



7 SOUTH STREET

Roxbury Senior Center Newsletter

7 South Street, Roxbury, CT 06783

Open 10am - 3 pm, Tuesday through Friday

Telephone: 860-210-0056 FAX: 860-210-0129

Volume 8, Issue 1

January 2012



The Friends of the Roxbury Senior Center invite you to join them every Tuesday for

Soup's On Lunch

Come join neighbors and friends for a delicious lunch - \$3

Please join us for the first in a series presented by the Roxbury Film Society at the Senior Center

Romeo and Juliet

Wednesday, January 18 at 7 pm

There is a renewed discussion of Shakespeare with the release of the film *Anonymous* and we thought it was a great time to enjoy one of the great film versions of the most beloved of his plays.

This adaptation of *Romeo and Juliet* was released in 1968 with beautiful cinematography, acting, spectacular costumes all set in Verona, Italy. This film was directed by Franco Zeffirelli and promises to warm the coldest winter night. We hope you'll stay to discuss it afterwards.

Please sign up at the Senior Center or call us!



Heart Basket Workshop

with Peg Ambruso

Please plan to attend this two part workshop!

Friday, January 20 AND Friday, January 27
10:30 AM to 12:30 PM

Peg will teach us how to create a lovely heart shape basket to be ready for Valentine's Day! We will build our base on the first Friday and complete the basket the following week. Both workshops and materials cost \$5.

Please sign up at the Senior Center or call us!



The Roxbury Seniors'

January Luncheon

Wednesday, January 25th

at 12:30 PM

Snow date: Thursday, January 26th if needed

We hope you will join us for a delicious lunch with good friends and a chance to meet some new ones.

Marianne De Silva will be cooking a fantastic lunch that includes: **Pot Roast with Mashed Potatoes, Carrots and Onions with Homemade Biscuits. Dessert and Beverages will complete this great meal!**

The cost is \$5

After our lunch a new neighbor, **Patricia Abrams** will discuss *The Value of Meditation*.

Please remember space is limited.

Reservations are requested by Friday, January 20
Please sign up at the Center or call us at 860-210-0056.

Coming in February . . . SAVE THESE DATES

The Board of Directors of the Roxbury Senior Center invite you to join them for a special



Valentine's Dance

Saturday, February 11, 2012

at Roxbury Town Hall's Community Room
and The Senior Center will taking a trip to the

Connecticut Flower Show



Friday, February 24

Details will be available in our February Newsletter

Roxbury Senior Center
7 South Street
Roxbury, Connecticut 06783

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SENIOR AEROBICS
with Laura Weaving
is offered Tuesdays and Thursdays
at 10:00 am!

Time to keep that New Year's Resolution and exercise more! Laura leads us in a series of low impact aerobic exercises (done to music) designed specifically for seniors 55 and older followed by a series of exercises to tone your arms, legs and torso.

Using 1 or 2 lb weights is recommended to fully maximize the results.

Try your first class at no cost!
The classes cost \$3 per class or
\$15 for SIX classes of a SINGLE DAY.
\$30 for TWELVE classes - TWO DAYS per week.

Please remember, if you must miss a class in the series and call to let us know, the fee you paid for your class will be advanced a week.

Please let Linda know if you are interested in joining the class.



Beatriz Conroy's ART CLASS
Tuesday, January 10th
1:00 to 3:00 pm

Come join Beatriz for another fun class.
Reverse Painting on Glass with Acrylics!
We thank Beatriz for sharing her time and talents and generously supplying all the materials.
Wearing a smock is always recommended!

Registration is requested!
Please sign up at the Center or call us!



Please call the Senior Center if you are interested in joining the Mah Jongg Group that now meets on FRIDAY afternoons!



Come join our Knitting and Needlecrafts Group *The Silver Threads* Thursdays from 10:30 to 12 noon

All are welcome to enjoy this delightful group, get ideas for a new project or bring something you are working on. We have people knitting, crocheting and quilting! Special thanks to **Barbara Paul** who is happily teaching people how to knit as well as helping with advice on projects.



Come join us for
Strengthening Exercise
Wednesdays at 2:00 PM

We offer another exercise option as Mary O'Hara, certified Physical Therapist, leads us in gentle exercises that are specifically designed to help strengthen our muscles, improve posture as well as our balance. The goal is to protect our bones, reduce the risk of falls and be physically fit.

Mary also incorporates **Qi Gong** principles recently learned from PBS's Lee Holden that are designed for improving overall health and well being.

These classes cost \$3 per class or \$15 for a series of 6 classes. If you must miss a class in the series and call to let us know, we are happy to advance the fee you paid for your class a week.

Everyone is very welcome to try your first class at no cost.

