



OXFORD'S COUNCIL CHATTER



**JUNE
2022**

TOWN MANAGER

Jennifer Callahan

DIRECTOR

Laura Wilson
Notary Public

STAFF MEMBERS

Deb Bayer
Deb King
Cindy Nagle
Janet Stoica

**COUNCIL ON AGING
BOARD MEMBERS**

Joyce Nilson
Chairman

Robert Krasinskas
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 June 20th.



Let's Get Moving

MUSICDance.edu presents.....

HIP HOP Dance Chair Exercise for Seniors

Thursday, June 2nd @ 11AM

Oxford Senior Center

**This is the first of three classes and will be at NO CHARGE
thanks to a grant funded by the Oxford Cultural Council**

From the Director's Desk.....



We had our first bus trip for 2022 on May 18th. There were 51 seniors that boarded the Fox Tours bus along with my niece Corrine and myself that went to Boston for the day. We started our day strolling around the Public Gardens, had lunch at the Cheesecake Factory in Cambridge and ended the day with an 80 minute Duck Tour around Boston and into the Charles River.

The weather couldn't have been better !



The picture below is proof that YOU ARE NEVER TOO OLD TO HAVE FUN !!



11)
Laura

"YOUNG AT HEART CAFÉ" JUNE 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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**\*\*\* PLEASE NOTE MENU ITEMS MAY NEED TO BE CHANGED UNEXPECTEDLY  
DUE TO FOOD SHORTAGES \*\*\***

Friday, 6/3: Baked Fish, Baked Potato, Garden Blend Vegetables, Dinner Roll and Cookie

Tuesday, 6/7: Cheeseburger on Roll, Tomato & Cucumber Salad, Chips and Brownie

Friday, 6/10: Garden Salad topped w/ Cranberry Walnut Chicken Salad, Pita Bread and Fruit Ambrosia

Tuesday, 6/14: Hot Dog on Roll, Macaroni Salad, Chips and Birthday Cupcake

Friday, 6/17: Chicken Parmesan w/Ziti, Tossed Salad, Garlic Bread and Spumoni

Tuesday, 6/21: Salisbury Steak w/ Gravy, Mashed Potatoes, Peas and Sherbet

Friday, 6/24: Seafood Salad Roll, Onion Rings, Cole Slaw, and Blonde Brownie

Tuesday, 6/28: BBQ Chicken, Potato Salad, Corn Bread and Watermelon

- 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.

***"Let's Make a Plan!—Preparedness for Seniors "***

**Thursday, June 23rd @ 11:30AM**

Lois Luniewicz, Coordinator from the Worcester Regional Medical Reserve Corps will assist you with step-by-step planning to prepare for unforeseen weather events or man-made accidents that might impact your health or home. After the program each participant will leave with a plan template, a magnet to affix the plan to your refrigerator and a better understanding of why being prepared makes sense for everyone.

Sandwiches, chips and cookies will be served.

