

Roxbury Senior Center

OCTOBER 2013

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon	2 Computer Help by appointment Senior Center Trip to FDR Home and Historical Site Free Blood Pressure 11:30 – 12:30	3 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10:00 AM 7:15 PM - Senior Center Board of Director's Meeting	4 FLU SHOTS 10 to 11:30 AM Yoga - 10 AM Chair Yoga -11:45 Mah Jongg - 12 noon	5
6 TRACTOR PARADE	7 Senior Center Closed	8 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon	9 Computer Help by appointment Marianne De Silva's Cooking Class 11 AM – 2 PM Free Blood Pressure 11:30 – 12:30	10 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10:00 AM	11 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon	12 Friends' TAG SALE 10 AM to 3PM
13	14 Senior Center Closed COA Monday Bus Trip Essex Steam Train and Riverboat	15 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon 7:15 PM - Evening Film: <i>The Private Lives of Elizabeth and Essex</i>	16 Computer Help by appointment Writers' Group -11 AM Free Blood Pressure 11:30 – 12:30 Book Discussion 12:30 PM <i>Wait Till Next Year by Doris Kearns Goodwin</i>	17 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM	18 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon WINE PULL WORKSHOP - 1 PM	19
20	21 Senior Center Closed	22 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon	23 Computer Help by appointment Roxbury Bridgewater Garden Club Fall Flower Workshop - 10:30 AM Free Blood Pressure 11:30 – 12:30	24 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM AARP SAFE DRIVING CLASS - 12 NOON to 4 PM	25 Yoga - 10 AM Chair Yoga -11:45 Mah Jongg 12 noon FLU SHOTS 1- 2 PM	26
27	28 Senior Center Closed COA Monday Bus Trip to TARGET	29 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon	30 Computer Help by appointment Free Blood Pressure 11:30 – 12:30 Roxbury Seniors' Halloween Party 12:30 PM 	31 Happy Halloween  Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM		