

7 SOUTH STREET

Town of Roxbury Senior Center Newsletter

7 South Street, Roxbury, CT 06783

Open 10 AM - 3 PM, Tuesday through Friday

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

Volume 11, Issue 7

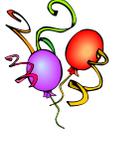
July 2015



**The Friends of the Roxbury Senior Center's
Soup's On Lunches**
will NOT be held in July and August
This very special program will
resume in September!



**The Roxbury Seniors'
July Luncheon**
Wednesday, July 22
at 12:30 PM



All are invited to join in our celebration of the **Eleventh 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)

Summer Greens with Lemon Vinaigrette

Fresh Rolls

Celebration Cake

All for \$10 per person

We are delighted to welcome our First Selectman, Barbara Henry who is looking forward to this opportunity to share information and answer questions after lunch.

Please RESERVE your seat by Friday, July 17!

Sign up at the Senior Center or call us!

Senior Center Trip John Jay Homestead State Historic Site



**in Katonah, New York
on Wednesday, July 29, 2015**

We will leave the Senior Center at 9:30 AM aboard a HART Transportation Bus. We will take a guided tour of the newly renovated *Homestead*, the retirement home of American patriot and Founding Father, John Jay.

John Jay served our nation in many ways. He was the President of the Second Continental Congress, author and key negotiator along with Benjamin Franklin and John Adams of the Treaty that ended the Revolutionary War as well as the first Chief Justice of the United States Supreme Court.

After our tour we will stop at a local restaurant, **Purdys Farmer and the Fish** for lunch.

The Cost of the Tour, Lunch and all gratuities is \$20.

All are welcome though space is limited.

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

All are invited to attend Coffee and Conversation with Dr. Susann Varano Friday, July 17 at 1 PM

We are happy to welcome back Dr. Susan Varano, a geriatrician, who will continue her talks about *What is Normal Aging?* This talk will focus on **BRAIN HEALTH**.

We thank Candlewood Valley Health & Rehabilitation Center for making this talk possible.

Please let us know to expect you.

Confidential & Free Memory and Cognitive Ability Screenings can also be scheduled by calling the Senior Center.

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

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Senior Center Exercise Classes



SENIOR AEROBICS / MAT CLASS

with Laura Weaving

Tuesdays and Thursdays

Both classes are held at 10:00 AM

We are **CHANGING** our Aerobics Classes as requested by our participants. Our **TUESDAY Class will remain the same Aerobics** done to music and our **THURSDAY Class will now change to incorporate additional work on Mats on the FLOOR**. Both Classes are designed just for seniors 55 and older.

Using 1 or 2 lb weights (available at the Center) will maximize your results though are 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



Come join this popular dance-fitness program inspired by Latin music designed for active seniors. It is a great way to burn calories and have lots of 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.



The Visiting Nurse Service of New Milford provides **FREE Blood Pressure Screening** at the Senior Center the second and fourth **TUESDAY** of every month

from 11:30 AM to 12:30 PM

No appointment necessary!

Strictly CONFIDENTIAL!!



The Senior Center's Book Discussion Group

will not meet during

July and August

We look forward to resuming our discussion on September 16 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 our Knitting and Needlecraft Group

The Silver Threads

FRIDAYS at 10:00 AM

Come knit, crochet or just enjoy the many talents of the people who do. There is always a snack and very lively conversation. We continue to thank our group's leader **Barbara Paul** who is happy to help all with project advice and to teach people how to knit!



Come join us for PINOCHLE and other games

Tuesdays afternoons at 1 PM

Refreshments will be served



Please call the Senior Center if you are interested

in joining

MAH JONGG

Thursdays at 12 noon



The Senior Center's **WRITERS' GROUP** will not meet during the Summer months.

The Group looks forward to resuming their meetings in the **FALL!**



If you are interested in playing **HORSESHOES**, at the Senior Center please let Linda know!

The Friends of the Roxbury Senior Center
invite you to enjoy the current exhibit and sale of
artwork by

Jim Stanton
with an Opening Reception on
Saturday, July 11
2 - 4 PM

*A portion of all sales will be donated to benefit our
Friends' fundraising efforts that support
the programs and activities at the Senior Center*



All are welcome to join
Crafts with Beatriz Conroy
Friday, July 10th
at 1 PM

Reverse Painting on Glass

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

*Wearing a smock is always recommended.
Space is limited.*

Please sign up at the Senior Center or call us!



Afternoon Movie
Wednesday, July 15
at 1 PM

The Theory of Everything

Eddie Redmayne in his Academy Award winning role as
astrophysicist Stephen Hawking shows how he and his
wife Jane struggled together to deal with an frightening
diagnosis and achieved more than was thought possible.

ON THE ROAD AGAIN

Monday Senior Bus Trip

Monday, July 13th - Sheffield Island Lighthouse: Come
with us as we board the catamaran ferry to cruise to Sheffield
Island. Once on the Island we will tour the 145 year old, 10
room lighthouse which showcases period furniture and offers
a chance to see what it was like for the families of 19th century
light keepers. After our tour, you can observe the wildlife
along the McKinney Wildlife Refuge Nature Trails, hunt for
shells along the beach and enjoy your own picnic lunch (bring
your own sandwich, beverage, etc.)

The cost for the ferry and tour is \$20.00.

**The Bus will leave from the Senior Center
at 9:30 AM sharp**

Call Jerrilynn Tiso at 860-210-0201 to sign up.



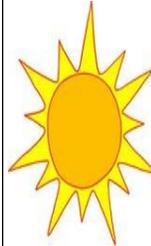
New Adventures in Cooking
with Marianne De Silva
Satisfying Summer Salad –
Salmon Nicoise
Wednesday, July 8 at 11 AM

If you are looking for a new way to lighten up your
meals during the summer months, join Marianne as
she shows us a brightly colored, healthy and totally
satisfying salad. Marianne has modified a classic
salad usually made with tuna. Her transformed
Salmon Nicoise Salad is filled with great, colorful
fresh ingredients; purple potatoes, haricots verts,
hardboiled eggs, olives, salmon, fresh summer
greens, capers and more. She will also show us how
to make some easy-to-make classic breadsticks to
enjoy with our salad.

Come enjoy another of Marianne's fun classes, get
all the great recipes and the wonderful tips that make
them work so well. The Class will enjoy the great
food as they make it. **Cost: \$20.**

Sign ups begin July 1st

You may sign up at the Senior Center or call us!



**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!**

July Birthdays

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

Bill Steers	July 4
Shirley Charpentier	July 15
Judith Kelly	July 30



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