



# 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 12**

**December 2015**



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

## **HOLIDAY FESTIVAL**

**Saturday, December 5, 2015**

**3:00 PM to 5:30 PM**

*Before the Town Tree Lighting*

**Festival Honorary Chairman Barbara Henry**

**The Holiday Festival will include:**

**Silent Auction and Chinese Auction on Great Gifts**

**Holiday Decorations**

**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 1st!*

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

**Please call Margo Terwilliger at 860-350-3410 with  
questions about the Festival or to volunteer your help!**

*In the event of inclement weather,  
the Festival will be held on  
SUNDAY, December 6th  
from 3 to 5:30 PM*



## **ANNUAL CHRISTMAS PARTY**

**at The Curtis House in Woodbury**

**Wednesday, December 16 at 12:30 PM**

**This will be a three course luncheon that includes a choice  
of three different entrees all for a cost of \$20 per person.**

**Everyone will be served:**

*A Tossed Salad with House Dressing*

**and your choice of one of the following entrees:**

*\*Grilled Salmon with Rice Pilaf and Roasted Vegetables*

*\*Roasted Turkey with Stuffing, Cranberry Sauce,  
Mashed Potato and Roasted Vegetables or*

*\*Yankee Pot Roast, Mashed Potato and Vegetable  
with Bread, Tea or Coffee and Apple Crisp for dessert*

*(A Cash Bar will be available)*

**Paid Reservations Are Required By December 11th**

**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 Town of Roxbury*

**We are happy to offer transportation to the Curtis House  
on the Town of Roxbury's Senior Bus.**

**If you would like to be picked up at your home or meet at  
the Senior Center to ride together, please call Linda  
at 860-210-0056 no later than Friday, December 11th**



**The Roxbury Bridgewater Garden Club  
invites all seniors to their**

## **Boxwood Tree Workshop**

**Friday, December 11 at 1 PM**

**Come join us as members of the Garden Club return to  
teach us how to create a very special decoration for the  
Holiday season. We thank the Garden Club for once  
again generously offering this workshop at NO COST to  
seniors. **Reservations begin DECEMBER 1st!****

**If you are interested in attending DO NOT DELAY!  
Limited space. CALL, EMAIL or SIGN UP at the Center!**



**Calling all Bakers . . . There is still  
time for YOU to be involved in this year's  
Holiday Festival! If you would like to BAKE  
for the HOLIDAY BAKE SALE, please sign**

**up at the Senior Center or call to let us know. Donated  
items (DECORATED and LABELED please) may be  
dropped off Thursday, Dec. 3 or Friday, Dec. 4 between  
10 AM to 3 PM. If you would like to donate something  
that needs to be refrigerated, please plan to bring it the  
day of the Festival!**

**If you have questions, please call our  
Bake Sale Chairperson Pam Ruscoe at 860-354-3811**

**The Roxbury Senior Center along with  
all Town Offices will close  
Tuesday, December 22 at 12 noon.**



**The Roxbury Senior Center will be closed  
December 24 and December 25  
Wishing everyone a Happy Holiday Season!**



## 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.



## The Senior Center's Book Discussion Group

will not meet in December

We hope you will join us when the group meets again on January 20 to discuss

### **Sweet Tooth**

by Ian McEwan

Come join our leader Valerie Annis as we share thoughts on this novel that takes us into the world of a young British Intelligence agent Serene Frome and the mystery and romance she finds there.

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



## Come join our WRITERS' GROUP Wednesday, December 2 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 happily helps all with project advice and teaching how to knit.



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



## MAH JONGG

Thursdays at 12 noon

Please call if you would like to join in!



## Computer Help with Bill Chin of Software Matters in Roxbury is available on Wednesdays by appointment ONLY

Please call the Senior Center if interested



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

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

Luncheon Entrée Choice(s):

\_\_\_\_\_ Grilled 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 06783.

Your check should be payable to *Town of Roxbury*. **All reservations needed by December 11, 2015.**

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



**Senior Center Trip  
Osbourne Homestead Museum  
Thursday, December 10**

Come join us as we enjoy this National Historic Site beautifully decorated for the Holidays by our own Roxbury-Bridgewater Garden Club as well as other Garden Clubs in our area. This year's theme is **Holiday On The Farm**.

The Osborne Homestead Museum celebrates the life of Frances Osborne Kellogg, an accomplished business-woman and conservationist dedicated to preserving land for future generations.

**The Senior Bus will leave the Senior Center at 12:30 PM** for a tour presented by docents who will share information about Mrs. Kellogg, the Museum and all of the very special decorations.

This trip is offered at NO COST to Seniors and made possible through the generosity of the Town of Roxbury and the Friends of the Roxbury Senior Center. Sign up or call 860-210-0056 by Friday, December 4th.



**New Adventures in Cooking  
with Marianne De Silva  
Gingerbread Snow Globe City  
Holiday Workshop**

**Wednesday, December 9 at 11 AM**

All are welcome to join Marianne for this fun, **hands-on** Holiday Workshop as the class works together to create a **Gingerbread Snow Globe City**.

This gingerbread *cookie house village* is a winter wonderland of **gingerbread** buildings, trees and people that are baked, cut, and dusted with sugar then arranged on a snowy-sugar mound enclosed in a 2 gallon glass jar topped by a holiday bow.

The Class will bake two batches of gingerbread. One for our **snow globe city** and the other to enjoy eating along with delicious **Christmas Coffee** that Marianne will show the class how to make.

At the conclusion of the class, we will hold a Raffle with all attendee's names. The lucky winner will take the **Gingerbread Snow Globe City** home to enjoy for the holidays.

**Reservations begin December 1<sup>st</sup>.**

**PLEASE DO NOT DELAY!** Marianne's classes are always popular. Sign up at the Senior Center, call or email Linda at [lwahlers@roxburyct.com](mailto:lwahlers@roxburyct.com). Cost is \$20.



**The Friends of the Roxbury Senior Center's  
Soup's On Lunches  
TUESDAYS, December 1, 8 and 15!  
12 noon to 1 PM**

Come enjoy a delicious meal with friends and neighbors!

**December Birthdays**

Congratulations and best wishes to everyone celebrating birthdays in December!

**Richard Daniel      December 1**  
**Sterett Kelsey      December 16**



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



**Crafts with Beatriz Conroy**

**Friday, December 18 at 1 PM**

**Christmas Memories**

**A Reverse Painting on Glass Project**

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

*Wearing some kind of apron or smock is always recommended when we are painting .*

**Space is limited. Sign up at the Center or call us at 860-210-0056!**

**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 our Center*

**ON THE ROAD AGAIN - Senior Bus Trip**

December 13<sup>th</sup> - This month we are going to the **Warner Theater in Torrington** to enjoy the Sunday Matinee Performance of *Sister's Christmas Catechism: The Mystery of the Magi's Gold*. Tickets for the play are \$32.30 per person (non-refundable), must be reserved and paid for by Tuesday, December 8, checks made payable to: **Town of Roxbury**.

This trip is limited to 12 (twelve). Do not delay calling Jerrilynn at 860-210-0201 to reserve your seat.

**Bus leaving from the Senior Center at 1:15pm sharp.**

**Roxbury Senior Center  
Open Tuesday through Friday**

**10 am to 3 pm**

**Linda Wahlers**

**Senior Center Director**

**860-210-0056**

**[lwahlers@roxburyct.com](mailto: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](mailto:socialservices@roxburyct.com)**