



# OXFORD'S COUNCIL CHATTER

HAPPY NEW YEAR  
**2023!**

**JANUARY  
2023**

**TOWN MANAGER**

Jennifer Callahan

**DIRECTOR**

Laura Wilson  
Notary Public

**STAFF MEMBERS**

Deb Bayer  
Deb King  
Cindy Nagle  
Janet Stoica

**COUNCIL ON AGING**

**BOARD MEMBERS**

Robert Krasinskas  
Chairman

Joyce Nilson  
Vice Chairman

Carolyn Merson  
Secretary

Carole Fegreus  
Karen Erickson  
Jody Williams  
Rose Wing

The COA board meets  
every 2nd Thursday of  
the month

**HOURS**

Monday through Friday  
8:30 AM—3:30 PM

## COUNCIL ON AGING/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000

Email: seniorcenter@oxfordma.us



The Senior Center will be **CLOSED** on Monday,  
January 2nd and Monday, January 16th



## EMERGENCY CONTACTS

We work closely with Oxford Fire and Police. We have had a few incidents where they needed to reach emergency contacts for some older residents. In some cases we couldn't help because we didn't have current and/or correct information. We encourage you to call us to update your Emergency Contacts, especially if you live alone or do not have family close by. This information is kept confidential and only used in the event of an emergency.

Call the Senior Center to make sure we have accurate contact information.

## From the Director's Desk....



HAPPY NEW YEAR  
2023

Hard to believe another year is gone. We had a fun and busy 2022. Lunches, activities, special entertainment, special presentations, bus trips, OH MY!!!!

As we start the new year, we will be sending out a survey asking for your input of what you would like to see and/or do at the Senior Center, ex: activities, special entertainment, special presentations that you would like to see. Please return your survey—we want to hear from you.

Remember this is YOUR Senior Center!!!!

Here's to a happy, healthy and prosperous NEW YEAR!

11/1/2022  
Laura



## **“YOUNG AT HEART CAFÉ”** **JANUARY LUNCH MENU**

**Lunches will be served Tuesdays and Fridays from 12:00 PM to 12:30 PM**

**(Takeout meals MUST be picked up by 12:30PM)**

**RESERVATIONS A MUST !!**

**Please call 48 hours in advance to order a meal (please call the Friday before for Tuesday meals and the Wednesday before for Friday meals)**

**\$ 4.00 dine in / \$ 5.00 take-out**

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**Tuesday, 1/3: Italian Cold Cut Sub / Tomato & Cucumber Salad / Chips / Fresh Baked Cookie**

**Friday, 1/6: Crumbed Topped Fish / Mashed Potatoes / Buttered Corn / Bread / Pudding Parfait**

**Tuesday, 1/10: Chicken Pot Pie w/ Potato & Vegetables / Cranberry Sauce / Dinner Roll / Birthday Cupcake**

**Friday, 1/13: Lasagna / Tossed Salad / Italian Bread / Cream Pie**

**Tuesday, 1/17: Roast Pork w/ Gravy / Mashed Potatoes / Buttered Carrots / Applesauce / Brownie**

**Friday, 1/20: Crispy Fish / French Fries / Coleslaw / Bread / Fruit Cobbler w/ Topping**

**Tuesday, 1/24: Baked Macaroni & Cheese / Stewed Tomatoes / Bread / Fruit Cobbler w/ Whipped Topping**

**Friday, 1/27: Meatball Sub / Italian Blend Vegetables / Chips / Ice Cream Sandwich Cake**

**Tuesday, 1/31: Pilgrim Sandwich (Turkey/Stuffing/Gravy/Cranberry Sauce/ Mayo) Onion Rings / Banana Split Fluff**

- Please inform our staff if you have a food allergy.**
- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.**

## Outreach.....

Senior Center Outreach Coordinator Cindy Nagle is available Tuesdays, Thursdays and Fridays to offer free confidential information and referral services on aging related issues. Cindy can also help with a variety of paperwork, including SNAP (formerly Food Stamps), Fuel Assistance, Mass Health applications, etc.



Please call the Senior Center @ 508-987-6000 to make an appointment for assistance.

We all love our phones, right? It keeps us in touch with family and friends as well as a fantastic tool. Yet the telephone remains a key weapon in scammers' arsenals. The Federal Trade Commission (FTC) received about 1.8 million fraud complaints in 2021 in which a contact method was identified, and in 36% of cases a call was the swindler's way in. Once they get you on the line, phone scammers use false promises, aggressive sales pitches and phony threats to pry loose information they can use to steal your money or identity (or both). It's easy to understand why crooks love to dial you up. Based on the results of a March 2021 survey, call security app maker "Truecaller" estimates that some 59 million Americans lost money to a phone scam in the previous 12 months. Technology has made this illicit work easy. With auto dialers, shady operators can blast out robocalls by the millions for just a few dollars a day. Readily available spoofing tools can trick your caller ID into displaying a genuine government or corporate number, or one that appears to be local, to increase the chances that you'll answer. What to do? Don't answer calls from phone numbers that you don't recognize. Let the calls go to voicemail so you can screen them. Watch out for unsolicited calls from government agencies or legitimate companies that you do not have a relationship with. Hang up on robocalls immediately. *If an offer sounds too good to be true, it is!* Don't ever give out your Social Security number, Medicare number, or any other personal information! *Stay Wary! Don't get tricked!*



The Senior Center will be closed if the schools are closed in Oxford. If you are unsure if we are open or not, please call (508)987-6000 before going out. We want our seniors to stay home safe if the weather is bad!

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## Thank you to the following:



P&D Pizza —Donation of Pizza



BJ's Wholesale—Donation of Water



Christopher Heights of Webster—Ice Cream  
Social and Warm Apple Crisp



Life Care Centers of America (Auburn) -  
Brownies and Cookies



## "Oxford's Old-Timer's" MEN's Coffee Group

Wednesday, January 11th @ 10AM

The idea of this group is to be a casual, fun and informative atmosphere.

There will be coffee and light breakfast goodies.

"I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there"

### JANUARY BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

John Bowes, Ernest Langlois, Suzanne Langlois, Ronald Tetreault Sr, Theresa Cote, Lois Chinigo, Mitchell Stevens, Paul Abdella, Barbara Clem, Victor DiCandia, Leonard Hansen, Kenneth Swenson, Marcia Rosebrooks, Dianne Ackley, Richard Daniels, Judith Bell, Jeanne Crosbie, William Potter, Sue Laramee, Elizabeth Valentino, Sandi Crossman, Joseph Dupre, Arnaud, Lapierre, David Morin, Carol White, Carol Weinhardt, Loretta Testa, Karen Mahota, Joyce Giroux, John Palermo, Roland Savageau, Darshan Mahlert, Tom Purcell, Russell Biando, Carol Walsh, Frances Morrier, Ginny Sklarz, Pat Jones, Albert Loraine, Alphonse Zannotti, Steven Kennen, Edward Bartlett, Dennis Murphy, Mary Tetreault, Susan Burak, Marie Guertin, Donna Cove, Mary Lou Abruzzise, Clyde Richert, Anthony Sgariglia, Sheila Faneuff, Samuel Falcone, Linda Kemp, Suzette Robbins, Kathleen Fleming, Brenda Wales-Lorraine, Leslie Plude, Pierce Stowe Jr, Linda Hale, Siiri Jonasch, Agnes Clifford, Lee Brooks, Lorna Chaput, John Dietrick, Joe Stepien, Patrick McGahey, Elizabeth Ashton, Nellie Everitt, Diane Pezzella, Walter Sheehan, George Nonis, Kenneth Bleau, Eric Dunnigan, Gail Black, Genowefa Kowal, Roselyn Beaudette, Howard Evers, Vincent Gregonis, Terry Fike, Jane Wilder, Barbara Merritt, S Veronica Bachand, Catherine Boyle, Joan Weeks, Laura Kneeland, Donna Fisher, Peter Reilly, Barry Slack, Christine Rogan, Elizabeth Daigneault, Dana McLaughlin, George Arseneault, Joan Gallant, Robert Metcalf, Carole Manos, Mildred Leveillee, Elizabeth Bennett, Alan Yacino, Fran Bennett, Jeanne Willey, Paul Friend, Madeiline Boyce, Sheila Van Patten, Marie Stone, Charlene Gillette, Thomas Blaisdell, Rebecca Ikehara, John Matteau Jr, Frances Brunelle, Pauline Grendell, Pauline Beland, Deb McDonald, Janice McCarthy, Donna Galeckas, Maria Haddad, Ruth Brassard, Robert Picard Sr, Maryann Richard, Charles Garabedian, Nancy Dunn, Paul Cowden, Alice Foote and Kathleen Monahan

