



# 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 2

February 2016



The Friends of the Roxbury Senior Center's

### Soup's On Lunches

held every TUESDAY from 12 noon to 1 PM

Come join your friends and neighbors for a delicious lunch prepared by one of our GREAT cooks. Suggested Donation \$5

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



### Roxbury Seniors' February Luncheon Wednesday, February 24 at 12:30 PM

Snow Date: Thursday, February 25 at 12:30 PM

All are welcome to join us for a wonderful lunch and opportunity to learn about the great new programs being offered at **Minor Memorial Library** from our own **Library Director Teresa Roxburgh**.

Marianne De Silva will be making a delicious lunch:

**Pot Roast, Carrots and Onions**

**Red Skinned Mashed Potatoes, Rolls  
with Almond Marble Pound Cake for dessert**

**Cost is \$10 and reservations are REQUIRED  
by Friday, February 19th**

Please sign up at the Senior Center or contact Linda at 860-210-0056 or email [lwahlers@roxburyct.com](mailto:lwahlers@roxburyct.com).

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



### February Senior Center Trips Friday, February 12 Woodbury for Lunch and Indoor Miniature Golf

We will leave the Center at 12 noon on our Senior Bus and travel to Woodbury for lunch at **Carlito's** and then on to play Miniature Golf at an Nine Hole Indoor Course set up at the Woodbury Senior Community Center as a fundraising event for local charities. Come join in this fun afternoon, a great way to enjoy a bit of warm weather fun and *smile away the Winter Blahs*.

The Lunch will cost \$10 per senior and Mini Golf costs \$3 for each of the rounds you would like to play.

**Please sign up at the Senior Center or call Linda**



### Thursday, February 18th Connecticut Flower & Garden Show

Just a few seats left for our trip to this year's show, held at the Connecticut Convention Center in Hartford. Seniors are welcome to come enjoy the display gardens, exhibits, free seminars and the 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](http://ctflowershow.com).

Continued on Page 3

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!

### NEW IN FEBRUARY . . .

#### Infinite Design Coloring - Thursdays at 10 AM

All are welcome to try this special way to relax using colored pencils to complete designs. Explore your own creativity while enjoying the company of others.

All supplies needed will be provided

#### Lunch Bunch - Monday, February 22

An opportunity to travel on our SENIOR BUS to local restaurants, make new friends enjoying lunch together.

**This month's LUNCH trip is to Chip's in Southbury.** The Senior Bus will leave the Senior Center at 12 noon Sign up at the Center or call Jerrilynn or Linda

#### Monday Afternoon Movies - Monday, Feb. 29

Take the Senior Bus to the AMC Lowes Movie Theatre in Danbury. **Movies and the times they will be offered will be available on TUESDAY, February 23.** You can sign up at the Center or call Jerrilynn or Linda.

## 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.



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 Senior Center's Book Discussion Group

will meet

**Wednesday, February 17 at 12:30 PM**

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

***Very Valentine*** by Adriana Trigiani

All are welcome to read this novel about an Italian American family, their struggling shoe business in New York City and the Granddaughter determined to save the business, finding love along the way.

**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, February 3 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 Trips - continued**  
**Connecticut Flower and Garden Show**  
**Thursday, February 18th**

The **SENIOR BUS** and **SENIOR VAN** will leave the Senior Center at **9:30 AM** and plan to leave Hartford at **3 PM** returning to Roxbury 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.

**Each senior will be purchasing their own ticket and the Senior rate is \$14.00. PLEASE NOTE ONLY CASH IS ACCEPTED for admission to the Show.**

Please sign up at the Senior Center or call us!

**Minor Memorial Library**  
**will offer these great films at the Library**  
**in February at 2 PM**

**The films are part of the Library's**  
**2016 Oscar Film Series**

<b>Thursdays</b>	<b>Fridays:</b>
<b>2/4 - Bridge of Spies</b>	<b>2/5 - Sicario</b>
<b>2/11 - Inside Out</b>	<b>2/12 - 007: Spectre</b>
<b>2/18 - Steve Jobs</b>	<b>2/19 - Shaun the Sheep</b>
<b>2/25 - Brooklyn</b>	<b>2/26 - Spotlight</b>

NO RESERVATIONS REQUIRED

**February Birthdays**

Congratulations and best wishes to everyone celebrating birthdays in February!

<b>Butch Finch</b>	<b>February 16</b>
<b>Jack Kayner</b>	<b>February 17</b>
<b>John Maloney</b>	<b>February 17</b>



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

**ON THE ROAD AGAIN - Senior Bus Trip**

**Monday, February 8<sup>th</sup>** - This trip to **Guilford, CT** is sure to tempt your taste buds! The first stop will be **Bishop's Orchards**, said to be a "cross between Whole Foods and Trader Joe's". In addition to the products in the Market, there's an award-winning winery offering an abundance of their own fruit wines and hard ciders, as well as state-wide CT Farm Wines. **Lunch** will follow at **Ballou's Wine Bar**. This restaurant won the 2015 Shoreline Chowder Challenge. After lunch the Group will stop at the **Spice & Tea Exchange**, where you will indulge your senses in more than 140 spices, sugars, salts from around the world and more than 30 exotic teas. They will end the afternoon with a visit to the **Village Chocolatier**.

**The Bus will leave from Senior Center at 10 AM.**  
**Call Jerrilynn at 860-210-0201 or sign up at the Center**



**New Adventures in Cooking**  
**with Marianne De Silva**  
**Chocolate Fountain**  
**Sweet Valentine Dippers**  
**Cooking Class**

**Wednesday, February 10 at 11 AM**  
*There is no snow date for this class*

All are welcome to join Marianne for another fun and creative hands-on cooking class as the class joins in making **homemade treats** to dip into a basin of warm dark chocolate in a Chocolate Fountain.

Marianne will show the class how to make some **Homemade Marshmallows** that are fluffy, soft and easy to make. She will show how to make **Coconut Macaroons** that are moist and delicious as well as **Meringue Bites**, small light bite-size morsels that are another perfect companion to chocolate. Marianne will also provide other dippers including: strawberries, bananas, pineapple, dried apricots, pretzels, potato chips and pound cake for everyone to try.

**Reservations begin February 1<sup>st</sup>**

Sign up at the Center, call Linda at 860-210-0056 or email her at [lwahlers@roxburyct.com](mailto:lwahlers@roxburyct.com). **Cost is \$20.**



**Crafts with Beatriz Conroy**  
**Friday, February 19 at 1 PM**  
**A Valentine Surprise**

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 for crafts!*  
**Space is limited. Sign up at the Center or call us!**

**If there is an activity, program or trip YOU would like to see offered at YOUR Senior Center, please let us know.**

**Roxbury Senior Center**  
**Open Tuesday through Friday**

**10 am to 3 pm**

**Linda Wahlers**

**Senior Center Director**

**860-210-0056**

**[lwahlers@roxburyct.com](mailto: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](mailto:socialservices@roxburyct.com)**