

# November

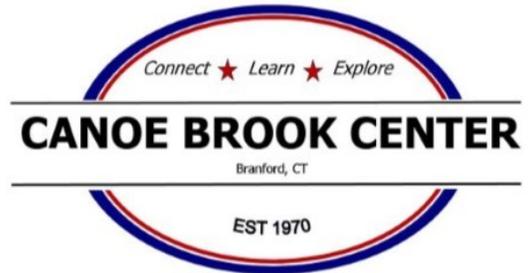
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# 2023



# December

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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/ 31	25	26	27	28	29	30



**46 Church Street, 2nd floor**  
**203-315-0687**

## Info you need to know...

**Chabaso Bread:** Nov. 17 & 21 Dec. 1 & 15 10 am until gone. Bring a bag and we will fill it with fresh baked goodness. Yum!

**Energy Assistance:** We are currently taking applications for those who heat with oil, kerosene, and propane; call Dagmar if you heat with a deliverable fuel and have not yet applied. For those that 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. Eversource customers can also apply for the new rate reduction plan that begins in January. If you have switched suppliers you won't be eligible for the new Rate Reduction Program or Matching Payment Plan.

**Rent Rebate:** The application period has ended, the first round of checks were mailed by Oct. 23, the next round should be mailed by OPM the first week in Dec., the last batch the end of Dec.

**Medicare Open Enrollment through December 7:** Now is your chance to make changes in your 2024 Medicare coverage. Happy with what you have, keep it! Call Dagmar if you want to review your coverage to see if it best meets your current needs.

**Inclement Weather:** Canoe Brook closures/delays are posted on Channels 8 & 3, and on Facebook. If the schools are closed or delayed, we may be as well. Darn snow & ice!

## Holiday Happenings !

11/23	<b>Closed Thanksgiving</b>	12/14	Rotary Holiday Dinner
11/24	<b>Closed Thanksgiving</b>	12/14	Holiday Shoppe
11/27	Holiday Shoppe	12/22	<b>CLOSED</b> at noon
11/30	Chanukah Dinner	12/25	<b>CLOSED</b> Christmas
12/6	Trim Tree/Ugly Sweater	12/27	Midnight at Noon
12/7	Milford Mall Shopping	12/29	<b>CLOSED</b> at noon
12/11	Film:Christmas on the Square	1/1	<b>CLOSED</b> New Years



Jammers Concert



Beardsley Zoo Carousel



North Pole Visit

## Director:

Dagmar 203-315-0683  
[dridgway@branford-ct.gov](mailto:dridgway@branford-ct.gov)

## Activity Coordinator:

Nancy 203-315-0684  
[ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov)

## Assistant Director:

Vacant

## Transportation Coord:

Tim 203-315-0681  
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## Canoe Brook Café:

Maureen, 203-315-0683

## Program Assistant:

Vacant

## Visit our website:

[Canoe Brook Center](http://www.facebook.com/canoebrook)

## Like us on Facebook:

<https://www.facebook.com/canoebrook>

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# In the Know

Programs to keep you updated, engaged, healthy, and safe.  
Pre-registration required; call: Nancy 203.315.0684  
Transportation is available, call 203-315-0681 to schedule a ride.

## Holiday Shoppe

**Monday, Nov. 27, 9-1:30 & Thursday, Dec 14, 10-1:30**

## Waverly Lounge

Did you miss our Annual Election Day Craft Fair? Just in time for the holidays . . . Buy someone special in your life a gift. We are grateful to our team of talented artisans who have met once a week throughout the year to share ideas & create items to sell. Purchase boutique quality items at great prices here at the Center. Our talented Senior artisans have been busy creating beautiful items for our Holiday Craft Fair. Shop for gifts from our line of jewelry, knitted/crocheted items, ornaments, artwork & more!

## Indoor Walking in the Joe Trapasso Gym

**Wednesdays, 8:45 - 9:30 AM**

Get back to walking in the cooler weather with simple walking steps & music indoors with Nancy.

## Reel Deal Movie Club *(meets once a month)*

**Monday, December 11, 9:30 AM**

**Dolly Parton's "Christmas on the Square"**~ Seasonal cheer comes to a halt when a cold-hearted woman tries to sell her hometown's land. Can music, magic & memories change her mind? **Rated: PG Moderator:** Julie Anzellotti



## Photographic Highlights of Northern France with Alpha Coiro

**Wednesday, Nov 15, 10:45 am**

Alpha's presentation will include images of cultural, historic, and spiritual sites from Paris, Chartres, Normandy's D-Day invasion, environs, Lourdes, & Lisieux.

## Women 70+ Years Old: Your Opinion Counts!

**Thursday, November 16, 10 AM**

Join Dr. Ilana Richman for a focus group. Help the doctor understand what the experiences & informational needs are of older women as they consider breast cancer screening. From your support, she & her team will be able to make the first video to help older women make decisions regarding mammography. Participants will be compensated for their time. Blood tests & mammography **will not** be performed.

# Every Month

Pre-register for ALL activities w/Nancy  
ncohen@branford-ct.gov or 203.315.0684

## Canoe Brook Pickleball Schedule (Inside at the Gym)

**Monday:** Beginners 11:15 am - 12:15 pm

**Tuesday:** Beginners: 8:30 - 9:45 am

**Thursday:** Seasoned Players: 8:30 - 9:45 am

**Monday:** Seasoned Players: 12:15 - 1:15 pm

**Tuesday:** Lessons w/Roger: 9:45 - 10:45 pm

**Thursday:** Lessons w/Roger: 9:45 - 10:45 am

Players must be a registered Canoe Brook participant.

## Genealogy

### Monday, Dec. 11, 1:00 pm Annual Holiday Heritage luncheon

Bring a dish representing your family's holiday celebration, ethnicity, country of origin, etc. We have a wonderful, smorgasbord of ethnic food & tell tales of how our families and ancestors celebrated the holidays. We also partake in the Oplatek – a Polish tradition to wish all involved a happy, healthy new year.

*Sign-up in advance with Nancy.*

## Writers Corner

### Wednesday, Dec 13, 12:00 - 1:30 pm Holiday Gathering at Turtle Bay

Pot Luck luncheon for those who have spent the year exploring their creative side with coach Janice Samoil.

*See Nancy for details.*

## Cribbage

### Wednesdays, 1 PM



**Cribbage**, or **crib**, is a card game, traditionally for two players, that involves playing and grouping cards in combinations which gain points.

## Reader's Choice Book Club

### Tuesday, December 12, 1:30 PM

*"Goodbye Vitamin: A Novel"* Author: Rachel Khong

It's about memory/forgiveness, with the realization that both are selective, subjective, & unpredictable.

## Kinima Seniors Virtual Fitness Classes

The Agency on Aging has awarded Canoe Brook a grant for a new exercise program using the latest technology: Kinima-Fit for Seniors. Classes are led by virtual instructors.

- **Seated Full Body Exercises Mondays, 2:40 pm** - Chair exercises for arms with a punching mix.
- **Dumbbell Full Body Tuesdays & Thursdays, 11:00 am** - Bring your own hand weights.
- **Full Body Workout Wednesdays, 2 pm** - Standing exercises for arms & legs, core & cardio.
- **Chair Yoga, 30 minutes Fridays, 9:30 am** - Seated yoga
- **Zumba Gold Fridays, 11 am** - Enjoy dance movements with music.

*Two forms need to be filled out before you join; check with Nancy.*

# Special Programs

Pre-register for all programs w/Nancy:  
ncohen@branford-ct.gov or 203-315-0684

## New Member Orientation ~ Welcome to Canoe Brook!

**Monday, November 20, 10 AM**

New  
**MEMBER**  
Orientation

Hear first-hand about all of the services available to you. We've got you covered with plenty of programs to keep you engaged: cultural presentations, educational lectures, fitness classes, games, health advice, recreational activities, trips, social services and more!

## Tech Help by Appointment with Christina Kondziela

**Monday, November 27, 10 AM - Noon**

Need help with your laptop, iPhone/Smartphone or iPad/Tablet? Bring your fully charged device and have your tech questions answered here at the Center by Christina and her team. Make sure that your device is charged prior to your appointment. Register for your 15 minute appointment in advance with Nancy. *Limited spots available.*

## Trouble Sleeping? Attend this lecture; it could change your life!

**Tuesday, December 5, 10 am**

For many of us, a good night's sleep can be elusive. Join Phyllis Quinn, PT, who will discuss causes of insomnia and how to improve your sleep. You will be amazed at the difference a good night's sleep makes.

## Tree trimming, Ugly Christmas Sweater Contest, Carols, Cocoa and Cookies

**Wednesday, December 6, 10 AM**

Help us trim the tree, wear your "ugly" Christmas sweater for a chance to win a prize, enjoy seasonal tunes & enjoy hot chocolate with cookies. Sign-up by 12/4.

