



# 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](mailto: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 !

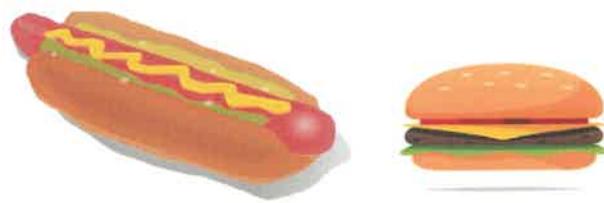


The picture below is proof that YOU ARE NEVER TOO OLD TO  
HAVE FUN !!



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.

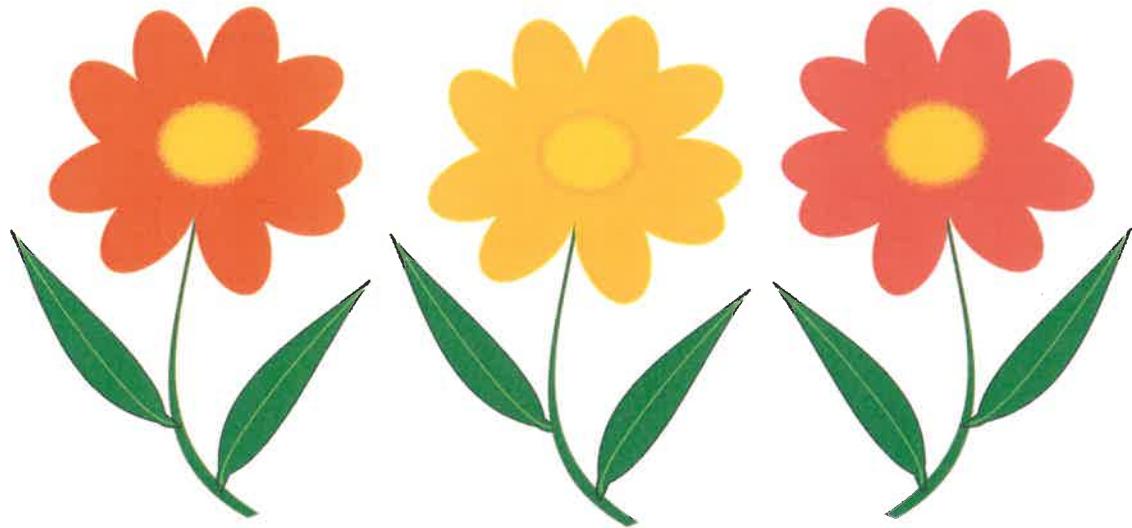
**MUST RSVP by Friday, June 17th**

**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    | June      | Stars   |
| Eagle   | Lower     | Stripes |
| Field   | Patriotic | Symbol  |
| Fifty   | Pledge    | Unfurl  |
| Finial  | Raise     | USA     |
| Flag    | Red       | Wave    |
| Halyard | Salute    | White   |

# JUNE 2022 ~ OXFORD SENIOR CENTER

| Monday                                    | Tuesday                                                                                                                               | Wednesday                                                                      | Thursday                                                                                                  | Friday                                                                                                                                    |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
|                                           |                                                                                                                                       |                                                                                |                                                                                                           |                                                                                                                                           |
| <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><b>BLOOD PRESSURE CLINIC<br/>11AM</b><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><b>CLOSED<br/>JUNETEENTH</b> | <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  |                                                        |
|                                           |                                                                                                                                       |                                                                                |                                                                                                           |                                                                                                                                           |