



Roxbury Senior Center

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Program Reminder: LIVE LONG, LIVE WELL A Community Discussion Depression in Seniors Tuesday, May 5, 2009 7:00 PM to 8:30PM					1 Computer Class 10:30—12:30 1:30—3 pm Wii	2
3	4 Senior Center Closed	5 Flex Appeal 10:15 <i>Soup's On Lunch</i> 12 noon to 1:00 pm AFTER LUNCH CONVERSATION 1 pm—Debbie Luongo, VNA, on Hospice Care Balance Class 2-3:00	6 SweetHART Bus Trip to the Danbury Fair Mall Piano Lessons, Cards, Games and SCRAPBOOKING 10:30—12 noon	7 Exercise 10:30 am 7 pm Board of Directors' Meeting	8 Computer Class—Int 10:30—12:30 Wii Games 1:30—3:00 pm	9
10  Happy Mother's Day	11 Senior Center Closed Friends' Trip to Rodin Exhibit	12 Flex Appeal 10:15 <i>Soup's On Lunch</i> 12 noon to 1:00 pm AFTER LUNCH CONVERSATION 1 pm—Rena Vitale, MSW Depression Screening Balance Class 2-3:00	13 SweetHART Bus Piano Lessons Cards, Games and Scrapbooking 10:30—12 noon Blood Pressure 11– 12 COOKING CLASS 11 am - 2:00 pm	14 Exercise 10:30 am Afternoon Movie On the Big Screen— 1 pm Slumdog Millionaire REFRESHMENTS 12:30 PM	15 Computer Class—Int 10:30—12:30 Wii Games 1:30—3:00 pm	16
17	18 Senior Center Closed	Flex Appeal 10:15 am <i>Soup's On Lunch</i> 12 noon to 1:00 pm AFTER LUNCH CONVERSATION 1 pm—Sherri Wood on the 2010 US Census Balance Class 2-3:00	20 SweetHART Bus Piano Lessons, Cards, Games and Scrapbooking Blood Pressure 11– 12 LUNCH BUNCH Book Discussion 12:30— 1:30 pm	21 Exercise 10:30 am	22 NO Computer Class TODAY Wii Games 1:30—3:00 pm	23
24	25 Senior Center Closed  Happy Memorial Day	26 Flex Appeal 10:15 <i>Soup's On Lunch</i> 12 noon to 1:00 PM AFTER LUNCH -at 1 pm - Dedication of Flags Balance Class 2-3:00	27 SweetHART Bus Piano Lessons, Cards, Games and Scrapbooking Blood Pressure 11– 12 Roxbury Senior Lunch - 12:30 Speaker: Ron Webb, Finances	28 Exercise 10:30 am Afternoon Movie On the Big Screen— 1 pm Marley and Me REFRESHMENTS 12:30 PM	29 Computer Class—Int 10:30—12:30 Wii Games 1:30—3:00 pm	30