

Roxbury Senior Center

July 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>July Birthdays Congratulations & best wishes to everyone celebrating birthdays in July! Bill Steers July 4 Judith Kelly July 30</p>  <p>Please let us know if you would like your birthday noted!</p>			<p>Weekly Shopping Schedule: Tuesdays - 9:30 AM to Southbury and Woodbury **Wednesdays - 9:30 AM to New Milford and Brookfield ** ** Switch to Thursdays July 7 and July 21 With stops at Bernhardt Meadows all days</p>		<p>1 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM</p>	<p>2</p>
<p>3</p>	<p>4 Senior Ctr. Closed Happy Fourth of July</p> 	<p>5 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM NO SOUP'S ON Pinochle & Games - 1 PM</p>	<p>6 Computer Help by appointment Senior Center Trip to Yale University Center for British Art Writing Group 11 AM <i>Exercise for Balance - 2 PM</i></p>	<p>7 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon Afternoon Movie -1 PM <i>Star Wars The Force Awakens</i></p>	<p>8 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM Crafts with Beatriz- 1 PM</p>	<p>9</p>
<p>10</p>	<p>11 Senior Ctr. Closed</p> <p><i>On the Road Again - West Haven Beach</i></p>	<p>12 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM NO SOUP'S ON Pinochle & Games -1 PM</p>	<p>13 Computer Help by App't Cooking Class with Marianne De Silva 11 AM <i>Exercise for Balance—2 PM</i></p>	<p>14 Special Shopping— Ocean State Job Lot in Seymour with Lunch at the Brookside Inn 10 AM Departure Senior Aerobics/ Mat Class -10 AM Mah Jongg - 12 noon</p>	<p>15 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM</p>	<p>16</p>
<p>17</p>	<p>18 Senior Ctr. Closed</p> <p><i>Lunch & Movies 11AM</i></p>	<p>19 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM NO SOUP'S ON Pinochle & Games -1 PM</p>	<p>20 Computer Help/appointment Senior Center Trip to Yale Peabody Museum of Natural History <i>Exercise for Balance—2 PM</i></p>	<p>21 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon</p>	<p>22 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM</p>	<p>23</p>
<p>24</p> <p>31</p>	<p>25 Senior Ctr. Closed</p> <p><i>On the Road Again - Buttonwood Farm</i></p>	<p>26 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM CLASSES AT THE LIBRARY VNA FREE Blood Pressure 11:30 -12:30 No SOUP'S ON Pinochle & Games -1 PM</p>	<p>27 Computer Help/appointment Seniors' 12th Anniversary Luncheon - 12:30 PM <i>Exercise for Balance—2 PM</i></p>	<p>28 Senior Aerobics/ Mat Class 10 AM Mah Jongg - 12 noon Afternoon Movie -1 PM JOY</p>	<p>29 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga -11:45 AM YOGA CLASSES AT THE LIBRARY</p>	<p>30</p>