



7 SOUTH STREET

Town of Roxbury Senior Center Newsletter

7 South Street, Roxbury, CT 06783

Open 10 AM - 3 PM, Tuesday through Friday

Telephone: 860-210-0056 FAX: 860-210-0129

Volume 12, Issue 1

January 2016



The Friends of the Roxbury Senior Center's

Soup's On Lunches

resume Tuesday, January 5

Come join your friends and neighbors for lunch Tuesdays from 12 noon to 1 PM!

Suggested Donation \$5

If you would like to come to SOUP'S ON and need a ride, our SENIOR BUS will pick you up at your home and drive you to the Senior Center, please call Linda at 860-210-0056 or Jerrilynn at 860-210-0201.

If YOU would like to become involved in this GREAT program, please call our *Soups' On* Chairperson, Marilyn Kayner at 860-354-9604



All seniors are invited for Coffee and Conversation Wednesday, January 27 at 11:00 AM

Come with your ideas and suggestions for programs and activities YOU would like to see at YOUR Senior Center.

Refreshments will be served and we would appreciate knowing if you plan to attend. Please sign up at the Senior Center or contact Linda at 860-210-0056 or email lwahlers@roxburyct.com.

Our Roxbury Seniors' Luncheon will return on Wednesday, February 24

The Friends of Roxbury Senior Center thank everyone who so generously supported their Holiday Festival and made it such

an overwhelming success!

All of the money raised will be used to support the programs and activities at the Roxbury Senior Center!



Please remember the Senior Center's **SNOW POLICY** follows our Region 12 Schools.

If schools are **CLOSED**, for weather concerns, **ALL** programs and activities at the Senior Center are **CANCELLED** for the day.

If there is an **EARLY DISMISSAL** all programs from 12 noon on will be **CANCELLED**.

If there is a **DELAYED OPENING**, all programs will be held as scheduled.

If you are unsure, please call before you come and if you need a ride, please call us !

The Town of Roxbury's Senior Bus is available to take YOU shopping or to non-emergency medical appointments Please call Jerrilynn Tiso at 860-210-0201 for your transportation needs!

The Roxbury Senior Center along with all Town Offices will be closed Friday, January 1, 2016 We wish everyone a very HAPPY NEW YEAR!

**Town of Roxbury Senior Center
7 South Street
Roxbury, Connecticut 06783**

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Roxbury, CT 06783**

Senior Center Exercise Classes

Recognizing the importance of exercise as we age



SENIOR AEROBICS / MAT CLASS

with Laura Weaving
Tuesdays and Thursdays

Both classes are held at 10:00 AM

We now offer TWO options for Aerobics Classes. Our **TUESDAY Class is traditional Aerobics** done to music. Our **THURSDAY Class will now incorporate Aerobics with additional work on Mats on the FLOOR.** Both Classes are designed just for seniors 55 and older. Use of 1 or 2 lb weights (available at the Center) will maximize your results though not required.

Cost: \$5 per class or

\$20 for SIX classes of a SINGLE DAY.

\$30 for TWELVE classes - TWO DAYS per week.

ZUMBA GOLD CLASSES

with Amanda Aranzullo
Tuesdays at 11:15 AM



Come join this popular dance-fitness program inspired by Latin music designed for active seniors. It is a great way to burn calories and have lots of fun at the same time.

Cost: \$5 per class or \$20 for a series of SIX Classes.



YOGA CLASSES

with Laura McEvoy
Fridays - 10 to 11:30 AM

The class includes relaxation techniques and poses that are modified to the needs of each individual. *Please bring a MAT.* The class is for seniors 55 and older *who are able to get down and back up from the floor.*

Cost: \$5 per class or \$20 for a series of SIX Classes.



CHAIR YOGA CLASSES

with Laura McEvoy
Fridays at 11:45 AM

The benefits of Yoga without getting down on the floor.

Cost: \$5 per class or \$20 for a series of SIX Classes.

Everyone is welcome to try their FIRST exercise class at no cost. Please let us know to expect you!

PLEASE NOTE: If a class is cancelled for any reason, the fees people have paid will be advanced for a future class.

**IT IS VERY IMPORTANT TO ONCE AGAIN
THANK OUR**

**FRIENDS OF THE ROXBURY SENIOR CENTER
AND THE GENEROUS SUPPORT OF
THE COMMUNITY**

**THAT MAKES IT POSSIBLE TO OFFER
THESE QUALITY EXERCISE CLASSES,
ALL TAUGHT BY TALENTED PROFESSIONALS
AT SUCH A SIGNIFICANT DISCOUNT**



The Senior Center's Book Discussion Group

will meet

Wednesday, January 20 at 12:30 PM

We hope you will join us when the group meets with our leader Valerie Annis to discuss

***Sweet Tooth* by Ian McEwan**

This novel takes us into the world of a young British Intelligence agent Serene Frome and the mystery and romance she finds there.

**Books will be available at the Senior Center
as well as Minor Memorial Library.**

We thank each member of the group for being prepared to return their book the day of the discussion



Come join our WRITERS' GROUP

Wednesday, January 13 at 11 AM

For Seniors interested in writing, sharing ideas and support with other writers.



