



# 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 7**

**Welcoming our residents age 55 and older**

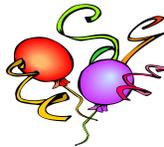
**July 2016**



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

will NOT be held in July and August as our  
Volunteers take some well deserved time off.

This very special program will resume  
Tuesday September 13!



### **Roxbury Seniors' July Luncheon**

**Wednesday, July 27  
at 12:30 PM**

We hope you will join us as we celebrate the **Twelfth  
Anniversary** of the opening of our Senior Center.

Marianne De Silva will be preparing:

**Roasted Chicken Salad with Peaches, Goat Cheese  
and Pecans on a bed of Gourmet Salad Greens**

**Homemade Cheese Straw Breadsticks**

**Individual Celebration Cakes**

*(Sunshine Lemon Cakes with Vanilla Frosting)*

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

We are delighted to have Minor Memorial Library  
Director Teresa Roxburgh and Members of the Library's  
Board of Trustees join us for our celebration.

We know everyone will enjoy their company and  
hope you will plan to share your thoughts and ideas  
about the direction you would like to see our Library take  
as it continues to respond to the interests and hopes of  
all members of the Roxbury community.

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

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

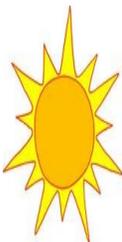
Please sign up at the Senior Center or call us!

### **Take the Senior Bus and ENJOY . . . Lunch and a Movie - Monday, July 18**

The Senior Bus will leave the Senior Center at **11 AM**  
and stop for lunch at **Applebee's** in Danbury then on to  
the **AMC Loews 16 Movie Theatre** to see a movie of  
your choice. A list of the movies showing that day and  
their start times will be available at the Senior Center on  
Wednesday, July 13th.

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

\*\*\*\*\*  
\* *Special thanks to the volunteers from the* \*  
\* *Shepaug Club who have generously taken on* \*  
\* *the care of the flower beds and planters* \*  
\* *around our Senior Center Patio* \*  
\*\*\*\*\*



Please remember with warm weather  
upon us, the Senior Center is  
air-conditioned and you are always  
very welcome to join an activity, read a  
book, arrange to visit with friends or just  
come in and take a break from the heat!

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

**Hank Meiowitz**

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

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

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**Roxbury Resident  
Roxbury, CT 06783**

## 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.

\* **ALL EXERCISE CLASSES** offered in **JULY** are 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! **CONFIDENTIAL!!**



## The Senior Center's Book Discussion Group will not meet during July and August

We look forward to resuming our discussion lead by Valerie Annis on **Wednesday, September 21**.

The book selected will be announced in our August Newsletter.

**We encourage everyone to visit the Minor Memorial Library during the summer!**

The Library Staff is always happy to help with great summer reading suggestions!

**Remember: Homebound Library Delivery Service is also available through Minor Memorial Library**



## Afternoon Movies Thursdays at 1 PM

**July 7 - STAR WARS: The Force Awakens** brings back Harrison Ford and Carrie Fisher with a cast of new characters in the continuing fight for freedom.

**July 28 - JOY** - a biographical comedy-drama film, starring Jennifer Lawrence as **Joy** Mangano and her struggles to find a path to success.

We thank Minor Memorial Library for their assistance in making these films available for us.



## Come join our WRITERS' GROUP Wednesday, July 6 at 11AM

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



## Come join us for PINOCHLE and other games Tuesday afternoons at 1 PM



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



## 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.



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

Please call the Senior Center if interested.

## Senior Center Trips

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

Our Group will leave the Senior Center at **9:30 AM** for a trip to the **Yale Center for British Art**. The Group will meet a docent for a scheduled **11 AM tour** of this recently conserved Museum titled ***Making Sense of Art***. After your tour you will have time for lunch and more time to explore the Museum on your own before meeting our Bus Driver at **3:30 PM** for your return to Roxbury.

The Tour and Admission are FREE, each senior will be responsible for the cost of their own lunch.

**Due to the popularity of this trip, it will be REPEATED Wednesday, August 3**

### Yale Peabody Museum of Natural History Wednesday, July 20

The Group will leave the Senior Center at **9:30 AM** and meet a docent for an **11 AM** scheduled ***Tour of the Highlights*** of the recently renovated Museum. You will have time for more exploration before meeting our driver at the front entrance at **1 PM** for a short drive to a local restaurant.

The cost of the Tour and Admission will be paid through the generosity of our Friends of the Roxbury Senior Center. Each senior on the trip will be responsible for the cost of their lunch.

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

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

**Monday, July 11th** – Join this casual and relaxing trip to the **Town of West Haven's Beach and Boardwalk**. Plan to have lunch at **Jimmie's of Savin Rock**, a family-owned-and-operated restaurant known for its seafood or bring your own picnic lunch and beverage and eat on the beach. **Our Senior Bus will leave at 10:00 AM sharp.**

**Monday, July 25th** - Join us for a ride to **Buttonwood Farm in Griswold** to sample their delicious ice cream. You may decide to support their annual fundraiser for the Make-A-Wish Foundation. Fourteen acres of sunflowers planted to create bouquets may be purchased for \$10 with ALL proceeds going to Make-A-Wish. On our way to Buttonwood, we will stop at the **Birch Hill Tavern** in Glastonbury for lunch. **The Senior Bus will leave from the Senior Center at 10:00 AM sharp.**

**Call Jerrilynn at 860-210-0201 or sign up the Senior Center for BOTH these fun trips**



### ***New Adventures in Cooking with Marianne De Silva Hot Off the Grill***

**Wednesday, July 13 at 11:00 AM**

Join Marianne outside on the Senior Center Patio as she shares her grill for three especially delicious grilling adventures. She'll demonstrate how to grill the perfect salmon to create a delicious ***Salmon Club Sandwich*** (bacon, red onion tomato, lettuce on sourdough bread). Marianne will also make a ***Grilled Romaine and Campari Tomato Salad served with an Avocado-Lime Dressing*** and end our session on a sweet note with ***Grilled Peaches and Maple Syrup***. The class will get to enjoy this delicious meal as we grill it!

If the day is rainy or excessively hot, we'll do the class inside the Senior Center.

**Cost is \$20. Reservations begin JULY 1st**

Please sign up at the Center, call or email Linda

### ***Take the Senior Bus and ENJOY . . .***

#### ***A Special Shopping Trip - Thursday, July 14***

The Senior Bus will leave the Senior Center at **10 AM** for a Trip to **Ocean State Job Lot in Seymour** with lunch at the **Brookside Inn**.

Sign up at the Center or call us!



### ***Crafts with Beatriz Conroy Friday, July 8 at 1 PM Martha Stewart Inspired Majestic Mountains on Canvas***

*This class was originally planned for June 10 and priority will be given to the people who signed up for the class on that date.*

We thank Beatriz for sharing her time & talents as well as generously providing materials needed!  
*Please remember: Wearing an apron, smock or old shirt is always recommended for crafts!*

**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**