Our Senior Book Club meets the first Friday of each month.

Our next meeting is February 3rd @ 12:45PM



Our book pick is: "Evening Class" by Maeve Binchy

Among the many evening classes starting all over Dublin is an "Introduction to Italian". On the surface it could be just one of hundreds in which some students will succeed and some will fall along the way. The hopes and dreams of so many people are tied up in the twice weekly lessons. They are ready to set off on the promised trip to Italy at the end of the year, everyone's destiny has changed utterly.

## CHAIR VOLLEYBALL



EVERY WEDNESDAY @ 1PM

We will use an inflatable beach ball so it is easy to hit, the hard part will be to keep yourself seated!!



## FREE MOVIE

FRIDAY, January 13th @ 12:45PM

### "SENIOR MOMENT"

Retired NASA test pilot Victor gets his driver's license revoked for drag racing, turning his life upside down. Forced to take public transportation for the first time, Victor meets a woman who is his polar opposite — but who makes him rethink everything.

Herbert E. Berg Florist from Worcester will be holding a **FRESH FLOWER ARRANGING** class on Thursday, January 26th @ 12:30PM.



Cost: \$15.00 cash (to be paid by January 20th)  
Light refreshments will be served!!

MUST RSVP by January 20th

## SHINE COUNSELING



One-on-one appointments available with Kaye. Call the Senior Center to schedule an appointment. Our next date is **January 18th**. Trained SHINE volunteers offer FREE counseling on all aspects of health insurance to seniors.

Please watch our future newsletters as we will be having a Medicare 101 Educational Meeting and MassHealth Medicare Savings (Buy-In) Program Presentation.

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**The 2023 Annual Street Listing/Census forms will be arriving in your mailbox soon, please do not forget to sign and return them to the Town Clerk's Office!!!**

## **“STRENGTH & BALANCE”**

**Classes every Tuesday morning @ 9:15AM**

**Increase your strength and balance with small weights,  
balls, stretch bands and light exercise**

**Class taught by certified Silver Sneakers  
Instructor Donna Freeland**



**The cost will be \$4.00 per class**

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### **Durable Medical Equipment**



**The Senior Center has a small inventory of Durable Medical Equipment for LOAN free of charge including wheelchairs, walkers, rollator walkers w/ seat, bath seats and commodes. This equipment is available for short and/or long term use. Inventory changes daily, please call the Senior Center to inquire of availability of such items if you need them.**

**January quiz: "Where is Times Square located"**

December's question was: **"In the song "Frosty the Snowman" what made Frosty come to life?"**

The correct answer was **"An old silk hat"** provided by **Rose Lawless**. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on January 13th

Winner gets four (4) FREE lunch tickets.

## REFERRALS



We would like to update our referral list for tradesmen, handymen, housekeepers, snow plowing. If you have a **positive recommendation** for anyone, please let us know.

Referrals from our residents are the best source of information for the rest of the community.

Call the Senior Center @ 508-987-6000

## NEED A RIDE ?????

**The Oxford Senior Center van** is available to our seniors and the disabled.

You can travel within Oxford for grocery shopping, the post office, hairdresser, pharmacy, etc. The fare is \$1.75 one way.

Call 508-987-6000 to schedule your ride 48 hours in advance

**The WRTA van** is utilized for your out-of-town doctor appointments. You need to register with them by calling 508-752-9283.

