

Roxbury Senior Center

SEPTEMBER 2013

Sun.	Mon	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Senior Center Closed  Labor Day	3 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM Horseshoes - 6: 15 PM	4 Computer Help by appointment Senior Center Trip to Yale Peabody Museum of Natural History Free Blood Pressure 11:30 – 12:30 Rosh Hashanah begins at sundown	5 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10:00 AM	6 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon	7
8	9 Senior Center Closed Monday Bus Trip Picnic at Kent Falls State Park	10 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON RESUMES 12 noon to 1 PM Horseshoes - 6: 15 PM	11  Patriot Day Computer Help by appointment Marianne De Silva's Cooking Class 11 AM – 2 PM Free Blood Pressure 11:30 – 12:30	12 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10:00 AM Rain date for Cooking Class 7:15 PM - Senior Center Board of Director's Meeting	13 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon Yom Kippur begins at sundown	14
15 <i>Volunteer Recognition Picnic</i>	16 Senior Center Closed Reception for Joel Spector 2 - 4 PM	17 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM Soup's On 12 noon to 1 PM Horseshoes - 6:15 PM	18 Computer Help by appointment Free Blood Pressure 11:30 – 12:30 Book Discussion 12:30 PM <i>Beautiful Ruins</i> by Jess Walter	19 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM	20 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon	21
22	23 Senior Center Closed Monday Bus Trip West Hartford Shops & Noah Webster House	24 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM Soup's On 12 noon to 1 PM 6:45 PM - Film <i>Cleopatra</i>	25 Computer Help by appointment Writer's Group—11 AM Free Blood Pressure 11:30 – 12:30 Roxbury Seniors' Luncheon with Susan Payne and Kim Norris of Roxbury Land Trust	26 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM	27 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon	28
29	30 Senior Center Closed	<p>Please remember : Visiting Nurse Services' FREE Blood Pressure Screening EVERY Wednesday 11:30 AM to 12:30 PM. No appointment necessary! </p> <p> Bill Chin of Software Matters LLC in Roxbury assists seniors with computer questions AT NO CHARGE on WEDNESDAYS mornings BY APPOINTMENT.</p>		<p>FLU SHOTS for SEASONAL FLU Friday, October 4 from 10 AM to 11:30 AM Friday, October 25 from 1 PM to 2 PM Flu shots will be provided by the Visiting Nurse Service. Please call the Center at 860-210-0056 for details and to RESERVE YOUR SHOT!</p>		