

Roxbury Senior Center

August 2014

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
<p>Visiting Nurse Services offers FREE Blood Pressure Screening, WEDNESDAYS 11:30 AM to 12:30 PM <i>No appointment necessary</i></p>			<p>Upcoming Events at the Roxbury Senior Center: Thurs., October 9 - AARP Safe Driving Course - 1pm Friday, October 10 - Flu Shots - 10:30 AM - 11:30 AM Friday, October 24 - Flu Shots -10:30 AM - 11:30 AM Saturday, December 6 - Friends of the Roxbury Senior Center's HOLIDAY FESTIVAL - 6:30 PM - 8:30 PM</p>		1	2
3	4 Senior Center Closed	5 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	6 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Writer's Group - 11 AM	7 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10:00 AM Mah Jongg 12 noon	8 Arts Escape Creative Writing Workshop 10 AM Crafts with Beatriz Painting Birdhouses 1 PM	9
10	11 Senior Center Closed	12 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	13 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Marianne De Silva's Cooking Class 11 AM – 2 PM	14 Senior Aerobics - 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon	15 Arts Escape Fun with Clay Workshop 10 AM Afternoon Film 1PM <i>CasaBlanca</i>	16
17	18 Senior Center Closed	19 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	20 Computer Help by appointment Free Blood Pressure 11:30 - 12:30 Senior Center Trip to Weir Farm 9:30 AM Departure	21 Senior Aerobics- 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon	22 Arts Escape Make-N-Take Cards Workshop 10 AM Afternoon Film 1PM <i>Monuments Men</i>	23
24 <hr/> 31	25 Senior Center Closed	26 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM <i>Pinochle, Horseshoes and other Games -1 PM</i>	27 Computer Help by Appointment Free Blood Pressure 11:30 - 12:30 Roxbury Seniors' August Picnic 12:30 PM	28 Senior Aerobics 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon	29 Arts Escape Painting Without Knowing How to Draw Workshop 10 AM	30