

Roxbury Senior Center

November 2016

Sun.	Mon	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Senior Aerobics - 10 ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 Pinochle & Games -1 PM After Lunch Conversation 1 PM <i>Medicare Options</i>	2 Computer Help by App't Holiday Shopping Trip to West Farms Mall 10 AM Departure Writing Group 11 AM	3 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM <i>A Matter of Balance Class - 1 PM</i> Senior Center Board of Directors' Meeting 7:15 PM	4 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM Friends of the Senior Center Directors' Meeting -12:30 PM	5
6 Daylight Savings Time Ends 	7 Senior Ctr. Closed <i>On the Road – Arthur Ave Bronx BUS: 9:00 AM</i>	8  Election Day Senior Center Closed Please remember to VOTE!	9 Computer Help by App't Cooking Class with Marianne De Silva Giving Thanks - A Holiday Celebration 11 AM	10 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM <i>A Matter of Balance Class - 1 PM</i>	11  Veterans Day Senior Center is Closed The COA's Veterans Celebration will be held at the Center at 1 PM <i>Honoring each other as fellow Veterans</i>	12
13	14 Senior Ctr. Closed <i>Lunch & Movies BUS: 11 AM</i>	15 Senior Aerobics - 10 ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 Pinochle & Games -1 PM After Lunch Conversation Phil de Vries— <i>Bridge Builder</i>	16 Computer Help by App't Book Discussion - 12:30 <i>The Fatal Chapter</i> By Lorna Barrett and <i>At the Water's Edge</i> By Sara Gruen	17 Senior Aerobics/ Mat - 10 AM Adult Coloring - 10 AM Special shopping Christmas Tree Shop/ Lunch 10 AM Departure <i>A Matter of Balance Class - 1 PM</i>	18 Knitting Group - 10 AM Yoga - 10 AM Chair Yoga—11:45 AM Crafts with Beatriz- 1 PM <i>Painting Star Gazer Lilies</i>	19
20	21 Senior Ctr. Closed <i>On the Road Washington BUS: 11:30</i>	22 Senior Aerobics - 10 ZUMBA GOLD - 11:15 AM NO SOUP'S ON VNA FREE Blood Pressure 11:30 AM to 12:30 PM Pinochle & Games- 1PM	23 Computer Help by appointment	24  Senior Center is Closed	25 Senior Center is Closed	26
27	28 Senior Ctr. Closed Danbury Fair Mall AREA Bus:10 AM	29 Senior Aerobics - 10 ZUMBA GOLD - 11:15 AM SOUP'S ON 12 to 1 Pinochle & Games 1 PM	30 Computer Help/appointment Senior Center Trip Osbourne Homestead Museum with Lunch at Brookside Inn 10 AM Departure	Senior Bus Weekly Shopping Schedule: Tuesday - 9:30 AM start at Senior Center - Southbury/ Woodbury Wednesday - 9:30 AM start at Senior Center - New Milford/Brookfield Pick up at Homes and Stop at Bernhardt Meadows both days.		