

# Roxbury Senior Center

# August 2015

Sun.	Mon.	Tuesday	Wednesday	Thursday	Friday	Sat.
 <p>Computer Help with Bill Chin of Software Matters in Roxbury is available on Wednesdays <u>by appointment ONLY</u></p> <p>Please call the Senior Center if you are interested in scheduling an appointment!</p>		<p>Coming on Thursdays this Fall . . .</p> <p>October 8 and October 23 - <b>FLU SHOTS</b> ( 11 AM to 12 noon )</p> <p>October 15 - <b>AARP Safe Driving Course</b> ( 12 noon to 4 PM )</p>			1	
2	3 Senior Center Closed	4 Senior Aerobics-10 AM ZUMBA GOLD - 11:15 AM <b><u>NO SOUP'S ON!</u></b> Pinochle & Games - 1 PM	5 Computer Help by appointment Afternoon Movie <b>Still Alice</b> 1 PM	6 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon	7 Knitting Group 10 AM <b>NO YOGA CLASSES IN AUGUST</b>	8
9	10 Senior Center Closed	11 Senior Aerobics—10 AM ZUMBA GOLD - 11:15 AM <b>VNA FREE Blood Pressure 11:30 AM to 12:30 PM</b> <b><u>NO SOUP'S ON!</u></b> Pinochle & Games - 1 PM	12 Computer Help by appointment Marianne De Silva's Cooking Class at 11 AM	13 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon	14 Knitting Group AM <b>NO YOGA CLASSES IN AUGUST</b> Crafts with Beatriz - 1PM <i>Enamel Dipped Painting</i>	15
16	17 Senior Center Closed  Monday Bus Trip West Haven Beach & Lunch	18 Senior Aerobics-10 AM ZUMBA GOLD - 11:15 AM <b><u>NO SOUP'S ON!</u></b> Pinochle & Games - 1 PM	19 Computer Help by appointment Afternoon Movie <b>The Imitation Game</b> 1 PM	20 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon	21 Knitting Group 10 AM <b>NO YOGA CLASSES IN AUGUST</b>	22
23/ 30	24/ 31 Senior Center Closed	25 Senior Aerobics-10 AM ZUMBA GOLD - 11:15 AM <b>VNA FREE Blood Pressure 11:30 AM to 12:30 PM</b> <b><u>NO SOUP'S ON!</u></b> Pinochle & Games - 1 PM	26 Computer Help by appointment <b>Roxbury Seniors' Annual Picnic Luncheon - 12:30 PM</b>	27 Senior Aerobics/ Mat Class – 10 AM Mah Jongg - 12 noon	28 Knitting Group 10 AM <b>NO YOGA CLASSES IN AUGUST</b>	29