



# OXFORD'S COUNCIL CHATTER



**MAY  
2022**

## COUNCIL ON AGING/SENIOR CENTER

323 Main Street, Oxford, MA 01540  
Tel: 508-987-6000 email: [seniorcenter@oxfordma.us](mailto:seniorcenter@oxfordma.us)

**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



\*\*\*\*\* The Senior Center will be closed on May 18th  
and May 30th \*\*\*\*\*

## MEMORIAL DAY

Memorial Day is officially celebrated on the last Monday during the month of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. The roots of Memorial Day observance goes back to 1865 and the end of the Civil War.

Memorial Day was traditionally held on the 30th of May. In 1971, Congress changed it to the last Monday, in order to afford a 3-day holiday weekend. Regardless of the date, we encourage you to follow Memorial Day tradition: attend a parade and visit a cemetery to honor and remember our servicemen. Take time to remember lost loved ones in whatever way you feel appropriate. Did you know that Memorial Day was first called Decoration Day? It was changed to Memorial Day in 1882.

Laura, Deb, and Cindy

From the Director's Desk.....



How time flies.....

I started at the Senior Center in May 2020. In March of 2021, I was appointed the Director of the Senior Center. I'm forever grateful to Town Manager Jen Callahan for having the faith in my ability to take on this position. I have an amazing staff, who all go above and beyond. When the coronavirus began in March 2020, the Senior Center closed it's doors for all activities, but help was still being offered. We offered drive-thru events to keep in touch, as well as calling seniors to check-in. I believe that this pandemic has forced us all to slow down and seize the moment. Our Senior Center is blessed to have so many dedicated, energetic and caring volunteers. Our volunteers are indispensable!! We are working to bring in new activities and entertainment. If you have an idea or interest in an activity or entertainment let me know. Our bus trips have been a huge success, we are excited for this years trips.

I look forward to everyday at the Senior Center, the seniors that come thru the door or call on the phone are AMAZING !! My door is always open if you wish to stop in and talk!

Handwritten signature of Laura in blue ink, followed by a smiley face.

## **“YOUNG AT HEART CAFÉ” MAY 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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**Tues, 5/3: Taco Salad w/ Tortilla Chips and Fresh Fruit Cup w/ Sherbet**

**Fri, 5/6: Baked Fish, Rice Pilaf, Garden Blend Vegetables, Dinner Roll and Blonde Brownie**

**Tues, 5/10: Mac & Cheese, Stewed Tomatoes, Dinner Roll and Birthday Cupcakes**

**Fri, 5/13: Cobb Salad, Breadstick, Fruited Jell-O w/ Topping**

**Tues, 5/17: Italian Cold Cut Sandwich, Chips and Boston Cream Cake**

**Fri, 5/20: Crabby Cake, Onion Ring, French Fries and Pudding Parfait**

**Tues, 5/24: Grilled Reuben Sandwich, 3 Bean Salad, Make-Your-Own Sundae**

**Fri, 5/27: Hot Dog, Baked Beans, Brown Bread, Cole Slaw and Fruit Ambrosia**

**Tues, 5/31: Open-Faced Roast Beef Sandwich w/ Gravy, Green Beans and Fresh Baked Cookie**

**\*\*\* PLEASE NOTE MENU ITEMS MAY NEED TO BE CHANGED  
UNEXPECTEDLY DUE TO FOOD SHORTAGES \*\*\***

- Please inform your server 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.

**May quiz: How many stars and stripes on the American Flag?**

April's question was: "Earth Day is celebrated on what date every year?"  
The correct answer was "April 22nd" provided by Donald Adams. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on May 13th.

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.

