

Roxbury Senior Center

June 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>June Birthdays Congratulations and best wishes to everyone celebrating birthdays in June! David Lincicome June 4 <i>Please let us know if you would like your birthday noted!</i></p> 		<p>1 Computer Help/ appointment Writing Group 11 AM Senior Center Trip to Yale University Art Gallery Exercise for Balance - 2 PM</p>	<p>2 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon Senior Center Board of Directors' Meeting - 7:15 PM</p>	<p>3 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Friends of the Senior Center Board of Directors Meeting 12:30 PM</p>	4	
5	<p>6 Senior Ctr. Closed Senior Bus to Danbury Mall Area - 10 AM</p>	<p>7 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM After Lunch Event - A Tour of Italy 1:30 PM</p>	<p>8 Computer Help by appointment Cooking Class with Marianne De Silva 11 AM Summer Vegetable Pasta Exercise for Balance—2 PM</p>	<p>9 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon 9:30 AM - Senior Bus Shopping Trip Van Wilgen's Garden Center + Lunch in North Branford</p>	<p>10 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Crafts with Beatriz- 1 PM Majestic Mountains on Canvas</p>	11
12	<p>13 Senior Ctr. Closed On the Road Again - Cooks Nook</p>	<p>14  Flag Day 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</p>	<p>15 WCAAA Senior Fair - 9AM Computer Help by App't Book Discussion 12:30 PM Orphan Train by Christina Baker Kline Exercise for Balance—2 PM</p>	<p>16 Senior Aerobics/ Mat Class –10 AM Mah Jongg - 12 noon</p>	<p>17 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Senior Bus Trip Sugar Land Skeeters at New Britain Bees - 4:30 PM</p>	18
<p>19 HAPPY FATHERS DAY</p>	<p>20 Senior Ctr Closed Lunch & Movies 11AM</p>	<p>21 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON—12 noon Pinochle & Games -1 PM After Lunch Event - 1:30 PM Introduction to Reiki</p>	<p>22 Computer Help/appointment Seniors' June Lunch 12:30 PM Speaker: Bob Boltax Yale Center for British Art Exercise for Balance—2 PM</p>	<p>23 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon Roxbury - Bridgewater Garden Club Workshop 1 PM</p>	<p>24 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM</p>	25
26	<p>27 Senior Ctr. Closed On the Road Again - Thimble Island Cruise</p>	<p>28 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 -12:30 Vegetarian SOUP'S ON 12 noon to 1 PM Celebration of Soup's On Volunteers Pinochle & Games -1 PM</p>	<p>29 Computer Help by appointment Exercise for Balance—2 PM</p>	<p>30 Trip to Elizabeth Park Gardens Tour 8:30 AM with Lunch at Rizzuto's in West Hartford Senior Aerobics/ Mat Class 10 AM Mah Jongg - 12 noon</p>	<p>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</p>	