Our Knitting and Needlecraft Group

The Silver Threads

FRIDAYS at 10:00 AM

Come knit, crochet or just enjoy the many talents of the people who do and their always lively talk. We thank our group's leader **Barbara Paul** who happily helps all with project advice and teaching how to knit.



**Come join us for
PINOCHLE and other games
Tuesdays afternoons at 1 PM**



MAH JONGG

Thursdays at 12 noon

Please call if you would like to join in!



**Computer Help with Bill Chin of
Software Matters in Roxbury
is available on Wednesdays
by appointment ONLY**

Please call the Senior Center if interested.



**The Visiting Nurse Service
of New Milford
provides FREE
Blood Pressure Screening
the second and fourth TUESDAY
of every month
from 11:30 AM to 12:30 PM
No appointment necessary!**



**Senior Center Trip to the
35th Annual Connecticut
Flower and Garden Show
Thursday, February 18th**

This year's show, held at the Connecticut Convention Center in Hartford, is celebrating the theme *In the Spotlight*. All seniors are welcome to come enjoy the many display gardens, exhibits, and free seminars. There are also sales booths offering plants, information and gardening equipment.

Free seminars are offered at 11:00 AM, 12:30 and 2:00 PM. Information on the day's seminars is available at the Senior Center or online at ctflowershow.com.

You will travel to Hartford on our Senior Bus, leaving the Senior Center at **9:30 AM**. We plan to leave the Convention Center at 3 PM returning to the Senior Center between 4 and 4:30 PM.

Food as well as beverages are sold at the Flower Show though you can also bring a bagged lunch. There will be tables and chairs available to enjoy lunch or a rest in addition to the seating available in the seminar rooms.

On arrival, each senior will be purchasing their own ticket. The Senior rate is \$14.00 and please note **ONLY CASH IS ACCEPTED** for admission to the Show.

All are welcome though space is limited.
Please sign up at the Senior Center or call us!

January Birthdays

Congratulations and best wishes to everyone celebrating birthdays in January!

Marianne De Silva	January 5
Mary Ellen Kimble	January 11
Jerry Judge	January 20
Dorie Squire	January 24



Please let us know if you would like your birthday noted!

ON THE ROAD AGAIN - Senior Bus Trip

Monday, January 11 – Come with us to Stamford, CT where we will begin touring the **Ukrainian Museum and Library (fee \$8)**. Called a “Cultural Gem”, the Museum offers wonderful collections of Fine Arts, Folk Arts and Religious Arts (Icons). After lunch at a local restaurant, we will head over to the **First Presbyterian Church**, for a tour of its extraordinary architecture. The interior, with its mosaic stained glass windows, leaves you feeling like you are inside a multicolored gem. We will end the day with a quick stop at the **Stamford Museum and Nature Center (fee \$6)** to see *Billion Bricks 3: Galactic Travels*, a universe made completely out of LEGO bricks.

The Bus will leave from Senior Center at 9:30 AM.

**Call Jerrilynn at 860-210-0201 or sign up
at the Senior Center.**



**New Adventures in Cooking
with Marianne De Silva
Cauliflower is the New Kale
Cooking Class**

Wednesday, January 6 at 11:00 AM
Snow Date: Thursday, January 7

Come join Marianne for another fun and creative *hands-on* cooking class as she shows us all how to prepare different cauliflower dishes. The Class will make and then enjoy eating some wonderful meals made with **Cauliflower – a rekindled vegetable**.

Marianne will begin with a **Cauliflower Chowder**, a hearty soup packed with onions, celery, carrots, cauliflower, bacon and chicken broth. Then she will show the Class how to prepare a side dish, **Roasted Cauliflower with Pumpkin Seeds** with brown butter and lime. The Class will then prepare an entrée, **Cauliflower Picatta**, cauliflower steaks topped with shallots, mushrooms, lemon, parsley and capers.

Reservations will begin December 31st

PLEASE DO NOT DELAY! Marianne's classes are popular. Sign up at the Senior Center, call Linda or email her at lwahlers@roxburyct.com. Cost is \$20.



**Crafts with Beatriz Conroy
Friday, January 15 at 1 PM
A Starry Night
A Painting on Canvas Project**

We thank Beatriz for sharing her time and talents as well as generously providing all materials needed.

*Please remember: Wearing some kind of apron,
smock or old shirt is always recommended
when we are painting.*

**Space is limited. Sign up at the Center or call us
at 860-210-0056!**

**Roxbury Senior Center
Open Tuesday through Friday**

10 am to 3 pm

Linda Wahlers

**Senior Center Director
860-210-0056**

lwahlers@roxburyct.com

Please call Linda for information about programs and activities at the Roxbury Senior Center.

Jerrilynn Tiso

**Municipal Agent for the Elderly and
Social Services Director for the Town of Roxbury
available Tuesdays and Wednesdays from 10 am to 4 pm
and Fridays for emergency appointments only**

860-210-0201

socialservices@roxburyct.com