



# 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 5

Welcoming our residents age 55 and older

May 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.

## A Special AFTER LUNCH CONVERSATION with James Prado, D.C. Tuesday, May 17 at 1:30 PM

All are welcome to join our conversation with Dr. Prado, Roxbury Resident and respected Doctor of Chiropractic. Dr. Prado is a popular speaker. His talks combine his belief in the Holistic Lifestyle and Contemporary Science that supports it.

Dr. Prado will talk about the **Importance of Safe Sun Exposure** and the role it plays in Vitamin D Production as well as other important physiological functions. He will also talk about the **Importance of Spending Time in Nature** and how that affects everything from blood pressure to mood and concentration.

Please let us know to expect you by signing up at the Senior Center or calling us.

## Come try our NEW Exercise for Balance Class beginning Wednesday, May 4 at 2 PM

The class will be taught by **Jim Duncan** with exercises designed and proven to help you maintain and improve your balance.

The first class is yours to try for FREE.

Then, \$5 per class or \$20 for a series of SIX classes.



## Roxbury Seniors' May Luncheon

Wednesday, May 25 at 12:30 PM

All are welcome to join us for another wonderful lunch. Marianne De Silva will be preparing:

**Honey Mustard Glazed Master Carve Boneless Ham**  
**Sweet Potato Salad with Orange Maple Dressing**  
**Oven Roasted Asparagus**  
**Fresh Rolls**  
**Lemon Cake with Fresh Berries**

All for a cost of \$10.00

After lunch our talented Yoga and Chair Yoga Instructor, **Laura McEvoy**, will share the **Importance of Breathing and Stretching as We Age**.

All are welcome though space is limited.

Please RESERVE your seat by Friday, May 20

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

## Municipal Agent Jerrilynn Tiso will offer an Information Session - Five Wishes Program Friday, May 20 at 1:00 PM

*Five Wishes* is a way you can put your end of life wishes on paper and can be a valuable addition to an existing Living Will document. Written in everyday language this program helps you express your wishes in areas that matter most— personal and spiritual in addition to the medical and legal. Completing *Five Wishes* helps your family, friends and doctor as it keeps them from having to guess what kind of treatment you want or don't want. *Five Wishes* can be used to guide family conversations about care in times of serious illness and meets all legal requirements for advance directives in Connecticut.

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

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## Senior Center Exercise Classes

Recognizing the importance of exercise as we age and specifically designed for people 55 and older



### SENIOR AEROBICS / MAT CLASS

with Laura Weaving  
Tuesdays and Thursdays

Both classes are held at 10:00 AM

We TWO options for Aerobics Classes. Our **TUESDAY Class is traditional Aerobics** done to music and our **THURSDAY Class incorporates Aerobics with MAT work on the FLOOR.** Use of 1 or 2 lb weights (available at the Center) will maximize 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

A popular dance-fitness program inspired by Latin music that lets you burn calories and have 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

Includes relaxation techniques and poses modified to the needs of each individual. *Please bring a MAT.* A class for seniors 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.

### NEW EXERCISE FOR BALANCE Classes

with Jim Duncan  
Wednesdays at 2 PM

Exercises designed to maintain and improve balance.

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!*

If a class is cancelled, fees paid will be advanced.

If you would like to come to any Senior Center program, activities or Trips and need a ride, our SENIOR BUS will pick you up at your home and drive you to the Center, call Linda at 860-210-0056 or Jerrilynn at 860-210-0201.

The 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, May 18 at 12:30 PM

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

### *A Pattern of Lies* by Charles Todd

Come read this Bess Crawford mystery set during World War I when an explosion at a gunpowder mill sends Bess to war-torn France to try to keep a deadly pattern of lies from leading to more deaths,

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, May 4 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 PINOCHE 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!!**

**Lunch Bunch - Thursday, May 5th**  
*A Cinco De Mayo Celebration* at Chili's in Waterbury  
with a shopping option at Brass Mill Center Mall  
(Barnes and Nobles, Michaels, Toys R Us etc)  
**Departure Time: 12 NOON**  
Please sign up at the Senior Center or call us!

**Special MAY Shopping Trips**  
**Thursday, May 12 - IKEA, New Haven**  
**Thursday, May 26 - West Farms Mall.**  
Senior Bus will leaving the Senior Center at 10:00 AM  
Please sign up or call to save your seat on the Bus!

**Senior Center Trip to  
Yale University Art Gallery  
Wednesday, June 1, 2016**

We will board our Senior Bus at 9:30 AM to visit the Yale University Art Gallery and explore the Museum at our leisure. We'll meet at 1 PM to continue our day with lunch at the Union League Café in New Haven before returning to Roxbury.

The cost of this trip is \$20.

All are welcome though space is limited.

Please sign up at the Senior Center or call us at  
860-210-0056

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

**Diane Dubreuil**

*A portion of all sales will be donated to benefit our  
Friends' fundraising efforts supporting Center programs*

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

**Monday, May 9<sup>th</sup>** - to *Arthur Avenue*, the Little Italy in the Bronx. There's plenty of shopping to do at the butcher, the baker, indoor market and pastry shops with great restaurants and cafes to enjoy.

**Bus leaving Senior Center 9:30 sharp.**

**Monday, May 23<sup>rd</sup>** - Join us as we go back in history to the *General Mansfield House & Herb Garden*, headquarters of the Middletown Historical Society and former home of General Joseph K.F. Mansfield, a Civil War hero who died at the battle of Antietam on 1862. The museum's major exhibits showcase artifacts from the Civil War, immigrant groups, women's clothing, and manufacturing (\$2.00 entrance fee). Lunch to follow at the ION Restaurant, a natural foods restaurant with a super exciting menu.

**Bus leaving Senior Center at 10:00 sharp.**

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



**New Adventures in Cooking  
with Marianne De Silva  
Cooking with Wild Ramps  
Wednesday, May 11 at 11:00 AM**

Join Marianne for another fun and delicious cooking class as she creates some wonderful foods using wild ramps. Ramps have a short season and it is important to take advantage of these delicacies with the pungent flavor characteristic of garlic or onion while available in our area.

The Class will make three different Spring dishes; *Ramped Up Crostini* with Ricotta and Pea Shoots then Marianne will demonstrate the techniques used in making the perfect risotto in *Rissoto of Ramps and Asparagus* and last she will demonstrate a new and different set of techniques when making a very delicate tart pastry for her *Rustic Ramp Tart*.

**Cost is \$20. Reservations begin MAY 1st**  
Sign up at the Center, call or email Linda



**Crafts with Beatriz Conroy  
Friday, May 13 at 1 PM  
Reverse Painting on  
Picture Frame Glass**

We thank Beatriz for sharing her time & talents as well as generously providing 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 contact us!

**Come take the Senior Bus and ENJOY . . .  
Lunch and a Movie - Monday, May 16**

The Senior Bus will leave at 11AM to take you to *Down The Hatch on Candlewood Lake* for lunch and then to the **AMC Loews 16 Movie Theatre** for your choice of movie. The list of movies and times will be available at the Center on Tuesday, May 10.

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

**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**