

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 4

April 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

All are welcome to join us for an After Lunch Conversation with First Selectman Barbara Henry Tuesday, April 8, 2014 at 1 PM

Barbara is looking forward to an opportunity to answer
any questions people might have about the upcoming
REFERENDUM scheduled for **April 29th** regarding the
future of our Region 12 Schools.



Roxbury's Senior Center and Council on Aging invite you on a trip to Fascia Chocolate Factory & Shop Friday, April 4th

Come for a fun afternoon trip to the Fascia Chocolate
Factory & Shop in Waterbury on the Roxbury Senior Bus.
We'll tour the factory where everyone will make their own
chocolate bar. The Tour will cost \$8.00 per person.

After the tour, you can go the factory store to purchase
goodies or relax with a snack.

The Bus will leave from the Roxbury Senior Center
at 1:15 PM and return at 5:00 PM

**Please sign up at the Senior Center or call
Jerrilynn at 860-210-0201 or Linda at 860-210-0056**



AARP SAFE DRIVING COURSE THURSDAY, May 1st 12 NOON to 4:00 PM

This popular course offers instruction to help sharpen
our driving skills and shows us ways to compensate for
those changes in vision, hearing and reaction time we all
experience as we get older as well as the discount on your
auto insurance with course completion certificate.

Light refreshments will be served.

Cost: \$15 for AARP members, \$20 for non members

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



The Roxbury Seniors' April Luncheon Wednesday, April 23 at 12:30 PM

The Roxbury Seniors have planned a wonderful
lunch to celebrate Earth Day! Marianne De Silva will be
preparing the following delicious meal:

Mediterranean Chicken

*chicken, mushrooms, asparagus, red bell peppers, grape
tomatoes, Kalamata olives and pine nuts over Orzo*

Tossed Spring Green Salad

Strawberry Rhubarb Crisp with Whip Cream

All for \$8 per person

After lunch we are happy to welcome Tim Flanagan,
a Roxbury Resident with twenty-five years experience
in the Recycling Industry who will talk to us about
recycling.

All are welcome though space is limited.

**Please RESERVE your seat by Thursday, April 17!
Sign up at the Senior Center or call us!**



Senior Center Trip to Franklin D. Roosevelt Home and Historical Site at Hyde Park Wednesday, May 7

Come join us for this trip that was planned for last
October and postponed due to the government shut
down. We will visit the Home, Museum and Library of
our Thirty Second President leaving the Senior Center
at 10 AM on our HART Bus. After lunch at the Hyde
Park Brewing Co. (a copy of the menu is available at
the Center) we will go to the Historic Site to explore the
Presidential Museum, Library and enjoy the grounds
then meet our guide for a tour of the Mansion.

**Seniors who signed for the October Trip will be
given an opportunity to register FIRST for this trip
and must do so by Friday, April 4. After that date,
the trip will be open to all and space is limited.**

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 extra
cost.

Please sign up at the Senior Center or call us!

Senior Center Exercise Classes



SENIOR AEROBICS with Laura Weaving

Tuesdays and Thursdays
Both classes are held at 10:00 AM

Aerobics done to music designed for seniors 55 and older. 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

A popular dance-fitness program inspired by Latin music designed just for seniors. A great way to burn calories and have fun at the same time.

Cost: \$5 per class or \$20 for a series of SIX Classes.



YOGA CLASSES
with Laura McEvoy
Fridays - 10 to 11:30 AM

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

Cost: \$5 per class or \$20 for a series of SIX Classes.



CHAIR YOGA CLASSES

with Laura McEvoy
Fridays at 11:45 AM

The benefits of Yoga without getting down on the floor.

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.*

The Friends of the Roxbury Senior Center are happy to support the Roxbury Recreation Commission's Town Wide Tag Sale Saturday, May 3 with a **BAKE SALE** from 10 AM to 2 PM

We will also offer Seniors, who have registered, **FREE** table space to set up their sales at the Center.

