



# 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 4**

**Welcoming our residents age 55 and older**

**April 2016**



## **The Friends of the Roxbury Senior Center's Soup's On Lunches**

held every **TUESDAY** from 12 noon to 1 PM  
*Suggested Donation \$5*

Join your friends and neighbors for a delicious lunch.

If you are interested in helping cook, bake or help us  
serve and clean up, please call

Margo Terwilliger at 860 - 350 - 3410



## **Roxbury Seniors' April Luncheon Wednesday, April 27 at 12:30 PM**

All are welcome to join us for a delicious lunch prepared  
by Marianne De Silva:

**Chicken Provencal**

*(chicken, tomatoes, red bell peppers, onions, olives)*

**Rice Pilaf, Fresh Spring Greens Salad w/Champagne**

**Vinaigrette and Rolls**

**Chocolate Eclair Cake for Dessert**

**All for a cost of \$10.00**

After our dessert we will enjoy a Flower Arranging  
Demonstration by **Roxbury's own professional florist  
Michele Stuart of *Stuart's Greenhouse and Floral  
Station***, 160 Baker Road in Roxbury. We will draw  
names for a lucky senior to take the completed flower  
arrangement home.

*All are welcome though space is limited.*

Please **RESERVE** your seat by **Friday, April 22**

Please sign up at the Senior Center or contact Linda at  
860-210-0056 or email lwahlers@roxburyct.com.

## **AN AFTER LUNCH SHOPPING TRIP to TARGET**

has been planned for  
**Tuesday, April 19**

Join us for a delicious Soup's On Lunch then board  
our Senior Bus at 1 PM or just come for the trip to  
the TARGET store in nearby Bethel.

## **Senior Center Trip Wadsworth Atheneum Museum of Art FINE ART AND FLOWERS**

**Friday, April 29**

Come celebrate spring at the Wadsworth Atheneum's  
**35th Annual Fine Art and Flowers** special event. See  
floral arrangements created by florists, garden clubs,  
and interior designers from across New England inspired  
by masterworks from the Museum's collection.

We will gather at the Senior Center for our **9:30 AM  
departure** on our Senior Bus.

Due to the popularity of the event, the Museum does  
not offer small Group Tours at this time. They will offer a  
*Highlights Tour* to the general public at 1 PM that you  
may join if you wish. There will also be a Lyric Opera  
performed that day at 12 noon and special shopping.

We invite you to join us as we enjoy the Museum on  
our own. We will ask you to pay \$5 of the Admission fee  
that will be supplemented by the generosity of the  
Friends of the Roxbury Senior Center.

We plan to have lunch at the Museum's Café so we  
can maximize our time at the Museum and the cost of  
lunch is the responsibility of each senior. There will be  
time to enjoy all the floral displays and exhibits as well  
as the Museum store.

**All are welcome though space is limited.** Please  
sign up at the Senior Center or call us at 860-210-0056.

## **The *AARP* Safe Driving Course will be offered Thursday, April 28 12 noon to 4 PM**

This popular course offers instruction to help sharpen  
our driving skills and shows us ways to compensate for  
those changes in vision, hearing and reaction time that we  
all experience as we age.

The certificate you will receive on completion of the  
class entitles you to a discount on your auto insurance.

*Light refreshments will be served.*

**\$15 for AARP members, \$20 for non members  
Checks ONLY payable to AARP**

**Reservations are required. Sign up or call the Center.**

## **Join as our Community supports the American Heart Association's National Walking Day Wednesday, April 6th**

**9:30 AM to 10 AM**

**Beginning at Booth Free School**

## 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.

If you would like to come to 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.

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



## The Senior Center's Book Discussion Group Wednesday, April 20 at 12:30 PM

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

### *The Art Forger* by B. A. Shapiro

The story of a young artist who helps support herself by reproducing masterpieces for sale by a reputable company and is approached to use her talents for questionable purposes.

**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, April 6 at 11AM

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



## *Infinite Design* Thursdays at 10 AM with Charlie Roxburgh

Enjoy the fun and relaxation of using colored pencils to complete designs.



## MAH JONGG Thursdays at 12 noon Please call if you would like to play!



Computer Help with Bill Chin of Software Matters in Roxbury is available Wednesdays by appointment ONLY. Please call the Senior Center if interested.



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

The Friends of the Roxbury Senior Center  
invite you to enjoy  
the current exhibit and sale of  
artwork by

**Diane Dubreuil**  
with an Opening Reception  
Sunday, April 3  
2 - 4 PM

*A portion of all sales will be donated to benefit our  
Friends' fundraising efforts that support  
programs and activities at the Senior Center*



**New Adventures in Cooking  
with Marianne De Silva**  
**Salads From Around the World**  
Wednesday, April 13 at 11:00 AM

Come join Marianne for another fun and delicious cooking class as she teaches us how to make some unique salads with *middle eastern flavor and flair* in the next class showcasing Yotam Ottolenghi new cookbook *Jerusalem*.

The Class will make three very different salads: **Spiced Chickpea & Fresh Vegetables** (cucumbers, tomatoes, red peppers, radishes and parsley) **Beet and Avocado Salad** (with red onion, pea shoots, broad beans, coriander and mint) and **Baby Spinach Salad** (with Dates and Almonds as well as pitas, lemon juice and red onions).

**Cost is \$20. Reservations begin April 1<sup>st</sup>**  
Sign up at the Center or call Linda at 860-210-0056

**Afternoon Movie by Request - Brooklyn**  
Friday, April 22 at 1 PM

With sincerest thanks to Minor Memorial Library

### April Birthdays

Best wishes to everyone celebrating birthdays in April!

Alice Griffin	April 4
Beatriz Conroy	April 13
Arlene Hoffman	April 24



### Camping for Seniors this Summer

Please let Jerrilynn Tiso know if you are interested in an overnight trip to the Salvation Army's Camp Connri in Ashford, CT. Camp Connri is a 272 Acre campground offering a variety of outdoor and indoor activities, such as pontoon rides, paddle boats, shuffle board, archery, arts and crafts etc. Jerrilynn may be reached at 860-210-0201.

### ON THE ROAD AGAIN - Senior Bus Trips

**Monday, April 11<sup>th</sup> - Mattatuck Museum, Waterbury.**  
In addition to their wonderful permanent collections, there are two special exhibits: **WHAT, NOT WHITE - The Victorian Bride** featuring 19<sup>th</sup> century wedding dresses and accessories and *The Absolute Vasarely*, an exhibit of more than 60 works by Victor Vasarely, the Father of Op Art. Lunch will follow at *Signatures Restaurant*.

**Thursday, April 21st - Shopping at Clinton Crossing with lunch at the Fish Tale Restaurant**

**Monday, April 25<sup>th</sup> - Hubbard Park, Meriden** to enjoy the beauty of the **over 650,000 daffodils blooming.** you can get off, walk a bit and take photos. Afterwards, we'll lunch at the *Wood-n-Tap Bar & Grill* in Southington.

**The Senior Bus will leave from the Senior Center at 10:00 AM for ALL these trips.**

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



**Crafts with Beatriz Conroy**  
Friday, April 15 at 1 PM  
**Painting Flowers on  
Wooden Trays**

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!*

**Sign up at the Senior Center or call us!**

**Come take the Senior Bus and ENJOY . . .**

**Lunch and a Movie - Monday, April 18**

The Senior Bus will go to Applebee's in Danbury then to the AMC Loews 16 Movie Theatre.

The list of movies and times will be available at the Senior Center on Tuesday, Apr 12th.

**Sign up at the Center or call Jerrilynn or Linda.**

**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)