



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 6

June 2013



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

Soup's On Lunch

Suggested Donation - \$4

Join us all on Tuesday, June 11th at 1 PM for an

AFTER LUNCH CONVERSATION

Technologies to Assist Seniors

Representatives from WCAAA will share information and demonstrate a variety of assistive devices available to seniors to make performing daily tasks easier.

Come for information you may find useful or wish to share with someone you care about!



The Roxbury Seniors' June Luncheon

Wednesday, June 26
at 12:30 PM

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

Italian Chef Salad with Red Wine Vinaigrette

(Romaine, Ham, Genoa Salami, Provolone, Artichoke Hearts, Roasted Red Peppers, Tomatoes, Cucumbers, Red Onions and Olives)

Homemade Breadsticks

Fresh Peach Cobbler with Whipped Cream

All for \$8.00 per person

After lunch Michelle Stuart of Stuart's Greenhouse and Floral Station in Roxbury will speak to us about *Flowers for Us!*

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, June 21

Please sign up at the Senior Center or call us!



The Friends of the Roxbury Senior Center invite ALL 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 FASHIONS from ANN TAYLOR LOFT

There is still time to 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 a Haddock Filet accompanied by Vegetables, Beverages and Dessert (A Cash Bar will be Available)

All for a \$35 donation.

Paid reservations are required and will be accepted through TUESDAY, JUNE 4th

To reserve: please call Mari Acton at 860-355-0844

We hope you will come and enjoy this special event that benefits the Roxbury Senior Center



Senior Center Trip to Elizabeth Gardens in West Hartford with Lunch at the Pond House

Wednesday, July 3

Rain Date: Wednesday, July 17

We hope you will come and join us as we enjoy the beauty of these gardens. The Rose Garden at the Park is the oldest municipally operated rose garden in the country. There are also other gardens in the park to enjoy.

We will meet at the Senior Center at 9:45 AM for our 10 AM departure on our HART Transportation Bus.

We will stop for an early lunch at the Pond House Café right inside the Park and then have lots of time to explore the beautiful gardens before our return home.

We will be leaving the gardens at 3 PM expecting to be back in Roxbury between 4 and 4:30 PM

The cost is \$20 per person for the Trip, Lunch and all gratuities. A menu is available for you to review at the Senior Center.

Space is limited to those first people who sign up at the Center or call us at 860-210-0056!

If you cannot commit to the rain date, please let us know.

The Friends of the Roxbury Senior Center invite EVERYONE to a

PLANNING MEETING

for Holiday Festival 2013

Friday, June 14, 2013
at 1 PM

We hope you will come and share YOUR ideas!



Senior Center Exercise Classes



SENIOR AEROBICS

with Laura Weaving

Tuesdays - Six Sessions (June 18 - July 23)

Thursdays - Six Sessions (June 13 - July 25)

Both classes are 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 (available at the Center) 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 CLASSES

with Laura McEvoy

Fridays - 10 AM to 11:30 AM

Six Sessions (June 21 - July 26)

Laura teaches at the Woodbury Yoga Center and joins us weekly to teach classes in Hatha Yoga. Every 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!

PLEASE NOTE:

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



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!



Bill Chin of Software Matters LLC in Roxbury continues to assist seniors who have computer questions AT NO CHARGE on WEDNESDAY mornings BY APPOINTMENT.

Please call the Center if you are interested.

CHAIR YOGA

with Laura McEvoy

begins Friday, June 21

at 11:45 AM

In response to the interest expressed, we will be offering this option for people who would like to enjoy all the benefits of Yoga without getting down on the floor. All exercises or poses will be done while seated in a chair or holding on the back of a chair.

The class will be taught by the same teacher who leads our popular Yoga Classes, Laura McEvoy.

The FIRST class will be offered at no charge!

If you decide you would like to participate in these class the cost will be:

\$5 per class or \$15 for a series of SIX classes

The series of six classes will begin running the following week, June 28.

Please note: The class can only be offered if there are enough people interested in participating.

If you are interested, please call the Senior Center to let us know to expect you!



Come join us for

HORSESHOES

Tuesday evenings

at 6:15 PM

at the Senior Center's

Horseshoe pits

Please call the Senior Center for

additional information

at 860-210-0056!



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, June 5

at 11:00 AM

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



The Senior Center's
Book Discussion Group
 Wednesday
 June 19, 2013 at 12:30 pm

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

Mrs. Queen Takes the Train
 by William Kuhn

Come read along with us as the author explores what might happen if the Queen of Great Britain strolled out of the palace in search of a little change of scene, leaving behind a desperate team of courtiers who must find the missing Windsor before a national scandal erupts.

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

Minor Memorial Library and the
 Roxbury Senior Center's
 joint offering of

Conversational Spanish 101
 with Diana DeVries
 continues at the Library
 Mondays at 5 PM



New Adventures in Cooking
 with Marianne De Silva
 Wednesday, June 12, 2013
 11:00 – 2:00

Rain Date: Thursday, June 13, 2013

Savvy Sandwich Construction 2

Join Marianne as she begins a series of three grilling classes for the summer that will all be held on the Senior Center Patio. In response to the success of her ***Savvy Sandwich Construction*** class held last year, Marianne will be offering another.

We'll be grilling some garden fresh vegetables and making some delicious and rather sophisticated sandwiches that we'll enjoy during class.

The sandwiches include:

* ***Grilled Tomato, Basil, and Goat Cheese topped with Arugula and a Red Wine Vinaigrette on French Baguette.***

* ***Grilled Tuscan Pesto Chicken, Roasted Red Peppers and Provolone Cheese on Ciabatta Bread.***

* ***Grilled Portobello Mushroom and Sliced Red Onions, with a Roasted Red Pepper Sauce on Grilled Ciabatta Bread.***

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

Thursday, June 13 at 1 PM

PARENTAL GUIDANCE - Billy Crystal and Bette Midler star in this heartwarming comedy as grandparents trying very hard to respect the way their daughter wants to raise her children.

Everyone has lots to learn.

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

June Birthdays

Congratulations and best wishes to everyone celebrating birthdays in June!

David Lincicome	June 4	
Molly Wright	June 11	
Millie Burnes	June 18	

Please let us know if you would like your birthday noted.

We thank the
Friends of the Roxbury Senior Center
 for presenting the current exhibit
 of artwork
 by Roxbury artist
BRUCE CLARK
 All of the artwork is for sale.
 A portion of all sales will benefit the
 ongoing fundraising efforts
 of our
Friends of the Roxbury Senior Center

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

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