

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 9, Issue 2

February 2013



The Friends of the Roxbury Senior Center invite you to join them on Tuesdays for

Soup's On Lunch

Suggested Donation - \$4

The Friends of the Roxbury Senior Center have an opening on their Board of Directors for the Secretary's spot. If you are interested in joining a delightful group of seniors dedicated to supporting the Roxbury Senior Center, please call Friends' President Marilyn Kayner at 860-354-9604



The Senior Center will taking a trip to the Connecticut Flower Show Friday, February 22

We regret there is no snow date available for this trip

The show, held at the Connecticut Convention Center in Hartford, is celebrating the theme *Love in Bloom*. Come and enjoy the many display gardens, exhibits, free seminars and sales booths that offer plants, seeds, information & gardening equipment.

Free seminars are offered at 11:00 am, 12:30 pm and 2:00 pm. You can find information on the seminars at the Senior Center or online at ctflowershow.com.

We will be using the NEW ROXBURY VAN though seating will be limited to the first people who call and reserve their spot. We will add carpools if people are interested and reimburse our drivers the parking fee. If you are interested in coming or helping out by driving others, please call Linda at 860-210-0056. We will gather at the Center at 10 AM to leave promptly at 10:15 AM. We will leave the show at 3:00 PM for a expected return to the Center at 4:00 PM.

Food as well as beverages are sold at the Flower Show or you are welcome to bring a bagged lunch. Lots of tables and chairs are available to enjoy lunch or an occasional rest in addition to the seating available at the seminars.

Once we arrive, each senior will be purchasing their own ticket. The Senior rate is \$14.00 and ONLY CASH IS ACCEPTED at the Show.

If you would like to join us, we will need a FIRM commitment by Friday, February 17, 2012.

Please sign up at the Senior Center or call us!



The Roxbury Seniors' February Luncheon Wednesday, February 27 at 12:30 PM

Snowdate: Thursday, February 28 at the same time

Come join us!! Marianne De Silva will be preparing a delicious luncheon that will include:

**Pot Roast with Carrots and Onions
Red Skinned Mashed Potatoes
Homemade Biscuits
Chocolate Cake w/Whip Cream and Cherry Sauce
All for a cost of \$5**

After our lunch, we will welcome **Judge of the Probate Court, Dom Calabrese** who will provide us with important information on **Incapacities, Conservatorships & the Probate Court.**

Volunteers willing to help set up and clean up are very much appreciated!

Space is limited. Please RESERVE your seat by Friday, February 22

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



The Roxbury Bridgewater Garden Club invites all seniors to join in their Valentine Floral Arrangement Workshop

Friday, February 8 at 10:30 AM

This workshop will be presented by professional florist Adrienne Caruso along with Garden Club volunteers.

We hope you will come, learn and create TWO special fresh floral arrangements.

One will be for you and one will be for us to share as a very special gift for a Senior in Roxbury

All materials will be supplied through the generosity of the Garden Club.

Please plan to bring Garden Shears or Scissors, if you have them though NOT REQUIRED.

Space is limited. Please reserve your spot by signing up at the Senior Center or calling us at 860-210-0056.



Exercise Classes at the Center
SENIOR AEROBICS
 with Laura Weaving
Tuesdays - Stretching and Toning
Thursdays - Stepped Up Heart Healthy
Both classes held at 10:00 AM

Laura has over 15 years of experience teaching Aerobics specifically designed for seniors 55 and older. All classes are done to music. Using 1 or 2 lb weights is recommended to fully maximize your results.

The classes cost \$3 per class or
\$15 for SIX classes of a SINGLE DAY.
\$30 for TWELVE classes - TWO DAYS per week.



STRENGTHENING EXERCISE
 with Mary O'Hara
Wednesdays at 2:15 PM

Certified Physical Therapist Mary O'Hara leads us in a series of gentle exercises that are specifically designed to help strengthen our muscles, improve posture and balance. The goal is to protect our bones, reduce the risk of falls and be physically fit.

The classes cost \$3 per class or
\$15 for SIX classes - ONE DAY per week



YOGA CLASS
 with Laura McEvoy
Fridays - 10 AM to 11:30 AM

Laura teaches at the Woodbury Yoga Center and joins us weekly to teach classes in Hatha Yoga. Each class will begin with relaxation techniques, proceed to poses that are modified to the needs of each individual then closes with relaxation. These classes are designed for seniors 55 and older who are able to get down and back up from the floor. MATS are recommended.

The classes cost \$3 per class or
\$15 for SIX classes - ONE DAY per week
Everyone is welcome to try any of our classes at no cost. We would appreciate you calling the Senior Center so we know to expect you!



Please call Linda at the Center if you are interested in joining a regular POKER Group.

Please call the Senior Center if you are interested in joining a Mah Jongg Group.



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 if you are interested in setting up an appointment.



