

# 7 SOUTH STREET

**Town of Roxbury Senior Center Newsletter**

**7 South Street, Roxbury, CT 06783**

**Open 10AM - 3PM, Tuesday through Friday**

**Telephone: 860-210-0056 FAX: 860-210-0129**

**Volume 10, Issue 11**

**November 2014**



*The Friends of the Roxbury Senior Center  
invite everyone to their*

## **HOLIDAY FESTIVAL**

**Saturday, December 6, 2014**

**6:30 PM to 8:30 PM**

*after the Town Tree Lighting*

*Festival Honorary Chairman Barbara Henry*

The Holiday Festival will include:

Chinese Auction on Great Gifts

Wreaths and Decorated Tabletop Trees

Third Annual *WINE PULL*

Holiday Bake Sale

Model Train Exhibit and Books

Surprises for Children

Wine and Hors d'oeuvres

and so much more . . .

*Tickets for the Chinese Auction will go on sale*

*Tuesday, December 2nd!*

We thank the extended community for supporting this wonderful fundraising event that benefits the Roxbury Senior Center!



**The Roxbury Seniors**

invite all seniors to their

**ANNUAL CHRISTMAS PARTY**

**at The Curtis House in Woodbury**

**Wednesday, December 17 at 12:30 PM**

This will be a three course luncheon that includes a choice of three different entrees all for a cost of \$22 per person.

Everyone will be served:

*A Tossed Salad with House Dressing*

and your choice of one of the following entrees:

*Roast Salmon with Asparagus and Confit Potatoes*

*Roasted Turkey with Stuffing, Cranberry Sauce, Potato and Vegetable*

*Yankee Pot Roast, Potato and Vegetable*

with Bread, Tea or Coffee and freshly baked pie for dessert

*(A Cash Bar will be available)*

**Paid Reservations Are Required By December 12th**

Please complete the reservation form on the bottom of page 2 with your choice of entrée and return to the

Senior Center or mail to the Center with your payment.

***Please make checks payable to The Roxbury Seniors***

**Join us for TWO special presentations**

**Thursdays at 1 PM:**

***Feeding Birds In Winter For Pennies - Nov. 6***

Margaret Robbins of *Birds Unlimited* will offer hints and valuable information.

***Medicare and Options Available During the Open Enrollment Period - November 13***

Presented by representatives from the WCAAA, Western Connecticut Area Agency on Aging.

The Roxbury Senior Center along with all Town Offices will be closed  
Tuesday, November 4 for Election Day,  
Tuesday, November 11 for Veterans Day as well as  
Thursday, November 27 and Friday, November 28  
for the Thanksgiving Holiday.

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

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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



The class includes relaxation techniques and poses modified to the needs of each individual. *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, November 5 at 11:00 AM

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



Yes, please plan on me attending the Roxbury Seniors' Annual Christmas Party!

Name(s) \_\_\_\_\_

Luncheon Entrée Choice(s):

\_\_\_\_\_ Roast Salmon \_\_\_\_\_ Roast Turkey \_\_\_\_\_ Yankee Pot Roast

Telephone Number \_\_\_\_\_

Check Amount Enclosed \_\_\_\_\_

Please drop your reservation off at the Senior Center or mail it to us at 7 South Street, Roxbury. Your check should be payable to *Roxbury Seniors*. **All reservations needed by December 12, 2014.**

*We regret we may be unable to refund payment for people who do not come and do not call us to let us know.*

## Senior Center Trips

### New Britain Museum of American Art

Wednesday, November 5

Come join us as we visit this special museum founded in 1903 and the first in the country to show American Art exclusively.

We will gather at the Senior Center for our prompt **9:30 AM** departure on our HART Bus. We will meet our docent for a tour of the current special exhibits, including: *Nelson Augustus Moore, Let Me Quilt One More Day, New/Now - The Vesper Project and Group f.64.* After the tour, we will have time to enjoy lunch in the Museum's Café, the Museum Store and the Museum's beautiful permanent collection.

The trip will cost \$10 per person and each senior will take responsibly for the cost of their own lunch.

### Osborne Homestead Museum

Wednesday, December 10

Come join us as we enjoy this National Historic Site beautifully decorated for the Holidays by the Garden Clubs in our area. This year's theme is **Holiday at the Symphony** and each room's decorations will reflect that theme. We will leave the Senior Center at 10 AM and travel to Derby on our HART Bus. After our docent led tour of the home, we will enjoy Lunch at Tavern 1757. Cost \$20 per person.

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



### 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!

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





**The Senior Center's  
Book Discussion Group  
Wednesday, November 19  
at 12:30 PM**

All are welcome to join us as Valerie Annis, Director of the Minor Memorial Library leads this month's selection:

***A Duty to the Dead* by Charles Todd**

Come read this Bess Crawford mystery and learn how Bess, a World War I nurse, keeps a promise made to a dying soldier and the mystery that unfolds.

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



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



**Crafts with Beatriz Conroy  
Friday, November 21 at 1 PM  
Dried Flower Arrangements**

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!**

**November Birthdays**

Congratulations and best wishes to everyone celebrating birthdays in November!

<b>Kay Eaton</b>	<b>November 6</b>
<b>Judy Martinez</b>	<b>November 21</b>
<b>Carolyn Goodrich</b>	<b>November 23</b>
<b>Nicholas Skipitaris</b>	<b>November 25</b>
<b>Ed Went</b>	<b>November 29</b>



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

***ON THE ROAD AGAIN***

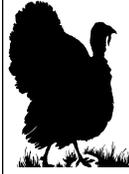
**Monday Roxbury Senior Bus Trips  
BACK BY POPULAR DEMAND!**

**November 10** - Ride with us to the Christmas Tree Shop in Danbury with lunch at the Olive Garden.

**November 24** - We'll return to Arthur Avenue, the Little Italy in the Bronx. You'll have plenty of time to walk around, shop and sample the local Italian specialties at the many fine restaurants and cafes.

**Both trips will leave at 10:00 AM sharp from the rear of the Senior Center Parking Lot.**

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  
Holiday Side Dishes  
Wednesday, November 12, 2014  
11 AM to 2 PM**

All are very welcome to join Marianne as she shows us some great ways to change our favorite side dishes a bit as well as incorporating some new side dishes into a our traditional menu!

Please remember to bring your apron to this fun hands-on workshop! The class will be making: **Maple Mashed Sweet Potatoes, Green Beans with Toasted Walnuts and Dried-Cherry Vinaigrette, Mashed Potatoes with Celery Root, Braised Brussels Sprouts with Bacon & Shallots, Roasted Cranberry Sauce with Herbed Candied Pecans.**

Come 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 November 1st at the Senior Center or by calling us at 860-210-0056.**

**The Friends of the Roxbury Senior Center  
invite you to enjoy the current exhibit of  
Photography by Ruth Pearl**

*A portion of all sales will be donated to the Friends to support programs at the Roxbury Senior Center.*



**Our Friends' Holiday Festival  
Wine Pull Workshop  
Friday, November 14 at 1 PM**

Come join the fun as the group decorates wine bottles for the Festival's Wine Pull!

**Please note: Additional donations of bottles of wine valued at \$20 or more for the Wine Pull are very welcome and appreciated!!**

**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**