



Roxbury Senior Center

August 2010

Mon		Tue		Wed		Thu		Fri		Sat	
1	2 Senior Ctr Closed Aug. 2 at 5 pm Spanish Class with Diane DeVries at Minor Memorial Library	3 Exercise to Video 11:00 am Healthy Eating Class with Emily Brooks at 2:00 pm	4 Minor Memorial Library's Youth Program TALENT SHOW at 11:00 am Blood Pressure 11:30 – 12:30 Exercise Class—2 pm	5 MAH JONG - 1:00 pm Senior Center Board of Directors' Mtg. - 7 pm	6 ART CLASS with Beatriz Conroy 1 - 2:30 pm Painting with Acrylics	7 Piano and German Lessons					
8	9 Senior Ctr. Closed Aug. 9 at 5 pm Spanish Class with Diane DeVries at Minor Memorial Library	10 Exercise to Video 11:00 am Healthy Eating Class with Emily Brooks at 2:00 pm	11 Computer Help, Piano Lessons 10:30—12 noon Blood Pressure 11:30 – 12:30 Marianne De Silva's Cooking Class 11-2 pm Exercise Class—2 pm	12 MAH JONG - 1:00 pm	13 Afternoon Movie Sherlock Holmes 1:00 pm	14 Piano and German Lessons					
15	16 Senior Ctr. Closed Aug. 16 - at 5 pm Spanish Class with Diane DeVries at Minor Memorial Library	17 Exercise to Video 11:00 am Healthy Eating Class with Emily Brooks at 2 pm	18 Computer Help and Piano Lessons 10:30—12 Blood Pressure 11:30 – 12:30 Exercise Class—2 pm	19 MAH JONG - 1:00 pm	20	21 Piano and German Lessons					
22	23 Senior Center Closed Aug. 23 - at 5 pm Spanish Class with Diane DeVries at Minor Memorial Library	24 Exercise to Video 11:00 am No Class with Chef Emily this week	25 Computer Help, Piano Lessons 10:30—12 Blood Pressure 11:30 – 12: 30 Roxbury Seniors' Luncheon 12:30 pm Annual Picnic Hurlburt Park Pavilion on Apple Lane NO Exercise Class this week	26 MAH JONG - 1:00 pm	27 Afternoon Movie Did You Hear About the Morgans ? 1:00 pm	28 Piano and German Lessons					
29	30 Senior Center Closed Aug. 30 - at 5 pm Spanish Class with Diane DeVries at Minor Memorial Library	31 Exercise to Video 11:00 am No Class with Chef Emily this week	 <p>The Roxbury Food Pantry continues to accept donations of non-perishable food at the Senior Center or Town Hall during normal operating hours.</p>		 <p>Please remember the Senior Center is air-conditioned! You are welcome to join a scheduled activity, read a book, arrange to visit with your friends and take a break from the summer heat and humidity.</p>						