

# Roxbury Senior Center

# April 2014

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
		<b>1</b> Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <b>SOUP'S ON</b> 12 noon to 1 PM	<b>2</b> Computer Help by appointment <b>Marianne De Silva's Cooking Class</b> 11 AM – 2 PM <b>Writers' Group - 11 AM</b> Free Blood Pressure 11:30 - 12:30	<b>3</b> Senior Aerobics - 10 AM <b>Knitting and Needlecraft Group 10:00 AM</b> Mah Jongg 12 noon <i>Downton Abbey 1 PM Episode 7&amp;8</i> 7:15 PM - Sr. Ctr. Board of Directors	<b>4</b> Yoga - 10 AM Chair Yoga -11:45 1:15 PM—Trip to Fascia Chocolate Factory & Shop	<b>5</b>
<b>6</b> Sunday, April 6 Scholarship Foundation & Friends of Senior Center Photo Contest Reception 2 - 4 PM	<b>7</b> Senior Center Closed	<b>8</b> Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <b>SOUP'S ON</b> 12 noon to 1 PM <b>A Conversation with Barbara Henry - 1 PM</b>	<b>9</b> Computer Help by appointment VNS Free Blood Pressure 11:30 - 12:30	<b>10</b> Senior Aerobics - 10 AM <b>Knitting and Needlecraft Group 10:00 AM</b> Mah Jongg 12 noon <i>Downton Abbey 1 PM Episode 9</i>	<b>11</b> Yoga - 10 AM Chair Yoga -11:45 Crafts with Beatriz 1 PM	<b>12</b>
<b>13</b> COA Monday Bus Trip: <i>Hunt Hill Farm</i> Passover begins - Sundown	<b>14</b> Senior Center Closed	<b>15</b> Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <b>SOUP'S ON</b> 12 noon to 1 PM	<b>16</b> Computer Help by appointment Free Blood Pressure 11:30 - 12:30 <b>Book Discussion 12:30 PM</b> <b>SNOBS by Julian Fellowes</b>	<b>17</b> Senior Aerobics - 10 AM <b>Knitting and Needlecraft Group 10 AM</b> Mah Jongg 12 noon	<b>18</b> <b>Good Friday</b> The Senior Center and all Town Offices will be closed	<b>19</b>
<b>20</b> Easter Sunday 	<b>21</b> Senior Center Closed	<b>22</b> Earth Day Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <b>SOUP'S ON</b> 12 noon to 1 PM	<b>23</b> Computer Help by appointment Free Blood Pressure 11:30 - 12:30 <b>Roxbury Seniors' April Lunch 12:30 PM</b> Speaker: Tim Flanagan	<b>24</b> Senior Aerobics - 10 AM <b>Knitting and Needlecraft Group 10 AM</b> Mah Jongg 12 noon	<b>25</b> Yoga - 10 AM Chair Yoga -11:45	<b>26</b>
<b>27</b> COA Monday Bus Trip: <i>Mohegan Sun on Land Jet Bus</i>	<b>28</b> Senior Center Closed	<b>29</b> Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <b>SOUP'S ON</b> 12 noon to 1 PM	<b>30</b> Computer Help by appointment VNS Free Blood Pressure 11:30 - 12:30 <b>AFTERNOON MOVIE: AMISTAD - 1 PM</b>	<b>Please Remember EVERY Wednesday:</b> <b>Computer Help with Bill Chin of Software Matters is available <u>by appointment only</u> and Visiting Nurse Services offers FREE Blood Pressure Screening 11:30 AM to 12:30 PM</b> <i>No appointment necessary</i>		