

Roxbury Senior Center

July 2014

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Senior Aerobics - 10 AM NO ZUMBA GOLD TODAY <i>Pinochle, Horseshoes and other Games -1 PM</i>	2 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Writer's Group - 11 AM	3 NO Senior Aerobics TODAY Knitting and Needlecraft Group 10:00 AM Mah Jongg 12 noon	4  Independence Day Senior Center Closed	5
6	7 Senior Center Closed	8 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i> Roxbury-Bridgewater Garden Club Workshop 1 PM	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 Mah Jongg 12 noon	11 Yoga - 10 AM Chair Yoga -11:45 AM Afternoon Movie 1 PM Philomena	12
13	14 Senior Center Closed	15 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	16 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Senior Center Trip to CARAMOOR 10 AM Departure	17 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon	18 Yoga - 10 AM Chair Yoga -11:45 AM Afternoon Movie 1 PM The Best Exotic Marigold Hotel	19
20	21 Senior Center Closed Sunday, June 20 Lou Gehrig: Story of a Great Man - 3 PM Roxbury Town Hall	22 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	23 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Roxbury Seniors' July Luncheon 12:30 PM <i>Summer Safety</i>	24 Senior Aerobics- 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon Coffee and Conversation with Barbara Henry - 1 PM	25 Yoga - 10 AM Chair Yoga -11:45 AM	26
27	28 Senior Center Closed COA Bus trip: Ward Heitmann House, New Haven	29 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	30 Computer Help by Appointment VNS Free Blood Pressure 11:30 - 12:30	31 NO Senior Aerobics Today Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon		