



OXFORD'S COUNCIL CHATTER



**NOVEMBER
2022**

TOWN MANAGER

Jennifer Callahan

DIRECTOR

Laura Wilson
Notary Public

STAFF MEMBERS

Deb Bayer
Deb King
Cindy Nagle
Janet Stoica
Len Nicoletti

**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 November 9th,
November 11th, November 24th and November 25th



**BEANO has been moved to THURSDAY,
November 17th @ 12:45PM**

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**The November monthly movie will be held  
on Wednesday, November 23rd @ 12:45PM**

**Join us for pizza before the movie—must  
RSVP by November 18th**

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



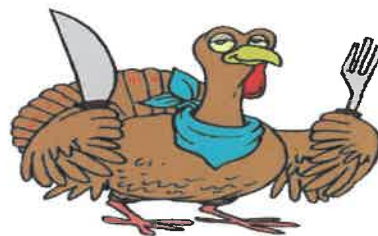
November is the time to be **THANKFUL**, a time to remember, and a time to embrace those who enrich our lives. I am **THANKFUL** for a lot of things, but I am most **THANKFUL** for all of YOU !!!!



I ask that the next time you visit the Senior Center that you write down what you are **THANKFUL** for and add it to the display board.

*Laura*  
11)

## "YOUNG AT HEART CAFÉ" NOVEMBER 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 *****

Tuesday, 11/1: Chicken Pasta Primavera, Dinner Roll and Chocolate Mousse

Friday, 11/4: Crabby Pattie, French Fries, Cole Slaw and Fruit Turnover

Tuesday, 11/8: Italian Cold Cut Sub, Chips and Birthday Cupcakes

Friday, 11/11: **CLOSED FOR VETERAN'S DAY**

Tuesday, 11/15: Salisbury Steak w/ Gravy, Mashed Potato, Glazed Carrots, and Ice Cream Social (sponsored by Christopher Heights)

Friday, 11/18: Lasagna, Italian Blend Vegetable, Garlic Bread, and Cannoli

Tuesday, 11/22: Thanksgiving Dinner includes Turkey, Stuffing, Gravy, Mashed Potatoes, Butternut Squash, Peas & Onion, Cranberry Sauce, Dinner Roll and Pumpkin Pie w/ Topping

Friday, 11/25: **CLOSED FOR THANKSGIVING HOLIDAY**

Tuesday, 11/29: Tator Tot Casserole, Buttered Corn, Sliced Bread, and Brownie

- 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.

“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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## MassHealth Mailings

We want to remind you of the importance of opening and responding to any mail that you get from MassHealth. Over the next several months as the Federal Public Health Emergency (PHE) ends, MassHealth will be sending numerous notices reviewing and detailing the status of your MassHealth coverage. These mailings often have deadlines involved and you need to respond to MassHealth by a specific date or YOU may lose your coverage. If you have not heard from MassHealth recently, we suggest that you contact them to make sure that they have your current address. If mail is returned to MassHealth you may lose your coverage as well. Finally, if you get mail from MassHealth that you do not understand, you should contact a family member, friend or the Senior Center for assistance.

To all of our veterans ... we salute you! Thank you for your service and sacrifice!







## "Oxford's Old-Timer's"

### MEN's Coffee Group

Wednesday, November 16th @ 10AM

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

There will be coffee and light breakfast goodies.

**Don't stop having FUN when you get older.....because you will get older when you stop having FUN !!!**

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

Robert Baggs, Carol Lee Berube, Michael Landry, Paul Albuquerque, Dianne Clark-Cahill, Kathy Purcell, Anthony Pagnotto, Clarence Stockwell, Janice Tarkiainen, Rose Wing, Stephen Boyns, Carol Pepka, Donna Leonard, Lisa Ann Mulhern, Nicholas Digiulio, Richard Kneeland, Anna Matney, Larry Brusa, Allyn Ohan, Judy Hodgerney, Linda Primel, William Borowy, Robert Bennett, Donald Kielinen, Kenneth Mills, Carol Troiano, Nancy Dauks, John O'Brien, Christopher Brooks, Gail Wojtanek, Wilfred Martin, Caroline Bianchi, Donald Mayo, Alan Lucier, Cheryl Baggs, Polly Boyns, John Turner, Steve Pizzetti, Robert Cierpich, Kathleen Tarkiainen, Wayne Johnson, Catherine Doran, Stanley Chesitis, Harold Sanders, Noreen Harty, Janet Koza, Barbara Gould, Arthur Robert, Paul Mazeika, Karen Erickson, Brenda Carroll, Nancy McGovern, Irene Allain, Earl Cody, Susan McAndless, Susan Boris, Willy Van Beekom, