

# 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 6**

**June 2014**



*The Friends of the Roxbury Senior Center' invite all to enjoy*

## **Soup's On Lunches**

every Tuesday in June

Come join your friends and neighbors  
from 12 noon to 1 PM

*Suggested Donation \$4*

*We thank all of the wonderful volunteers who have made this year another very successful one! Our volunteers will be taking some well deserved time off this summer and look forward to welcoming everyone back when Soup's On resumes Tuesday, September 9th!*

If you would like to join this wonderful group of dedicated cooks, bakers and helpers, please call our *Soup's On* Chairperson, Marilyn Kayner at 860-354-9604



## **The Roxbury Seniors' June Luncheon**

**FRIDAY, June 20**

**at 12:30 PM**

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

### **Tarragon Mustard Chicken Salad over Arugula**

*Chicken, tarragon, mustard, broccoli and grape tomatoes*

### **Red Skinned Potato Salad**

### **Peach Cobbler w/Whip Cream**

All for a cost of \$8.00

After lunch, the Seniors invite you to stay for a talk by **Jerrilynn Tiso**, our Municipal Agent for the Elderly, Social Services Director and Veteran's Services Liaison who will share information about services available to seniors.

Please **RESERVE** your seat by **Friday, June 13**

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



## **Senior Center Trip**

to the

**American Bounty Restaurant  
at The Culinary Institute of America  
Wednesday, June 4, 2014**

We are looking forward to our planned trip to one of the fine restaurants at the Culinary Institute in Hyde Park, NY leaving the Senior Center at 10 AM on our HART Bus and dining together in a private room. We will be ordering off of their menu for that day.

Lunch will include your choice of soup or salad, entrée and soft beverage. If you would like to add a glass of wine, we ask that you plan to pay 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. If this is not possible, we will explore the Campus on our own.*

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

**Although the trip is currently filled, we will 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.**

**Please sign up at the Senior Center or call us!**



The Friends of the Roxbury Senior Center invite **EVERYONE** to a

## **PLANNING MEETING for Holiday Festival 2014**

**Friday, June 13 at 1 PM**

We hope everyone interested will come and share **YOUR** ideas and suggestions for the Festival that will be held on **Saturday, December 6!**

**Please remember as the weather warms up, the Senior Center is air-conditioned and you are always very welcome to join an activity, read a book, arrange to visit with friends or just take a break from the heat!**



## 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.*

Come join our **WRITERS' GROUP**  
Wednesday, June 4, 2014  
at 11:00 AM



All are welcome to join our group of writers who meet monthly to share ideas and support each member's writing.

Please call the Senior Center  
if you are interested in playing  
**MAH JONGG**  
with the Group that has resumed play  
on **THURSDAYS!**



The Senior Center's  
**Book Discussion Group**  
will meet on  
**Wednesday, June 18**  
at **12:30 PM**

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

**Sea Glass**  
by Anita Shreve

The novel follows the lives of six people the summer before the stock market crash of 1929 and about the struggles mill workers who work near the beautiful New Hampshire coast experience during that year and beyond.

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!



Please call Linda  
with your suggestions for  
**Afternoon Movies**  
at the Senior Center  
during the  
summer months

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*

## June Birthdays

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

David Lincicome  
Molly Wright

June 4  
June 11



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



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



Come join us for  
**PINOCHLE** and other games  
Tuesday afternoons at 1 PM  
after **SOUP'S ON LUNCH!!**



**Crafts with  
Beatriz Conroy**  
Friday, June 13 at 1 PM

All are welcome to join Beatriz as she shows us how to create

### ***Signs That Say Welcome***

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 at 860-210-0056!

## ***ON THE ROAD AGAIN***

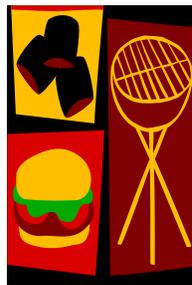
The COA is offering the following trip in June:  
**Friday, June 6** – Come explore the historic design and backstage mystique of the 92-year-old Palace Theater in Waterbury.

The Palace features an eclectic mix of Greek, Roman, Arabic and Federal motifs, along with marble staircases, gilded domed ceilings, cut glass chandeliers as well as intricate plaster relief details. The tour cost is \$5.00.

After our tour, the group will drive back to Southbury for lunch at Maggie McFly's.

**Bus/van leaves from behind Town Hall at 10:00AM.**

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



**New Adventures in Cooking  
with Marianne De Silva**  
**Grilling Sensational  
Summer Sandwiches**  
Wednesday, June 11, 2014  
Rain Date: Thursday, June 12

**11 AM to 2 PM**

Marianne will begin another great series of *grilling* classes with a new selection of spectacular **Summer Grilled Sandwiches**.

We'll be gathering together on the Senior Center Patio as Marianne shows us how to create: **Mesquite Grilled Turkey Cutlet with Lettuce, Tomato, and Avocado with Chipotle Mayonnaise on Grilled Multigrain Bread**. We will then create a **Grilled Mediterranean Vegetable Sandwich with Zucchini, Portobello Mushrooms and Eggplant on Grilled Ciabatta Loaf**. The Class will conclude by making **Grilled Caprese Sandwiches Tomato, Mozzarella and Roasted Red Bell Peppers and Basil on Grilled Sourdough Country Bread**.

Come and enjoy this fun class, get all the great recipes and the wonderful tips that make them work so well. The Class will enjoy the sandwiches as they create them. **Cost: \$20.**

Sign ups begin June 1st at the Senior Center or by calling 860-210-0056 or emailing Linda at [lwahlers@roxburyct.com](mailto:lwahlers@roxburyct.com)



As we look ahead to July please remember all Roxbury Town Offices and the Roxbury Senior Center will be closed Friday, July 4th!

**Roxbury Senior Center  
Open Tuesday through Friday  
10 am to 3 pm  
Linda Wahlers**

**Senior Center Director  
860-210-0056**

**[lwahlers@roxburyct.com](mailto: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](mailto:socialservices@roxburyct.com)**