## \*\*\*\* OXFORD FOOD SHELF \*\*\*\*

Located @ the Community Center - 4 Maple Rd — (508)987-1062

The Food Shelf is open to indoor shopping on Thursdays from 4:30PM to 6:30PM. For your safety all volunteers and all clients, including children over the age of two, will be **REQUIRED TO WEAR MASKS** when entering the Community Center and the Food Shelf.

Clients will be allowed to shop twice a month.

Any Oxford family can come for food!

## Keep your EBT card and DTA benefits safe

- ~ There have been reports of people receiving scam text messages noting their EBT or P-EBT card has been blocked. This is not from DTA.
- ~ Never provide your personal information or card number to unidentified callers or in a link provided via text.
- ~ You are strongly encouraged to change your EBT card PIN before each time you get your benefits to protect against EBT card skimming theft.
- ~ Call 800-997-2555 (the number on the back of your card) to change your PIN. You do not need a new card.

If you need assistance “re-PINNING” your card, give us a call and we can assist you.



**BEANO will be held on Friday, January 27th @  
12:45PM**

## Oxford Community Electricity Aggregation Update

The Town has renewed its Oxford Community Electricity Aggregation (Oxford CEA) contract for two years, offering significant winter energy price relief for enrolled participants.

**No action is necessary for current participants to receive the new Oxford CEA rates.**

Oxford residents currently participating in the Community Electricity Aggregation program will automatically receive new prices, which will be fixed for two years, from December 2022 through December 2024. Oxford CEA's new electricity supplier will be Direct Energy.

### **New Oxford CEA Prices:**

	Oxford Standard (Town default)	Oxford 100% Green	National Grid Basic Service Residential
Price	15.540 ¢/kWh	18.358 ¢/kWh	33.891 ¢/kWh
Voluntary Renewable Energy Content	None	Adds 100% voluntary renewable energy (MA Class I RECs)	None
Duration	December 2022 to December 2024	December 2022 to December 2024	November 1, 2022 to April 30, 2023

The Oxford CEA Program cannot guarantee savings compared to utility Basic Service for the duration of the Program pricing because future Basic Service rates are unknown.

The products labeled "Green" contain additional Renewable Energy Certificates (RECs) above that required by MA law. The additional RECs qualify for MA Class I designation from generation located within, or delivered to, New England.

### **How to Tell if You are Already Participating**

Oxford electricity customers can confirm that they are enrolled in Oxford Community Electricity Aggregation by looking at the Supply Services Section of a recent electric bill. If it says "Supplier: NextEra Energy Srvcs MA-Oxford Agg", then that account is enrolled. If it says something else such as Basic Service Fixed or other names, then that account is not enrolled. Starting with the electricity bill participants receive for December 2022, the Supplier name will change to Oxford CEA's new supplier "Direct Energy – OxfordCEA".



# Dog/Cat Licensing begins in January



In appreciation of our **FANTASTIC** seniors in the Town, anyone over the age of 70 can license their pets for **FREE!**





## January - New Year, New You

The New Year is often when people set new health goals. It is never too late to change or to try something new. What health goals do you have for yourself this year? Might preventing a fall be on your list?

Did you know that falls are the leading cause of injury among older adults? In fact, each year, an estimated 1 out of 3 older adults will fall. However, there are things we can do to prevent falls from happening to us.

Our bodies naturally build muscle until we are in our 30's. After that, every year we experience some muscle loss. The loss of muscle mass that occurs progressively with age can undermine a person's quality of life and health. Loss of muscle mass, strength, and function is a major threat to allowing older adults to live independently.

To prevent muscle loss, there are several things we can do:

(1) Eat enough protein! As older adults, we need to consume more protein than we did as younger adults. Our bodies are less efficient in digesting and absorbing the protein we eat. Protein provides the building blocks for making muscles. If we don't eat enough protein and calories, our bodies will break down our muscles to use as energy. Protein is also essential to help fight infections. Our immune system uses proteins to make antibodies and disease-fighting cells. Protein also helps us heal from injuries, like a cut or scrape, or from medical procedures or surgery. However, according to the Dietary Guidelines for Americans, about 50% of women and 30% of men who are 71 or older fall short of consuming the recommended amount of protein.

