



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 12, Issue 3

Welcoming our residents age 55 and older

March 2016



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

held every **TUESDAY** from 12 noon to 1 PM
Suggested Donation \$5

Come join your friends and neighbors for a delicious lunch. **In response to requests, we are dedicated to serving a VEGETARIAN Soup's On the LAST Tuesday of every month**

If you would like to come to SOUP'S ON or any of the Senior Center's programs, activities or Trips and need a ride, our SENIOR BUS will pick you up at your home and drive you to the Center, please call Linda at 860-210-0056 or Jerrilynn at 860-210-0201 to make arrangements.

The Town of Roxbury's Senior Bus is also available to take YOU shopping or to non-emergency medical appointments. Please call Jerrilynn Tiso at 860-210-0201 for those transportation needs!



Roxbury Seniors' March Luncheon Wednesday, March 23 at 12:30 PM

All are welcome to join us for a wonderful lunch to celebrate St. Patrick's Day! Marianne De Silva will be preparing the following delicious meal:

**Corned Beef and Cabbage
Potatoes and Carrots
Irish Soda Bread, Beverages
with Bailey's Irish Cream Cake for Dessert
All for a cost of \$10.00**

After lunch, we are looking forward to some *Irish Stories* told by a good friend of the Senior Center professional story teller, **Carol Birch.**

All are welcome though space is limited.

Please **RESERVE** your seat by **Friday, March 18**

Please sign up at the Senior Center or contact Linda at 860-210-0056 or email lwahlers@roxburyct.com.

Senior Center Trips

Connecticut Spring Antique Show Saturday, March 19th

All seniors are welcome to see this special show held at the Connecticut State Armory in Hartford. Portrayed as an *American Treasure Trove*, the show features pre-1840's American furniture and accessories with some of the country's finest and most respected dealers.

A program *American Folk Art: The Fancy & Fantasy* by Bev Norwood **will be offered at 2 PM.**

Special thanks to Susie and Rich Burmann for their
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Watercolor Classes with Professional Artist Sandra Cointreau Thursdays in March from 1 - 3 PM

We thank Sandra for so graciously sharing her time, talents and expertise guiding us through the process of creating watercolors in this four part series of classes.

Sandra will also be supplying all material needed.

Please plan to attend **ALL FOUR** classes and wear a smock.

Space is limited, please sign up at the Center or call us.

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

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Roxbury, CT 06783**

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.

March Birthdays

Best wishes to everyone celebrating birthdays in March!

Marilyn Kayner	March 2
Pat Lowe	March 6
Muryn Hotchkiss	March 9
Jan Steers	March 10
Sandi Larson	March 16
Mary Jonker	March 18



Please let Linda know if you would like your birthday noted!



The Senior Center's Book Discussion Group

Wednesday, March 16 at 12:30 PM

We hope you will join us when the group meets with our leader Valerie Annis to discuss

***The Horse Whisperer* by Nicholas Evans**

A novel about a man with a talent for helping heal horses and a family also in need of healing.

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

We thank each member of the group for being prepared to return their book the day of the discussion

The film version starring Robert Redford, Kristin Scott Thomas and Scarlett Johansson will be shown on Friday, March 18 at 1 PM



Come join our WRITERS' GROUP

Wednesday, March 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



Infinite Design

Thursdays at 10 AM
with Charlie Roxburgh

Enjoy the fun and relaxation of using colored pencils to complete designs.



MAH JONGG

Thursdays at 12 noon
Please call if you would like to play!



Computer Help with Bill Chin of Software Matters in Roxbury is available Wednesdays **by appointment ONLY**. Please call the Senior Center if interested.



The Visiting Nurse Service of New Milford provides **FREE Blood Pressure** the second and fourth **TUESDAY** of every month from 11:30 AM to 12:30 PM. **No appointment necessary!**
Strictly CONFIDENTIAL!!

Senior Center Trips CT Spring Antique Show continued

assistance in planning this trip and securing discounted tickets as a courtesy of the sponsoring Haddam Historical Society. The **discounted tickets will cost \$10.00** and will be waiting for the group when they arrive. You may buy lunch at the Show or bring your own. **The Senior Bus will leave the Senior Center at 10 AM. The group will leave Hartford at 3:30 PM with an expected return to Roxbury around 4:30 PM.**

Space is limited. Sign up at the Senior Center, call Linda at 860-210-0056 or email lwahlers@roxburyct.com.

New Britain Museum of American Art Wednesday, March 30

Come join us for our visit to this Museum and see the recently completed twenty-two million dollar expansion with seven new galleries to explore. A docent will lead the group on a tour of the *Highlights of the Museum* that including special exhibits that will include one on **Shaker Furnishings** as well as the printmaking of the celebrated artist **Salvador Dali**.

The **discounted cost of the Tour** (including Museum admission) is **\$10**. Lunch in the Museum's Café will be the responsibility of each participant. We thank the Town of Roxbury and the Friends of the Roxbury Senior Center for making these discounts possible.

