

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 4

April 2013



The Friends of the Roxbury Senior Center invite you to join them Tuesdays for **Soup's On Lunch** 12 noon to 1 PM

Suggested Donation - \$4

After Lunch Conversation on Tuesday, April 23 at 1PM with Superintendent of Schools Dr. Pat Cosentino



The Roxbury Seniors' April Luncheon
Wednesday, April 24
at 12:30 PM

The Roxbury Seniors have planned another great luncheon and hope you will join us. Marianne De Silva will be preparing:

Lasagna with Tossed Green Salad

Gilroy Garlic Bread

Dessert and Beverages

Cost: \$5 per person

After lunch we're delighted to welcome **Eric Freedman of The Western Connecticut Area Agency on Aging** who will speak to on **SCAMS and How Not To Be Fooled**.

If you would like to help the Seniors with their luncheon, please let us know!

Space is limited. Please reserve your seat as soon as possible and no later than Friday, April 19 Sign up at the Senior Center or call us!



The Friends of the Roxbury Senior Center will be participating in the

Town-Wide Tag Sale

on Saturday, May 4th

10 AM to 3 PM

In addition to our TAG SALE tables behind the Senior Center we will be offering

Appraisals by Carl Hotkowski of CT ANTIQUE APPRAISALS

11 AM to 3 PM

\$5 for each item or 3 items for \$10

There will also be

PLANT and BAKE SALES

at the Senior Center that day!

Come show your support of the Senior Center and enjoy these great opportunities!

If you would like to donate to any of the Friends' Sales, please call Marilyn Kayner at 860-354-9604!

If you would like to have your own Tag Sale Table near our Friends' Tables, please let Marilyn Kayner know & complete the required form on the Recreation Commission's side of this newsletter & send it to them with your fee by May 1st.

The Roxbury Bridgewater Garden Club invite all Seniors to join in a special

Flower Arranging Workshop

Friday, April 19 starting at 1 PM



Come join us as members of the Garden Club teach us how to make a lovely arrangement for you to take home and enjoy. Please note there is a \$5 fee for all the flowers & materials necessary.

Space is limited and reservations are required!

Please sign up at the Senior Center or call us!



AARP SAFE DRIVING COURSE

THURSDAY, April 25, 2013

12 NOON to 4:00 PM

This popular course offers instruction to help sharpen our driving skills and shows us ways to compensate for the changes in vision, hearing and reaction time we all experience as we get older as well as the discount on your auto insurance once completed. Light refreshments will be served.

Cost: \$12 for AARP members, \$14 for non members

Reservations are required, please sign up at the Senior Center or call us at 860-210-0056.



Yale University Art Gallery Trip

Wednesday, May 1, 2013

We will gather at the Senior Center at 9:30 AM for our prompt 9:45 AM departure on a HART Bus. Once at the Museum, we will meet our guide for a one hour tour of the Highlights of this great newly renovated Museum.

We'll stop for lunch at the Heirloom Restaurant just a short walk away and then return to enjoy the Museum at our leisure. We expect to return to the Senior Center at 4:30 PM. Please note: Space is limited to the first people who sign up at the Senior Center or call us to reserve a spot! Trip Cost: \$20 per person for the Museum Tour and Luncheon as well as all gratuities.



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 our classes at no cost.
Please do let us know to expect you!



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.



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
April 17, 2013 at 12:30 pm

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

In the Garden of Papa Santuzzu
 by Tony Ardizzone

All are welcome to read this heartwarming novel about a close-knit family's immigration from Sicily to America in the early 1900s. Wanting more for their children and grandchildren, Papa Santuzzu and his wife push their seven sons and daughters, one by one, to immigrate to *La Merica*.

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.

If any of these ideas is of interest to you, please contact the Senior Center: Zumba Gold Exercise Group, a Drumming Group, Armchair Yoga Classes or Computer Classes for Beginners



WRITERS' GROUP
Wednesday,
April 3, 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.

If you need help preparing your tax returns this year, AARP offers free assistance at Regional Centers located in New Milford, Southbury & Woodbury
Appointments are required.
Ask Linda for details



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

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





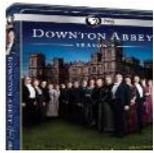
SPRING EVENING FILM SERIES
Continues TUESDAY
April 9 at 7 PM

Come join Bill Curren and take a look at the vampire legend with our next film in the series, *The Hunger*.

This film stars Catherine Deneuve, David Bowie and Susan Sarandon in a modern, sexy view of the vampire legend. It has been rumored this film was the inspiration for Ann Rice's series of novels.

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

The Spring series will conclude with *Buffy the Vampire Slayer* on Tuesday, May 7



Downton Abbey
Season Three

Join us on Thursday, April 4th at 1 PM for the last episode of this season!



Afternoon Movie
on the BIG SCREEN
Thursday, April 11th
at 1 PM

ARGO - The BEST PICTURE Academy Award winning film starring Ben Affleck!

We thank Minor Memorial Library for lending us this film for all to enjoy!

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

Diane's work is available for sale.

A portion of all sales

donated to the Friends will benefit the Senior Center.

The Roxbury Council on Aging is hosting a reception to celebrate the life of resident and long-time member Jeannine Green

The reception will be held on

Sunday, April 14
2:00 PM - 4:00 PM
at the Town Hall

29 North Street in Roxbury

Please join us as we celebrate Jeannine's life and all she did for the Town of Roxbury

If you have any questions, please call the Selectmen's Office 860-354-9938



New Adventures in Cooking
with Marianne De Silva
TACO PARTY

Wednesday, April 10, 2013
11:00 AM - 2:00 PM

Join us as Marianne introduces us to the world of **Southwestern Foods** in a fun-filled **Taco Party**.

This great hands-on class will teach you how to bring all the wonderful flavors of the great southwest into your daily cooking routines.

Please remember to bring an apron!

We will gather around the table and prepare these three delicious tacos eating as we finish them!

Cumin-Spiced Fish Tacos with Avocado-Mango Salsa

(cumin, garlic, fish, limejuice, avocado, mango, scallions, red onion on corn tortillas)

Ancho Chicken Tacos with Slaw and Lime-Cilantro Crema

(chicken breasts, ancho chili, limejuice, cabbage slaw, avocado, scallions, cilantro, tomatoes, tortillas)

Pork Tacos with Grilled Pineapple Salsa

(pork, chipotle chili, pineapple, red onion, cilantro, jalapeno, limes on corn tortillas)

All are welcome! Enjoy 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!**

April Birthdays

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

Alice Griffin	April 4
Beatriz Conroy	April 13
Kathleen McMinn	April 15
Kristine Fredriksson	April 18
Arlene Hoffman	April 24



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

socialservices@roxburyct.com