The Senior Center's
Book Discussion Group
Wednesday
February 20, 2013 at 12:30 pm

Come join us when Valerie Annis, Director of the Minor Memorial Library leads our discussion of

Nora, Nora
 by Anne Rivers Siddons

Set in Lytton, Georgia this novel follows a young girl named Peyton. Peyton leads a lonely life having lost her mother at birth. Her father seems to blame her and she has a hard time relating to people of her own age. When a distant cousin who smokes, drinks and is clearly out to shock the conservative community comes to Town it seems Peyton's life is going to be changed forever. Come read with us!!

Books are available at the Senior Center and the Library and may be returned the day of the discussion.

Please remember: Homebound Library Delivery Service, Audio Books and Appointments for One on One Introduction to E Books are ALL available through Minor Memorial Library.



The Silver Threads
Knitting and Needlecrafts Group
INVITES ALL
to join in their conversation
Every Thursday at 10:00 AM

This Group is welcoming **ALL** to join in the fun!

Come to knit, crochet or quilt with us or just enjoy the talents of others and the always wonderfully lively conversation!

Special thanks to **Barbara Paul** who is always happy to help with project advice and to teach others how to knit.



WRITERS' GROUP
Wednesday,

February 6, 2013 at 11:00 AM

All are welcome to come join this group of Seniors who share an interest in writing and meet monthly to exchange ideas.

Visiting Nurse Services
 provides **FREE**
Blood Pressure Screening
Wednesdays
11:30 AM to 12:30 PM
No appointment necessary!



The Friends of the Roxbury Senior Center
invite you to enjoy the current exhibit of art
by

Ann Harriet Carew

Harriet's work is available for sale. A portion of all sales donated to the Friends will benefit the Center.



**New Adventures in Cooking
with Marianne De Silva
100-Calorie Healthy Snacks
Wednesday, February 13, 2013
11:00 AM – 2:00 PM**

Snow Date: Thursday, February 14 same time

Marianne will be sharing great recipes for easy, nutritious and healthy snacks. The class will be enjoying all the snack as we make them. This will be another Hands On Workshop!

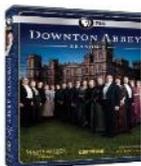
Please remember to bring an apron!

The Savory Snacks include: **Kale Chips w/Olive Oil, Salt & Pepper, Brisling Sardines on Crackers w/Lemon and Mustard, Sweet Potato Hummus** that will be served with **Homemade Pita Chips as well as Edamame with a Soy and Ginger Dipping Sauce and Feta and Herb Dip w/Crudites.**

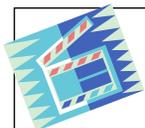
The Sweet Snacks include: **Chocolate Peanut Butter Pretzels, Pistachio-Coated Chocolate-Dipped Apples, Crunchy Cereal Trail Mix** and a **Rice Crispy Chocolate-Cherry-Almond Snack.**

All are welcome to join in the fun! You will have a chance to try new dishes, socialize with old friends and make new ones, laugh lots, get new recipes and all the great tips that make them work so well.

**The cost is \$15 per person and space is limited!
Sign up at the Senior Center or call us at 860-210-0056**



**Downton Abbey - Season Three
will be shown in March!
Please plan to join us on
Thursday afternoons at 1 PM!**



**SPRING EVENING FILM SERIES
BEGINS TUESDAY
February 5 at 7 PM**

One of the goals of the Roxbury Film Society is to provide films that offer us cultural observations that encourage conversation and allow us to look at films we might not normally see. In this Spring series of films we will take a look at the vampire legend and the phenomenon that has emerged in our popular culture over the past 40 years.

The vampire legend has been transformed from the tale of a Demon into our next-door-neighbor! We will be enjoying some great films and discussing how this variation on Bram Stoker's tale happened.

We will begin with Roman Polanski's **Fearless Vampire Killers** in February where we see a satirical take on the traditional vampire story. In following months we'll see **Love at First Bite, The Hunger** and finally, **Buffy the Vampire Slayer.** We hope you will join us for a look at how *Camp* brought the *Vampire* out of the cold shadows and onto our *friend* list!

February Birthdays

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

- Jackie Dooley February 4
- Butch Finch February 16
- Jack Kayner February 17
- John Maloney February 17



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

**WEATHER RELATED
CANCELLATIONS AT THE SENIOR CENTER**

When Roxbury Public Schools - Region 12 are **CLOSED** due to inclement weather conditions, **ALL** of the activities and programs scheduled at the Senior Center are then **CANCELLED FOR THAT DAY.**

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

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

Please note in some cases snow dates have been scheduled.

If you are unsure if an event or activity is being held, please call the Center 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 Tuesdays and Wednesdays from 10 am to 4 pm
and Fridays for emergency appointments only
860-210-0201
socialservices@roxburyct.com**