



7 SOUTH STREET

Town of Roxbury Senior Center Newsletter

7 South Street, Roxbury, CT 06783

Open 10 AM - 3 PM, Tuesday through Friday

Volume 12, Issue 12

Welcoming our residents age 55 and older

December 2016



*The Friends of the Roxbury Senior Center
invite everyone to their*

HOLIDAY FESTIVAL

Saturday, December 3, 2016

2:30 PM to 5:00 PM

Festival Honorary Chairman Barbara Henry

This year's Holiday Festival will include:

Silent Auction and Chinese Auction on Gift Items

Holiday Decorations

Holiday Bake Sale

Model Train Exhibit

Wine and Hors d'oeuvres

And so much more . . .

*Tickets for the Chinese Auction will go on sale
Tuesday, November 29!*

We thank the extended community for supporting this
wonderful fundraising event that benefits the
Roxbury Senior Center!

Please call Margo Terwilliger at 860-350-3410 with
questions about the Festival or to volunteer your help!

*In the event of inclement weather, the Festival will be
held on SUNDAY, December 4th, 2:30 PM to 5:00 PM*



*The Friends of the Roxbury Senior Center's
Soup's On Lunches will be served*

12 noon to 1 PM on the following Tuesdays:
December 6 and December 13

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



ANNUAL CHRISTMAS PARTY

at The Curtis House in Woodbury
Wednesday, December 14 at 12:30 PM

Come celebrate the Holidays with us with this three
course luncheon that includes a choice of three
different entrees. Cost is \$20 per person.

Everyone will be served:

A Tossed Salad with House Dressing

and your choice of one of the following entrees:

Grilled Salmon with Rice Pilaf and Roasted Vegetables

*Roasted Turkey with Stuffing, Cranberry Sauce, Mashed Potato
and Roasted Vegetables*

Yankee Pot Roast, Mashed Potato and Vegetable

with Bread, Tea or Coffee and Apple Crisp for dessert

(A Cash Bar will be available)

Paid Reservations Are Required By December 9th

Please complete the reservation form on the bottom of page 2
with your choice of entrée and return to the
Senior Center or mail to the Center with your payment.

Please make checks payable to Town of Roxbury

We are happy to offer transportation to the Curtis House
on the Town of Roxbury's Senior Bus.

If you would like to be picked up at your home in Roxbury
or meet the BUS at the Senior Center,
please call Linda at 860-210-0056 and reserve your seat.

**An After Lunch Conversation with
Patti Garland of the New Milford VNA
Tuesday, December 13 at 1 PM
Topic: *Lifeline Products*
and how they can work for you**

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 offer TWO options for Aerobics Classes. Our **TUESDAY Class** is traditional Aerobics done to music. 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

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



The Senior Center's Book Discussion Group will not meet in December

We hope you will plan to join us for our next discussion with Valerie Annis on

Wednesday, January 18 at 12:30 PM.

The Book will be announced in the January Newsletter and will be available at the Senior Center as well as Minor Memorial Library.



Please remember the Senior Center's **SNOW POLICY** follows our Region 12 Schools closings.

If schools are **CLOSED**, for weather concerns, **ALL** programs and activities at the Senior Center are **CANCELLED** for the day.

If there is an **EARLY DISMISSAL** all programs from **12 noon on** will be **CANCELLED**.

If there is a **DELAYED OPENING**, all programs will be held as scheduled.

If you are unsure, please call before you come and if you need a ride, please call us !

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



MAH JONGG

NOW MEETS Tuesdays at 12 noon
Please call if you would like to play!

ADULT COLORING
THURSDAYS at 10 AM



Our Knitting and Needlecraft Group
The Silver Threads FRIDAYS at 10 AM

Come knit, crochet or just enjoy the 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**



The Visiting Nurse Service of New Milford provides **FREE Blood Pressure** the second and fourth **TUESDAY** of the month 11:30 AM to 12:30 PM *No appointment necessary*



Yes, please plan on me/us attending the Roxbury Seniors' Annual Christmas Party!

Name(s) _____

Luncheon Entrée Choice(s):

_____ Grilled Salmon _____ Roast Turkey _____ Yankee Pot Roast

Telephone Number _____ Check Amount Enclosed _____

Please drop your reservation off at the Senior Center or mail it to us at 7 South Street, Roxbury 06783.

Your check should be payable to *Town of Roxbury*. **All reservations needed by December 9, 2016.**

We regret we are unable to refund payment for people who do not come and do not call to let us know.



The Roxbury Bridgewater Garden Club
invites all seniors to their
Boxwood Tree Workshop
Friday, December 9 at 1 PM

Come join us as members of the Garden Club return to teach us how to create this very special decoration for the Holiday season.

We thank the Garden Club for once again generously offering this workshop at NO COST to seniors.

Reservations begin DECEMBER 1st!

If you are interested in attending **DO NOT DELAY!**

Space is limited.

CALL, EMAIL or SIGN UP at the Center!

Take the Senior Bus and ENJOY . . .

Monday, December 5 - Shopping to the Danbury Fair Mall AREA. Departure at 10 AM.

Monday, December 19 - Lunch and a Movie

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, December 14!

Please sign up at the Senior Center or call!



Afternoon Movie

Wednesday, December 21 - 1PM

The original version of
Miracle on 34th Street



Crafts with Beatriz Conroy
Friday, December 16 at 1 PM
A Holiday Craft Project

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

We always recommend wearing an apron, smock or old shirt when we paint or do crafts.

Sign up at the Senior Center or contact Linda

ON THE ROAD AGAIN - Senior Bus Trip

West Hartford Shopping Trip

Monday, December 12th - Holiday Spirit abounds with all the charms of a traditional Main Street at the West Hartford Center. WHC is one of the best little downtowns in New England for shopping, dining and strolling, so come with us and find those last minute gifts & enjoy a delicious lunch at GRANTS Restaurant and Bar.

Bus leaves the Senior Center promptly at 10 AM

Call Jerrilynn at 860-210-0201 to reserve your spot on the bus, or sign up at the Senior Center.



New Adventures in Cooking
with Marianne De Silva
Holiday Brunch

Wednesday, December 7 at 11:00 AM

Please join Marianne for a special class with ideas to help you celebrate the holidays. She will show you how to prepare this delicious Brunch that is a real crowd-pleaser to be enjoyed by family and friends!

The main attraction is a **Panettone French Toast**, which can be put together the day before. As a side, she will show us how to make **Maple Candied Bacon Sticks**.

Marianne will also show us how to prepare a salad of **Roasted Pears with Arugula and Stilton Cheese** and a **Grapefruit Pound Cake** for dessert.

The Class will enjoy the meal as it is prepared.

Cost is \$20. Reservations begin December 1

Please sign up at the Center, call or email Linda

A Matter of Balance Classes

Continue Thursdays in December 1 - 3 PM

Our Classes with Physical Therapist Alex Winkelstern of the New Milford VNA will continue through Dec. 15 Let Linda know if you are interested in a Spring Class

The Friends of the Roxbury Senior Center invite you to enjoy the current exhibit and sale of artwork by **Lorraine Chapin**
A portion of all sales will be donated to the Friends to benefit Roxbury Senior Center programs.

December Birthdays

Congratulations and best wishes to everyone celebrating birthdays in December!

Richard Daniel December 1

Sterett Kelsey December 16



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@roxburycct.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@roxburycct.com

Call Jerrilynn for assistance with Social Security and Medicare, Transportation, Energy Assistance, Home Care Needs, Chore Service and Mental Health Services etc.