER 2 AT 8:15 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:10am Aerobics 9:30am Advanced Barre 12:30pm BINGO 1:30pm Tap 4:30 Qigong	9:00am Beginner Yoga 10:00am Advanced Yoga 11:15am Beginner Barre 12:30 Circuit Training 12:30-2:30 Open Basketball 2:30pm Tai Chi	8:10am Aerobics 9:30am Advanced Barre 11:00am Qigong	9:00am Intermediate Yoga 10:00am Chair Yoga 11:15am Beginner Barre 12:15pm Zumba 12:30-2:30 Open Basketball 2:30pm Qigong 4:30pm Tai Chi 6:00pm Fabulous Fifties Fitness 7:00pm Theatre Jazz	8:10am Aerobics 9:00am Chair Yoga 10:00am Advanced Line Dancing 11:00am Beginner Line Dancing

The gymnasium is open Tuesdays & Thursdays from 12:30-2:30pm for open basketball

MEDITATION: Tuesdays 10:00 AM (\$10 per Seasonal Session)

REGISTRATION FOR WINTER SESSION (JANUARY - MARCH) OPENS DECEMBER 2 AT 8:15 AM

Meditation provides an opportunity to reduce physical, mental and emotional negativity and tensions that are held within the body. Each one-hour session of Meditation Plus, facilitated by Dr.

Margo Merin, is comprised of two parts: the first 30 minutes focus on the group's discussion of

a topic that is presented, ranging from serious to light-hearted; the second 30 minutes are dedicated to a guided meditation that is accompanied with relaxing music. No previous experience with meditating is required.

Cardio Drumming

Mondays, November 10th-December 1st 10:45am

Or

Thursdays, November 13th-December 11th 11:30am

(no class 11/27)

Price: \$15 per session



***Please note:** you can only sign up for 1 session

Cardio drumming is a rhythmic workout involving 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. Limited number of participants per session.

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

Ask a Nurse

Tuesday, Nov. 25th

11-12:30pm



4th Tuesday of Every Month

Includes free blood pressure

screening, free oxygen level check or the option for a \$15


Hemoglobin A1C Test

THIS IS A DROP IN CLINIC!



WEEKLY CARD GAMES & MORE!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am Men's Bocce 11:00am Mah Jongg 12:30pm BINGO 2:00pm Hand & Foot 2:00pm Ping Pong	1:00pm Scrabble 1:30pm Poker 1:45pm Ping Pong 	10:00am Women's Bocce 11:00am Set Back 12:30pm Jammers 1:00pm Hand & Foot 1:00pm Coloring Grp 1:30 pm Ukulele	10:00am Hook N' Needle 1:00pm Canasta	10:00am Co-ed Bocce 10:00am Shuffleboard 11:00am Mah Jongg 12-4pm Ping Pong 1:00pm Corn Hole 1:00pm Cribbage 2:00pm Pinochle

READER'S CHOICE BOOK CLUB



“ISOLA” Author: Allegra Goodman

A young woman and her lover are marooned on an island in this epic saga of love, faith and defiance

Date: Tuesday, Nov. 4th at 1:30pm

“The Life Impossible” Author: Matt Haig

When retired math teacher Grace Winters is left a run-down house on a Mediterranean island by a long-lost friend, curiosity gets the better of her. She arrives in Ibiza with a one-way ticket, no guidebook and no plan. Grace searches for answers about her friend's life, and how it ended. What she uncovers is stranger than she could have dreamed. Grace must first come to terms with her past. Filled with wonder and wild adventure, this is a story of hope and the life-changing power of a new beginning"--

Date: Tuesday, December, 2nd at 1:30pm



GENEALOGY

Creating and Documenting Family History Trees and Books using Legacy Software:

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, reunions, parties, and holidays. Please bring your computer with you. It is structured as a hands on workshop. If you do not 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 you wish to attend

Date: Monday, Nov. 10th 1:00pm

Holiday Party:

This is our Traditional Ethnic Luncheon. We begin by sharing the Oplatek, which is a Polish tradition dating back hundreds of years. It wishes us health and happiness for the new year.

We share our ethnic family traditions and favorite dishes. It is a smorgasbord of different ethnic and favorite family foods. Please bring your favorite dish to share. Please let Andrea know what food you will bring to the meeting.

Andrea.duffy@snet.net

NOTE: Pre-registration is required for each genealogy workshop you wish to attend

Date: Monday, Dec. 8th 1:00pm



TECH HELP

Wednesday, November 19th

2-4PM (15 Minute Appointments)

MUST MAKE AN APPOINTMENT!



CREATIVE CORNER

Mixed Medium Watercolor Class:

Join instructor and artist Sharon Hart as she teach techniques with unique and creative classes!

