

Roxbury Senior Center

NOVEMBER 2013

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.	
 <p>The Friends of the Roxbury Senior Center's Soup's On Lunches Come join your friends and neighbors for lunch Tuesdays from 12 noon to 1 PM! Suggested Donation \$4</p>		<p>Please Remember EVERY Wednesday: Computer Help with Bill Chin of Software Matters is available by appointment and Visiting Nurse Services offers FREE Blood Pressure Screening 11:30 AM to 12:30 PM, no appointment needed!</p>		1	2		
3	4	5	6	7	8	9	
<p>Daylight Savings Time Ends</p> 	<p>Senior Center Closed</p>	<p>Election Day</p>  <p>The Senior Center will be closed Please remember to VOTE!</p>	<p>Computer Help by appointment</p> <p>Senior Center TRIP to New Britain Museum of American Art <i>Writers' Group—11 AM</i> Free Blood Pressure</p>	<p>Senior Aerobics - 10 AM <i>Knitting and Needlecraft Group 10:00 AM</i> Mah Jongg 12 noon 7:15 PM - Senior Center Board</p>	<p>Yoga - 10 AM Chair Yoga -11:45</p>		
<p>Sun., Nov 10 Friends' Reception for Joan Stracks Art Exhibit 2 - 4 PM</p>		11	12	13	14	15	16
<p>COA Veterans Day Celebration 1 - 3 PM Bus Trip: Job Lot</p>		<p>Veterans Day Center Closed</p>	<p>Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon Festival WINE PULL Workshop - 1 PM</p>	<p>Computer Help by appointment</p> <p>Marianne De Silva's Cooking Class 11 AM – 2 PM Free Blood Pressure 11:30 - 12:30</p>	<p>Senior Aerobics - 10 AM <i>Knitting and Needlecraft Group 10 AM</i> Mah Jongg 12 noon</p>	<p>Yoga - 10 AM Chair Yoga -11:45</p>	
17	18	19	20	21	22	23	
	<p>Senior Center Closed</p>	<p>Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon Crafts with Beatriz—1 PM 7:15 PM - Evening Film: <i>The Queen</i></p>	<p>Computer Help by appointment Free Blood Pressure 11:30 – 12:30</p> <p>Book Discussion 12:30 PM <i>The Last Time I Saw You</i> By Elizabeth Berg</p>	<p>Senior Aerobics - 10 AM <i>Knitting and Needlecraft Group 10 AM</i> Mah Jongg 12 noon LUNCH AND LEARN 12:30 PM <i>What is Normal Aging?</i></p>	<p>Yoga - 10 AM Chair Yoga -11:45</p>		
24	25	26	27	28	29	30	
<p>COA Monday Bus Trip: Christmas Tree Shop</p>		<p>Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM Horseshoes - 12 noon</p>	<p>Computer Help by appointment VNS Free Blood Pressure 11:30 – 12:30</p>	<p>Happy Thanksgiving The Senior Center is Closed Today</p> 	<p>The Senior Center is Closed Today</p>		