



# 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 8**

**August 2013**



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

**will not be held during July and August**

We all look forward to *SOUP'S ON* when it resumes September 10!



## **The Roxbury Seniors' August Luncheon**

**Wednesday, August 28 at 12:30 PM**

The Roxbury Seniors have planned a wonderful picnic luncheon for us to enjoy on the Senior Center Patio. If it rains or is excessively hot, we will picnic *INSIDE* the Senior Center. Marianne De Silva will be preparing:

### **Hero Sandwiches**

*(ham, turkey, cheese, shredded lettuce, sliced tomatoes and red wine vinaigrette)*

**Cole Slaw and Macaroni Salad with Tuna**

**Chocolate Cherry Cookies**

**Watermelon**

**All for \$8.00 per person**

*All are welcome though space is limited.*

**Please RESERVE as soon as possible and no later than Friday, August 23**

**Please sign up at the Senior Center or call us!**

**All are welcome to join us for  
Coffee and Conversation  
with**

## **First Selectman Barbara Henry**

**Friday, August 16 at 10:30 AM**

Barbara is looking forward to this open forum of conversation with Questions and Answers and an opportunity to update those present on all matters including school issues and the upcoming elections.

***Please let us know to expect you.***

***Light refreshments will be served***



## **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 the 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 lunch entrée and beverage will cost \$20 per person and includes all gratuities. If you like to add a dessert with your lunch, please plan to pay an additional \$5 for it. A copy of the menus are available at the Senior Center.

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

***Details for our trip to Yale Peabody Museum of Natural History on Sept. 4 are on page 2!***

## **Lunch and Learn**

## **Living in a Healthy Body**

**Food Nutrition and Health Tips**

**Tuesday, August 13 at 12:30 PM**

All are welcome to join us for a presentation by **Debra Molsick, PT, DPT**

Learn about the revised Food Pyramid, tips for healthy eating and the importance of physical activity for everyone at EVERY age.

**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!**



## **ZUMBA GOLD CLASSES**

**with Amanda Aranzullo**

**Tuesdays at 11:15 AM**

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

**The class cost \$5 per class or \$20 for a series of SIX classes (July 30 - September 3)**

## Senior Center Exercise Classes



### SENIOR AEROBICS with Laura Weaving

**Tuesdays - Six Sessions** (July 30 - Sept. 3)  
**Thursdays - Six Sessions** (Aug. 8 - Sept. 12)  
**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  
\$20 for SIX classes of a SINGLE DAY.  
\$30 for TWELVE classes - TWO DAYS per week.**

### YOGA CLASSES



**with Laura McEvoy**

**will not meet during the month of August  
as Laura vacations with her family  
and will resume**

**with a new YOGA series on Friday, September 6**

**Fridays - 10 AM to 11:30 AM  
Six Classes** (Sept. 6 - Oct. 11)

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  
\$20 for SIX classes**



### CHAIR YOGA CLASSES

**with Laura McEvoy**

**will not meet during the month of August  
and will resume with the last class**

**of the first series on Friday, Sept. 6 at 11:45 AM**

**The next series of classes of Six Classes will run from  
September 13 through October 18**

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

**The class cost \$5 per class or  
\$20 for SIX classes**

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



### 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 continues to help seniors with project advice and to teach others to knit.



## Senior Center Trip Yale Peabody Museum of Natural History Wednesday, September 4

Come join us as we explore another Connecticut Treasure. We will leave the Senior Center at **9 AM** on a HART Transportation Bus. Once at the Museum we will meet a docent for our tour of the **Highlights of the Museum**. After this tour, we will be able to enjoy the many exhibits including a new *Echoes of Egypt* exhibit at our leisure. We will leave the Museum for a later lunch at the Heirloom Restaurant and expect to return home to Roxbury about 4 PM.

The trip will cost \$20 per person for Admission, tour, lunch as well as all gratuities. Your choice of a lunch entrée and soft beverage is included with the option of adding a glass of wine or dessert at your own expense. Copies of the menu are available at the Senior Center.

**All are welcome though space is limited.  
Please sign up at the Senior Center or call us.**

***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!***



## AFTERNOON MOVIE Wednesday, August 21 at 1 PM 42 - The Jackie Robinson Story

We thank Minor Memorial Library  
for lending us this film.

**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

**WRITERS' GROUP  
Wednesday, August 7 at 11:00 AM**  
All are very welcome to come join this group  
of seniors who share an interest in writing.



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

The Friends of the Roxbury Senior Center  
are busy planning

## Holiday Festival 2013

and appreciate YOUR help!!



Plans are underway to make this year's Festival another wonderful time for everyone! Our Friends plan to repeat their successful decorated **WINE BOTTLE PULL** and **EXPAND THEIR RAFFLE**.

**DONATIONS of bottles of wine valued at \$20 or more as well as items to be raffled are appreciated.**

If you would like to donate to this important fundraiser that will benefit the Roxbury Senior Center, please call Marilyn Kayner at 860-354-9604.

There are lots of opportunities to be involved as help is needed with various preparations, crafting, working at the event and baking for the popular **BAKE SALE!!**

We are delighted the wonderful **TRAIN EXHIBIT** will be returning as well as other great new ideas to be added to this always fun fundraiser!

**Please mark your calendars for FESTIVAL 2013  
Saturday, December 7**

**NEXT Planning Meeting for the Festival  
Tuesday August 20 at 12:15 PM**

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!

### August Birthdays

Congratulations and best wishes to everyone celebrating birthdays in August!

<b>Cynthia Finch</b>	<b>August 8</b>
<b>Palma Olivieri</b>	<b>August 14</b>
<b>Barbara Henry</b>	<b>August 15</b>
<b>Rev. David Peters</b>	<b>August 18</b>



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

### ON THE ROAD AGAIN

#### COA's Monday Bus Trips for August

**August 12, 2013** – Join in a FUN day of shopping and lunch at the IKEA store and restaurant in New Haven. IKEA offers Scandinavian modern style furniture and accessories. We'll leave from behind the Roxbury Town Hall at 10:00 AM sharp and return about 3:00 PM. Suggested Bus donation \$2.

**August 26, 2013** – We're off to South Norwalk where you can visit the Maritime Museum and/or the IMAX Theater. IMAX show times 11:00 *Cousteau's Sharks*, 12 noon *Born to be Wild*, and 1:00 *The Last Reef: Cities Beneath the Sea*.

Entrance fees: Aquarium \$17.95, IMAX \$8.50. Our bus (Donation \$2) will leave at 9AM sharp from behind Town Hall, returning around 4 PM. A list of area restaurants will be available that day. Call Jerrilynn @ 860-210-0201 to sign up.



### New Adventures in Cooking with Marianne De Silva **Tips and Techniques for Grilling Chicken**

**Wednesday, August 14, 2013**

**11:00 – 2:00**

**Rain Date: Thursday, August 15, 2013**

Join us on the patio once again and learn new tips, techniques and recipes for grilling perfect chicken!

Marianne will be showing us how to make three great new chicken recipes for all to enjoy during class. The first dish is **Chicken Under a Brick**, served with **Charred Tomatillo Salsa Verde** and using a butterflied whole chicken. The second is **Grilled Sambal Chicken Skewers**, an Asian take on a flavorful glazed chicken kebab dish. Our last dish is marinated **Herbed Grilled Chicken Wings** a bright and summery version of crispy chicken wings.

All are welcome! Come and 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**