



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 10

October 2015



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

EVERY TUESDAY

12 noon to 1 PM

Come enjoy a delicious meal with friends and neighbors!
Suggested Donation - \$5



The Friends of the Roxbury Senior Center are hard at work with plans for their **Holiday Festival 2015**

that will be held on

Saturday, December 5

There are still many opportunities for YOU to
be involved in this important Fundraising event!

**Another meeting is planned for
Friday, October 30 at 1 PM**

If you would like to be involved in the Festival and
cannot attend this meeting, please contact
Margo Terwilliger at 860-350-3410



The Roxbury Seniors' **October Luncheon**

Wednesday, October 28 at 12:30 PM

The Roxbury Seniors have planned a wonderful lunch
to celebrate Halloween and invite all seniors to join in the
fun whether you are *in costume or not!*

Marianne De Silva will be preparing:

Mulled Apple Cider

Turkey Meatloaf with Orange-Cranberry Sauce

Maple Mashed Sweet Potatoes

Roasted Asparagus

Chocolate Pumpkin Cupcakes

All are welcome though space is limited.

**The Cost is \$10. Reservations are required and must
be paid in full by Friday, October 23.**



The Roxbury Bridgewater Garden Club invites all seniors to enjoy their Workshop **Flower Power in a Coffee Mug**

Thursday, October 1 at 1 PM

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

We thank the Garden Club for generously offering
this workshop at NO COST to seniors.

**Required Reservations began in September and
this Workshop is currently filled.**

**We will continue to take names for our Wait List
and notify you if a spot opens up.**

VNA of New Milford will be offering
**Free Blood Pressure Screenings on
Tuesdays, October 13 and October 27**
from 11:30 AM to 12:30 PM
as well as

FLU SHOTS for seasonal flu on

Thursdays, OCTOBER 8 and OCTOBER 22
11 AM TO 12 Noon

The cost of the shots is yet to be determined though will
be covered in full by **Medicare Part B, Aetna, Anthem
Blue Cross and Connecticare insurance plans.**

*If you have other health insurance, please plan to pay
the required fee and you will be given a receipt you can
submit to your own insurer for reimbursement.*

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



Senior Center Trip to The Silo Cooking School and Hunt Hill Farm in New Milford

Wednesday, November 4

We are joining with our friends at the Bridgewater and
New Milford Senior Centers to offer an opportunity to tour
the Farm, enjoy a Cooking Demonstration at the famed
Silo Cooking School followed by a Luncheon at a price
especially discounted for seniors.

The day will begin with a **10:30 AM Departure** from

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The **AARP** Safe Driving Course will be offered Thursday, October 15 12 noon to 4 PM

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

Checks ONLY payable to AARP

Reservations are required and space is limited.

Senior Center Exercise Classes

Recognizing the importance of exercise as we age



SENIOR AEROBICS / MAT CLASS

with Laura Weaving
Tuesdays and Thursdays

Both classes are held at 10:00 AM

We now offer TWO options for Aerobics Classes. Our **TUESDAY Class is traditional Aerobics** done to music. Our **THURSDAY Class will now incorporate Aerobics with additional work on Mats on the FLOOR.** Both Classes are designed just for seniors 55 and older. Use of 1 or 2 lb weights (available at the Center) will maximize your results though not required.

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 that are 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.



OCTOBER IS BREAST CANCER AWARENESS MONTH

The Roxbury Senior Center continues the tradition of hanging our PINK RIBBON WREATH during the month of October. Pink ribbons are available and all are invited to add a ribbon to honor those who are fighting or have successfully fought the disease as well as people we lost to it and our ongoing commitment to finding a cure.



The Senior Center's Book Discussion Group Wednesday, October 21 at 12:30 PM *Murder on Fifth Avenue* By Victoria Thompson

Come join our discussion group under the direction of Valerie Annis as we share thoughts on this novel, part of the *Gaslight Series*, that takes place at the turn of the Century in New York City. Follow the investigation of a murder discovered at a private club and learn if all is as it appears.