## Dealing with Grief at the Holidays

**Fri, December 8, 10 AM**

Lorraine Castronova will be at the Center to present a program focused on coping with loss during the holidays. You are not alone in feeling sadness, *especially* during the holiday season. Sign-up by 12/6.

## Make-up for Mature Women with Celebrity Artist Joby Rogers

**Tuesday, December 12, 10 AM-12:30 PM**

He's back by popular demand! A professional make-up artist Joby leads this forum on all things make-up: brushes, foundation, brows, contouring and so much more! Joby has worked with celebrities and models in television, films and magazines and will provide you with personal recommendations and advice during this two and a half hour presentation. Don't miss out, sign up ASAP as there are limited spots. **Price: \$15**

## AARP Smart Driver Course

**Wednesday, January 17, 2024 (snow date 1/24)**

**9:00 am - 1:00 pm**

Upon completion of this course, receive a certificate to present to your insurance company for a discount. Payment for the class is due upon registration and the check should be written out to AARP. AARP members must bring AARP card to class to receive the discount. Seating is limited. **Fee structure: \$20 AARP members, \$25 all others**

# Special Programs

Pre-register for all programs with  
Nancy: [ncohen@branford-ct.gov](mailto:ncohen@branford-ct.gov) or 203-315-0684

**Fitness & Activity Fees are due by 1/1** and cover classes held Jan 1 - Jun 30, 2024  
**Fitness Fee:** \$24 - One fee covers multiple classes. **Activity Fee:** \$15 - Covers watercolor class.  
**Annual dues of \$8 must be up to date.**

## Memory Screening with Hartford Healthcare, Center for Healthy Aging Thursday, December 14 1:00 pm -2:40 pm (by appointment)

Angela Christie, Dementia Specialist, will be conducting these 20 minute private screenings. Times available: 1:00, 1:20, 1:40, 2:00 or 2:20. Limited screenings available. Call Nancy to reserve a time.

## Senior Learning Network is back! Tuesdays, 2:00 pm Montowese Room



**Nov 14: “Acadia National Park : What makes Acadia... Acadia?”** - Located on Mount Desert Island, the largest island off the coast of Maine. It stretches across about half of the island, roughly divided by Somes Sound to create east and west sides.



**Nov. 21: “Lewis & Clark National Historic Trail (NE)”** - Trail winds nearly 4,900 miles through the homelands of more than 60 Tribal nations! It follows the historic outbound and inbound routes of the Lewis & Clark Expedition of 1803-1806 from Pittsburgh, to the Pacific Ocean.



**Nov 28: “Martin Luther King National Memorial ( DC)”** - Dr. King’s memorial is the first to honor an African American individual on the National Mall. . Join us as we take a virtual tour of the monument, and remember the man.



**Dec 5: “Marching Together Along the Path of the American Revolution: Boston National Historic Park”** - The story of Boston has been one of revolution: Stories of dramatic change, intense conflict, painful exploitation, but also empowering pursuits of freedom.



**Dec 12: “An American Life: Clara Barton: Clara Barton National Historic Site ”** - How did a shy girl born on a New England farm in 1821 break through the barriers that so often confined women to the domestic sphere? She dedicated her life to help others in need.



**Dec. 19: “Maple Sugar Time! Indiana Dunes National Historic Park”** - The park ranger will takes us on the farm trail to explain how Native Americans first boiled maple sap into sugar and how early settlers used large iron kettles to make syrup.



**Special Date: Thursday, December 21** - If you have ever heard Jeff Urbin share about Christmas at the Roosevelt White House, you’ll know he has plenty to say!

## Matinee Fridays

**12:45-2:45 PM** Sign up w/Nancy



**Nov 17 - “Your Place or Mine”** - The **film** stars Reese Witherspoon (who also produced) and Ashton Kutcher as best friends who end up swapping houses for a week. **Rated: PG**



**Dec 1 - “No Hard Feelings”** - On the brink of losing her home, Maddie finds an intriguing job listing: helicopter parents looking for someone to bring their introverted son out of his shell. **Rated: R**



**Dec. 8 - “Faraway”** - This film is about a neglected wife & taken-for-granted mother, wife & daughter who flees from Germany to Croatia after her elderly mother passes away leaving her a secret home in Croatia. **Rated: TV-MA**



**Dec 15 - “Best. Christmas. Ever!”** - Every **Christmas**, Jackie, without fail, sends a boastful holiday letter that makes her old college friend Charlotte feel like a lump of coal. **Rated: PG-13**

# Special Events and Out & About

Pre-register for all outings w/Nancy  
ncohen@branford-ct.gov or 203-315-0684  
Transportation is available: 203-315-0681



## Rotary Holiday Dinner

**Thursday, December 14 5-7 pm Doors open at 4:45**  
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. Tickets are limited (110 seats), reserve your spot early.

