

# Roxbury Senior Center

# AUGUST 2013

Sun.	Mon	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>Please remember : Visiting Nurse Services'  <b>FREE Blood Pressure Screening EVERY Wednesday</b>  <b>11:30 AM to 12:30 PM. No appointment necessary!</b></p>  <p><b>Bill Chin of Software Matters LLC in Roxbury assists seniors with computer questions AT NO CHARGE on WEDNESDAYS mornings BY APPOINTMENT.</b>  Please call the Center for more information</p>				<b>1</b> NO AEROBICS TODAY <i>Knitting and Needlecraft Group 10:00 AM</i>	<b>2</b> No Yoga or Chair Yoga in August. Will resume Sept. 6 <b>Mah Jongg 12 noon</b>	<b>3</b>
<b>4</b>	<b>5</b> Senior Center Closed	<b>6</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b> <b>ZUMBA GOLD - 11:15 AM</b>  <b>Horseshoes - 6: 15 PM</b>	<b>7</b> Computer Help by appointment <b>Senior Center Trip to Harriet Beecher Stowe House and Center</b> <b>Writers' Group - 11 AM</b> Free Blood Pressure 11:30 – 12:30	<b>8</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b>  <i>Knitting and Needlecraft Group 10:00 AM</i>	<b>9</b> No Yoga or Chair Yoga in August. Will resume Sept. 6 <b>Mah Jongg 12 noon</b>	<b>10</b>
<b>11</b>	<b>12</b> Senior Center Closed  Monday Bus Trip IKEA in New Haven	<b>13</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b> <b>ZUMBA GOLD - 11:15 AM</b> <b>Lunch and Learn</b> <b>Living in a Healthy Body at 12:30 PM</b> <b>Horseshoes - 6:15 PM</b>	<b>14</b> Computer Help by appointment <b>Marianne De Silva's Cooking Class</b> <b>11 AM – 2 PM</b> Free Blood Pressure 11:30 – 12:3	<b>15</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b>  <i>Knitting and Needlecraft Group 10 AM</i>  Rain date for Cooking Class	<b>16</b> No Yoga Programs <b>Coffee and Conversation</b> with <i>First Selectman Barbara Henry</i> <b>10:30 AM</b> Mah Jongg 12 noon	<b>17</b>
<b>18</b>	<b>19</b> Senior Center Closed	<b>20</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b> <b>ZUMBA GOLD - 11:15 AM</b> <b>Friends' Holiday Planning Meeting 12:15 PM</b> <b>Horseshoes 6:15 PM</b>	<b>21</b> Computer Help by appointment Free Blood Pressure 11:30 – 12:30 <b>Afternoon Movie at 1 PM</b> <b>42 - The Jackie Robinson Story</b>	<b>22</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b>  <i>Knitting and Needlecraft Group 10 AM</i>	<b>23</b> No Yoga or Chair Yoga in August. Will resume Sept. 6 Mah Jongg 12 noon	<b>24</b>
<b>25</b>	<b>26</b> Senior Center Closed  Monday Bus Trip South Norwalk Maritime Museum & IMAX	<b>27</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b> <b>ZUMBA GOLD - 11:15 AM</b>  <b>Horseshoes 6:15 PM</b>	<b>28</b> Computer Help by appt Free Blood Pressure 11:30 – 12:30  <b>Roxbury Seniors' Annual Picnic Lunch</b> <b>12:30 PM</b>	<b>29</b> <b>Stretch &amp; Tone</b> <b>Senior Aerobics - 10 AM</b>  <i>Knitting and Needlecraft Group 10 AM</i>	<b>30</b> No activities	<b>31</b>