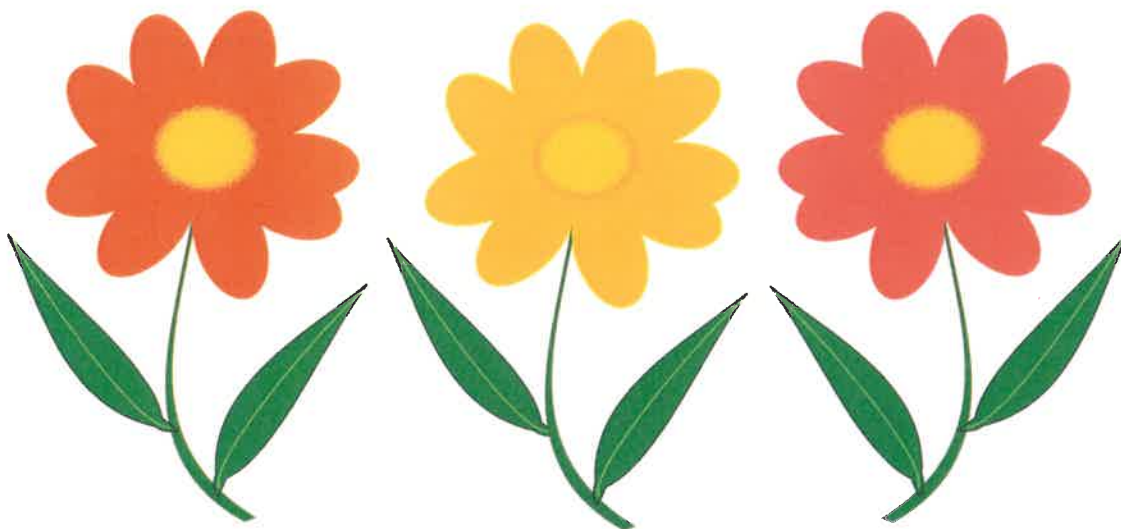
**MUST RSVP by Friday, June 17th**

**Would you like to join the Tuesday morning WALKING CLUB?**

**We meet every Tuesday (weather permitting) @ the Senior Center @ 8:45AM**

**JUNE BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!**

Rosetta Risolo, Carol Graves, Janice DeFalco, Teresa Tarasiak, Jan Fair, Frederick LeClaire, Rita Lariviere, Joyce Nilson, Alma Rucci, Marguerite Gallant, Frederick Church, Francis Riordan, Marjorie Hall, Susan Lauziere, Ronald Thibeault, Richard Guerin, Russell Kobel, Donna Dumas, Amy Angell, Irene Savageau, Robert Clouthier, James Booth Jr, Victor LaPrade Jr, Nancy Gurney, Janet Couture, Leroy Bull, Rose Larson, Gladys Stout, Harry Williams, Norma Sweeney, Leona Brooks, Jacqueline Dukes, Karen Hoy, Carol Kuzdzal, Patricia Clarkson, Mayrose Brown, Carol Frink, Carole Williams, Jo-Ann Hurley, Julianne Hetu, Anthony Kuzdzal, Richard Pike, Daniel Ausmus Sr, Susan DiPietro, Rita Boudreau, Joseph Messina, Raymond Shivick, Cheryl Landry, Ronald Morin, Bettie Carlson, Robert Broadard, Arthur Seale, Betty Aubin, Paul O'Reilly, Stephen Siddall, Carol Ann Esposito, Eulalia Prince, Elizabeth Copeland, Roger Shedd, Linnea Mazejka, Robert Muller Sr, Marjorie Helphenstine, Roger Wilson, Joseph Zeneski, Lucille Pollett, Erleen McCarthy, Nicholas Chomes, William Bowes, Virginia Germain-Guertin, Juana Vidot, Gary Orcutt, Barbara Wessell, Raymond Lentine, John Kneeland Jr, Richard Marsan, Kristin MacKay, Janet Petit, John Laplume, Linda Balcunas, Claire Huckins, Sandra Johnson, Patricia Mesrobian, Gail Gilbreath, Shirley Thomas, Joanne Diani, Michael Zinkievich, Gloria Aubin, Bonny Lusignan, Alan Tarkiainen, Joan Blanchard, Cheryl Sauriol, Christine Lee and Walter Crossman



## **BACK BY POPULAR DEMAND**

Everyone that attended our last class had a great time

Fresh flower arranging class taught by Sandy Michalak from  
Herbert Berg Florist in Worcester.

When: Thursday, June 30th

Where: Oxford Senior Center

Time: 12:30PM

Cost: \$15.00 cash

Bring a pair of scissors with you if possible

**MUST RSVP by June 23rd**

Light refreshments will be served



## ?????? Health Insurance Questions ??????

Kaye from SHINE is holding ZOOM appointments. Her next appointment day is June 15th. Appointment times are: 9AM / 10AM / 11AM / 1PM and 2PM. Call the Senior Center to schedule an appointment.

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OUTREACH MESSAGE: PREVENTING FALLS

In Stairways & Hallways: Have good lighting, handrails on both sides of stairs, and keep areas where you walk tidy and free of papers, clothes, etc.

Bathrooms: Grab bars near toilets & tub, place non-skid mats, strips or carpet on surfaces that get wet, turn on nightlights.

Bedrooms: Use nightlights, keep flashlight by your bed in case the power goes out, keep a phone close to your bed.

Other Living Areas: Keep electric cords & telephone wires near walls & away from walking paths, secure all carpets & large area rugs firmly to floor, make sure sofas and chairs are easy to get out of, let your newly washed floor dry before walking on it, don't stand on a chair or table to reach something—use a “reach stick”, make sure your step stool is steady & has a handrail on top, be careful of small pets so you don't trip over them.

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Do you need help applying for Food Stamps (SNAP), Fuel Assistance (LIHEAP), MassHealth or other discount programs?? WE CAN HELP! Call the Senior Center to make an appointment to see if you qualify.

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

Our next meeting is **July 1st @ 12:45PM**

Our book pick is: **Apples Never Fall by Liane Moriarty**

After fifty years of marriage, Stan and Joy Delaney are ready to start what should be the golden years of their lives. One night a stranger named Savannah knocks on their door. She says she chose their house because it looked the friendliest, and since Savannah is bleeding after a fight with her boyfriend, they are more than happy to give her the small kindness she sorely needs. If only that is all she wanted.

Call the Oxford Public Library at 508-987-6003 and reserve a book!