(2) Get moving! Walking, gardening, dancing, swimming, resistance training, weightlifting – all kinds of exercises help us build muscle and maintain our strength and endurance.

How much protein do I need? According to the Dietary Guidelines for Americans, a woman aged 51+ needs a minimum of 46 grams of protein and a man aged 51+ needs a minimum of 56 grams of protein, but some argue that this is not enough and that older Americans do better with slightly higher amounts.

What are some good sources of protein? There are both plant sources of protein such as legumes, beans, nuts, seeds, soy milk, and tofu, and animal sources of protein such as lean cuts of poultry, meat, fish, seafood, eggs, and dairy products such as milk, yogurt, and cheese. Three ounces of chicken, pork, lean beef, fish, or seafood provides about 21 grams of protein. One serving of dairy is about 8 grams of protein. One-half cup of cooked legumes (beans, lentils, chickpeas) provides 7 grams of protein. Nuts, seeds, soy, and whole grains provide 3 to 9 grams of protein per serving.

So, create a new you by making sure you are getting adequate protein throughout the day to help prevent muscle loss, and help you live a healthy life.

## NEWS FROM SHINE: January 2023

What if I missed the Medicare Open Enrollment Period?  
Can I still make a change to my 2023 coverage?

The MA Open Enrollment Period occurs each year from January 1 through March 31, and it is only available to people who are enrolled in a Medicare Advantage plan as of January 1<sup>st</sup>, 2023. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1.

Changes that can be made during this period include switching to:

- a different MA plan with drug coverage;
- a different MA plan without drug coverage;
- Original Medicare and a Part D plan; or
- Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

Other news:

- For those with Prescription Advantage or "Extra Help"; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed, outside of Open Enrollment.
  - Those with Prescription Advantage can do this only once each year.
  - Those with "Extra Help" can change once each quarter.
- The Massachusetts Medicare Savings Program pays your monthly Part B Premium that is deducted from your Social Security income. The 2023 monthly Part B premium will be \$164.90. You will also be eligible for Extra Help from Social Security mentioned above to help pay your prescription drug costs. You may be eligible if your income and assets are at or below these values. These figures may change in early 2023 visit our website. [www.shinema.org](http://www.shinema.org) to get the latest information

○ Individual	Gross Income: \$1,984/month	Assets: \$16,800
○ Couple	Gross Income: \$2,518/month	Assets: \$25,200

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SHINE (Serving the Health Insurance Needs of Everyone) funded through the federal agency, Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Certified counselors are available to assist you with questions about Medicare. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans.

To make an appointment; call your local senior center, or in Central Mass call the Regional SHINE Office at 508-422-9931. Outside of Central Mass call 1-800-243-4636, press option 4. A certified SHINE counselor will return your call. Counselors assist clients through in-person appointments, phone, video conferencing (such as Zoom or FaceTime), email, or postal mail. We also offer excellent resources online through our website at [www.shinema.org](http://www.shinema.org), our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).

## THINGS PEOPLE COLLECT

ANTIQUES

T	A	E	U	P	U	D	P	U	O	R	S	D	K	R
S	D	Y	A	V	D	S	M	E	B	Y	O	J	Z	S
M	T	I	R	O	L	S	I	Q	O	O	J	C	P	I
J	P	N	L	L	T	I	N	T	N	Q	O	O	K	N
F	Z	L	E	A	N	T	I	Q	U	E	S	K	N	S
W	S	H	M	M	T	E	A	P	O	T	S	I	S	E
F	S	P	V	V	A	W	T	U	C	Q	E	E	S	C
S	S	G	A	L	F	N	U	A	I	O	M	E	W	T
Z	H	S	P	S	S	X	R	Y	E	A	T	E	A	S
R	E	T	Y	O	L	D	E	O	G	A	X	J	T	O
S	I	H	O	F	S	A	S	I	L	V	E	R	C	F
A	M	U	A	M	V	M	D	P	S	M	I	C	H	N
I	H	N	N	Q	U	R	M	E	R	E	T	W	E	P
H	S	I	R	G	Q	I	B	O	M	A	P	S	S	U
V	S	O	S	H	B	X	O	B	X	R	E	T	G	U

