



# 7 SOUTH STREET

**Town of 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 3**

**March 2013**



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

## **Soup's On Lunch**

Suggested Donation - \$4

### **All Seniors are invited to join us for Coffee and Conversation**

**Wednesday, March 20, 2013**

**11:00 to 12 noon**

when we welcome

**Executive Director of New Milford Hospital,  
Deborah Weymouth**

Deborah is looking forward to an opportunity to update us on the Hospital, review the services available to us and interested in listening to our ideas as to how the hospital can best serve our medical needs and the needs of our community. Refreshments will be served.

**A BIG THANK YOU** to all the people who have offered suggestions for programs and activities they and hopefully others would enjoy at the Center.

These ideas include:

**Zumba Gold Exercise Group**

**Drumming Group**

**Armchair Yoga Classes**

**Computer Class for Beginners**

If you are interested in any of these ideas or IF YOU HAVE IDEAS YOU WOULD LIKE TO ADD, please sign up at the Center or call Linda!



## **The Roxbury Seniors' March Luncheon**

**Wednesday, March 27**

**at 12:30 PM**

The Roxbury Seniors have planned a wonderful lunch to celebrate St. Patrick's Day! Marianne De Silva will be preparing the following delicious meal:

**Corned Beef and Cabbage**

**Boiled Potatoes and Carrots**

**Irish Soda Bread, Beverages**

**with Bailey's Irish Cream Cake for Dessert**

**All for a cost of \$5.00**

After lunch we're delighted to welcome

Professional Story Teller **Carol Birch** to entertain us

*If you would like to help the Seniors set up the Tuesday afternoon before the luncheon, please contact Linda!*

**Space is limited.**

**Please RESERVE your seat by Friday, March 22**

**Sign up at the Senior Center or call us!**

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

**Diane Dubreuil**

***Here and There En Plein Air***

**with an Opening Reception**

**Sunday, March 10, 2013 2 - 4 PM**

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

**Town of Roxbury Senior Center**

**7 South Street**

**Roxbury, Connecticut 06783**

**Presorted Standard**

**U.S. Postage**

**PAID**

**New Milford, CT 06783**

**Permit No. 264**

**Roxbury Resident  
Roxbury, CT 06783**



## 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 POKER, PINOCHLE or BRIDGE Group that would meet regularly to play!

Please note: these groups would be playing just for fun not money!



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

March 20, 2013 at 12:30 pm

We hope you will join us when Valerie Annis, the Director of Minor Memorial Library leads discussion of

### ***An Irish Country Doctor***

by Patrick Taylor

Barry Laverty is fresh out of school and uncertain about what type of medicine he should practice when he answers an ad to become a physician's assistant in a small town in Northern Ireland. He is initially taken aback by his new boss, Dr. O'Reilly. Read along with us as the young doctor learns about life and love in his new hometown.

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.**



Please call the Senior Center if you are interested in joining the seniors playing Mah Jongg on Friday afternoons.



**The Silver Threads Knitting and Needlecrafts Group invites YOU to join them 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,

March 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!





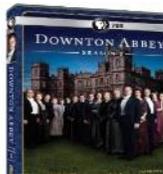
**SPRING EVENING FILM SERIES**  
**Continues TUESDAY**  
**March 5 at 7 PM**

Come join Bill Curren as he continues a look at the vampire legend with our next film in this series, **Love at First Bite**. In this hilarious film, Dracula comes to New York in the disco-crazed '70's and falls for a clubbing fashion model played by Susan St. James.

**We hope everyone will stay to enjoy the discussion after the film.**

Future Films will include:

**The Hunger on Tuesday, April 9**  
**Buffy the Vampire Slayer on Tuesday, May 7**



**Downton Abbey**  
**Season Three**

**Please plan to join us on**  
**Thursday afternoons at 1 PM**  
**for the Award Winning PBS series!**

Thursday, March 7 - Episode 1  
 Thursday, March 14 - Episodes 2 & 3  
 Thursday, March 21 - Episodes 4 & 5  
 Thursday, March 28 - Episode 6

**We will show the season's concluding episode 7 on Thursday, April 4th**

**The Friends of the Roxbury Senior Center will be participating in the**  
**Town-Wide Tag Sale**  
**on Saturday, May 4th**



**with tables behind the Senior Center**  
 If you have items to donate to the Friends' Sale, please call Marilyn Kayner at 860-354-9604!



**New Adventures in Cooking**  
**with Marianne De Silva**  
**A Fast, Easy, Fresh**  
**One-Skillet Meal**  
**Wednesday, March 13, 2013**  
**11:00 AM – 2:00 PM**

Marianne will be showing us a great meal that is fast, easy, fresh and **all in one-skillet**. This meal can be served as a delicious evening supper or a morning brunch. The best news is it's a do-ahead dish!

This no-fuss, **Mushroom, Leek, and Fontina Frittata** is a simple vegetarian dish that is rich, creamy and so delicious. As a side dish Marianne will show us how to make one of her favorite roasted vegetables, **Parmesan-Roasted Cauliflower** with onions, garlic and thyme. We will end our meal with a wedge of sweet and juicy **Roasted Pineapple**.

All are welcome! You will have a chance to try these new dishes, get the great recipes and all the wonderful 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**

**March Birthdays**

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

|                 |          |
|-----------------|----------|
| Marilyn Kayner  | March 2  |
| Pat Lowe        | March 6  |
| Muryn Hotchkiss | March 9  |
| Jan Steers      | March 10 |
| Sandi Larson    | March 16 |
| Mary Jonker     | March 18 |
| Bucky Lowe      | March 19 |



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 Tuesdays and Wednesdays from 10 am to 4 pm**  
**and Fridays for emergency appointments only**

**860-210-0201**

**socialservices@roxburyct.com**

**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.

**If you are unsure if an event or activity is being held, please call the Center at 860-210-0056.**