

Roxbury Senior Center

August 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Danbury Fair Mall AREA 10 AM	2 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM NO SOUP'S ON Pinochle & Games - 1 PM	3 Computer Help by appointment Senior Center Trip to Yale University Center for British Art Writing Group 11 AM	4 Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon	5 Knitting Group - 10 AM No Yoga Classes in August Afternoon Movie -1 PM <i>Hail Caesar !</i>	6
7 On the Road Again - Seymour	8 Senior Ctr. Closed	9 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	10 Computer Help by appointment Cooking Class with Marianne De Silva <i>Summer's Bounty Corn, Tomatoes and Zucchini - 11AM</i>	11 Aerobics/ Mat - 10 AM HOLIDAY FESTIVAL PLANNING 10:30 AM Mah Jongg - 12 noon <i>Intro to Florence Griswold Museum Film</i> —11:30 AM and 1:30 PM	12 Knitting Group at 10 No Yoga Classes in Aug. Crafts with Beatriz- 1 PM <i>Reverse Painting on Glass</i> Intro to Florence Griswold Museum Film 12:30 & 2 PM	13
14 Lunch & Movies 11AM	15 Senior Ctr. Closed	16 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM NO SOUP'S ON Pinochle & Games - 1 PM	17 Computer Help by App't Senior Center Trip to Florence Griswold Museum 9 AM Departure	18 Senior Aerobics/ Mat Class -10 AM Mah Jongg - 12 noon	19 Knitting Group - 10 AM No Yoga Classes in August	20
21 On the Road Norwalk Maritime Center	22 Senior Ctr. Closed	23 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	24 Computer Help/appointment Roxbury Seniors Annual Picnic Luncheon 12:30 PM	25 Special Shopping- West Farms Mall (TAX FREE shopping) 10 AM Departure Senior Aerobics/ Mat Class - 10 AM Mah Jongg - 12 noon	26 Knitting Group TRIP to <i>A Stitch in Time</i> and Lunch in Bethel - 10 AM No Yoga Classes in August	27
28	29 Senior Ctr. Closed	30 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM NO SOUP'S ON Pinochle & Games - 1 PM	31 Computer Help/appointment Afternoon Movie 1:00 PM <i>The Intern</i>	Regular Weekly Senior Transportation Shopping Schedule: Tuesdays - 9:30 AM to Southbury and Woodbury Wednesdays - 9:30 AM to New Milford and Brookfield With stops at Bernhardt Meadows all days		