Dates: Thursdays: 1:00-3:00pm

Fee: \$15 for 3 month session

Make and Take Scallop Lighthouse Seashell Ornament:

Create a beautiful ornament just in time for the holidays! The design is made with horn shells, small shells and small rocks. If you have small shells and rocks to donate; we would welcome your donation.

Date: Monday, November 17 at 10:00 am

Price: \$5



SENIOR LEARNING NETWORK

Tuesdays, 2:00



NOVEMBER 4: EISENHOWER ON THE FARM- EISENHOWER NATIONAL HISTORIC SITE

In 1950—after 34 years of marriage and dozens of moves—the Eisenhowers found a place they could call home in Gettysburg, Pennsylvania. After World War II, Eisenhower looked forward to retirement with his wife Mamie and this farm on familiar ground seemed the perfect fit. The couple purchased the property, but Eisenhower's retirement was short lived. After the move he was called soon back to Europe to be the Supreme Commander of NATO forces. The following year, he left that role to run for the presidency, and was elected the 34th President of the United States. Over his two terms in office, his Gettysburg farm was a central feature of Eisenhower's time as president. Ike spent over 365 days here while he was Commander-in-Chief, using the farm for rest and relaxation, as well as a locale for hosting world leaders. Finally, in 1961, 11 years after buying their farm, the Eisenhowers left the White House and, at long last, had their retirement home of their dreams. Join us as we visit the farm, which includes background on the Eisenhower story and the significant events that took place here.

NOVEMBER 11: CLOSED FOR VETERANS DAY.



NOVEMBER 18: " WIND AND SAND" WRIGHT BROTHERS NATIONAL MEMORIAL

The Wind and Sand Program highlights the evolution of the Wright brothers from bicycle mechanics to aviation legends. We will learn about many of the people who aided the Wrights in their work, talk about why Kitty Hawk was picked as the place to do their experiments away from Ohio, and present how the two brothers were eventually able to succeed with their flights on December 17, 1903. We will also discuss how their work may have influenced you!



NOVEMBER 25: FRANCIS PERKINS : FDR PRESIDENTIAL LIBRARY AND MUSEUM

When FDR was elected President in 1932 there was speculation over who the President would select for his cabinet. One name that kept coming up was that of Frances Perkins. Because no woman had previously served in a presidential cabinet, any woman appointed would be closely scrutinized and be targeted for criticism. Impressed by her ability and accomplishments, President Franklin Roosevelt offered Frances Perkins the position of Secretary of Labor. As Secretary of Labor, Perkins took on the responsibility of developing solutions to the problems being caused by the Great Depression. Most pressing was the fact that between 13 and 18 million Americans were unemployed (Downey 149). Frances Perkins leaves behind an even greater legacy: she helped pave the way for women to enter the male dominated political world.



Movie Matinee



Fridays, 12:45pm

November 7th: About My Father: When Sebastian tells his old-school Italian immigrant father Salvo that he is going to propose to his all-American girlfriend, Salvo insists on crashing a weekend with her parents. **Comedy Rating: PG-13**

November 14th: Home Team: New Orleans Saints head coach Sean Payton coaches his son's 6th-grade football team while he is being suspended for the entire 2012 season as a result of his role in the Saints' Bountygate scandal. **Comedy/Drama Rating: PG**

November 21st: Wedding Season: Pressured by their parents to find spouses, Asha and Ravi pretend to date during a summer of weddings, only to find themselves falling for each other. **Comedy/Romance Rating: TV-PG**

November 28th: Closed for Thanksgiving

Koffee N' Konversation

Friday, Nov. 14th
10:00 am

Join Nancy, Rhiannon and Coach Vic for an informal discussion on speakers, activities, trips and more!

MON	TUES	WED	THURS	FRI
<p>3</p> <p>8:10 Aerobics 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>4</p> <p>9:00 Election Day Craft Fair All Day 9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:15 Beginner Barre 11:15 YouTube Meditation 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 1:30 Book Club 2:00 Senior Learning Network 2:30 Tai Chi</p>	<p>5</p> <p>8:10 Aerobics 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:00 Grove St. Cemetery Tour 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun</p>	<p>6</p> <p>9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 Improv 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor</p>	<p>7</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle</p>
<p>10</p> <p>8:10 Aerobics 8:45 Indoor walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:00 Genealogy 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>11</p> <p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Veteran's Day</p> 	<p>12</p> <p>8:10 Aerobics 8:45 Indoor Walking 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 10:30 Mary's Culinary Class 11:00 Setback 11:00 Qigong 12:30 Jammers 12:30 Covid vaccine clinic 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele Fun 4:00 Rossitto's</p>	<p>13</p> <p style="text-align: center;">NO YOGA</p> <p>10:00 Hook N' Needle 10:00 Improv 11:00 Food Safety Talk 11:15 Beginner Barre 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor</p>	<p>14</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Koffee N' Konversation 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle</p>

