



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 12

December 2013



*The Friends of the Roxbury Senior Center
invite everyone to their*

HOLIDAY FESTIVAL

Saturday, December 7, 2013

6:30 PM to 8:30 PM

after the Town Tree Lighting

Festival Honorary Chairman Barbara Henry

The Holiday Festival will include:

Handcrafted Holiday and Gift Items for Sale

Raffles on Great Gifts

Wreaths and Live Trees in Pots

Second Annual WINE PULL

Holiday Bake Sale

Model Train Exhibit and Books



Surprises for Children

Wine and Hors d'oeuvres

and so much more . . .

Please call Marilyn Kayner at 860-354-9604 with any questions about the Festival or to volunteer your help!

We thank the extended community for supporting this wonderful fundraising event that benefits the Roxbury Senior Center with special thanks to Union Savings Bank for their very generous donation!



The Roxbury Seniors

invite all seniors to their

ANNUAL CHRISTMAS PARTY

at The Curtis House in Woodbury

Wednesday, December 18 at 12:30 PM

This will be a four course luncheon that includes a choice of three different entrees all for a cost of \$20 per person.

Everyone will be served:

*Chicken Soup and a Tossed Salad with House Dressing
and your choice of one of the following entrees:*

*Grilled Salmon with Almond Vinaigrette,
Potato and Vegetable*

*Roasted Turkey with Stuffing, Cranberry Sauce,
Potato and Vegetable*

*Yankee Pot Roast, Potato and Vegetable
with Bread, Tea or Coffee and*

Warm Apple Crisp for dessert

(A Cash Bar will be available)

Paid Reservations Are Required By December 11th

Please complete the reservation form on the bottom of page 2 with your choice of entrée and return to the Senior Center or mail to the Center with your payment.

Please make checks payable to The Roxbury Seniors



Holiday Festival's BAKE SALE!

If you would like to join all the great people who are baking for the Festival, please call our Bake Sale Chairperson, Rosemary Paul at 860-354-8339 and plan to drop off your **DECORATED & LABELED** items at the Senior Center Thursday, December 4th or Friday, December 6th between 10 AM and 3 PM!

**The Roxbury Senior Center along with
all Town Offices will be closed
Tuesday morning, December 3.**

**The Senior Center will reopen at 12 NOON for
*Soup's On Lunch!***



**The Roxbury Senior Center will be closed
December 25 and December 26
Wishing everyone a Happy Holiday Season!**



The Roxbury Bridgewater Garden Club

invites all Seniors to a

Holiday Arrangement Workshop

Friday, December 13 1 - 3 PM

We hope you will join us for this workshop and create a lovely arrangement for your home or to give as a special Holiday gift.

The workshop will be presented by professional florist Adrienne Caruso with Garden Club Volunteers.

There is a \$5 fee for materials.

All are welcome though space is limited.

Please reserve your spot by signing up at the Senior Center or calling us at 860-210-0056.

Senior Center Exercise Classes



SENIOR AEROBICS with Laura Weaving

Tuesdays (October 29 - December 17)
Thursdays (November 7 - December 19)

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 (Oct. 29- Dec. 17)



YOGA CLASSES with Laura McEvoy Fridays - 10 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 (Dec. 20 - Jan. 31)

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 (Dec. 20 - Jan.31)

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



The Friends of the Roxbury Senior Center's

Soup's On Lunches

Come join your friends and neighbors for lunch Tuesdays from 12 noon to 1 PM!

Suggested Donation \$4

Please note *Soup's On* lunches will not be served December 24 or 31 as our volunteers enjoy Holiday time with their friends and families.



The Senior Center's Book Discussion Group will not meet in December

We hope you will join us when we meet again on January 15th at 12:30 as Valerie Annis, Director of the Minor Memorial Library leads our discussion of

An Irish Country Village by Patrick Taylor

Books will be available at the Senior Center as well as the Library and may be returned the day of the discussion.



Fall Evening Film Series

Tuesday, December 10 at 7:15 PM

The Lion in Winter

Come join us as we view this film starring Katharine Hepburn and Peter O'Toole. We hope you will stay for the discussion afterward.