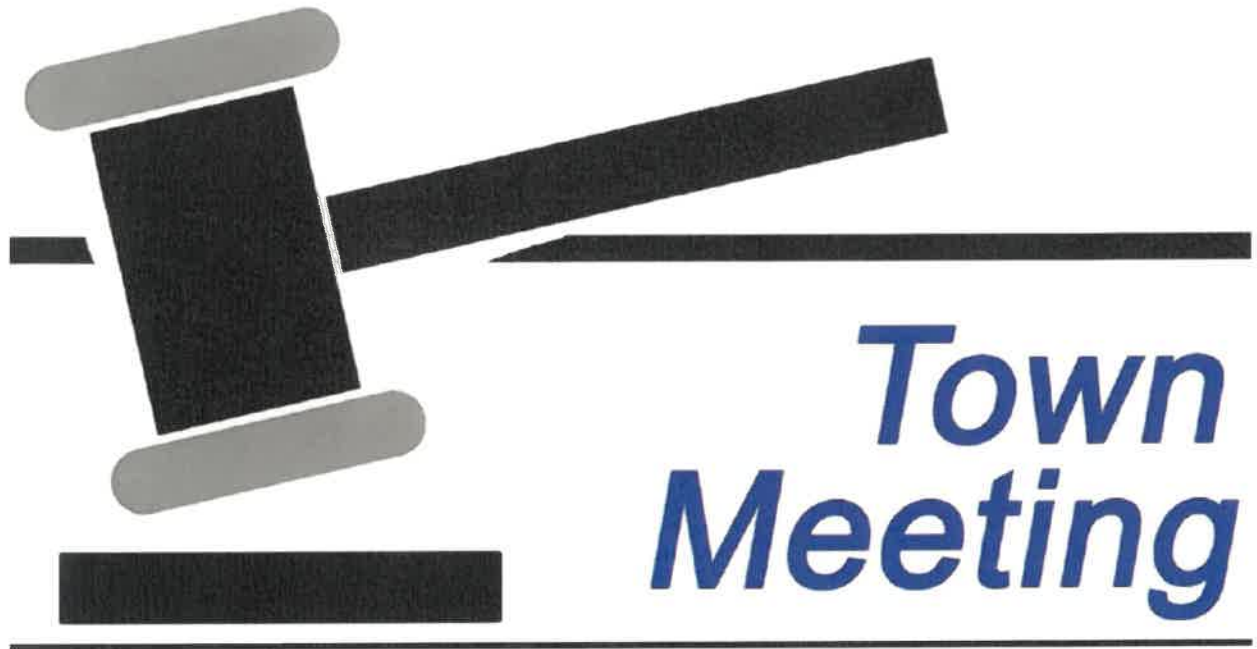
**\*\*\*\* OXFORD FOOD SHELF \*\*\*\***

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!



**2022 ANNUAL TOWN MEETING  
WEDNESDAY, MAY 4, 2022  
OXFORD HIGH SCHOOL  
100 CARBUNCLE DRIVE  
OXFORD, MA 01540  
7:00PM**



The background of the entire image is a stylized American flag, featuring a blue field with white stars and red and white stripes. The stars are of varying sizes and are scattered across the blue field. The stripes are diagonal and run from the top left to the bottom right.

DON'T FORGET TO VOTE!!!

Tuesday, May 17th

ANNUAL TOWN ELECTION

POLLS ARE OPEN

8:00AM - 8:00PM

Need a ride to the polls?

Call 508-987-6000

and we will be happy to assist!!

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

Our next meeting is **June 3rd @ 12:30PM**

Our book pick is: **The Thursday Murder Club** by Richard Osman

In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves The Thursday Murder Club.

When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case. As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it's too late?

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

**FREE MOVIE on May 13th @ 12:45PM: "And So It Goes"**

Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire.

Oren's life turns upside-down when his estranged son drops off a granddaughter (Sterling Jerins) he didn't know existed. Oren has no idea how to take care of a child, so he pawns the girl off on his neighbor, Leah (Diane Keaton) -- but he learns how to open his heart eventually.



