



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 8

Welcoming our residents age 55 and older

August 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' Annual August Picnic Luncheon

Wednesday, August 24 at 12:30 PM

All are welcome to join us for our annual
picnic! Food will be served inside the Senior Center and
we offer everyone the option of eating outside on the
Senior Center Patio or INSIDE if it rains, is excessively
hot or just YOUR preference.

Marianne De Silva will be preparing:

- Pulled Pork with BBQ Sauce on a Bun**
- Cole Slaw**
- Mom's Baked Beans**
- Cowboy Cookies**
- Watermelon**

All for \$10.00 per person

All are welcome though space is limited.

**Please RESERVE as soon as possible and no later
than Friday, August 19**

Please sign up at the Senior Center or call us!

Senior Center Trips

Yale Center for British Art Wednesday, August 3

We are repeating this trip first taken in July so all the
people interested can enjoy it. The Group will leave the
Center at **9:30 AM** on the **Senior Bus**. A docent guided
tour is scheduled for **11 AM** titled ***Making Sense of Art***.
After your tour you will have time for lunch with more
time to explore the Museum before meeting our Bus
Driver at **3:30 PM** for your trip home.

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

Florence Griswold Museum Wednesday, August 17

Come join the Group traveling to Old Lyme to explore
the history of the famous Lyme Art Colony that centered
in Miss Florence Griswold's Boardinghouse. There will
be a docent guided tour of the house with the first floor
preserved as it would have been when the artists spent
their summers there. Many left their unique mark by
painting door and dining room panels. The second floor
serves as galleries for works by many of the artists.

The tour will include the Garden and a special exhibit in
the separate Kriebel Gallery titled ***The Artist's Garden:
American Impressionism and the Garden Movement
1887 - 1920*** and includes works by Childe Hassam,
John Twachtman, J. Alden Weir and many more.

Continued on page 3

Take the Senior Bus and ENJOY . . . Lunch and a Movie - Monday, August 15

The Senior Bus will leave the Senior Center at **11 AM**
and stop for lunch at a restaurant the Group's chooses
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, August 10th.

Special Shopping Trips

Monday, August 1 - DANBURY FAIR Mall AREA

The Senior Bus will leave the Senior Center at **10 AM**
for our monthly trip to the **Danbury Fair Mall AREA** with
possible stops at the Mall, Trader Joe's, the Christmas
Tree Shop or anywhere in that area **YOU** choose

Thursday, August 25 - WEST FARMS Mall

The Bus will leave the Senior Center at 10 AM for a trip
to **WEST FARMS Mall** to offer seniors an opportunity to
shop during **TAX FREE** week. During the week of
August 21 - 27 **NO TAX** will be charged for Clothing
items or Shoes costing \$100 or less.

Sign up at the Senior Center or contact us!

* You may know the **Roxbury Land Trust**, always *
* a valued neighbor of the Roxbury Senior Center, *
* will be moving their office to a **NEW location** *
* **6 Mine Hill Road** during the month of August. *

We wish them continued success
in their new location.

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 AND CHAIR YOGA

CLASSES with Laura McEvoy
will NOT be held during the month of

August as Laura vacations with her family and
RESUME FRIDAY, SEPTEMBER 2



EXERCISE FOR BALANCE Classes
have been discontinued for the present



Please remember as warm weather continues, 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!



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



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! **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 September 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 at 1 PM

Friday, August 5 - HAIL CAESAR! with George Clooney and Josh Brolin. Story of a Hollywood 'fixer' and the star he tries to keep out of trouble.

Wednesday, August 31 - THE INTERN with Robert De Niro as a 70 year old retiree whose experience helps so many including Anne Hathaway's character.

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



Come join our WRITERS' GROUP Wednesday, August 3 at 11AM

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



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.

The Knitting Group and all Friends will be **Going On the Road** on **Friday, August 26** taking the Senior Bus to one of their favorite Yarn Shops in Bethel, **A Stitch in Time** with lunch at a local eatery.

The Bus will leave the Senior Center at 10 AM

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

**Florence Griswold Museum Trip
Wednesday, August 17 - continued**

after the tour, you will have some time to explore on your own. The Group will gather for a short drive across the way to the **Old Lyme Inn** for lunch.

The Senior Bus will leave the Center at 9 AM

The cost of the Tour and Admission will be paid with funds generously donated by **The Friends of the Roxbury Senior Center**. Each senior will pay for the cost of their own lunch.

To enhance the enjoyment of the trip, we will show a 20 minute film about the history of the House and Art Colony on Thursday, Aug. 11 at 11:30 AM and 1:30 PM as well as Friday, August 12 at 12:30 PM and 2 PM.

Sign up at the Center or call to reserve your spot.



**New Adventures in Cooking
with Marianne De Silva
Summer's Bounty -
Corn, Tomatoes and Zucchini
Wednesday, August 10 at 11:00 AM**

Join Marianne outside on the Senior Center Patio once again as she takes on the **Summer's Bounty** of **Corn, Tomatoes and Zucchini** in another grilling adventure. She'll demonstrate how to create three delicious fresh, light and easy summer dishes: **Grilled Corn on the Cob with Roasted Jalapeno Butter and Cilantro, Fresh Tomato and Cucumber Salad with Peach Dressing** and end with **Grilled Zucchini Pesto Roll-ups**. The class will get to enjoy these delicious dishes as they are grilled.

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

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



**The Friends of the Roxbury Senior Center
invite ALL to join for
Holiday Festival Planning
Thursday, August 11
at 10:30 AM**

If you cannot come to the Meeting and would like to be involved in the Festival, please call Margo Terwilliger at 860-350-3410



**Crafts with Beatriz Conroy
Friday, August 12 at 1 PM
Reverse Painting on Glass**

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!

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

ON THE ROAD AGAIN - Senior Bus Trips

Monday August 8th - Come to historic Seymour to explore the charming world of **Tickled Pink**, a shop carrying many vintage items found at the famous Brimfield Flea and other local markets as well as beautiful artwork by local artists. Then on to **Tea With Tracy Tea Room** for a delicious lunch as well as a lovely array of teas and gift items.

Monday August 22nd - Come to South Norwalk for lunch at Sono Seaport Seafood located at the harbor. After lunch the Group will walk through **Flutter Zone**, an exhibit of exotic tropical butterflies at the **Maritime Aquarium**. You may want to see the **IMAX Movie "Flight of the Butterflies"** at 1 PM and continue to enjoy the many regular and special exhibits at the Aquarium. Admission for seniors is \$20.95 (includes IMAX movie).

Bus leaves the Center at 10:00 sharp for both trips.

SAVE THE DATE: Sunday September 11th for a **"Lights and Sights Cruise"** on the Cross Island Ferry Sea Jet. **Cost is \$28, checks made payable to Town of Roxbury due no later than August 26th.**

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

August Birthdays

Congratulations and best wishes to everyone who is celebrating a Birthday in August!

Diane Kansas	August 5
Cynthia Finch	August 8
Barbara Henry	August 15
Rev. David Peters	August 18



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

**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**