

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 7

July 2013



The Friends of the Roxbury Senior Center's Soup's On Lunches

will not be held during July and August

We thank all the wonderful volunteers who make this program such a GREAT success. We all look forward to SOUP'S ON when it resumes September 10!



Senior Center Trip to Elizabeth Gardens with Lunch at the Pond House Wednesday, July 3

Rain Date: Wednesday, July 17

There are just a few spots left for our trip to these beautiful gardens in West Hartford as our newsletter goes to print. We also encourage people to sign up on the wait list as spots often open up. The Rose Garden at the Park is the oldest municipally operated rose garden in the country. There are also lovely perennial, shade & annual gardens in the park to enjoy.

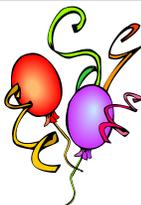
We will meet at the Senior Center at 9:45 AM for our departure on our HART Transportation Bus and stop for an early lunch at the Pond House Café located inside the Park. We'll have lots of time to explore all the beautiful gardens before our return home.

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 (salad, or sandwich and dessert) as well as all gratuities. A copy of the menu is available at the Senior Center.

Space is limited! Please 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 Roxbury Seniors' July Luncheon

**Wednesday, July 24 at 12:30 PM
Celebrating the Senior Center's
Ninth Anniversary!**

The Roxbury Seniors have planned a wonderful lunch and invite all to join in our celebration. Marianne De Silva will be preparing:

**Coronation Chicken Salad
Carrot Salad, Rolls
Celebration Cake**

(Carrot Cake with Cream Cheese Frosting)

All for \$8.00 per person

After lunch we welcome two very special people who will talk with us and have contributed so much to the success of our Center: **First Selectman, Barbara Henry** and **Director of Minor Memorial Library, Valerie Annis.**

All are welcome though space is limited.

Please RESERVE as soon as possible and no later than Friday, July 19

Please sign up at the Senior Center or call us!

Please be sure to look inside for information on:

**Lunch and Learn - Changing the Way We Age
on Tuesday, July 30 at 12:30 PM**

**Senior Center Trip to Harriet Beecher Stowe Center
on Wed., August 7th with dates for future trips!**

ZUMBA Gold Classes beginning July 23

Friends Festival Planning Meeting on July 16

Monday Bus Trips for July and so much more!

**Town of Roxbury Senior Center
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Roxbury, Connecticut 06783**

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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) will 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**



CHAIR YOGA CLASSES

with Laura McEvoy
Fridays at 11:45 AM
Six Sessions (June 28 - July 26 + Sept 6)

Our popular Yoga instructor, Laura McEvoy offers us all the benefits of Yoga without getting down on the floor.

**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.

ZUMBA GOLD CLASSES

with Amanda Aranzullo
begin Tuesday, July 23 at 11:15 AM

Zumba Gold is a popular dance-fitness program designed for seniors and inspired by Latin music. It is a good way to burn calories and have fun at the same time.

Come try the first class at no cost.

If there is enough interest, we will offer the class at \$5 per class or \$20 for a series of SIX Classes



Senior Center Trip to the Harriet Beecher Stowe Home and Center Wednesday, August 7

We hope you will join us as we enjoy a docent led tour of the Harriet Beecher Stowe's Victorian Gothic Revival home as well as the Victorian-style garden, Katherine Seymour Day House and Stowe Visitor Center with changing exhibits and Museum Store.

We will leave the Senior Center at 9:45 AM on a HART Transportation Bus. The Bus, House and the Visitor Center are all air-conditioned for our comfort.

After our tour, we will stop for lunch at Rizzuto's in West Hartford. We expect to return by 4 - 4:30 PM.

The Tour and Lunch with your choice of entrée and beverage will cost \$20 per person and includes all gratuities. If you like to add a dessert, please plan to pay an additional \$5 for it. Menus are at the Center.

Please remember our space is limited to the first people to sign up at the Senior Center or call us!

SAVE THE DATE: Future Trip Plans include Yale Peabody Museum of Natural History on Sept. 4!

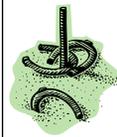
If you would like to work with the Director to plan future trips, please call Linda and let her know you would like to be part of the Senior Center's TRIP TEAM!



Please remember the Senior Center is air-conditioned and you are very welcome to join an activity, read a book, arrange to visit with friends & take a break from summer's heat!



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



HORSESHOES
Tuesday evenings at 6:15 PM
at the Senior Center's Horseshoe pits



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

Come knit, crochet or quilt with us or just enjoy the talents of the people who do and lively conversation!

We thank **Barbara Paul** who is always happy to help seniors with project advice and to teach others.



WRITERS' GROUP
Wednesday, July 3 at 11:00 AM
All are very welcome to come join this group of seniors who share an interest in writing.

Lunch and Learn
Changing the Way We Age
Tuesday, July 30 at 12:30 PM

We hope all will join us for this informative presentation by **Linda Cook, Speech Language Pathologist** and **Laura Marchionna, Occupational Therapist.**

Learn the six dimensions of wellness for an active life based on information from the National Wellness Institute and the International Council on Active Aging.

Learn what we can all do to change the way we age, the key trends in active aging and what they mean to YOU!

We invite you to bring a lunch if you would like or just come and enjoy the talk!

We will provide dessert and beverages!

Please let us know to expect you!

July Birthdays

Congratulations and best wishes to everyone celebrating birthdays in July!

Bill Steers	July 4
Shirley Charpentier	July 15
Ernest Finch	July 18
Judith Kelly	July 30



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

Friends of the Roxbury Senior Center
Holiday Festival 2013
Planning Meeting
Tuesday July 16 at 11:00 AM



If you'd like to help with the Festival and are unable to come to the meeting, please call Marilyn Kayner at 860-354-9604!



AFTERNOON MOVIE
Thursday, July 25 at 1 PM
Life of Pi - Ang Lee's award winning film about adventure and discovery.

We thank Minor Memorial Library for lending us this film.

ON THE ROAD AGAIN
Monday Bus Trips for July

Monday, July 8, 2013 - We will be going to the newly opened **Whole Foods Market in Danbury.** Come take a look at this amazing Market.

Monday, July 22, 2013 - Our bus will be taking you to **The Mark Twain House & Museum in Hartford.**

Entrance fee: Adults: \$16, Seniors: \$14

Please call Jerrilynn Tiso at 860-210-0201 to sign up.

A reminder that you are on your own for lunch, so you can bring your own or purchase something there.



New Adventures in Cooking
with Marianne De Silva
Grilling Summer Pizza
Wednesday, July 10, 2013
11:00 – 2:00

Rain Date: Thursday, July 11, 2013

Join Marianne this hands-on class that is full of fun and the very best pizza! Marianne will show us that Pizza is not as difficult as it looks and the taste is beyond your expectations! Don't forget an apron!

Learn how to make **Wolfgang Puck's famous Pizza Crust** as we add three delicious summer toppings and eat the fruits of our labor as we grill:

*** Frank Pepe's Fresh Tomato Pie with Basil, Garlic and Olive Oil topped with Fresh Mozzarella Cheese**

***Date, Prosciutto, Asparagus and Field Greens with a Balsamic Drizzle topped with Goat Cheese**

***Chicken Apple Sausage, Sweet Onion and Fennel Pizza topped with Gouda Cheese**

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 us!



The Senior Center's Book Discussion Group will not meet during the summer months.

We look forward to resuming our discussion on September 18 and encourage everyone to visit the Minor Memorial Library during the summer! The Library Staff is always happy to help with great summer reading suggestions!

Remember: Homebound Library Delivery Service is also available through Minor Memorial Library.

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