**FREE MOVIE on June 10th @ 12:45PM:**

**"Book Club"**

Four friends' (Diane Keaton, Jane Fonda, Candice Bergen, Mary Steenburgen) lives are turned upside down when their book club tackles the infamous "50 Shades of Grey." From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.



Oxford Fire Department / EMS will be at the Senior Center on Tuesday, **June 7th @ 11AM** for a **FREE Blood Pressure Clinic**

~ AND ~



Friday, **June 17th @ 12:30PM** for an educational presentation.

**June quiz: Flag Day is observed on what day in June annually?**

May's question was: "How many stars and stripes on the American Flag?"  
The correct answer was "50 stars and 13 stripes" provided by Jim Cutroni.  
Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on June 10th .

Winner gets four (4) FREE lunch tickets.



Please scan your myseniorcenter card  
when you come to the Senior Center for  
lunch or activities

If you don't have one, see Laura or Cindy  
THANK YOU

**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!



# Summer Concert Series @ The Oxford Bandstand



## June

30<sup>th</sup> 5PM – 7PM Grade “A’ Fancy

## July

10<sup>th</sup> 3PM – 5PM DW and the Shake Makers

17<sup>th</sup> 3PM – 5PM Trak Down

21<sup>st</sup> 5PM – 7PM Mark & Raianne

24<sup>th</sup> 3PM – 5PM One Last Blast

30<sup>th</sup> 4PM – 6PM Don’t Tell Dan

31<sup>st</sup> 3PM – 5PM Far From Eden

## August

4<sup>th</sup> 6PM – 8PM Holdin’ Back Band

7<sup>th</sup> 3PM – 5PM Windfall

11<sup>th</sup> 5PM – 6:30PM Jumpin Juba

14<sup>th</sup> 3PM – 5PM Throwback to the 60’s

21<sup>st</sup> 3PM – 5PM Blue House Between

28<sup>th</sup> 3PM – 5PM Dr. J Acoustic

## September

11<sup>th</sup> 4PM – 6PM Grady “A” Fancy

# FLAG DAY


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

Blue  
Eagle  
Field  
Fifty  
Finial  
Flag  
Halyard

June  
Lower  
Patriotic  
Pledge  
Raise  
Red  
Salute

Stars  
Stripes  
Symbol  
Unfurl  
USA  
Wave  
White

# JUNE 2022 ~ OXFORD SENIOR CENTER

| Monday                             | Tuesday                                                                                                                    | Wednesday                                                                    | Thursday                                                                                                                     | Friday                                                                                                                                    |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|                                    |                                                                                                                            | <u>1</u><br>PITCH LEAGUE 1PM TO 3PM                                          | <u>2</u><br>DOMINOES 10AM TO 12PM<br>HIP HOP DANCE CHAIR<br>EXERCISE FOR SENIORS 11AM<br>QUILTING CLASS<br>12:30PM TO 2:30PM | <u>3</u><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>BOOK CLUB 12:45PM                                         |
| <u>6</u><br>CRIBBAGE 10AM TO 12PM  | <u>7</u><br>WALKING CLUB 8:45<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>BLOOD PRESSURE CLINIC 11AM<br>LUNCH 12:00PM | <u>8</u><br>PITCH LEAGUE 1PM TO 3PM                                          | <u>9</u><br>COUNCIL MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                           | <u>10</u><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>FREE MOVIE 12:45PM                                       |
| <u>13</u><br>CRIBBAGE 10AM TO 12PM | <u>14</u><br>WALKING CLUB 8:45<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                              | <u>15</u><br>SHINE — ZOOM<br>APPOINTMENTS 9AM—2PM<br>PITCH LEAGUE 1PM TO 3PM | <u>16</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                    | <u>17</u><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>OXFORD FIRE DEPARTMENT<br>SENIOR SAFE PROGRAM<br>12:30PM |
| <u>20</u><br>CLOSED<br>JUNETEENTH  | <u>21</u><br>WALKING CLUB 8:45<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                              | <u>22</u><br>PITCH LEAGUE 1PM TO 3PM                                         | <u>23</u><br>DOMINOES 10AM TO 12PM<br>*LET'S MAKE A PLAN<br>PREPAREDNESS FOR<br>SENIORS 11:30AM MUST RSVP                    | <u>24</u><br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>BEANO 12:45PM                                            |
| <u>27</u><br>CRIBBAGE 10AM TO 12PM | <u>28</u><br>WALKING CLUB 8:45<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                              | <u>29</u><br>PITCH LEAGUE 1PM TO 3PM                                         | <u>30</u><br>DOMINOES 10AM TO 12PM<br>FLORAL ARRANGEMENT<br>CLASS W/ SANDY MICHALAK<br>12:30PM MUST RSVP                     |                                                        |