



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 9

September 2013



The Friends of the Roxbury Senior Center's Soup's On Lunches resumes Tuesday September 10!

Come join your friends and neighbors for lunch every Tuesday from 12 noon to 1 PM! Suggested Donation \$4



Senior Center Trips to Yale Peabody Museum of Natural History Wednesday, September 4

We will be exploring another Connecticut Treasure as we leave the Senior Center at **9 AM** on a HART Transportation Bus. Once at the Museum we will meet a docent for a 45 minute 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 (1:15 PM) 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. A copy of the menu is available at the Center.



Franklin D. Roosevelt Home and Historical Site at Hyde Park Wednesday, October 2

Come join us as we visit the Home and Library of our Thirty Second President. We will leave the Center at 9:45 AM on a HART Bus, travel to Hyde Park and stop for an early lunch at the Hyde Park Brewing Co. (see p 2)



The Roxbury Seniors' September Luncheon

Wednesday, September 25 at 12:30 PM

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

Salmon, Asparagus and Orzo Salad

Homemade Bread Sticks

Lemon Angel Food Cake with Fresh Assorted Berries

All for \$8.00 per person

After lunch we are delighted to welcome Susan Payne, Executive Director of the **Roxbury Land Trust** and Kim Norris, Associate Director who will talk about the Trust's many projects to fulfill their mission *to preserve Roxbury's heritage and landscape*. **Please note: Space is limited.**

**Please RESERVE as soon as possible and no later than
Friday, September 20. Sign up at the Center or call us!**



Fall Evening Film Series

Opens with *Cleopatra* on Sept. 24

The Roxbury Film Society at the Senior Center will open its third season on **Tuesday, September 24 at 6:45 PM** with a new series of four films starring Oscar winning leading ladies portraying regal personages, past and present.

The first film is ***Cleopatra***, starring Elizabeth Taylor, Rex Harrison and Richard Burton. The rest of the series include:

Oct. 15 - ***The Private Lives of Elizabeth and Essex***, starring Bette Davis as Elizabeth I & Errol Flynn as Essex.

Nov. 19 - ***The Queen***, starring Helen Mirren in her Oscar winning role as Queen Elizabeth II.

Dec. 10 - ***The Lion in Winter*** starring Katherine Hepburn in her third Best Actress performance as Eleanor of Aquitaine, and Peter O'Toole as King Henry II of England.

**Town of Roxbury Senior Center
7 South Street
Roxbury, Connecticut 06783**

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Senior Center Exercise Classes



SENIOR AEROBICS with Laura Weaving

Tuesdays - Six Sessions (Sept. 10 - Oct. 8)
Thursdays - Six Sessions (Sept. 19 - Oct. 24)
Both classes are held at 10:00 AM

Aerobics 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.**



ZUMBA GOLD CLASSES with Amanda Aranzullo Tuesdays at 11:15 AM

Come join us for this very popular dance-fitness program inspired by Latin music and designed for seniors. A great 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
(September 17 - October 15)**



YOGA CLASSES with Laura McEvoy Fridays - 10 AM to 11:30 AM Six Classes (Sept. 6 - Oct. 11)

Laura begins her with relaxation techniques, proceeds to poses that are modified to the needs of each individual and closes with relaxation. *Please bring a MAT, blanket or towel.* These classes are designed for seniors 55 and older *who are able to get down and back up from the floor.*

**The class cost \$5 per class or
\$20 for SIX classes (Sept. 6 - Oct. 11)**



CHAIR YOGA CLASSES with Laura McEvoy Fridays at 11:45 AM

All the benefits of Yoga without getting down on the floor.

**The class cost \$5 per class or
\$20 for SIX classes (Sept. 13 - Oct. 18)**

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

Franklin D. Roosevelt Historic Site Trip continued

After lunch we will go to the Historic Site to meet our guide and tour the Mansion. There will be time to also visit the Presidential Library and tour the grounds and gravesite.

The Trip costs \$20 and includes the Tour, your lunch entrée and soft beverage as well as all gratuities. If you choose an entrée over \$20 or wish to add a glass of wine, beer or dessert, we ask that you pay that additional cost.