If you would like to **BAKE** or set up your sale at the Senior Center, please call Margo Terwilliger at 860 - 350 - 3410

Registration forms: Page 2 of the Rec side of this newsletter



The Senior Center's Book Discussion Group

will meet on
Wednesday, April 16 at 12:30 PM

All are welcome to join us as Valerie Annis, Director of the Minor Memorial Library leads our discussion of:

SNOBS by Julian Fellowes

This novel written by the creator of Downton Abbey offers a look at contemporary English aristocracy.

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 & Appointments for One on One Introduction to E Books are ALL available through Minor Memorial Library



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!

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, April 2, 2014 at 11:00 AM



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



The Roxbury Bridgewater Garden Club invites all Seniors to join in their **SPRING FLORAL WORKSHOP** Friday, May 9 at 1 PM

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

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!



Afternoon Movie Wednesday, April 30 at 1 PM

AMISTAD - Steven Spielberg's account of the trial of enslaved Africans who overthrew their captors in an attempt to go home & began at our Old State House.

The Roxbury Scholarship Foundation
and Friends of the Roxbury Senior Center
invite you to enjoy the current exhibit of
photographs entered in their
Photography Contest
with an Opening Reception
Sunday, April 6
2 - 4 PM

*A portion of all sales will be donated to the
Scholarship Foundation and
Friends of the Roxbury Senior Center
to benefit their fundraising efforts*



Crafts with Beatriz Conroy
Friday, April 11 at 1 PM
DECORATING BASKETS
FOR SPRING

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!

April Birthdays

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

Alice Griffin	April 4
Beatriz Conroy	April 13
Kathleen McMinn	April 15
Kristine Fredriksson	April 18
Arlene Hoffman	April 24



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

ON THE ROAD AGAIN

The COA is offering the following trips in April:

Monday, April 14 – Henderson Cultural Center at Hunt Hill Farm in New Milford CT.- Liba Fuhrman, Executive Director, will lead this tour of the Silo Store, Gallery, Cooking School and Skitch Henderson Museum that includes a snack in the Cooking School at the end of the tour.

Bus leaves behind Town Hall at 10:00 AM.

Monday, April 28 – A Day at Mohegan Sun. We will meet at the Southbury Travel Center (near Exit 14) at 8:15 AM to catch the 8:35 AM **LAND JET** Bus for our trip. Mohegan Sun boasts three world-class casinos, a luxurious day spa, wonderful shops and 40 restaurants, bars and lounges. Cost is \$28 for the **LAND JET** bus and you will receive a \$40 Bonus Package upon arrival (\$15 meal or retail credit, two \$10 Free Bets and one \$5 Free Bet). The Bus will leave Mohegan at 5 PM. **Please sign up at the Senior Center or call Jerrilynn Tiso at 860-210-0201 for these trips.**



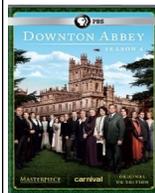
New Adventures in Cooking
with Marianne De Silva
Foods From Famous
New Orleans Restaurants
Wednesday, April 2, 2014
11 AM to 2 PM

Marianne will be taking us all to New Orleans for this cooking adventure showing us how to make delicious foods from two famous restaurants in New Orleans! Will start at **Remoulade's Restaurant** well known for their **Creole Pot Food** and a very delicious **Seafood Gumbo** filled with shrimp, crab, sausage, onions, tomatoes, peppers and more then serve it over a bowl of steaming rice.

Then we'll continue to **Café Du Monde** for their very famous **Beignets**, square French-style doughnuts, lavishly covered with powdered sugar. Marianne will teach you how make these light and crispy delights!

All are welcome! Come and enjoy this fun class, get all the great recipes and the wonderful tips that make them work so well. **Cost: \$20**

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



Downton Abbey - Season FOUR
will continue Thursday
afternoons at 1 PM!

April 3	Episodes 7 & 8
April 10	Episode 9

If you are interested . . .

We are thinking about starting a support group for all who are grieving a loss or are feeling a little "down". If this interests you, please call Jerrilynn at 860-210-0201 or email her at

socialservices@roxburyct.com.

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