**Reservations must be made in person with payment. You may sign-up yourself & one other person. This one sells out quickly. Transportation is available to those who do not drive.** If you do drive and are concerned about parking at the Church, you can park at Canoe Brook and we will shuttle you to the Church. Call Tim to book a ride from home or on the shuttle to the Church. **Price: \$2**

## Happy Hour 4 - 6 pm

*Seating is limited. Individual checks will be provided.*

**Wed., Nov. 29: Longley's Restaurant**, 249 W Main Street  
This is the former Allegra's Restaurant where good food and beverages are on the menu.

**Wed., Dec. 20: Home Restaurant**, 1114 Main Street  
Enjoy delicious, freshly cooked foods and beverages.

## Lunch Bunch 12:00 - 2:00 pm

**Wed., Dec. 13 GW Carsons**, 308 E. Main Street  
Enjoy amazing food, fun atmosphere, and great drinks!

*Sign up early as seating is limited. Individual checks will be provided.*

## Improvisation Showcase

**Thursday, December 21, 11 AM**

See what this group has been up to . . . Their creativity in acting out a last minute scenario is amazing!

## Midnight at Noon

**Wednesday, December 27, 11:45 am-1:45 pm**

A new way to celebrate! Have lunch, watch the ball drop at noon while we make a toast to the New Year. Canoe Brook's ukulele players will play a couple of tunes for us to sing-a-long with followed by Auld Lang Syne when our disco ball drops at noon. Then you'll enjoy a lunch of garden salad, two slices of cheese pizza, cake, and bubbly with party favors. The talented **One Man Band John Valerio** will be here to entertain us and will also bring along his accordion. Let's welcome in the New Year together! Sign up with Nancy no later than 12/20. **Price : \$10**

## Watercolor Classes

**Thursday, 1:00—2:00 pm**

Even YOU will be amazed at the talent you don't think you have! Lisa Arnold our talented instructor brings out the artist in everyone... There are several openings for new students of all abilities to join this class that meets 1-2 pm Thursdays at the Center. See Nancy if you want to try it out.

# Out & About

Pre-register for all outings w/Nancy  
ncohen@branford-ct.gov or 203-315-0684

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.

**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.**

## Annual Chanukah Dinner Party and Celebration

**Thursday, November 30, 5-7 pm**



Enjoy Nancy's home cooked family traditions including brisket, potato latkes, applesauce, Sour cream, carrots, green bean casserole, challah, sugar cookies & beverages. Entertainment will be provided by David Chevan's band who will play Klezmer and Yiddish music from Romania, Hungary, Bessarabia & other Eastern European areas. Reservations with payment due by 11/22. **Price: \$26**

## Hike with Canoe Brook! Notch Hill Brook Trail, North Branford

**Wed., Dec. 6 1:15 - 3:00 pm (snow date 12/13)**

Meet Nancy at the Center by 1 PM to take the bus to the trail. The "Red Trail" starts on town property & crosses a historic defunct trolley line. The trail becomes a loop in a secluded and undisturbed woodland. This is a moderate trail, length is 1.59 miles). **Price: \$2**

## Milford Mall

**Thursday, Dec. 7 9:00 am - noon**

Shop at your favorites—Boscov, Macys, Target. Mini bus trip, limited seating. **Price: \$2**

## UCONN Women's Basketball

**Saturday, January 20 11:30 am - 6:30 pm**

**Gampel Pavilion, Storrs**

Cheer the girls on as they play DePaul! Prior to the game you will have time to shop in the bookstore across the street and get a bite to eat. Tip off time is 2 PM. Retail stores & food venues are cashless, except for the Dairy Bar. This is the first year that we will have chairs with backs! Our seats are in section 2. Bag policy is in effect. Permitted: Purses or tote bags smaller than 12" x 12" x 6" and are subject to search upon entry. Not permitted: Backpacks, string bags or oversized bags. After the game, we will stop at the UCONN Dairy Bar to purchase homemade ice cream. **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. Price: \$35**

# NOVEMBER ACTIVITIES - WEEK-AT-A-GLANCE

Pre register for activities w/Nancy neohen@branford-ct.gov or 203-315-0684.

Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Friday 11/17	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD; BREAD DISTRIBUTION 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <b>"YOUR PLACE OR MINE"</b>	9:30 AM - KINIMA SEATED YOGA 1:00 PM - CORN HOLE
Monday 11/20	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB; HAND & FOOT	10:00 AM - <b>NEW MEMBER ORIENTATION</b> 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 11/21	8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:30 PM - TUESDAY TAI CHI	10:00 AM - CHABASSO BREAD DIST. 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - <b>SLN: "LEWIS &amp; CLARK;"</b> POKER
Wednesday 11/22	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; JAMMERS 1:30 PM - UKULELE FOR FUN	10:30 AM - BARRE CLASS 2:00 PM - KINIMA FULL BODY
Thursday 11/23	<b>CLOSED THANKSGIVING HOLIDAY</b>	
Friday 11/24	<b>CLOSED THANKSGIVING HOLIDAY</b>	
Monday 11/27	8:10 AM - AEROBICS 9:00 AM - 1:30 PM - <b>HOLIDAY SHOPPE</b> 11:15 AM - PICKLEBALL/BEGINNERS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB; HAND & FOOT	10:00 AM - TECH HELP 12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 11/28	8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - <b>"MARTIN LUTHER KING"</b>	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - POKER 2:30 PM - TUESDAY TAI CHI
Wednesday 11/29	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 1:00 PM - HAND & FOOT; CRIBBAGE; JAMMERS 1:30 PM - UKULELE FOR FUN 4:00 PM - <b>TRIP: HAPPY HOUR AT LONGLEY'S</b>	10:30 AM - BARRE CLASS 2:00 PM - KINIMA FULL BODY
Thursday 11/30	8:30 AM - PICKLEBALL SEASONED PLAYERS 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR 4:00 PM - <b>CHANUKAH DINNER</b>	9:45 AM - PICKLEBALL W/ROGER 10:00 PM - INTRO. TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI

# DECEMBER ACTIVITIES - WEEK-AT-A-GLANCE

Pre register for activities w/Nancy ncohen@branford-ct.gov or 203-315-0684.  
Lunch is served daily at noon, call 203-315-0685 to make a reservation.

Friday 12/1	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <b>"NO HARD FEELINGS"</b>	9:30 AM - KINIMA SEATED YOGA 10:00 AM - CHABASO BREAD DIST.  1:00 PM - CORN HOLE
Monday 12/4	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB; HAND & FOOT	12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 12/5	8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 10:00 AM - IMPROVE YOUR SLEEP 12:30 PM - DISCUSSION GROUP 2:00 PM - <b>SLN: "BOSTON NAT'L HISTORIC PARK;"</b> POKER 2:30 PM - TUESDAY TAI CHI	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE
Wednesday 12/6	8:45 AM - INDOOR WALK 10:30 AM - BARRE 1:00 PM - HAND & FOOT; CRIBBAGE; JAMMERS 1:15 PM - <b>TRIP:</b> NOTCH HILL BROOK 1:30 PM - UKULELE FOR FUN	10:00 AM - DECORATE THE TREE 11:00 AM - SETBACK  2:00 PM - KINIMA FULL BODY
Thursday 12/7	8:30 AM - PICKLEBALL/SEASONED PLAYERS 9:00 AM - <b>TRIP:</b> MILFORD MALL, INT. YOGA 10:00 AM - HOOK 'N NEEDLE; IMPROV 1:00 PM - WATERCOLOR	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - INTRO. TO YOGA 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 12/8	8:10 AM - AEROBICS 10:00 AM - <b>DEALING WITH GRIEF;</b> SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <b>"FARAWAY"</b>	9:30 AM - KINIMA SEATED YOGA   1:00 PM - CORN HOLE
Monday 12/11	8:10 AM - AEROBICS 9:30 AM - REEL DEAL MOVIE CLUB SELECTION: <b>"CHRISTMAS ON THE SQUARE"</b> 11:15 AM - PICKLEBALL/BEGINNERS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB; HAND & FOOT	12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 12/12	8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 10:00 AM - <b>MAKEUP W/JOBY</b> 12:30 PM - DISCUSSION GROUP 1:30 PM - BOOK CLUB 2:00 PM - <b>SLN: "CLARA BARTON NATIONAL HISTORIC SITE",</b> POKER 2:30 PM - TUESDAY TAI CHI	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE
Wednesday 12/13	8:45 AM - INDOOR WALK 11:00 AM - SETBACK 12:00 PM - <b>TRIP:</b> GW CARSON'S 1:00 PM - JAMMERS 1:30 PM - UKULELE FOR FUN	12:00 PM - WRITERS CORNER 1:00 PM - HAND & FOOT; CRIBBAGE  2:00 PM - KINIMA FULL BODY
Thursday 12/14	8:30 AM - PICKLEBALL/SEASONED PLAYERS 9:00 AM - INTERMEDIATE YOGA 10:00 AM - 1:00 PM - <b>HOLIDAY SHOPPE</b> 10:00 AM - HOOK 'N NEEDLE; IMPROVE 1:00 PM - MEMORY SCREENING (PRIVATE) 1:00 PM - WATERCOLOR 5:00 PM - <b>TRIP: ROTARY HOLIDAY DINNER</b>	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - INTRO. TO YOGA  11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI

