

Roxbury Senior Center

September 2016

| Sun. | Mon. | Tuesday | Wednesday | Thursday | Friday | Sat. |
|---|--|---|---|--|---|---|
| <p>The VNA of New Milford will offer Flu Shots for Seasonal Flu at the Senior Center Thursday, October 6 and Thursday, October 20 11 AM to 12 noon. Please plan to reserve your shot!</p> | | <p>The AARP Safe Driving Class Thursday, October 27 12 noon to 4 PM \$15 for AARP members, \$20 for others Checks ONLY payable to AARP Reservations REQUIRED!</p> | | <p>1 Senior Aerobics/ Mat Class – 10 AM Adult Coloring - 10 AM Mah Jongg - 12 noon <i>Senior Center Board of Directors Meeting 7:15 PM</i></p> | <p>2 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM</p> | <p>3</p> |
| <p>4</p> | <p>5 Senior Ctr. Closed Labor DAY NO Senior BUS</p> | <p>6 Senior Aerobics -10 AM ZUMBA GOLD - 11:15 AM NO SOUP'S ON Pinochle & Games 1 PM</p> | <p>7 Computer Help by appointment Senior Center Trip Lunch at Griswold Inn and Connecticut River Museum 10:30 Departure Writing Group 11 AM</p> | <p>8 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Mah Jongg - 12 noon</p> | <p>9 Knitting Group at 10 Yoga - 10 AM Chair Yoga—11:45 AM Friends of the Senior Center Directors' Meeting -12:30 PM Crafts with Beatriz- 1 PM Bracelet Workshop</p> | <p>10</p> |
| <p>11 Patriot Day <i>On the Road - Lights and Sights Cruise BUS: 10 AM</i></p> | <p>12 Senior Ctr. Closed</p> | <p>13Senior Aerobics - 10 ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON RESUMES 12 noon to 1 PM Pinochle & Games -1</p> | <p>14 Computer Help by App't Cooking Class with Marianne De Silva Grilling – Harvest Pizzas 11 AM</p> | <p>15 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Shops at Evergreen Walk - Windsor - 10 AM Departure Mah Jongg - 12 noon</p> | <p>16 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM</p> | <p>17 AREA Household Hazardous Waste Day New Milford 9 AM to 3 PM</p> |
| <p>18</p> | <p>19 Senior Ctr. Closed <i>Lunch & Movies 11 AM</i></p> | <p>20 Senior Aerobics - 10 ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games -1</p> | <p>21 Computer Help/appointment Senior Center Book Discussion - 12:30 The Forgotten Garden By Kate Morton</p> | <p>22 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Mah Jongg - 12 noon Afternoon Movie - 1 PM - RACE</p> | <p>23 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM</p> | <p>24</p> |
| <p>25</p> | <p>26 Senior Ctr. Closed <i>On the Road - Litchfield Historical Sites BUS: 10 AM</i></p> | <p>27Senior Aerobics - 10 ZUMBA GOLD - 11:15 VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON 12 to 1 Pinochle & Games - 1</p> | <p>28Computer Help/appointment Roxbury Seniors Luncheon - 12:30 PM Program - Overview of A Matter of Balance</p> | <p>29 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Mah Jongg - 12 noon Outing to the Pottery Factory Brookfield, 12:30 Departure</p> | <p>30 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM</p> |  |