

Roxbury Senior Center

February 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Senior Ctr. Closed Senior Bus Danbury Mall AREA 9:30 AM	2 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	3 Computer Help by appointment Writing Group 11 AM	4 Senior Aerobics/ Mat Class – 10 AM <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon Senior Center Board of Directors' Meeting - 7:15 PM	5 Knitting Group 10 AM Yoga 10 AM Chair Yoga -11:45 AM Friends of the Senior Center Board of Directors Meeting 12:30 PM	6
7	8 Senior Ctr. Closed On the Road Again Senior Bus to Guildford 10 AM	9 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM VNA FREE Blood Pressure 11:30 AM to 12:30 PM Pinochle & Games - 1 PM	10 Computer Help by appointment Cooking Class with Marianne De Silva Sweet Valentine Dippers 11AM	11 Senior Aerobics/ Mat Class – 10 AM <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon	12 Knitting Group 10 AM Yoga 10 AM Chair Yoga -11:45 AM Senior Center Trip to Woodbury Lunch and Mini Golf 12 noon Departure	13
14 Happy Valentine's Day 	15  Senior Center Closed Presidents' Day	16 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	17 Computer Help by appointment Book Discussion 12:30 PM Very Valentine By Adriana Trigiani	18 Senior Center Trip to <i>The Connecticut Flower Show</i> 9:30 AM DEPARTURE Senior Aerobics/ Mat Class – 10 AM <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon	19 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Crafts with Beatriz- 1 PM A Valentine Surprise	20
21	22 Senior Ctr Closed Lunch Bunch 12 noon CHIPS in Southbury	23 Senior Aerobics-10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON -12 noon to 1 PM VNA FREE Blood Pressure 11:30 AM to 12:30 PM Pinochle & Games - 1 PM	24 Computer Help - appointment Seniors' Luncheon 12:30 PM Guest Speaker: Teresa Roxburgh	25 Senior Aerobics/ Mat Class – 10 AM <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon Snow Date for Seniors' Lunch 12:30 PM	26 Knitting Group 10 AM Yoga 10 AM Chair Yoga -11:45 AM	27
28	29 Senior Ctr Closed Monday Movies AMC LOWES Danbury	Roxbury's Senior Bus goes to the Danbury Fair Mall AREA THE FIRST MONDAY OF EVERY MONTH and will stop where YOU would like! OPTIONS include DSW, Trader Joe's, Barnes and Nobles, Christmas Tree Shop as well as the MALL and more!		Roxbury's Senior Bus is also available for Shopping: Every Tuesday – 9:30 AM start at Senior Center to Southbury and Woodbury Every Wednesday - 9:30 AM start at Senior Center to New Milford & Brookfield The Bus will then stop at Bernhardt Meadows on those days.		