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Friday 12/15	8:10 AM - AEROBICS 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG 12:45 PM - FILM <i>"BEST.CHRISTMAS.EVER!"</i> 1:00 PM - CORN HOLE	9:30 AM - KINIMA SEATED YOGA 10:00 AM - CHABASO BREAD
Monday 12/18	8:10 AM - AEROBICS 11:15 AM - PICKLEBALL/BEGINNERS 11:30 AM - MAH JONGG 1:00 PM - DOMINOES 2:00 PM - RUMMIKUB; HAND & FOOT	12:15 PM - PICKLEBALL/SEASONED 12:30 PM - BINGO 1:30 PM - TAP CLASS 2:40 PM - KINIMA SEATED EXERCISE
Tuesday 12/19	8:30 AM - BEGINNER PICKLEBALL 9:00 AM - BEGINNER YOGA 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER 2:00 PM - <b>SLN: "MAPLE SUGAR TIME! INDIANA DUNES NAT'L PARK"</b> 2:30 PM - TUESDAY TAI CHI	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - ADVANCED YOGA 12:30 PM - DISCUSSION GROUP
Wednesday 12/20	8:45 AM - INDOOR WALK 1:00 PM - HAND & FOOT; CRIBBAGE; JAMMERS 1:30 PM - UKULELE FOR FUN 4:00 PM - <b>TRIP: HAPPY HOUR AT HOME RESTAURANT</b>	11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 12/21	8:30 AM - PICKLEBALL/SEASONED PLAYERS 9:00 AM - INTERMEDIATE YOGA 10:00 AM - HOOK 'N NEEDLE 11:00 AM - <b>IMPROV SHOWCASE</b> 11:30 AM - KINIMA WEIGHTS 1:00 PM - WATERCOLOR 2:00 PM - <b>SLN: "CHRISTMAS AT THE ROOSEVELT WHITE HOUSE"</b>	9:45 AM - PICKLEBALL W/ROGER 10:00 AM - INTRO. TO YOGA 2:30 PM - THURSDAY TAI CHI
Friday 12/22	9:30 AM - KINIMA SEATED YOGA 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG	<i>Canoe Brook closes at noon</i>
Monday 12/25	<b>CLOSED — Merry Christmas!</b>	
Tuesday 12/26	8:30 AM - BEGINNER PICKLEBALL 11:30 AM - KINIMA WEIGHTS 1:00 PM - SCRABBLE 2:00 PM - POKER	9:45 AM - PICKLEBALL W/ROGER 12:30 PM - DISCUSSION GROUP
Wednesday 12/27	8:45 AM - INDOOR WALK 11:45 AM - <b>MIDNIGHT AT NOON CELEBRATION</b> 1:00 PM - HAND & FOOT; CRIBBAGE 1:30 PM - UKULELE FOR FUN	11:00 AM - SETBACK 2:00 PM - KINIMA FULL BODY
Thursday 12/28	8:30 AM - PICKLEBALL/SEASONED PLAYERS 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR	9:45 AM - PICKLEBALL W/ROGER 11:30 AM - KINIMA WEIGHTS 2:30 PM - THURSDAY TAI CHI
Friday 12/29	9:30 AM - KINIMA SEATED YOGA 10:00 AM - SHUFFLEBOARD 11:00 AM - KINIMA ZUMBA; MAH JONGG	<i>Canoe Brook closes at noon</i>