

Roxbury Senior Center

October 2016

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
 OCTOBER IS BREAST CANCER AWARENESS MONTH The Roxbury Senior Center continues the tradition of hanging our PINK RIBBON WREATH during the month of October. Pink ribbons will be available and all are invited to add a ribbon to honor those who are fighting or have successfully fought the disease as well as people we lost to it and our ongoing commitment to finding a cure.				Regular Weekly Senior Shopping Transportation Schedule: Tuesdays - 9:30 AM to Southbury and Woodbury Wednesdays - 9:30 AM to New Milford and Brookfield with stops at Bernhardt Meadows both days		1
2 Rosh Hashanah begins at sundown	3 Senior Ctr. Closed Danbury Fair Mall AREA Bus: 10 AM	4 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games - 1 PM	5 Computer Help by appointment Senior Center Trip Florence Griswold Museum 9 AM Departure Writing Group 11 AM	6 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM VNA FLU SHOTS 11 AM to 12 Noon Mah Jongg - 12 noon Senior Center Board of Directors' Meeting 12:30 PM	7 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM Friends of the Senior Center Directors' Meeting -12:30 PM	8
9	10 Senior Ctr. Closed Columbus On the Road – Essex Train and Boat BUS: 9:30 AM	11 Yom Kippur begins - sundown 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 to 1 PM Pinochle & Games -1 PM	12 Computer Help by App't Cooking Class with Marianne De Silva Pumpkin Venture 2 11 AM	13 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Mah Jongg - 12 noon	14 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM Crafts with Beatriz- 1 PM Painting Pumpkins	15
16	17 Senior Ctr. Closed Lunch & Movies BUS: 11 AM	18 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Pinochle & Games- 1 PM	19 Computer Help/appointment Senior Center Book Discussion - 12:30 The Fatal Chapter By Lorna Barrett	20 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM VNA FLU SHOTS 11 AM to 12 Noon Mah Jongg - 12 noon A Matter of Balance Class - 1 PM	21 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM Oktoberfest Lunch Bunch - 12:30 PM	22
23 ARTIST RECEPTION 2 - 4 pm	24 Senior Ctr. Closed On the Road Hudson Walk BUS: 10 AM	25 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON 12 to 1 PM Pinochle & Games - 1 PM	26 Computer Help/appointment Roxbury Seniors Halloween Party 12:30 PM with Carol Birch 	27 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Mah Jongg - 12 noon AARP Safe Driving Class 12 noon to 4 PM A Matter of Balance Class - 1 PM	28 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM	29
30	31 					