

Roxbury Senior Center

June 2014

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 Senior Center Closed	3 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM <i>Pinochle, Horseshoes and other Games -1 PM</i>	4 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Writer's Group - 11 AM Senior Center Trip to Culinary Institute of America	5 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10:00 AM Mah Jongg 12 noon 7:15 PM - Senior Center Board of Directors' Meeting	6 Yoga - 10 AM Chair Yoga -11:45 AM <div style="border: 1px solid black; padding: 2px; margin-top: 5px;">COA Bus trip: Palace Theatre Tour and Lunch 10 AM - Behind Town Hall</div>	7
8	9 Senior Center Closed	10 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM <i>Pinochle, Horseshoes and other Games -1 PM</i>	11 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 Mah Jongg 12 noon	13 Yoga - 10 AM Chair Yoga -11:45 AM HOLIDAY FESTIVAL PLANNING MEETING 1 PM CRAFTS WITH BEATRIZ—1 PM	14 FLAG DAY 
15 Father's Day 	16 Senior Center Closed	17 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM <i>Pinochle, Horseshoes and other Games -1 PM</i>	18 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Book Discussion 12:30 PM SEA GLASS by Anita Shreve	19 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon	20 Yoga - 10 AM Chair Yoga -11:45 AM Roxbury Seniors' June Luncheon 12:30 PM Speaker: Jerrilynn Tiso	21
22	23 Senior Center Closed	24 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON 12 noon to 1 PM <i>Pinochle, Horseshoes and other Games -1 PM</i>	25 Computer Help by appointment Free Blood Pressure 11:30 - 12:30	26 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon	27 Yoga - 10 AM Chair Yoga -11:45 AM	28
29	30 Senior Center Closed	<p>Please Remember EVERY Wednesday: Computer Help with Bill Chin of Software Matters is available by appointment only AND Visiting Nurse Services offers FREE Blood Pressure Screening 11:30 AM to 12:30 PM No appointment necessary</p>				