Please call the Senior Center if you are interested in joining the seniors who play **MAH JONGG** on Thursdays at 12 noon.



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!

Thanks to **Barbara Paul** who helps all with project advice and all the wonderful members of the group who created beautiful items for the Holiday Festival.



WRITERS' GROUP will meet on the first Wednesday of the month
December 4, 2013 at 11:00 AM



Yes, please plan on me attending the Roxbury Seniors' Annual Christmas Party!

Name(s) _____

Luncheon Entrée Choice(s):

_____ Grilled Salmon _____ Roast Turkey _____ Yankee Pot Roast

Telephone Number _____

Check Amount Enclosed _____

Please drop your reservation off at the Senior Center or mail it to us at 7 South Street, Roxbury.
Your check should be payable to **Roxbury Seniors**. **All reservations needed by December 11, 2013.**

We regret we may be unable to refund payment for people who do not come and do not call us to let us know.



Senior Center Trip
Wadsworth Atheneum Museum of Art
Annual Festival of Holiday Trees & Traditions
Wednesday, December 11

Come join us as we visit the Museum decorated for the holidays with trees and wreaths created by local artists & organizations on display throughout the galleries.

We will gather at the Senior Center for our **9:30 AM departure** on a HART Transportation Bus.

Due to the popularity of the Festival, the Museum does not offer small Group Tours at this time. They will offer a *Highlights Tour* to the general public at 1 PM that you may join if you wish.

We invite you to join us as we enjoy the Museum on our own at a discounted Admission price of \$5 that is make possible thanks to the generosity of the Friends of the Roxbury Senior Center.

We plan to have lunch at the Museum's Café so we can maximize our time at the Museum (sample menu at the Center and the cost of lunch is the responsibility of each senior) and have time to enjoy the all the Holiday decorations, many exhibits and the Museum store.

All are welcome though space is limited. Please sign up at the Senior Center or call us at 860-210-0056.



New Adventures in Cooking
with Marianne De Silva
Holiday Cookie Workshop
Wednesday, December 4 at 11:00 AM

Join Marianne in this hands-on workshop as we make some traditional Holiday Cookies that are so festive and delicious! *Remember to bring an apron!*

We'll eat as we bake and each person will be able to bring an assortment of these delicious cookies home with them. Marianne will share some of her favorite holiday cookie recipes: **Chewy Molasses-Spice Cookies, Almond Rounds, Coconut-Orange Snowballs, Cappuccino Flats and Ina Garten's Fruitcake Cookies.** We hope you'll make them a part of your holiday tradition.

All are welcome! Come and enjoy these new dishes, get the great recipes and all the wonderful tips that make them work so well. **Cost: \$15**

Sign up at the Senior Center or call us!



Crafts with Beatriz Conroy
Tuesday, December 17
from 1 to 3 PM

Come join Beatriz as she shows us how to create **Pine Cone Wreaths.**

We thank Beatriz for sharing her time and talents and providing all materials needed.

Wearing a smock is always recommended

Please sign up at the Senior Center or call us!



As winter weather approaches please remember if our Region 12 Schools are *closed* or *dismissed early*, the programs and activities at the Center are cancelled for the day. If schools have a delayed opening, we will hold all programs as scheduled.

If you are unsure, please call!

ON THE ROAD AGAIN

There are no COA Monday Bus Trips scheduled for December

The COA is offering a trip on **Sunday, December 8 - to the Governor's Residence**, an elegant Colonial Revival home built in 1909 and home to Connecticut's Governors and their families since 1945 all decorated for the Holidays. Lunch will follow at J. Timothy's Tavern in Plainville. **Meet behind Town Hall for prompt 10:00 AM departure**, return 4:00 PM.

Please call Jerrilynn @ 860-210-0201 to sign up.

OPTIONAL: BRING AN UNWRAPPED TOY FOR THE MARINES' TOYS FOR TOTS PROGRAM.

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

Joan's work is available for sale. A portion of all sales donated to the Friends will benefit the Senior Center.

December Birthdays

Congratulations and very best wishes to everyone celebrating a birthday in December.

Richard Daniel	December 1
Bill Ale	December 8
Sterett Kelsey	December 16
Tim Beard	December 19



If you would like your birthday noted, please let us know!

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