

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 7

July 2014



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

will NOT be held in July and August!

We look forward to this very special program
when it resumes Tuesday, September 9!

**All are welcome to join us for
Coffee and Conversation
with**

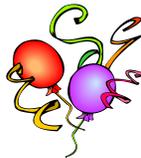
**First Selectman Barbara Henry
Thursday, July 24 at 1 PM**

Barbara is looking forward to returning for another
open forum and opportunity to address your questions.

Barbara is delighted that **Dr. Patricia Cosentino**
our Region 12 Superintendent of Schools
will be able to join her to discuss the future of our schools
as well as other important Town issues

Please let us know to expect you.

Light refreshments will be served



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

The Roxbury Seniors invite all to join their celebration
of the **TENTH Anniversary** of our Senior Center.
Marianne De Silva will be preparing:

Mediterranean Chicken Salad

*(chicken, celery, red onions, artichokes, sun-dried tomatoes,
orzo, kalamata olives and feta cheese)*

Mixed Summer Greens Salad with Fresh Rolls

Lemon Celebration Cake

All for \$8 per person

After lunch, the Seniors invite you to stay for a special
presentation by **Diane Cook**, a registered nurse with
the New Milford VNA who will share tips to help us all
Celebrate A Safe Summer.

Please RESERVE your seat by Friday, July 18!

Sign up at the Senior Center or call us!



The Roxbury Bridgewater Garden Club
invites all Seniors to join in their

**Summer Shell Workshop
Tuesday, July 8 at 1 PM**

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

**We thank the Garden Club for offering this
workshop at no cost!**

Preference will be given to seniors who had signed up for
the workshop when it was originally planned for May.

Reservations are required. Call or sign up at the Center!

♪♪♪ **Senior Center Trip to the** ♪♪♪
Caramoor Center for Music and the Arts
Wednesday, July 16

All are welcome to join us on this trip to visit *Caramoor*
in Katonah, New York. We will leave the Senior Center
at 10 AM aboard our HART Bus and begin our visit with
a docent-led tour of the gardens and the current special
installation **Garden of Sonic Delights**. This is a major
exhibition of sound art that features some of the world's
most sought-after artists working in the medium of
sound. After our Gardens tour, we'll have a catered

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

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**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.



Come join our WRITERS' GROUP Wednesday, July 2nd at 11:00 AM

All are welcome to join our group of writers who meet monthly to share ideas and support!



Please call the Senior Center if you are interested in playing
MAH JONGG
on THURSDAYS at 12 noon !

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



Senior Center Trip to Caramoor

Continued

lunch in the Summer Dining Room overlooking the Spanish Courtyard at the Estate. Lunch will include: *Chicken Francese, Wild rice with Cranberries and Asparagus* and a *Mixed Green Salad*. Dessert will be Brownies and Blondies with Iced tea, coffee or hot tea available. After lunch, we'll go on a docent-led tour of historic Rosen House. The Mediterranean style house, listed on the National Register of Historic Places, is filled with examples of fine and decorative Asian and Renaissance art spanning the centuries. Cost: \$25 per person.

All are welcome though space is limited.

Please sign up at the Senior Center or call us!

Save the Date: August 20 - Weir Farm National Historic Site in Ridgefield, CT with Lunch



The Senior Center's Book Discussion Group will not meet during the Summer

We look forward to resuming our discussion on September 17 and encourage everyone to visit the Minor Memorial Library during the summer! The Library Staff is always happy to help with great summer reading suggestions!

Remember: Homebound Library Delivery Service is also 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 people who do and join in their always lively conversation! Our special thanks to the group's leader **Barbara Paul** who is happy to help all with project advice and to teach people how to knit!

**Please remember EVERY Wednesday:
Computer Help with Bill Chin of
Software Matters is available by appointment
AND**

**Visiting Nurse Services offers FREE
Blood Pressure Screening, 11:30 AM to 12:30 PM
No appointment necessary**

July Birthdays

Congratulations and best wishes to everyone celebrating a Birthdays in July!

Bill Steers	July 4
Shirley Charpentier	July 15
Ernest Finch	July 18
Judith Kelly	July 30



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



Afternoon Movies at 1 PM

Thank you to everyone who gave so many wonderful suggestions of films to show at the Senior Center! In July, we will offer two of those ideas that celebrate the talents of Dame Judi Dench.

Philomena, Friday, July 11

The poignant tale of a Mother's never ending love.

The Best Exotic Marigold Hotel, Friday, July 18

Enjoy this all star cast as they explore retirement options that take them far from home.

We thank the Minor Memorial Library for their assistance in offering these films



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



Lou Gehrig: Story Of A Great Man

Written and Told By Carol Birch
Roxbury Town Hall

Sunday, July 20, 2014 at 3 PM

Tickets Sold at the Door:

\$20 Adults, \$15 Seniors and \$5 Youth

Fundraiser for NEW Roxbury Senior Bus

Call Jerrilynn Tiso at 860-210-0201 for information

ON THE ROAD AGAIN

The COA is offering the following trip in July:

Monday, July 28 - Join us on our trip to visit the Ward-Heitmann House Museum built in 1654, the oldest surviving home, in West Haven (\$5 admission fee). It has never been moved, never had a fire and was a residence continually until 1991. During its 300 year history, a number of families have lived in the house, and each room has been furnished to show the lives of the families at various times in the history of the house, from Colonial through post-Civil War. The Ward-Heitmann House is a true testament to the craftsmanship of its day. Lunch will follow at Jimmies of Savin Rock, a famous beachfront restaurant established in 1925.

**Bus leaves from behind Town Hall
at 9:45 AM**

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



New Adventures in Cooking with Marianne De Silva **GRILL LIKE A PRO** Wednesday, July 9, 2014 11 AM to 2 PM

Rain Date: Friday, July 11 (same time)

Come and join Marianne on the Senior Center Patio for some serious grilling! She'll show us **how to grill like a pro!** We'll enjoy all these great grilled foods as we make them!

We'll be making a **Grilled Chipolte Skirt Steak** with a **Chimichurri Sauce (garlic, shallots, red wine vinegar, cilantro, parsley and olive oil)** then a **Turkish Grilled Salmon (lemon juice, cilantro, garlic, cardamom, cinnamon, ginger and more)** and last **Grilled Pork with a MoJo Marinade (OJ, lemon and lime juice, garlic, oregano, jalapeno).**

Marianne will teach us how to make a **Tuscan Kale Ceaser Slaw (lemon juice, garlic, anchovy, mustard and olive oil)** to go with it all.

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 **JULY 1st** at the Senior Center
or by calling 860-210-0056

The Friends Of the Roxbury Seniors Center's Holiday Festival 2014

Plans are under way! There are lots of ways YOU can join the fun!! We are collecting 1 lb Coffee Cans and hope to fill the box in the Center. We are also looking for a Chairperson for our Bake Sale!

If you would like to help with the Festival planned for **Saturday, December 6 from 6:30 to 8:30 PM** please call Margo Terwilliger at 860-350-3410!

**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