Books will be available at the Senior Center as well as Minor Memorial Library.

Please plan to return books the day of the discussion.



Come Join our WRITERS' GROUP Wednesday, October 7 at 11 AM

For Seniors interested in writing, sharing ideas and support with other writers.



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 and their always lively talk. We 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



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Thursdays at 12 noon

Please call if you would like to join in!



Afternoon Movie Wednesday, October 7 at 1 PM

Saving Grace - A lighthearted story of a small-town English widow who, facing financial troubles after her husband's suicide, turns to agriculture of an illegal kind with Brenda Blethyn, Craig Ferguson and Martin Clunes.

We thank Minor Memorial Library for their assistance in offering this film

Senior Center Hunt Hill Farm Trip - continued

the Senior Center aboard the Roxbury Senior Bus.

On arrival, the group will be greeted by Bob Coppolla who will lead the group on a tour of the Museum. Bob, a friend of The Silo for many years, knew Ruth and Skitch Henderson personally. His tour will include highlights of their lives, many achievements and hopes for the Farm.

After the Museum Tour, the group will be treated to a Cooking Demonstration in the famed Silo Cooking School and learn how to prepare *Pumpkin Panna Cotta*, *Apple Hand Pies* and *Pepper Jelly Cheese Puffs*.

The group will then be served a delicious luncheon that includes:

*Butternut Squash and Apple Soup with
Cinnamon Crème Fraiche*

*Stew in Pumpkins From Ruth and Skitch Henderson's
Seasons In The Country Cook Book*

Skillet Corn Bread with Honey Butter

*Roasted Pear, Blue Cheese, Toasted Walnut Salad
with Balsamic Vinaigrette*

*Apple Spice Cake with Warm Caramel Sauce
with entertainment by pianist Hank Milligan*

The day will conclude with time in The Silo Gift Shop.

The normal fee has been reduced for us by half and costs \$48 per person. Space is limited and reservations will be taken with full non – refundable payment only as we must pay for our group the week before the trip.

Please contact the Senior Center with any questions.



Crafts with Beatriz Conroy

Friday, October 9 at 1 PM

Pearlized Glass Ornaments

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. Sign up at the Center or call us!

ON THE ROAD AGAIN

Monday Senior Bus Trip

Monday, October 19 - Travel the Connecticut Wine Trail with us and enjoy the beautiful fall foliage of the Litchfield Hills. Our bus will leave from the Senior Center at 10:45 AM sharp. First stop is the American Pie Restaurant in Sherman for a fabulous early lunch. After lunch you will stop at the White Silo Farm & Winery for a tour & tasting (cost \$10 incl. logo glass). While you are at White Silo please make sure to see the exhibit by M. Meken Silvestri, Glass Artist. Our next stop will be Hopkins Vineyard in New Preston where you will be able to taste seven of their award-winning wines (cost \$8.50 incl. logo glass). After tasting, you may want to explore their lovely gift shop where they have a wonderful variety of unique gift items and, of course, their wonderful wines.

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



New Adventures in Cooking

with Marianne De Silva

Oktoberfest Celebration

Wednesday, October 14 at 11 AM

Join Marianne in a celebration of Oktoberfest with some scrumptious German Foods. We'll start with a traditional *Bratwurst and Kielbasa with Apples, Onions, Potatoes and Sauerkraut* dish. Marianne will show us how to make *Homemade Spaetzle* and end our meal with a fabulous and traditional German Apple Cake, *Apple Kuchen*. Another GREAT class!

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 October 1st

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

PLEASE NOTE : As the Senior Center and ALL Town Offices will be closed on Wednesday, November 11 for Veterans Day, Marianne's November Class will be held on THURSDAY, November 12 at 11 AM

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

Jerry Cable

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

October Birthdays

Congratulations and best wishes to everyone
celebrating a Birthday in October

Sue Wilton

October 5



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