



# 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 10, Issue 1**

**January 2014**



*The Friends of the Roxbury Senior Center's*

## **Soup's On Lunches**

resume Tuesday, January 7th

Come join your friends and neighbors  
for a delicious lunch

every Tuesday from 12 noon to 1 PM

*Suggested Donation \$4*

By popular request, we invite you to another

## **Lunch and Learn**

*sponsored by Candlewood Valley Health and Rehabilitation Center*

### **What is Normal Aging ? - PART II**

**Thursday, January 30 at 12:30 PM**

Geriatrician, Dr. Susan Varano will return to continue the great presentation she began in November explaining what we should all expect as part of normal aging and what signals are cause for concern.

In addition to her presentation, Dr. Varano will offer FREE Memory and Cognitive Ability Screenings for those individuals who have signed up for one.

We thank Candlewood Valley for once again providing us a free lunch buffet of wraps, chips and desserts!

**Please reserve your spot for the Lunch and Learn  
as well as the Free Screenings  
by signing up at the Senior Center or calling us!**

**The Roxbury Senior Center along with**

**all Town Offices will be closed**

**Wednesday, January 1, 2014**

**We wish everyone a very HAPPY NEW YEAR!**



## **The Roxbury Seniors' January Luncheon**

**Wednesday, January 22**

**at 12:30 PM**

**Snow date: Friday, January 24**

Come join us as we celebrate the New Year with a delicious luncheon and a warm welcome for our **First Selectman Barbara Henry** who will be joining us for a conversation after our lunch!

Marianne De Silva will be preparing:

**Traditional Meat Lasagna**

**Tossed Green Salad with Red Wine Vinaigrette**

**Homemade Breadsticks**

**Sue Wilton's Applesauce Cake**

**served with Whip Cream**

**Luncheon cost: \$8**

**All are welcome though space is limited.**

Please **RESERVE** your seat by Friday, January 17!

Sign up at the Senior Center or call us!!

**The Friends of Roxbury Senior Center**

would like to thank

everyone in the community

who so generously supported our Holiday Festival  
and made it such an overwhelming success!

All of the money raised will be used to support  
programs and activities at the Senior Center!

**The Senior Center's Winter Weather**

**Cancellation Policy is on page 2!**

**Town of Roxbury Senior Center**

**7 South Street**

**Roxbury, Connecticut 06783**

**Presorted Standard**

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**Roxbury, CT 06783**

# Senior Center Exercise Classes



## SENIOR AEROBICS with Laura Weaving

**Tuesdays** (October 29 - January 14) \*  
**Thursdays** (January 2 - February 6)

**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– Jan. 14) \*



## 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!**

### \* PLEASE NOTE :

**The dates for Tuesday's Senior Aerobics and Zumba Classes have been extended as classes were not held on December 10 or December 17 due to snow.**

**Whenever a class must be cancelled, the fees people have paid will be extended to the following week or weeks as is necessary!**



## The Senior Center's Book Discussion Group will meet on Wednesday, January 15th at 12:30 PM

We hope you will join us as we welcome Valerie Annis, Director of the Minor Memorial Library who will lead our discussion of:

### ***An Irish Country Village*** by Patrick Taylor

Come read along with us as we return to the colorful Northern Ireland community of Ballybucklebo, where it seems there is always something brewing under the village's deceptively sleepy surface.

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

*Please remember: Homebound Library Delivery Service, Audio Books and Appointments for One on One Introduction to E Books are ALL available through Minor Memorial Library*



## Afternoon Movie on the BIG SCREEN Wednesday, January 29 at 1 PM

***The Queen* - Starring Helen Mirren in her Academy Award winning portrayal of Queen Elizabeth II.**

**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 Thursdays at 12 noon.**



## Come join 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!

Special Thanks to **Barbara Paul** who is so happy to help all with project advice and to teach interested people how to knit!

## Winter Weather Cancellation Policy

With winter weather upon us, please remember if our Region 12 Schools are **CLOSED**, all the programs and activities at the Senior Center are cancelled for the day. If school is **DISMISSED EARLY**, programs after 12 noon are cancelled. If our schools have a **DELAYED** start, we will hold all of our programs as scheduled.

**If you are unsure, please call us!**



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

## Florence and John Maloney

with an Opening Reception

**Sunday, January 5**

**2 - 4 PM**

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



**Our WRITERS' GROUP will meet on  
Friday, January 3, 2014 at 11:00 AM  
All are very welcome to join them!**



**Crafts with Beatriz Conroy  
Friday, January 10  
from 1 to 3 PM**

Come join Beatriz as she shows us how to create

### **Decorated Boxes**

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!**

## January Birthdays

Congratulations and very best wishes to everyone  
celebrating a birthday in January!

Marianne De Silva	January 5
Mary Ellen Kimble	January 11
Jerry Judge	January 20
Dorie Squire	January 24



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

## **ON THE ROAD AGAIN**

The COA is offering one trip in the month of January!

**On Monday, January 27<sup>th</sup> we'll be heading to  
Bethel, for Lunch and a Movie**

Lunch will be at the Bethel Landmark, **SYCAMORE  
DRIVE-IN**, operating since 1948 and known to have  
the "Best Burgers in Connecticut"!

After lunch we'll be heading over to the Bethel Cinema  
for a movie matinee.

Please meet behind Town Hall for a prompt 10:00 AM  
departure, returning around 4:30 PM.

**Sign up at the Senior Center or  
call Jerrilynn at 860-210-0201.**



## **New Adventures in Cooking with Marianne De Silva Stuffed Winter Vegetables**

**Wednesday, January 8**

**11 AM to 2 PM**

**Snow Date: Friday, January 10 if needed**

Join Marianne in another adventure as we learn  
about stuffing some great Winter Vegetables. Some  
will be filled with meat and others filled with fruits,  
vegetables, legumes, and whole-grains. All will be  
delicious entrée meals that are easy to make.

We'll start out with **Sausage and Apple Stuffed  
Acorn Squash** – stuffed with mushrooms, onions,  
celery, pork sausage, sage and more. Our next  
vegetable is a Delicata Squash – a winter squash  
that may be new to some. It has a sweet potato-like  
flavor, more creamy than butternut squash and is  
completely edible. We'll use it to make a **Spinach,  
Cannellini Bean, and Parmesan Stuffed Delicata  
Squash**.

Our final dish is a **Honey-Lime Quinoa Stuffed  
Sweet Potato** that includes onions, black beans,  
corn and Monterey Jack Cheese and more. . .

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: \$20**

**Sign up at the Senior Center or call us a  
at 860-210-0056!**

**Please note:** As Marianne's classes are very popular, we  
will be taking reservations beginning Thursday, January 2.  
Any calls BEFORE that date will be registered AFTER all  
calls received on January 2.

**If you register for this or any other class or program  
and find you are unable to attend, we ask that you  
please let us know so we may give your spot to  
someone on our Waiting Lists. THANK YOU!!!!**

**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**