



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

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October 2013



The month of October is **BREAST CANCER AWARENESS MONTH**

The Roxbury Senior Center proudly continues our tradition of hanging our PINK RIBBON WREATH during the month of October. We have pink ribbons available and invite everyone to add one to honor those who are fighting or successfully fought the disease as well as the people we lost to it and our ongoing commitment to finding a cure.



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

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



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. 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 for that additional cost.

On **Wednesday, November 6** we will be going to the **New Britain Museum of American Art.**

Please see details on page 3

Please sign up for either Trip at the Center or call us!

All are welcome though space is limited!



Friends' Holiday Festival Wine Pull Workshop Friday, October 18 at 1 PM

Join the fun as Peg Ambruso leads the group in decorating wine bottles for the Holiday Festival's Wine Pull!

Please note: Additional donations of bottles of wine valued at \$20 or more for the Wine Pull are very welcome and appreciated!!



The Roxbury Seniors invite YOU to their **October Luncheon A Halloween Party**

Wednesday, October 30 at 12:30PM

The Roxbury Seniors have planned a great party and invite you to come *in costume or not* to join the fun!

Marianne De Silva will be preparing:

**Turkey Meatloaf with Orange-Cranberry Sauce
Maple-Mashed Sweet Potatoes
Roasted Asparagus, Rolls**

**Pumpkin Spice Cake with Pumpkin Cream Cheese Frosting
All for \$8.00 per person**

All are welcome though space is limited.

**Please RESERVE as soon as possible and no later than
Friday, October 25 by signing at the Center or call us!**



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.

The Roxbury Bridgewater Garden Club invites all Seniors to join in their **FALL FLORAL WORKSHOP** **Wednesday, October 23 at 10:30 AM**

We hope you will join us as members of the Garden Club teach us how to create a lovely arrangement for Fall.

There is a \$5 fee for flowers and materials.

Space is limited and reservations are required.

Please sign up at the Senior Center or call us!

FLU SHOTS for SEASONAL FLU

Friday, October 4 from 10 AM to 11:30 AM

Friday, October 25 from 1 PM to 2 PM

Shots will be provided by the Visiting Nurse Services and the \$30 cost is covered by Medicare Part B, Anthem Blue Cross of CT, Connecticare and AETNA insurance plans. If you have other health insurance, please plan to pay the \$30 fee and you will be given a receipt to submit for your reimbursement. **Please call to RESERVE YOUR SHOT!**

Senior Center Exercise Classes



SENIOR AEROBICS

with Laura Weaving

Tuesdays and Thursdays

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



YOGA CLASSES

with Laura McEvoy

Fridays - 10 AM to 11:30 AM

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 a series of SIX classes

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 a series of SIX classes

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

Pottery Classes

Continue Tuesdays 3:30 to 5 PM

at the Washington Senior Center

Call Linda for details at 860-210-0056



Visiting Nurse Services offers
FREE Blood Pressure Screening
EVERY Wednesday

11:30 AM to 12:30 PM.

No appointment necessary!



The Senior Center's Book Discussion Group October 16th at 12:30 PM

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

Wait Till Next Year

by Doris Kearns Goodwin

Come read the author's touching memoir of growing up in the suburbs of New York in the 1950s, her love for her family and the game of baseball.

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.



Fall Evening Film Series October 15 at 7:15 PM

The Private Lives of Elizabeth and Essex

starring Bette Davis as Elizabeth I and Errol Flynn as Essex in this film classic directed by Michael Curtiz.

Future Films: Nov. 19 - *The Queen* starring Helen Mirren in her Oscar winning role as Queen Elizabeth.

Dec. 10 - *The Lion in Winter* starring Katherine Hepburn and Peter O'Toole.

Come play HORSESHOES

Tuesday afternoons starting at 12 noon
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 3rd Wednesday of the month
Wednesday, October 16 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.

Bill Chin of Software Matters LLC in Roxbury is happy to assist seniors with computer questions AT NO CHARGE on WEDNESDAYS mornings BY APPOINTMENT. Please call the Senior Center to schedule your appointment.





**Senior Center Trip
New Britain Museum of
American Art
Wednesday, November 6**

Come join us as we visit this museum founded in 1903, the first in the country to show American Art exclusively.

We will gather at the Senior Center for our prompt 9:45 AM departure on a HART Transportation Bus. We will meet our docent for a tour of *American Masterpieces from the Permanent Collection*. After our hour long tour, we will have time to enjoy lunch in the Museum's Café, the Museum Store and the Museum's many exhibits at our leisure.

The trip will cost \$5 per person which covers the cost of the Tour and Museum Admission. Each senior will take responsibly for the cost of their own lunch.

All are welcome though space is limited.

Please sign up at the Senior Center or call us!



**New Adventures in Cooking
with Marianne De Silva
Sliders, Sliders & More Sliders**

Wednesday, October 9 at 11:00 AM

Join Marianne for more great grilling dishes. She will show us how to create a variety of sliders eating as we grill! The class will make: **Grilled Turkey Sliders** with **Tomato Jam, Romaine Lettuce, Grilled Ground Beef Sliders** with **Red Onion and Dill Pickle** with **Chipotle Mayonnaise, Grilled Chicken and Spinach Sliders** that are topped with **Caramelized Onions and Sautéed Mushrooms**. If it is warm and clear enough for all to be comfortable this class will be held on the patio.

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!

**SAVE THE DATE
OUR FRIENDS' HOLIDAY FESTIVAL
SATURDAY, DECEMBER 7
6:30 - 8:30 PM**

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

Joel Spector

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



**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. At the end of the course you will receive a certificate of completion that qualifies you for a discount on your auto insurance.

Light refreshments will be served.

\$12 for AARP members, \$14 for non members

Checks only - payable to AARP please!

Reservations are required, please sign up at the Senior Center or call us at 860-210-0056.

October Birthdays

Congratulations and best wishes to everyone celebrating birthdays in October!

Sue Wilton

October 5



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

ON THE ROAD AGAIN

COA's Monday Bus Trips for October

Oct. 14 – Essex Steam Train & Riverboat - a sightseeing journey through the beautiful Connecticut River Valley. As a special treat, Rev. David Peters will be our conductor on the Steam Train! The cost for this trip is \$20.80 plus \$2 suggested donation for the Bus. Checks payable to the Town of Roxbury are due by October 4th. See Jerrilynn for lunch details. **The Bus will leave from behind Town Hall at 9:00 AM sharp.**

Oct. 28 – Hop on the bus for a shopping trip to TARGET in the Danbury/Bethel area with many options for lunch (Chili's, Bertucci's, McDonald's and many more). **Bus leaves from behind Town Hall at 10 AM.** Suggested Bus donation \$2.

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

**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