

Roxbury Senior Center

January 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
 <p>Calling all bakers! We LOVE home baked refreshments at the Senior Center and truly appreciate all donations! Thank you for sharing with us!</p>		 <p>Afternoon Movie By Request Wednesday, January 13 at 1 PM <i>The Man from U.N.C.L.E.</i> Starring Henry Cavill & Armie Hammer, this action film is based on the popular 1960's TV Series. We thank Minor Memorial Library for sharing this DVD</p>		1	<p>Happy New Year! The Senior Center is Closed Today</p>	
3	4 Senior Center Closed Senior Bus Danbury Mall Area 9:30 AM	5 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	6 Computer Help by appointment Cooking Class with Marianne De Silva 11AM <i>Cauliflower - The New Kale</i>	7 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon Senior Center Board of Directors' Meeting - 7:15 PM	8 Knitting Group 10 AM Yoga 10 AM Chair Yoga -11:45 AM Friends of the Senior Center Board of Directors Meeting 12:30 PM	9
10	11 Senior Center Closed <i>On the Road Again</i> Bus Trip to Stamford 9:30 AM	12 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	13 Computer Help by appointment Writing Group 11 AM AFTERNOON MOVIE 1 PM <i>The Man From U.N.C.L.E.</i>	14 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon	15 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Crafts with Beatriz- 1 PM	16
17	18  Senior Center Closed Dr. Martin Luther King Day	19 Senior Aerobics-10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	20 Computer Help - appointment Book Discussion 12:30 PM <i>Sweet Tooth</i> by Ian McEwan	21 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon	22 Knitting Group 10 AM Yoga 10 AM Chair Yoga -11:45 AM	23
24 <hr/> 31	25 Senior Center Closed	26 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON 12 to 1 PM Pinochle & Games - 1 PM	27 Computer Help - appointment Coffee and Conversation 11 AM Programming and Activity Ideas	28 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon	29 Knitting Group 10 AM Yoga 10 AM Chair Yoga -11:45 AM	30