All are welcome to join our
WRITERS' GROUP
Wednesday, January 4
at 11:00 AM



We hope you will come and join the group if you have an interest in writing and would like to share ideas with others

Visiting Nurse Services provides
FREE Blood Pressure Screening
EVERY Wednesday
11:30 am to 12:30 pm



Exercise to Video Group
Everyone is welcome to join us as we work out to the video tape
Fitness Over Sixty
Tuesdays and Fridays at 11:00 am



Bill Chin of Software Matters LLC in Roxbury continues his offer to come on WEDNESDAY mornings to help seniors new to computers at no charge. Please call the Center for YOUR appointment.



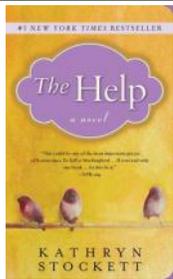
WINTER WEATHER
CANCELLATIONS AT THE CENTER

If the Roxbury Public Schools- Region 12 are **CLOSED** due to winter weather conditions, all of the activities and programs scheduled at the Senior Center are **CANCELLED FOR THE DAY**.

If there is an **EARLY DISMISSAL**, then all the afternoon programs will be cancelled.

If there is a **DELAYED OPENING**, all programs will go on as originally scheduled.

Please call the Center at 860-210-0056 if you are unsure if an event is being held.



Come join the Senior Center's
Book Discussion Group
January 18 at 12:30 pm
 when we meet to discuss

The Help

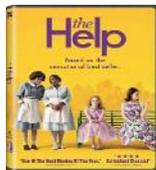
by Kathryn Stockett

We hope you will join us as Valerie Annis, Director of the Minor Memorial Library leads our discussion of this bestselling novel about a young white woman who becomes interested in the plight of the black women who work as maids in the her Mississippi community during the 1960s.

Copies of the book are available to be picked up at the Library or the Senior Center and may be returned the day of the discussion.

We will view the film adaptation
Friday, Jan. 20, 2012 at 1PM

EVERYONE is welcome to see the film and stay for a short discussion if you would like to join us!



Remember: Homebound Library Delivery Service is available through Minor Memorial Library.

January Birthdays

Congratulations and very best wishes to everyone celebrating a birthday in January!

- Marianne De Silva January 5
- Mary Ellen Kimble January 11
- Jerry Judge January 20
- Dorie Squire January 24



If you would like your birthday to be noted, please call Linda at 860-210-0056!

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 in her office at the Senior Center Wednesdays and Fridays from 10 am to 3 pm

860-210-0201

socialservices@roxburyct.com



New Adventures in Cooking
 with Marianne De Silva

Soup to Nuts

Wednesday, January 11
11:00 AM – 2:00 PM.

Snow Date: Thursday, January 12 (12 noon to 3 pm)

This complete meal is just perfect for the cold months ahead! A hearty **Chicken Tortellini Soup** that is packed with onions, celery, carrots, chicken, cheese-filled tortellini and blended with a basil and parsley pesto that adds another dimension to this comforting soup! Marianne will also show us how to make some crunchy **Garlic Toasts** to help soak up every bit of the delicious broth in our soup!

We'll end our meal on a deliciously sweet note with **Gingerbread with Raspberry Sauce and a Dollop of Whipped Cream.** Just a perfect way to end this wonderful *comfort meal.*

If you haven't taken a cooking class yet, come and join Marianne in another cooking adventure. Socialize with friends, laugh a lot, get new recipes and the great tips that make them work so well.

The cost is \$15 per person and space is limited! Please sign up at the Senior Center or call us !



Guys in the Kitchen Cooking Class
 with Marianne De Silva

Super Bowl Party Food

Wednesday, February 1
11:00 AM – 2:00 PM.

Snow Date: Thursday, February 2 (12:00 noon – 3 pm)

With the success of our first *Guys in the Kitchen* Cooking Class, we will be hosting another class just in time for Super Bowl!

Join Marianne De Silva in creating another fun and delicious meal! Be ready to roll up your sleeves and help make some **NEW Super Bowl Favorites.**

We'll start off with a great nibble **Easy Cheese Buffalo Chicken Dip** served with celery sticks and Wheat Thin Crackers while our **Honey-Chipolte Glazed Ribs** are baking in the oven. As these great ribs continue to bake, we'll put together a *wild and crazy – fit for the Super Bowl* dessert, **Chipolte-Chocolate-Peanut Butter Frito Candy.** You will get to try the versatile Smoked Chipolte Chili in both savory and sweet dishes.

Come join all the delicious HANDS ON FUN and then enjoy this great meal as your lunch!!

Sign up at the Senior Center or call us at 860-210-0056.

The cost is \$15.00 per person and space is limited.