BOOKS

DOLLS

FANS

FLAGS

GAMES

INSECTS

MAPS

MEDALS

MINIATURES

MOTHS

POSTCARDS

TEAPOTS

MUGS

ROCKS

TOYS

ORNAMENTS

SHELLS

VASES

PEWTER

SILVER

WATCHES

PLATES

STAMPS

## BREAD

BAGEL

D	N	I	T	F	T	E	N	O	T	U	O	R	C	B
P	U	U	J	R	S	E	U	U	Q	O	C	P	R	G
D	R	D	L	E	T	X	H	O	J	T	A	L	Q	N
K	R	O	K	L	U	R	Z	C	A	G	E	S	C	I
Y	U	U	V	L	C	W	Y	E	O	K	G	E	T	S
E	O	G	S	I	K	Q	H	J	C	I	A	Z	Y	I
A	L	H	F	M	N	W	Y	I	E	X	R	A	Z	R
S	F	I	N	B	E	G	N	T	D	X	L	B	W	R
T	Q	A	R	L	W	R	I	O	S	D	I	N	B	K
D	A	O	O	N	E	H	E	C	R	U	C	K	Z	C
N	W	H	G	P	W	G	E	G	M	H	R	H	L	K
N	W	V	M	W	H	O	A	A	S	T	I	C	K	N
O	G	U	X	J	V	Y	A	B	T	R	Q	P	D	E
E	P	F	R	E	N	C	U	Y	K	R	U	C	A	
P	C	B	N	D	A	S	L	L	O	R	U	V	K	D

BROWN

CROUTON

CRUSTY

DOUGH

FLOUR

FRENCH

GARLIC

KNEAD

MILLER

RISING

WHEAT

NAAN

ROLLS

WHITE

OVEN

RYE

WHOLE-WHEAT

PROVING

STICK

YEAST

PUMPERNICKEL

TOAST

# JANUARY 2023 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED</b>  PITCH LEAGUE 4PM	<b>3</b> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<b>4</b> CHAIR VOLLEYBALL 1PM  PITCH LEAGUE 1PM TO 3PM	<b>5</b> DOMINOES 10AM TO 12PM  QUILTING CLASS 12:30PM TO 2:30PM	<b>6</b> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM  <b>BOOK CLUB 12:45PM</b>
<b>9</b>  CRIBBAGE 10AM TO 12PM  PITCH LEAGUE 4PM	<b>10</b> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<b>11</b> "OXFORD OLD-TIMERS" MEN'S COFFEE GROUP 10AM  CHAIR VOLLEYBALL 1PM  PITCH LEAGUE 1PM TO 3PM	<b>12</b> COA BOARD MEETING 9:30AM  DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<b>13</b> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM  <b>FREE MOVIE 12:45PM</b>
<b>16</b> <b>CLOSED</b>  PITCH LEAGUE 4PM	<b>17</b> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<b>18</b> SHINE COUNSELING APPOINTMENTS 9AM-2PM  CHAIR VOLLEYBALL 1PM  PITCH LEAGUE 1PM TO 3PM	<b>19</b> DOMINOES 10AM TO 12PM  QUILTING CLASS 12:30PM TO 2:30PM	<b>20</b> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM
<b>23</b>  CRIBBAGE 10AM TO 12PM  PITCH LEAGUE 4PM	<b>24</b> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<b>25</b> CHAIR VOLLEYBALL 1PM  PITCH LEAGUE 1PM TO 3PM	<b>26</b> DOMINOES 10AM TO 12PM  <b>FLOWER ARRANGING CLASS 12:30PM</b>	<b>27</b> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM  <b>BEANO 12:45PM</b>
<b>30</b>  CRIBBAGE 10AM TO 12PM  PITCH LEAGUE 4PM	<b>31</b> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM			<b>HAPPY NEW YEAR 2023!</b>