



# 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 5**

**May 2013**



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

## **Soup's On Lunch**

Suggested Donation - \$4

There will be no lunch served on Tuesday, May 28



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**

## **AND PLANT and BAKE SALES**

**at the Senior Center that day!**

Please 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!

**Please be sure to look inside for more information on:**

- \* **NEW EXERCISE CLASS POLICIES**
- \* **CONVERSATIONAL SPANISH CLASSES WITH DIANA DEVRIES**
- \* **SENIOR CENTER TRIP TO YALE UNIVERSITY ART GALLERY**
- \* **HORSESHOES, FILMS and so much more!**



## **The Roxbury Seniors' May Luncheon**

**Wednesday, May 22 at 12:30 PM**

The Roxbury Seniors have planned a wonderful lunch. Marianne De Silva will be preparing a delicious meal:

**Spinach, Mushroom and Onion Quiche**

**Tossed Green Salad with Red Wine Vinaigrette**

**Brownies with Vanilla Ice Cream and Carmel Sauce**

**All for \$8.00 per person**

*We appreciate everyone understanding the need to raise the cost of lunch to maintain our high standards*

After lunch our **YOGA Instructor Laura McEvoy** will lead us in a demonstration of **CHAIR YOGA**

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

**Space is limited. Please RESERVE as soon as possible and no later than Friday, May 17**

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



The Friends of the Roxbury Senior Center invite you to a very special

## **Luncheon and Fashion Show**

**Saturday, June 8, 2013 at 12 noon**

**at Fairways Tavern and Terrace Restaurant**

*(formerly The Olive Tree)*

**with a FASHION SHOW from ANN TAYLOR LOFT**

Join us for this delicious three course luncheon that begins with House Salad and your entrée choice of: Chicken Marsala,

NY Strip Steak (8oz) or Haddock Filet accompanied by Vegetables, Beverages and Dessert (Cash Bar Available)

All for a \$35 donation. Paid reservations required, see page 2

**Town of Roxbury Senior Center**

**7 South Street**

**Roxbury, Connecticut 06783**

**Presorted Standard**

**U.S. Postage**

**PAID**

**New Milford, CT**

**06776**

**Permit No. 264**

**Roxbury Resident**

**Roxbury, CT 06783**

## Exercise Classes at the Senior Center



**SENIOR AEROBICS with Laura Weaving**  
Tuesdays - Six Sessions beginning May 7  
Thursdays - Six Sessions beginning May 2  
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 though not required.

The classes cost \$5 per class or  
\$15 for SIX classes of a SINGLE DAY.  
\$30 for TWELVE classes - TWO DAYS per week.



**YOGA CLASS with Laura McEvoy**  
Fridays - 10 AM to 11:30 AM  
Six Sessions beginning May 3

Laura teaches at the Woodbury Yoga Center and joins us weekly to teach classes in Hatha Yoga. Each class begins with relaxation techniques, proceeds to poses that are modified to the needs of each individual and 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 strongly recommended.

The class cost \$5 per class or  
\$15 for SIX classes

**Everyone is welcome to try their FIRST class at no cost. Please let us know to expect you!**

STRENGTHENING EXERCISE CLASSES with Physical Therapist Mary O'Hara are currently suspended. We hope to resume this series in the Fall if there is enough interest.

### PLEASE NOTE:

We regret effective May 1, 2013 we are no longer able to advance fees for people who have paid for a series and unable to come for a specific class.



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 May 15, 2013 at 12:30 pm

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

### ***The Soldier's Wife*** by Joanna Trollope

This novel examines how three generations of a family struggle with the impact of war. When a British Army Major returns home from war in Afghanistan, he and his family must learn how to adjust to the many ways life has changed for each of them.

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



## The Silver Threads Knitting and Needlecrafts Group Every Thursday at 10:00 AM

Come and knit, crochet or quilt with us or just enjoy the talents of the people who do and the 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, May 1st at 11:00 AM

Come join this group who share an interest in writing and meet monthly to exchange ideas.



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  
EVERY Wednesdays  
11:30 AM to 12:30 PM  
No appointment necessary!



Yes, please plan on me attending the Friends of the Roxbury Senior Center's LUNCHEON!

Name(s) \_\_\_\_\_

Luncheon Entrée Choice(s):

Circle One

\_\_\_\_\_ Chicken Marsala \_\_\_\_\_ NY Strip Steak \_\_\_\_\_ Haddock Filet (Poached or Fried)

Telephone Number \_\_\_\_\_ Check Amount Enclosed \_\_\_\_\_

Please drop your reservation (checks payable to the Friends of the Roxbury Senior Center ) at the Senior Center or mail it to the Friends at P O Box 114, Roxbury, CT 06783.

All reservations must be received NO LATER THAN June 1, 2013.

Please call Mari Acton at 860-355-0844 with any questions.



**SPRING EVENING FILM SERIES  
TUESDAY, May 7 at 7 PM**

Join Bill Curren as he concludes his look at the vampire legend with the final film in the Spring Series ***Buffy the Vampire Slayer***. This low budget, cult classic introduced us to the idea that vampires are moving in next door and was inspiration for the popular TV series. Cristy Swanson stars as Buffy, a high school cheerleader who learns she is part of a long line of vampire slayers who are sworn to protect humanity from the "undead". This '90's "camp" adventure is supported by a cast of then unknowns including Hillary Swank, David Arquette, Luke Perry, Stephen Root, Ben Affleck and Seth Green.

**We hope everyone will stay to discuss after the film.**



**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. Trip Cost: \$20 per person for the Museum Tour, Lunch and gratuities.

**Minor Memorial Library and Roxbury Senior Center  
join to offer seniors a series of classes in**

**Conversational Spanish 101  
with Diana DeVries**

**Mondays at 5 PM  
at the Library  
beginning May 13th**

Diana invites all to bring a pen or pencil, your sense of humor and an open mind!

**There is a class limit and we ask you to sign up at the Library or the Senior Center to save your spot.**

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

**Bruce Clark**

**with an Opening Reception**

**Sunday, May 19, 2013 2 - 4 PM**

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



**New Adventures in Cooking  
with Marianne De Silva  
Polenta - Italy's Peasant Food  
Wednesday, May 8, 2013  
11:00 AM - 2:00 PM**

Come join us as Marianne introduces us to some delicious and colorful dishes made with Polenta.

The class will start with a lovely first course ***Grilled Polenta Wedges*** topped with ***Roasted Corn, Campari Tomatoes, Red Wine Vinaigrette with Basil Chiffonade***. As a main course, we'll make ***Polenta Squares*** with ***Broccoli Rabe Italian Sausage, Cannellini Beans and Tomatoes***.

We'll end on a sweet note with a delicious ***Lem-on Polenta Cake***.

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!



**Afternoon Movies  
on the BIG SCREEN  
Thursdays at 1 PM**

**May 9 - Lincoln** - Daniel Day Lewis' moving and award winning portrayal of President Lincoln.

**May 23 - Les Miserables** - An award winning film of the epic musical.

Thank you to Minor Memorial Library for lending us these films.

**May Birthdays**

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

**Lois Hodges**

**May 4**

**Bob Larson**

**May 28**



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**