

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 9

September 2014



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

will resume Tuesday, September 9!

Come join your friends and neighbors for lunch
Tuesdays from 12 noon to 1 PM!
Suggested Donation \$4

The Roxbury Senior Center is happy to welcome the
VNA of New Milford who will be doing
FREE BLOOD PRESSURE SCREENING
on the **SECOND** and **FOURTH**
TUESDAY of each month
from **11:30 AM to 12:30 PM**
in Linda's office at the Senior Center

The VNA will also be doing our **FLU SHOTS** this year.
FRIDAY, OCTOBER 10 AND FRIDAY, OCTOBER 24
10:30 AM TO 11:30 AM!

Please sign up at the Senior Center or call us at
860-210-0056 to reserve your shot!

**The Roxbury Seniors'
September Luncheon**
Wednesday, September 24
at 12:30 PM



The Roxbury Seniors have planned a wonderful
lunch and welcome all to join us.

Marianne De Silva will be preparing:

Ratatouille over Fettuccine

(tomatoes, eggplant, zucchini, summer squash, onions)

Tossed Green Salad with Red Wine Vinaigrette

Rolls

Apple Crisp wth Whip Cream

All for \$8.00 per person

After lunch we invite you to stay for a very important
presentation by American Red Cross volunteers on
Preparing for Any Emergency and offer us basic
Emergency Kits.

All are welcome though space is limited.

Please **RESERVE** as soon as possible and no later
than **Friday, September 19**

Please sign up at the Senior Center or call us!

The Friends of the Roxbury Senior Center
invite all to a

**PLANNING MEETING for
HOLIDAY FESTIVAL 2014**

on Friday, September 19 at 1 PM

Come with your ideas and suggestions!

If you are interested in becoming involved in the
Festival and unable to attend the meeting,
please call Margo Terwilliger at 860-350-3410



All are welcome to be a part of the
Friends' Holiday Festival
WINE PULL

by donating a bottle of wine
valued at \$20 or more by Oct 31!

Please bring donations to the Senior Center and
attach your name so we know who to thank!

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 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



The 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.* The class is 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 advanced for a future class.



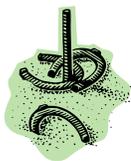
Come join our WRITERS' GROUP

Wednesday, September 3 at 11:00 AM

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



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



The Senior Center's Book Discussion Group resumes Wednesday, Sept., 17 at 12:30 PM

All are welcome to join us as we resume our Book Discussions led by Valerie Annis, Director of the Minor Memorial Library. This month's selection:

BOUND by Sally Gunning

This historical novel, set in colonial New England, is the story of a young indentured servant.

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 available at the Library



Crafts with Beatriz Conroy

Friday, September 12 at 1 PM

BIRD FEEDERS

We thank Beatriz for sharing her time and talents as well as providing all materials needed.

Wearing a smock is always recommended.

Please sign up at the Senior Center or call us!



Afternoon Movies at 1 PM

We continue fulfilling YOUR film requests!

Friday, September 26 - **Blue Jasmine**

with Cate Blanchett's Best Actress performance.

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



Come join The *Silver Threads* Knitting and Needlecraft Group every Thursday at 10:00 AM

Come knit, crochet or quilt with us or come and enjoy the talents and conversation of people who do!

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! The talents of our group were recognized again at this year's Bridgewater Fair. We are happy to CONGRATULATE Barbara Paul, Peg Ambruso and Rosemary Paul for their beautiful needlecrafts as well as the baking talents of Jan Putman and canning talents of Rosemary Paul!

September Birthdays

Congratulations and best wishes to everyone celebrating birthdays in September!

Ruth Bilotta	September 7
Maizda Van Deusen	September 16
Elinor Hurlbut	September 17
Susan Stauffacher	September 27
Mary Ognan	September 28



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

Senior Center Trips
The Rockefeller Estate, Kykuit and
Union Church at Pocantico Hills
Wednesday, September 3

We will leave the Senior Center at 9:30 AM on our HART Bus and travel to Pocantico Hills to begin our day at the Union Church. After enjoying the beautiful stained glass windows commissioned by the Rockefeller family we will continue to the Hudson Valley Visitors' Center where you can buy your lunch at the Café or bring a lunch to enjoy on the picnic tables there.

After lunch, our group will be shuttled to *Kykuit*, the Rockefeller family home on the Hudson to begin our *Classic Tour* of the estate. *If you have paid for the trip and find you are unable to join us, please call Linda at the Senior Center and see if there is anyone who may be interested in taking your spot.*

Governor's Residence
Tour of the House and Sculpture Gardens
WEDNESDAY, October 22
Lunch at Rizzuto's in West Hartford

All are very welcome to join us for a docent led tour of the Connecticut Governor's Residence and Sculpture Gardens, listed on the National Register of Historic Places. A Conservancy was established in 1993 to acquire, restore and maintain the art and furnishings.

We will gather at the Senior Center at 9 AM for the trip on our HART Bus. After our tour we will ride through nearby Elizabeth Gardens before riding on to lunch at Rizzuto's Restaurant in West Hartford. A copy of the menu is available at the Senior Center.

The cost is \$20 per person.

All are welcome though space is limited.
Sign up at the Senior Center or call us!

ON THE ROAD AGAIN

Monday Roxbury Senior Bus Trip

September 29 - Come join the tour of the Webb - Deane-Stevens Museum in Wethersfield CT. This Museum consists of three historic homes: the Joseph Webb House, the Silas Deane House as well as the Isaac Stevens House. Each house has its own cultural, artistic and historical value. The three homes sit next to each other on an eight acre property with a variety of beautiful gardens.

There will be a \$10 per person fee for the tour.

After the tour the group will stop for lunch at J. Timothy's Tavern in Plainville.

Our Senior Bus will leave from THE REAR OF THE SENIOR CENTER PARKING LOT at 9:00 AM.

Please call Jerrilynn Tiso at 860-210-0201 to reserve your seat or sign up at the Senior Center.



New Adventures in Cooking
with Marianne De Silva
Cooking Class in Paris at Reed's
Wednesday, September 10, 2014
11 AM to 2 PM

All are welcome to join Marianne as she shares some of the wonderful experiences she had on her recent trip to Paris and especially all the techniques she learned attending a Cooking Class at *Reed's* Restaurant preparing food the Parisian Way.

We will begin with a **Grilled Vegetable Terrine** that is topped **with a Poached Egg**. Then on to the main course, making a **salt crust** using the right balance of salt, flour and water to cover roasting chickens for our **Roasted Chicken Cooked in a Salt Crust**. Come see how amazing this chicken will be with an outer crust that is golden brown and the chicken so moist. Marianne will then teach us how to create an **Assorted Mushroom Sauce** (*mushrooms, garlic, shallots, parsley*) to serve over the chicken. **Potatoes** done the French way will complete this great meal.

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 all the wonderful foods as they create them. **Cost: \$20.**

Sign ups begin September 1st at the Senior Center or by calling 860-210-0056



AARP SAFE DRIVING COURSE

Thursday, October 9th - 12 Noon to 4:00 PM

This 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. The certificate you will receive on completion entitles you to a discount on your auto insurance. *Light refreshments served.*

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

Reservations are required, sign up at the Center or call us!

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