The Bus will leave the Senior Center at **9:45 AM**, leave the Museum at 3 PM with hopes to return to Roxbury by 4 - 4:30 PM.

Space is limited. Sign up at the Senior Center, call Linda at 860-210-0056 or email lwahlers@roxburyct.com.



New Adventures in Cooking with Marianne De Silva Showcasing Olives in Italian Cooking Wednesday, March 9 at 11:00 AM

Come join Marianne for another fun and delicious cooking class as she demonstrates *the versatility of olives in Italian cooking*.

The class and Marianne will create three different dishes; the first is a starter, **Sicilian Olive & Eggplant Caponata**, served with crusty Italian bread. Then we'll make an **Insalata Siciliana - Orange Olive Salad**, and our last dish is a Neapolitan pasta dish **Spaghetti Alla Puttanesca**, olives, tomatoes, capers, garlic and more.

Reservations begin March 1st

Sign up at the Center, call Linda at 860-210-0056 or email her at lwahlers@roxburyct.com. **Cost is \$20.**



Crafts with Beatriz Conroy Friday, March 11 at 1 PM Painting Wooden Easter Eggs

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

Please remember: Wearing some kind of apron, smock or old shirt is always recommended for crafts!
Space is limited. Sign up at the Center or call us!

Come take the Senior Bus and ENJOY . . .

Lunch Bunch - Monday, March 21 - Take the Bus for lunch this month to **The White Horse Pub**.
Leaving the Senior Center at **12 Noon**

Monday Movies - Monday, March 28- The Senior Bus will go Danbury's AMC Lowes Movie Theatre. The list of movies and times will be available on Tuesday, March 22.

Sign up at the Center or call Jerrilynn or Linda.

ON THE ROAD AGAIN - Senior Bus Trips

Monday, March 7th - WCSU Art Gallery in Danbury to view **The Beatles: Six Days That Changed the World**, the remarkable photographic chronicle by legendary Life Magazine photojournalist **Bill Eppridge**. This collection of 55 black-and-white photos was taken during the Beatles' historic 1964 visit to the United States.

Lunch will follow at a restaurant of the group's choosing.

RESCHEDULED FEBRUARY TRIP:

Monday, March 14th - Guilford CT with a stops at the Spice & Tea Exchange, The Village Chocolatier, lunch at Ballou's Restaurant & Wine Bar then a stop at Bishop's Orchards. **PLEASE NOTE PREFERENCE WILL BE GIVEN TO THOSE SENIORS WHO HAD SIGNED UP FOR THIS TRIP THAT WAS SNOWED OUT IN FEBRUARY.**

The Senior Bus will leave from the Senior Center at 10:00 AM for both trips.

Call Jerrilynn at 860-210-0201 to sign up or sign up at Senior Center.

**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

DO YOU HAVE SPECIAL NEEDS THAT WOULD REQUIRE HELP IN AN EMERGENCY OR EVACUATION? IF "YES," PLEASE FILL OUT THE SURVEY BELOW.

If you need assistance in case of emergency evacuation due to any disability that will prevent prompt evacuation or cause you to need additional help in the event of a local disaster or emergency, please complete and return this survey (also available on Town website www.roxburyct.com).

The survey will be shared with the Town of Roxbury's Emergency Management team to ensure that there is up-to-date information to provide assistance, if needed, in the event of an emergency or evacuation. When special assistance is no longer needed, the Town's Emergency Management Official or Social Services Director should be notified.

This form should only include information regarding necessary life supports that would be affected in case of a power outage, or impairments that will impede self-evacuation from your home.

**Please return completed survey to Jerrilynn Tiso, Social Services Director/
Municipal Agent**

**Town of Roxbury, 7 South Street, Roxbury, CT 06783
860.210.0201 socialservices@roxburyct.com**

THIS INFORMATION WILL BE KEPT CONFIDENTIAL.

I may need assistance in the event of an emergency or evacuation: (PLEASE PRINT)

Name:	_____
Street Address:	_____
Home Phone:	_____
Work Phone:	_____
TDD/TT:	_____

Please check each box that applies:

Above named person may need assistance in an emergency or evacuation for the following reasons:

<input type="checkbox"/>	I am hearing impaired and need assistance with notifications.	<input type="checkbox"/>	I am in a wheelchair, and need a wheelchair accessible ride for evacuation
<input type="checkbox"/>	I am in a wheelchair and can transfer to a car, but I need a ride.	<input type="checkbox"/>	I am confined to bed, or am on life support, and need to be transferred by ambulance.
<input type="checkbox"/>	I am sight impaired and need special assistance.	<input type="checkbox"/>	I am on oxygen and need a generator in case there is no power.
<input type="checkbox"/>	I am confined to bed, and can transfer to a wheelchair with assistance.	<input type="checkbox"/>	Other needs that will prevent prompt evacuation (Explain): _____

Relative or other person we can notify to help you in the event of an emergency or evacuation:

Name: _____	Address: _____
Home Phone: () _____	City, State, Zip: _____
Work Phone: () _____	Relation to you: _____

Please use the reverse of this form to indicate other information that would be helpful to us.