



# 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 6

Welcoming our residents age 55 and older

June 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.

### All are welcome to join us as we Celebrate our Soup's On Volunteers at the June 28th Soup's On Lunch!

If you would like to join in this exceptional volunteer effort as a Cook, Baker or Support Staff Member, please call our Soup's On Chairperson,

**Marilyn Kayner at 860-3549604**

*We are hoping a few special people might be interested in becoming a 'Guest Cook' taking on a once or twice a year commitment.*

**The June 28th Soup's On will be our last for the summer as our volunteers take a well deserved rest! Soup's On will resume Tuesday, September 13.**

### Special After Soup's On Lunch Events: Tuesdays at 1:30 PM

#### June 7 - Arm Chair Travel Tour of Italy

by Tracy Brady of Visiting Angels Living Assistance Services  
Enjoy this tour and possibly reminisce about a past trip.

#### June 21 - An Introduction to Reiki

by Sue Stauffacher, Reiki Practitioner

Reiki is energy healing. The practice of Reiki can help recreate balance in the body and create a sense of well-being and relaxation. It is wonderful for stress reduction.

Please let us know to expect you!



### The Roxbury Bridgewater Garden Club invites all Seniors to join in a Special Workshop to create

### Succulents Planted in a Tea Tin Thursday, June 23 at 1 PM

Come join us as members of the Garden Club teach us how to arrange succulents in a container that can be used as a decoration for your home or a gift for others.

The Garden Club is very generously offering this special workshop and all materials at no cost.

**Space is limited!! Please reserve your spot by signing up at the Senior Center or call us!**



## Roxbury Seniors' June Luncheon

Wednesday, June 22 at 12:30 PM

We hope you will join us for a wonderful lunch. Marianne De Silva will be preparing:

**Roasted Salmon, Asparagus and Orzo Salad  
with Lemon-Dill Vinaigrette**

**Homemade Olive Garden Bread Sticks**

**Strawberry and Ice Cream Parfait with a Meringue Cookie**

*All for a cost of \$10 per senior*

After lunch, we are delighted to welcome **Bob Boltax** of the **Yale Center for British Art** who will be offering an overview of this newly renovated Museum that we will offer as a trip on Wednesday, July 6 (details on page 3).

**All are welcome though space is limited.**

Please **RESERVE** your seat by **Friday, June 17**

Please sign up at the Senior Center or call us.

## Working Together for our Community

The Roxbury Senior Center is delighted to be included in Minor Memorial Library's

**Exercise Your Mind** Summer Reading Program dedicated to encouraging health and wellness of both body and mind.

With generous funding the Library secured through the **Connecticut Community Foundation**, the **Senior Center's Aerobics, Zumba, Yoga & Chair Yoga Classes** held from **June 21 to July 29, 2016** will be offered at **NO CHARGE**

We hope you will stop in at the Library or visit the Library's website [www.minormemoriamlibrary.org](http://www.minormemoriamlibrary.org) for a full list of **Exercise Your Mind** events

Our newest **Balance Class** will also be offered at **NO CHARGE** during the same time period thanks to the funding we receive from the

**Friends of the Roxbury Senior Center.**

A wonderful time to try a new wellness routine at no cost.

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*

## 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.\*

### 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.

\* Exercise Classes offered between June 21 & July 29 will be offered at **NO COST AS PART OF THE LIBRARY'S PROGRAMMING** *Exercise Your Mind* Aerobics and Zumba on Tuesday, July 26 and Yoga and Chair Yoga on July 29 **WILL BE HELD AT MINOR MEMORIAL LIBRARY**



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 Senior Center's Book Discussion Group Wednesday, June 15 at 12:30 PM

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

### **ORPHAN TRAIN** by *Christina Baker Kline*

This novel tells parallel stories of a young woman in Foster Care assisting an older woman. Learning her new friend was sent to the Mid-West when she was orphaned as a child brings understanding, strength and hope for them both.

**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, June 1 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



## **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.

## Western Connecticut Area Agency on Aging is holding a **SENIOR FAIR** Wednesday, June 15, 9 AM to 12 noon at the Jewish Federation, 444 Main Street North (Route 6) in Southbury. We are offering **SENIOR BUS** Transportation leaving the **Roxbury Senior Center at 9 AM**

Discover programs, benefits and services available in our area. There will be Mini-Workshops, Safety Demonstrations, Health Screenings etc.

**Senior Center Trips to  
Yale University Art Gallery  
Wednesday, June 1st**

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.

**The Gardens at Elizabeth Park  
Thursday, June 30**

The Group will board our Senior Bus at **8:30 AM** and join a scheduled **10 AM Free Tour** of these **Historic Gardens** presented by volunteers of the **Elizabeth Gardens Conservancy**. The Conservancy has worked to restore and preserve this national treasure. The Park was established in 1897 and *America's Oldest Public Rose Garden* opened in 1904. After the tour, you will have time to explore the Gardens then enjoy lunch at Rizzuto's in West Hartford before returning to Roxbury.

**Yale Center for British Art  
Wednesday, July 6**

We will leave the Senior Center at 9:30 AM for a trip to the **Yale Center for British Art**. We will meet a docent for an **11 AM tour** of this recently renovated Museum with a tour titled **Making Sense of Art**. After our tour we will have time to explore more on our own before leaving for lunch at a local restaurant and our return to Roxbury.

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

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

**Monday, June 13<sup>th</sup>** – Join our trip to the **Cook's Nook** in Norwalk. Established in 1998, this store caters to those people who really LOVE to cook. **Lunch to follow at Bistro Mediterranean & Tapas Bar.**

**Bus leaving 9:30 sharp.**

**Friday, June 17th - BASEBALL GAME - Minor League Sugar Land Skeeters at New Britain Bees.**

**Tickets - \$12. Bus leaving at 4:30 PM.**

**Monday, June 27<sup>th</sup>** - Board the *Sea Mist* for a tour of the famous **Thimble Islands** off the coast of **Branford, CT**. First discovered in 1614, the islands were used for farming, quarrying granite, bootlegging & hiding Captain Kidd's treasure. Relax and enjoy a 45 minute narrated cruise (Cost \$12—please no large backpacks or coolers).

**Lunch at a local eatery.**

**Senior Bus leaving 9:45 sharp.**

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



**New Adventures in Cooking  
with Marianne De Silva  
Summer Vegetable Pasta  
Wednesday, June 8 at 11:00 AM**

All are welcome to join Marianne for another fun and delicious cooking class as she makes some light summer pasta dishes loaded with fresh summer vegetables that are quick, easy and delicious!

The first pasta is a **Roasted Cherry Tomato Sauce with Basil and Goat Cheese over Bucatini Pasta** and then **Rotini with Summer Vegetables** (onion, zucchini, corn, grape tomatoes and basil) and then **Zucchini Noodles with Pesto** that is zucchini made into noodles.

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



**Crafts with Beatriz Conroy  
Friday, June 10 at 1 PM  
Martha Stewart Inspired  
Majestic Mountains on Canvas**

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!**

**Take the Senior Bus and ENJOY . . .  
Special Shopping - Thursday, June 9**

The Senior Bus will leave at **9:30 AM** for a Trip to **Van Wilgen's Garden Center** in North Branford with a lunch stop on the way home.

**Lunch and a Movie - Monday, June 20**

The Senior Bus will leave at **11 AM** and go to **Down the Hatch** for lunch and then to the **AMC Loews 16 Movie Theatre** for your choice of movie. A list of the movies and times will be available Wed., June 15.

**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**