Please reserve your spot by signing up at the Center or call us!



The Senior Center's Book Discussion Group will resume meeting

September 18th at 12:30 PM

Come join us as we welcome back Valerie Annis, Director of the Minor Memorial Library who will lead our discussion of

Beautiful Ruins by Jess Walter

This novel spans years and continents following the lives of characters against a backdrop of Hollywood during the *Cleopatra* days of Elizabeth Taylor and Richard Burton.

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

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

Pottery Classes

Offered Tuesdays at 3 PM



The Community Foundation of NW CT is generously funding a series of six pottery classes for seniors from Roxbury, Bridgewater and Washington to **begin Tuesday Sept 17** at the Washington Senior Center. Shepaug High School students and Washington Art Association Ceramics Instructor, Pam Church will teach the **FREE** classes. No experience is needed. Classes are limited to 5 people from each town.

Sign up at our Center or call us at 860-210-0056.



HORSESHOES

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



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

WRITERS' GROUP

**will NOW meet the 4th Wednesday of the month
Wednesday, Sept. 25 at 11:00 AM**

All are very welcome to come join this group of seniors who share an interest in writing.



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 all with project advice and to teach others to knit.

The Friends of the Roxbury Senior Center

Holiday Festival 2013

Saturday, December 7th



Come be a part of the Festival and donate a bottle of wine valued at \$20 or more for the Festival's Wine Pull (by Oct 1 please!) We also appreciate donations of items to be raffled at the Festival and crafted Holiday items to be sold. If you would like to volunteer to bake for the Bake Sale or help with this important fundraiser that benefits the Roxbury Senior Center, please call Marilyn Kayner at 860-354-9604 or sign up at the Center.

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

Joel Spector

and to the special Reception to be held for the artist

Sunday, September 15, 2013

2 - 4 PM

Joel's work is available for sale with a portion of all sales donated to the Friends to benefit the Senior Center.



All are welcome to come to our

Friends' Tag Sale

Saturday, October 12

from 10 AM to 3 PM RAIN OR SHINE

in the Historic Barn behind the Senior Center

If you have something to donate to the sale or would like to help, please call Marilyn Kayner at 860-354-9604.

September Birthdays

Congratulations and best wishes to everyone celebrating birthdays in September!

Maizda Van Deusen September 16

Elinor Hurlbut September 17

Susan Stauffacher September 27

Mary Ognan September 29



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

ON THE ROAD AGAIN

COA's Monday Bus Trips for September

Sept. 9 - Bring your own picnic lunch & beverage and catch the bus for a ride up beautiful Route 7 to Kent Falls State Park where you will enjoy relaxing into the natural beauty of the Falls. **Bus leaves (behind Town Hall) promptly at 10 AM.**

Sept. 23 - Come enjoy the many shops at West Hartford's Blue Back Square. After lunch, our driver Dave will take you to the Noah Webster House to learn the story of Webster's vision and impact on American culture. **Bus will leave from behind Town Hall at 9:00 AM. Suggested Bus donation \$2.**

Call Jerrilynn Tiso at 860-210-0201 to sign up.



New Adventures in Cooking with Marianne De Silva

Harvest Grilling Fest

Wednesday, Sept. 11 at 11:00 AM

There's nothing better than finding new delicious ways to use the great selection of farm-fresh veggies that are available now. Join Marianne as she shows us how to make **Grilled Eggplant Slices served with a Greek Tzatziki Dip**. Then we'll make a batch of **Grilled Zucchini Fries** with a fabulous **Lemon Vinaigrette**. The next dishes will use the abundance of delicious tomatoes available at the end of the summer, making **Grilled Tomato Slices with Feta, Kalamata Olives** and a **Fresh Summer Herbs Vinaigrette** then Marianne will show us how to make a **Charred Corn Salad with Tomatoes and a Basil Vinaigrette** and **Grilled Watermelon Salad with Arugula, Goat Cheese and Balsamic Dressing**.

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!



AARP SAFE DRIVING COURSE

THURSDAY, October 24, 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.

\$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.

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