



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 3

March 2014



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

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



The Roxbury Seniors' March Luncheon Wednesday, March 26 at 12:30 PM

The Roxbury Seniors have planned a wonderful lunch to celebrate St. Patrick's Day! Marianne De Silva will be preparing the following delicious meal:

**Corned Beef and Cabbage
Potatoes and Carrots
Irish Soda Bread, Beverages
with Bailey's Irish Cream Cake for Dessert
All for a cost of \$8.00**

**All are welcome though space is limited.
Please RESERVE your seat by Friday, March 21
Sign up at the Senior Center or call us!**



The Senior Center's Trip to Connecticut's Old State House Wednesday, March 5

In the event of snow, we will reschedule this trip.

All are welcome to join us as we visit this Connecticut cultural treasure rich in history and heritage.

We will leave the Senior Center at 10 AM and travel to Hartford on our HART Bus. We'll enjoy an early lunch at the City Steam Brewery. (Copy of the Menu at Center)

After lunch we will meet our docent for an hour long tour of the Old State House site of significant legislation and the Amistad Trial.

The Tour will conclude in the Exhibit Gallery filled with historical displays and artifacts that we can explore at our leisure before leaving at 3:00 PM expecting to arrive in Roxbury around 4:30 PM.

The cost for lunch, admission and our tour is \$20 and includes all gratuities. Please note: If you would enjoy an entrée over \$16 or would like to add beer, wine or dessert, we will ask you to pay for that additional cost.

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

All are invited to attend Coffee and Conversation with Dr. Susan Varano

Thursday, March 6, 2014 at 1 PM

Geriatrician, Dr. Susan Varano will return to continue her great presentations about normal aging. In this talk, Dr. Varano will cover the difficult problems of identifying **Depression in Seniors**, an often misunderstood and very treatable problem. We thank Candlewood Valley Health and Rehabilitation Center for making this talk possible and providing dessert for us to enjoy.

Confidential and Free Memory and Cognitive Ability Screenings are available by calling the Senior Center.

Please let us know to expect you!

**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 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 to 11:30 AM



Laura begins each class with relaxation techniques then 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!

PLEASE NOTE:

If a class is cancelled for any reason, the fees people have paid will be extended into the future.

If you are interested in forming a

Bridge Group,

please call the Senior Center at
860-210-0056!!



The Senior Center's Book Discussion Group

will meet on

Wednesday, March 19 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:

Flying Blind

By Max Alan Collins

This novel follows Private Investigator Nate Heller as he looks into the disappearance of famed aviator Amelia Earhart.

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



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



Come join The *Silver Threads* Knitting and Needlecraft 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 join in their always lively conversation! The group has taken on another special project and is **making lap blankets for people in area Nursing Homes.**

Special thanks to the group's leader **Barbara Paul** who is happy to help all with project advice and to teach interested people how to knit!



Come join our **WRITERS' GROUP** Wednesday, March 5, 2014 at 11:00 AM

This group of Seniors share an interest in writing and meet monthly to exchange ideas.

Winter Weather Cancellation Policy

With winter weather still with us, 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!





Crafts with Beatriz Conroy

Friday, March 14
1 to 3 PM

Come join Beatriz as she shows us how to create

Spring 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!

March Birthdays

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

Marilyn Kayner	March 2
Pat Lowe	March 6
Muryn Hotchkiss	March 9
Jan Steers	March 10
Sandi Larson	March 16
Mary Jonker	March 18
Bucky Lowe	March 19



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



Downton Abbey - Season FOUR!
will be shown on Thursdays
afternoons at 1 PM!

March 13	Episode 1 & 2
March 20	Episodes 3 & 4
March 27	Episodes 5 & 6
April 3	Episodes 7 & 8
April 10	Episode 9

Please let Linda know if there is anything you would like to see on our BIG screen!

ON THE ROAD AGAIN

The COA is offering the following trips in March:

Monday, March 10 - A Super Shopping Day in New Milford. Come and enjoy the Stop & Shop Plaza with Stop & Shop, Walmart, and other stores then on to Kohl's, Home Goods etc. The group will stop for **Lunch at the Three Brothers Diner in New Milford.** **Bus leaves at 10:00 AM**

Monday, March 24 - A trip to Little Italy, Arthur Avenue in Bronx, NY to walk around and enjoy the shops and all the wonderful restaurants, espresso cafes, pastry shops and many bakeries. You can shop for delicious Italian breads, cheeses, sausage and other meats, homemade pastas and enjoy lunch at any of the fabulous restaurants or Pizza places. **The Bus will leave at 9:00 AM**

The Senior Bus will leave from behind Town Hall

**Please sign up at the Senior Center
or call Jerrilynn Tiso at 860-210-0201.**



New Adventures in Cooking

with Marianne De Silva
**Top O' The Morning
Irish Breakfast**
Wednesday, March 12
11 AM to 2 PM

Come join Marianne in another cooking adventure as we celebrate St. Patrick's Day by making a delicious Irish Breakfast and then enjoying it all. Please bring your apron as this is a *hands-on class!*

We'll start by making some delicious **Corned Beef Hash** with corned beef, potatoes, carrots, onions and then top each serving with a perfectly cooked **Poached Egg**. Then the class will make the best **Irish Soda Bread** and enjoy with luscious **Irish Kerry Gold Butter**. We'll end our breakfast on a sweet note while having fun creating **Alton Brown's Famous Sugar Cookies** and cut them into the shape of shamrocks frosting them with **green royal frosting**.

Marianne's April Cooking Class will be held

Wednesday, April 2
11 AM to 2 PM

with a

New Orleans Theme

**Details will be available at the Senior Center
by Early March and in the April Newsletter**

All are welcome! Come and enjoy these delightful classes, get all the great recipes and the wonderful tips that make them work so well. **Cost: \$20 per Class**

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

**Please note: We will be taking reservations for
BOTH classes beginning March 1st.**

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