

Roxbury Senior Center

October 2014

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
 <p>Computer Help with Bill Chin of Software Matters is available Wednesdays by appointment ONLY! Call the Center if you are interested in scheduling an appointment!</p>			<p>1 Computer Help by appointment</p> <p>Writer's Group - 11 AM</p>	<p>2 Senior Aerobics - 10 AM Knitting and Needlecrafts Group 10:00 AM Mah Jongg 12 noon 1 PM - Program on Medicare Board of Directors' Meeting at 7:15 PM</p>	<p>3 Yoga - 10 AM Chair Yoga -11:45 AM Friends of the Roxbury Senior Center Board of Directors' Meeting 12:30 PM Yom Kippur begins at Sundown</p>	
5	6 Senior Center Closed	<p>7 Senior Aerobics - 10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON! 12 to 1 PM <i>Pinochle and other Games - 1 PM</i></p>	<p>8 Computer Help by appointment</p> <p>Marianne De Silva's Cooking Class 11 AM – 2 PM</p>	<p>9 Senior Aerobics - 10 AM Knitting and Needlecrafts Group 10:00 AM Mah Jongg 12 noon AARP SAFE DRIVING CLASS 12 noon to 4 PM</p>	<p>10 Yoga - 10 AM FLU SHOTS 10:30 - 11:30 AM Chair Yoga -11:45 AM CRAFTS WITH BEATRIZ—1 PM</p>	11
12	<p>13  Columbus Day Senior Center Closed</p> <p>COA Monday Bus Trip</p>	<p>14 Senior Aerobics 10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON! 12 to 1 PM <i>Pinochle and Games -1 PM</i></p>	<p>15 Computer Help by appointment</p> <p>Book Discussion 12:30 <i>The Lilac Bus</i> By Maeve Binchy</p>	<p>16 Senior Aerobics - 10 AM Knitting and Needlecrafts Group 10 AM Mah Jongg 12 noon</p>	<p>17 Yoga - 10 AM Chair Yoga -11:45 AM Roxbury Bridgewater Garden Club WORKSHOP 1 PM</p>	18
19	20 Senior Center Closed	<p>21 Senior Aerobics -10 AM ZUMBA GOLD - 11:15 AM SOUP'S ON! 12 to 1 PM <i>Pinochle and other Games - 1 PM</i></p>	<p>22 Computer Help by appointment</p> <p>Senior Center Trip to the Governor's Residence Lunch at Rizzuto's</p>	<p>23 Senior Aerobics- 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon</p>	<p>24 Yoga - 10 AM FLU SHOTS 10:30 - 11:30 AM Chair Yoga -11:45 AM</p>	25
26 Ruth Pearl Art Reception 2 - 4 PM	27 Senior Center Closed COA Mon. Bus Trip	<p>28 Senior Aerobics -10 AM ZUMBA GOLD - 11:15 AM VNA FREE Blood Pressure 11:30 AM to 12:30 PM SOUP'S ON! 12 to 1 PM <i>Pinochle & Games - 1 PM</i></p>	<p>29  Computer Help by appointment</p> <p>Afternoon Movie 1 PM <i>The Maltese Falcon</i> Thanks to Minor Memorial Library for their help in offering this film</p>	<p>30 Senior Aerobics- 10 AM Knitting and Needlecraft Group 10 AM Mah Jongg 12 noon</p>	<p>31 Happy Halloween Yoga - 10 AM Chair Yoga -11:45 AM Roxbury Seniors Halloween Lunch 12:30 PM</p>  	