**Who doesn't like fresh flowers ?**

We are pleased to offer a fresh flower arranging class taught by Sandy Michalak from Herbert Berg Florist in Worcester. The theme will be red—white—blue for Memorial Day

**When: Thursday, May 12th**

**Where: Oxford Senior Center**

**Time: 12:30PM**

**Cost: \$15.00 cash**

**Bring a pair of scissors with you if possible**

**MUST RSVP by May 6th**

## The Mike and Beth Show

**Join us on Friday, May 20th @ 12:30PM**

This duo has been entertaining seniors for decades. Each show features sing alongs, comedy and audience participation. This will be a 3 show cabaret series. Mark your calendars for future shows ~ August 19th and October 14th

This concert series is sponsored by the Oxford Cultural Council

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

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

### **MAY BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!**

Vivian Gates, Mary Brodeur, Carl Diggs, Douglas Selby, Alan Bounville, Miroslawa Sekurski, Jason Chase, Debra Lamarche, John Nelson, Deborah Bissonnette, Donna Theirrien, Helen Boris, Susan Powell, Harry Thompson, Joseph Perry, Pamela Wilson, Irene Ramos, Lillian Longtin, Stanley Sklarz, Louis Hickson, Darlene Haglund, Paul Dufresne, Louise Partridge, Roger Lavoie, Linda Deoliveira, Marshall Provost, Charles Rogan Jr, Elsie Alvarez-Torres, Janice Tilley, Blanche Gregoire, Barbara Bowes, Betty Lou Raymond, Jean Esposito, Janet Chesties, Phyllis Carey, Joseph Laramee III, Leeann Dufresne, Richard Kalil, Patricia Soter, Ronald Silvestri, Vivian Socia, John Hartwell, Robert Bernier, Laurie Howland, Zofia Sobocinski, Dorothy Lavalley, Gary Belvery Sr, Nancy Kelly, Dona Kirkorian, Susan Elliott, Donna O'Halloran, Patricia DiCandia, Linda Plante, Jana LaMothe, Cynthia Migneault, Robert Shaw, Andrew Foote, Paul Cody, William Milosh, Catherine Kozlowski, Sharon Mazurek, James Moore, Diane Gordon, MaryAnn Richard, John Mattson, Linda McIlvaine, Gloria Connery, Barbara Deyette, Gerald St Martin, Rita St Denis, Linda Dickson, Janet Ryan, Linda Premo, Thomas Sheehan, Ruth Silva, Shirley Sinkis, Norma Hanks, Deborah Zinkievich, Susan Hamel, Paul Salek, Fred Adams, Patricia Wheeler, Richard Pinto, Bruce Baribeau, Cheryl Ducharme, Beatrice Willame, A Russell Pytko, Evelyn Auger, Mary Waterhouse, Allen Prince, Judith Moulton, Wendy Erskine, Lee Vassar, Judith Pytko, Carolyn Banfill, James Ballon, Nancy Maki, Donald Butler, Joy Bell, Bernice Rheaume, Barbara Day, Sandra Granahan, Bill St Jean and Ronald Prunier



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

Kaye from SHINE is holding ZOOM appointments. Her next appointment day is May 25th. 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

More than 1 in 3 seniors falls each year. Your eyesight, hearing and reflexes might not be as sharp as they were when you were younger. Muscle weakness, problems with balance and gait, and blood pressure that drops when you get up are all risk factors. Take the following steps to decrease your risk: Stay physically active, have your eyes and hearing tested, find out all the side effects of any medicine you take, get enough sleep, limit the amount of alcohol you drink, use an assistive device if you need help feeling steady when you walk, take extra care when its wet or icy, and wear non-skid rubber-soled shoes.

Always tell your doctor if you fall!!

What should you do if you fall? Stay as calm as possible and take several deep breaths to try and relax. Stay on the floor or ground for a few moments. Decide if you are hurt before getting up. Roll onto your side and rest for a minute before you slowly get up on your hands and knees and crawl to a sturdy chair. Put your hands on the chair seat and slide one foot forward so that it is flat on the floor while keeping the other foot is still kneeling. Slowly rise and turn your body to sit in the chair.

Next month, we will discuss how to fall-proof your home!

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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.



JOIN US FOR THE

**SHERIFF'S**  
**ANNUAL**  
**SENIOR PICNIC**  
**FREE**  
**DRIVE-THRU**  
**SPECTACULAR**  
**FREE CAR WASH TOO!**

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**SATURDAY 11:00 AM START**

**JUNE 4, 2022 1:00 PM ENDS**

**SAC Park 438 Lake St, Shrewsbury, MA 01545**

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**BBQ MEAL • ICE CREAM SUNDAES**  
**TONS OF GIVE AWAYS**  
**RAFFLE BONANZA**

**ABSOLUTELY MUST REGISTER BY MAY 11TH**  
**TO ATTEND!**

**DOSTIGUY@WORCESTERCOUNTYSHERIFF.ORG - 508-796-0344**  
**IMILLER@WORCESTERCOUNTYSHERIFF.ORG - 508-796-2638**

**Sorry, No Extra Bags to Go. Must Be Present To Participate.**

**Sponsored by: Worcester County Reserve Deputy Sheriff's Association**



***The Oxford Senior Center Proudly Presents!!!***

# ***Essex Valley Steam Train***



# ***And Connecticut Riverboat***

***8:30 AM Depart from the Oxford Senior Center on a tour that features fine cuisine, an authentic Steam Engine Train ride, a Riverboat Cruise, and, of course, the delightful company of your fellow travelers on your luxury Silver Fox Coach. You'll first enjoy a delicious luncheon at the Steak Loft Restaurant where you may choose from entrées of Fresh Baked Scrod or Stuffed Chicken Breast, served with salad, potato, dessert and coffee - delicious! Then you'll arrive in the Town of Essex, Connecticut, for your scenic Steam Train ride. Enjoy the scenery of the Connecticut River Valley, where you'll meet your Riverboat crew and vessel. You'll now cruise the Connecticut River on a relaxing, one hour narrated ride. Upon docking you'll meet your Steam Engine again and be transported back to Essex to board your motor coach. Expected arrival home will be at 6:00 PM this evening after a great day with your Friends on the rail, river and road!***

***<Please Choose Entrée @ Sign up: \_\_Fresh Baked Scrod\_\_Stuffed Chicken Breast >***

***Tour Date: July 14, 2022 (Thursday)***

***Tour Cost: \$114.00 Per Person (Includes Driver Gratuity)***

***Please Contact: The Oxford Senior Center @ 508.987.6000***

***Important: Fox Tours is requiring groups to ensure that all passengers have had the Covid-19 vaccine as a prerequisite to travel to ensure safety & well-being. Current CDC guidelines require all passengers to wear masks while traveling on the coach.***

***Get On Track With The Essex Valley Steam Train!***

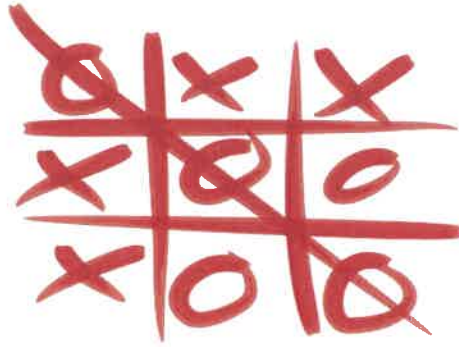
# **“Essex Valley Steam Train & Connecticut Riverboat”**

## **BUS TRIP**

1. When a bus trip is scheduled, it will be advertised at the Senior Center, in the monthly CHATTER, on Facebook, and posted on the town cable access channel.
2. We will only be using Fox Tours at this time as our tour vendor.
3. There is a 40 passenger minimum / 54 passenger maximum
4. Anyone wishing to sign up **MUST** place a \$5.00 **non-refundable** deposit, which will be taken off the cost of your trip ticket.
5. The cost of the bus trip will be payable in full by check, made payable to FOX TOURS.
6. If you are interested in purchasing a Fox Tours Motor Coach Tour Waiver, the fee is \$10.00, payable in a separate check, made payable to FOX TOURS. This payment is due 60 days prior to trip departure. (See Director for form).
7. The cost of the trip must be paid in full by July 1, 2022 to secure your seat, **NO EXCEPTIONS WILL BE MADE!**
8. All trip participants must complete a form that includes; name, address, phone #, emergency contact name and phone # prior to trip departure.
9. FOX TOURS IS REQUIRING GROUPS TO ENSURE ALL PASSENGERS HAVE HAD THE COVID-19 VACCINE AS A PREREQUISITE TO TRAVEL. This is to ensure passenger safety and well-being.