MON	TUES	WED	THURS	FRI
<p>17</p> <p>8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:00 Seashell ornaments 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>18</p> <p>NO YOGA</p> <p>10:00 Meditation 10:30 Marimba Magic 11:15 Beginner Barre 11:15 YouTube Meditation 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network 2:30 Tai Chi</p>	<p>19</p> <p>7:00 Rockettes 8:10 Aerobics 8:45 Indoor Walking 9:00 Matter of Balance 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun 2:00 Tech help</p>	<p>20</p> <p>9:00 Intermediate Yoga 10:00 Chair Yoga 10:00 Hook N' Needle 10:00 Improv 11:00 Supplement Safety Talk 11:15 Beginner Barre 11:30 Kinima: Cardio 11:30 Cardio Drumming 12:15 Zumba 1:00 Canasta 1:00 Watercolor 1:30 Shopping: TJ Maxx, Burlington & Hobby Lobby</p>	<p>21</p> <p>8:10 Aerobics 9:00 Chair yoga 9:30 Kinima: Weights 10:00 Shuffleboard 10:00 Co-Ed Bocce 10:00 Adv. Line Dancing 10:15 YouTube Chair Yoga 11:00 Beg. Line Dancing 11:00 Mah Jongg 11:00 Memory Loss talk 12:45 Movie Matinee 1:00 Cribbage 1:00 Cornhole 2:00 Pinochle</p>
<p>24</p> <p>8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Men's Bocce 10:45 Cardio Drumming 11:00 Mah Jongg 12:00 Dominoes 12:30 Bingo 1:30 Tap class 2:00 Hand & Foot 2:00 Rummikub</p>	<p>25</p> <p>9:00 Beginner Yoga 10:00 Advanced Yoga 10:00 Meditation 11:00 Ask a Nurse 11:15 Beginner Barre 11:15 YouTube Meditation 11:30 Kinima: Cardio 12:15 Circuit 12:30 Discussion Group 1:00 Scrabble 1:30 Poker 2:00 Senior Learning Network 2:30 Tai Chi</p>	<p>26</p> <p>8:10 Aerobics 8:45 Indoor Walking 9:30 Kinima: Weights 9:30 Advanced Barre 10:00 Women's Bocce 10:15 Kinima: Cardio 11:00 Setback 11:00 Qigong 12:00 GW Carsons 12:30 Jammers 1:00 Hand & Foot 1:00 Coloring Group 1:30 Ukulele For Fun</p>	<p>27</p> <p>CLOSED</p> <p>HAPPY THANKSGIVING!</p> 	<p>28</p> <p>CLOSED</p>



WALSH INTERMEDIATE SCHOOL POOL FALL SCHEDULE

Sept. 8th, 2025 - Dec. 20th, 2025

To access the pool, please park in the rear of the building and enter through Door 157. You can access the pool and locker rooms from this hallway. Branford Residents Only.

MONDAYS:	6:30p-8:30p 6:30p-7:30p 7:30p-8:30p	PUBLIC SWIM – Adults Only (18+)- 2 Lap Lanes only Learn to Swim Classes (pre-registration required) Aquacise Classes (pre-registration is required)
TUESDAYS:	6:30a -7:30a* 6:30p-8:30p 6:30p-7:30p	Morning Adult Swim Only (18+) <i>*you must be out of the building by 7:45 a.m.</i> PUBLIC SWIM – Adults Only (18+)- 2 Lap Lanes only Sunfish Swim Club (pre-registration required)
WEDNESDAYS:	6:30p-7:30p 6:30p-7:30p 7:30p-8:30p 7:30p-8:30p	PUBLIC SWIM–All Ages Learn to Swim Classes (pre-registration required) PUBLICSWIM–Adults Only (18+)- 2 Lap Lanes only Aquacise Classes(pre-registration is required)
THURSDAYS:	6:30a -7:30a* 6:30p-7:30p 6:30p-8:30p 6:30p-8:30p	MorningAdultSwim Only(18+) <i>*you must be out of the building by 7:45am</i> Sunfish SwimClub(pre-registration required) PUBLIC SWIM–Adults Only (18+)- 2 Lap Lanes only Adult/Teen SwimLessons (pre-registration required)
FRIDAYS:	6:30p-8:30p	PUBLIC SWIM – AllAges
SATURDAYS:	10:00a-11:30a 10:00a-12:05p 11:30a-1:30p	PUBLIC SWIM – Adults Only (18+)- 2 Lap Lanes only Learn to Swim Classes (pre-registration required) PUBLIC SWIM – All Ages

SCHEDULED POOL CLOSINGS: *(Subject to change)* Sept. 11 (PM swim only) , Oct. 13, Nov. 4, Nov. 26-29

****ADDITIONAL CLOSINGS MAY OCCUR FOR SCHOOL FUNCTIONS, STAFFING ISSUES AND WEATHER CONDITIONS****

Last revised 8-26-2025