



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 9

Welcoming our residents age 55 and older

September 2016



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

will resume Tuesday September 13
and served from 12 noon to 1 PM!

Come join your friends and neighbors for a delicious
home cooked lunch. Suggested Donation \$5.



Senior Center Trip to the Griswold Inn and Connecticut River Museum Wednesday, September 7th

Come join us as we travel to Essex Connecticut for
lunch at the historic Griswold Inn (Individual Checks will
be available). After lunch, a Museum Teacher will join
the group for the short, 50 yard walk to the Museum to
learn about the rich history of the Connecticut River and
its Valley.

The Museum Tour and Admission will be paid from
funds donated by our Friends of the Roxbury Senior
Center. Each senior will pay for their own lunch + tip.

The Senior Bus will leave the Center at 10:30 AM with
an expected return by 4 PM.



A Senior Center Return Trip to Florence Griswold Museum with TWO NEW Special Exhibits Wednesday, October 5th

In response to requests, we will offer a return trip to this
special Museum. A docent will lead the group on a tour
of a new special exhibit titled *In Place: Contemporary
Photographers Envision a Museum* as well as the very
special *Wee Faerie Village*. Continued on Page 3



Roxbury Seniors' September Luncheon Wednesday, September 28 at 12:30 PM

We hope you will join us for a delicious lunch.

Marianne De Silva will be preparing:

Mediterranean Chicken

*with mushrooms, tomatoes, red/yellow/orange bell
peppers, shallots, Kalamata olives and capers.*

Toasted Israeli Couscous with Pine Nuts & Parsley
Naan Flat Bread

Kanafi (a light Middle Eastern Cheesecake)

All for a cost of \$10.00

After lunch we are delighted to welcome a physical
therapist from the VNA of New Milford, Alex Winkelstern,
who will give a brief overview of a new program
the Senior Center will be offering: ***A Matter of Balance***.
This program was created to address the importance of
improving and maintaining our balance as we age.

Please RESERVE your seat by Friday, September 23

Please sign up at the Senior Center or call Linda!



Senior Center Outing to the Pottery Factory - Thursday, Sept. 29

Hop on the Senior Bus at 12 :30 PM and join
the group to nearby Brookfield's Pottery Factory.
Instructors will lead the group and each senior will create
their own Sunflower Plate that will be fired and delivered
to the Senior Center for you to pick up at a future date.

**The discounted COST is \$10. Payment is
REQUIRED to secure your reservation by Sept. 20th**

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.

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.



Afternoon Movie at 1 PM

Thursday, September 22 - **RACE**

The inspirational story of Jesse Owens

We thank Minor Memorial Library for their assistance in making this film available for us.



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 and STRICTLY CONFIDENTIAL!!



The Senior Center's Book Discussion Group

RESUMES

Wednesday, September 21 at 12:30 PM

All are welcome to join as Valerie Annis leads us in a discussion of ***The Forgotten Garden*** by Kate Morton

In 1913, a little girl arrives alone in Australia and the only clue to her identity is a book of fairy tales. A life long desire to piece together her past is passed on to her granddaughter. The story takes us to England and family secrets that span 100 years.

Books will be available at the Senior Center as well as Minor Memorial Library.

We thank each member of the group for returning their book the day of the discussion

Take the Senior Bus and ENJOY . . . Lunch and a Movie - Monday, Sept.19

The Senior Bus will leave the Senior Center at 11 AM stop for lunch at a spot the Group decides then on to **AMC Loews 16 Movie Theatre**. A list of the day's movie offering with start times will be available at the Senior Center on Wednesday, September 14.

Special Shopping - Thursday, Sept. 15
The Shops at Evergreen Walk in Windsor
10 AM departure!

Sign up at the Senior Center or contact us!



Come join our WRITERS' GROUP Wednesday, September 7 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 Trip to Florence Griswold Museum
Wednesday, October 5 *continued***

The Wee Faerie Village is a collection of thirty hand-crafted faerie sized homes that are on display throughout the Museum grounds. Lunch at the Museum's own Café Flo will offer seniors the option of a relaxing lunch on the café's veranda or a quick bite and extra time to explore the Museum and Gift Shop.

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 your enjoyment of the trip, a 20 minute film about the history of the House and Art Colony may be viewed by making arrangements with Linda.

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



**New Adventures in Cooking
with Marianne De Silva
Grilling – Harvest Pizzas
Wednesday, September 14 at 11:00 AM**

Join Marianne outside on the Senior Center Patio for the last of this season's grilling adventure - a fun hands-on **Grilling – Harvest Pizzas**. Marianne will demonstrate how to make three delicious grilled pizzas using all of Summer's harvest along with a little bit of Fall's too! She will start with a **Farmer's Market Pizza - Bacon, Corn, Tomatoes and Roasted Jalepano**, followed by her signature pizza - **Pizza with Pesto, Fresh Tomatoes and Mozzarella**. The final pizza is made with **Butternut Squash, Sage Pesto and Prosciutto**. The Class will get to enjoy all these delicious pizzas as we grill them!

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

Cost is \$20. Reservations begin September 1

Please sign up at the Center, call or email Linda

We are planning NEW programs!

Please contact Linda if you are interested in **BRIDGE** or if you are interested in **Computer Instruction and/or help understanding how to store or share photos, how to use a computer to do research or use other technology. Other ideas are welcome! Please let Linda know what interests YOU!**



**ADULT COLORING
THURSDAYS at 10 AM**

The Friends of the Roxbury Senior Center invite you to enjoy the current exhibit and sale of artwork by **Hank Meirowitz** with a portion of all sales donated to benefit Senior Center programs.

ON THE ROAD AGAIN - Senior Bus Trips

Sunday, September 11th - A trip to New London to board the Sea Jet for a two hour Lights & Sights Cruise. The Cruise itinerary includes: New London Harbor Light, Latimer Reef Light, Watch Hill Light, Historic Ocean House, Simmons Castle, Fort Griswold, and Fort Trumbull. **Cost is \$28**. Bring your own lunch. Snacks and beverages will be available for purchase on the boat. **Bus leaves the Center at 10 AM.**

Monday, September 26th - Litchfield History Museum to explore the galleries highlighting the fifty years after the American Revolution, a time when Litchfield was a bustling commercial, political, and educational center. Then a short 5 minute walk (or bus ride) later, you will be on a journey through the life of a real student from the early 19th century at The Reeve House & Law School. **Cost is \$14**. Lunch will follow at Bohemian Pizza in Bantam. **Bus leaves at 10 AM.**

Call Jerrilynn at 860-210-0201 or sign up the Senior Center for either or both of these trips



**Crafts with Beatriz Conroy
Friday, September 9
at 1 PM**

Bracelet Making Workshop

We thank Beatriz for sharing her time & talents as well as generously providing materials needed!

Sign up at the Senior Center or contact Linda at 860-210-0056!

September Birthdays

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

Ruth Bilotta

September 7

Susan Stauffacher

September 27

Mary Ogan

September 28



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

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