

Roxbury Senior Center

May 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Senior Ctr. Closed Senior Bus to Danbury Mall Area - 10 AM	3 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	4 Computer Help by appointment Writing Group 11 AM NEW - Exercise for Balance Class - 2 PM	5 Senior Aerobics/ Mat Class – <i>Infinite Design Coloring</i> - 10 AM Lunch Bunch to Chili's <i>Cinco De Mayo Lunch + Shopping</i> Mah Jongg - 12 noon Senior Center Board of Directors' Meeting - 7:15 PM	6 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Friends of the Senior Center Board of Directors Meeting 12:30 PM	7
8  Mother's Day On the Road Again - 10 AM Arthur Ave. NY	9 Senior Ctr. Closed	10 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	11 Computer Help by appointment Cooking Class with Marianne De Silva 11 AM Cooking With Wild Ramps Exercise for Balance—2 PM	12 Senior Aerobics/ Mat Class – <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon 10 AM - Senior Bus Shopping Trip to IKEA in New Haven	13 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Crafts with Beatriz- 1 PM Reverse Painting on Picture Frame Glass	14
15	16 Senior Ctr. Closed Lunch & Movies 11 AM	17 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM After Lunch Conversation with Dr. James Prado 1:30	18 Computer Help/ App't Book Discussion 12:30 PM A Pattern of Lies by Charles Todd Exercise for Balance—2 PM	19 Senior Aerobics/ Mat Class – 10 <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon	20 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM FIVE WISHES -1PM An Information Session by our Municipal Agent Jerrilynn Tiso	21
22	23 Senior Ctr Closed On the Road Again - 10 AM Middletown, CT	24 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 Pinochle & Games -1 PM	25 Computer Help/appointment Seniors' May Luncheon 12:30 PM Speaker: Laura McEvoy Exercise for Balance—2 PM	26 Senior Aerobics/ Mat Class – <i>Infinite Design Coloring</i> - 10 AM Mah Jongg - 12 noon 10 AM - Senior Bus Shopping Trip to West Farms Mall	27 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM	28
29	30 Senior Ctr. Closed  Memorial Day	31 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM Vegetarian SOUP'S ON 12 noon to 1 PM Pinochle & Games -1 PM	June 1 Senior Center Trip to Yale University Art Gallery with Lunch at the Union League Café	Weekly Shopping Schedule: Tuesdays - 9:30 AM to Southbury and Woodbury Wednesdays - 9:30 AM to New Milford and Brookfield With stops at Bernhardt Meadows	May Birthdays Congratulations and best wishes to everyone celebrating birthdays in May! Bob Larson May 28 Please let us know if you would like your birthday noted! 	