If you have any further questions or need further information, please contact the Senior Center Director Laura Wilson @ 508-987-6000.





**Thank you to Don Fafard for his donation of two handmade  
wooden tic tac toe boards for our seniors to use**

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## **Coloring for Adults**

**Looking for a fun & relaxing hobby? Join our adult coloring  
group on Tuesdays and Fridays @ 10:00AM**

**No supplies are needed. Coloring pages, colored pencils and  
markers are provided**



# Memorial Day

## Last Monday in May



AMERICAN  
ANTHEM  
CEMETERY  
CEREMONY  
COMMEMORATE  
DECORATION  
FALLEN  
FLAGS  
FLOWERS

FREEDOM  
GRAVE  
HALF MAST  
HEROES  
HOLIDAY  
HONOR  
MAY  
MEMORIAL  
OBSERVANCE

PATRIOTIC  
REMEMBRANCE  
SACRIFICE  
SALUTE  
SERVICE  
SOLDIERS  
TAPS  
VETERANS  
WAR

# MAY 2022 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 5PM	<b>3</b> <u>PODIATRY—APPT ONLY</u> <u>NEEDLE WORKERS 10AM</u> <u>ADULT COLORING 10AM</u> LUNCH 12:00PM	<b>4</b> 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 <u>ADULT COLORING 10:30AM</u> <u>LUNCH 12:00PM</u> BOOK CLUB 12:30PM
<b>9</b> CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 5PM	<b>10</b> <u>WALKING CLUB 8:45</u> <u>NEEDLE WORKERS 10AM</u> <u>ADULT COLORING 10AM</u> LUNCH 12:00PM	<b>11</b> PITCH LEAGUE 1PM TO 3PM	<b>12</b> COUNCIL MEETING 9:30AM DOMINOES 10AM TO 12PM FLORAL ARRANGEMENT CLASS W/ SANDY MICHALAK 12:30PM	<b>13</b> CRIBBAGE 10AM TO 12PM <u>ADULT COLORING 10:30AM</u> <u>LUNCH 12:00PM</u> FREE MOVIE 12:45PM "AND SO IT GOES"
<b>16</b> CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 5PM	<b>17</b> <u>WALKING CLUB 8:45</u> <u>NEEDLE WORKERS 10AM</u> <u>ADULT COLORING 10AM</u> LUNCH 12:00PM	<b>18</b> BUS TRIP SENIOR CENTER CLOSED	<b>19</b> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<b>20</b> CRIBBAGE 10AM TO 12PM <u>ADULT COLORING 10:30AM</u> <u>LUNCH 12:00PM</u> MIKE & BETH SHOW 12:30PM
<b>23</b> CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 5PM	<b>24</b> <u>WALKING CLUB 8:45</u> <u>NEEDLE WORKERS 10AM</u> <u>ADULT COLORING 10AM</u> LUNCH 12:00PM	<b>25</b> SHINE — ZOOM APPOINTMENTS 9AM—2PM PITCH LEAGUE 1PM TO 3PM	<b>26</b> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<b>27</b> CRIBBAGE 10AM TO 12PM <u>ADULT COLORING 10:30AM</u> <u>LUNCH 12:00PM</u> BEANO 12:45PM
<b>30</b> CLOSED ~~~~~ MEMORIAL DAY	<b>31</b> <u>WALKING CLUB 8:45</u> <u>NEEDLE WORKERS 10AM</u> <u>ADULT COLORING 10AM</u> LUNCH 12:00PM			