



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 5

May 2014



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

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



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

We will be leaving the Center at 10 AM on our HART Bus. After lunch at the Hyde Park Brewing Co. (copy of the menu at Center) we will go to the Historic Site and explore the Presidential Museum, Library as well as the grounds then meet our guide for a tour of the Mansion.

Although the trip is currently filled, we continue to take reservations for our Wait List and thank those people on the Trip for letting us know if their plans change so we can offer their seat to someone else.

The Trip costs \$20 and includes the tour, 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.



The Roxbury Bridgewater Garden Club invites all Seniors to join in their SPRING 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 SHELL arrangement!

There is a \$5 fee for materials.

Space is limited and reservations are required.
Please sign up at the Senior Center or call us!



The Roxbury Seniors' May Luncheon THURSDAY, MAY 22 at 12:30 PM

The Roxbury Seniors are moving their monthly lunch to a NEW day in May! Our good friend Marianne De Silva will be preparing:

**Roasted Salmon, Asparagus and Orzo Salad
Homemade Breadsticks
Strawberry Tiramisu**

After lunch, the Seniors and the Roxbury Council on Aging invite you to stay for a special presentation by **Jim Gustin**. Jim will share valuable information about modifications that can be made to our homes to meet special needs some of us may encounter as we age and help us to stay in our own homes.

**Please RESERVE your seat by Friday, May 16
Sign up at the Senior Center or call us!**



AARP SAFE DRIVING COURSE THURSDAY, May 1st (12 NOON to 4 PM)

**Cost: \$15 for AARP members, \$20 for non members
Reservations are required, please call us!**



The Friends of the Roxbury Senior Center are supporting the Roxbury Recreation Commission's Town Wide Tag Sale

**Saturday, May 3 (in the Barn behind the Center)
and adding a BAKE SALE, 10 AM to 2 PM**

**Town of Roxbury Senior Center
7 South Street
Roxbury, Connecticut 06783**

**Presorted Standard
U.S. Postage
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06776
Permit No. 264**

**Roxbury Resident
Roxbury, CT 06783**

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.*



Crafts with Beatriz Conroy

Friday, May 16 at 1 PM

DECORATING TRAYS

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!



Please call the Senior Center if you are interested in joining
MAH JONGG
that will meet FRIDAYS in May



The Senior Center's Book Discussion Group

will meet on

Wednesday, May 21 at 12:30 PM

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

SNOBS by Julian Fellowes and
THE STRANGE FILES OF FREMONT JONES
by Dianne Day

We travel from the "snobs" of present day British Aristocracy to a novel set in 1905 San Francisco to meet a brave young woman who flees Boston and an arranged marriage to establish a business that leads her to adventure and mystery.

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 come to 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!



Afternoon Movie Wednesday, May 28 at 1 PM **Saving Mr. Banks**

Join us for this story of the author of *Mary Poppins* and the struggles to adapt her novel for the screen.



Come join our WRITERS' GROUP

Wednesday, May 7, 2014
at 11:00 AM

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

The photographs are available for sale and a portion of all sales will be donated to the Scholarship Foundation and Friends of the Roxbury Senior Center



**Senior Center Trip to the
American Bounty Restaurant
at
The Culinary Institute of America
Wednesday, June 4, 2014**

All are welcome to join us for this trip to one of the fine restaurants at the Culinary Institute in Hyde Park, NY. We will leave the Senior Center at 10 AM on our HART transportation bus. We will be dining together in a private room at the restaurant and ordering off of their menu for that day. This restaurant offers a wide variety of food choices and a sample menu is available at the Center. Lunch will include your choice of soup or salad and an entrée. Soft beverages are also included. If you would like to add a glass of wine, we ask that you plan to pay for that additional expense. After lunch we will be able to walk around the campus, enjoy their shops and stop into the bakery for dessert.

The Culinary is hoping to be able to offer us a guided tour of the campus. As we are a relatively small group, they cannot commit to it until the Friday before our trip. Either way, the campus is ours to explore and enjoy.

The cost of this trip is \$20 and includes all gratuities.

All are welcome though space is limited!

Please sign up at the Center or call us!



**New Adventures in Cooking
with Marianne De Silva
Downton Abbey Tea
Wednesday, May 14, 2014
11 AM to 2 PM**

All are welcome to join Marianne for a true **English Afternoon Tea - Downton Abbey style!** Marianne has discovered a wonderful resource, *The Unofficial Downton Abbey Cookbook* and invites all to come dressed for this very special occasion, fancy hats are welcome - only if you wish! Marianne has arranged for a beautiful setting for our Tea and we thank our friends in the **Women's Fire Auxillary** for lending us their lovely china teapots, cups and saucers as well as plates to make this a very special event!

The group will have fun creating some delicious tea sandwiches: **Mrs. Isabel Crawley Smoked Salmon Tea Sandwiches, Classic Cucumber Sandwiches,** and the **Dowager Countess Favorite Egg Salad Tea Sandwiches.**

Then onto our sweets as we make **Sweet Cream Scones** and serve them with some **Clotted Cream** and jam. We'll end by making Mrs. Crawley's sister's favorite **Sweet Brown Sugar Shortbread.**

Once the food is prepared the group will sit down to enjoy all the wonderful food with tea!

Come and enjoy this fun class, get all the great recipes and Marianne's wonderful tips that make them work so well. **Cost: \$20.**

**Sign ups begin May 1st at the Senior Center
or by calling 860-210-0056 or emailing us!**



**Come join us for
PINOCHLE and other games
Tuesday afternoons at 1 PM**

**All are welcome to join us for
HORSESHOES
Tuesday afternoons at 1 PM
WEATHER PERMITTING**



ON THE ROAD AGAIN

The COA is offering the following trip in May:

Monday, May 12th – All are welcome to join us on our trip to **The Donald M. Kendall Sculpture Garden**, a collection of 45 pieces of outdoor sculpture at the PepsiCo world headquarters in Purchase, NY.

The collection includes work from such major sculptors as: Auguste Rodin, Henry Moore, Alexander Calder & Alberto Giacometti.

Lunch to follow - The Tarry Lodge & Market, Port Chester, NY. This restaurant opened in 2008 and is run by noted Chefs Mario Batali and Joe Bastianich.

Our Senior Bus leaves behind Town Hall at 10:00 AM.

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

May Birthdays

Congratulations and very best wishes to everyone celebrating a birthday in May and

Bob Larson May 28



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

**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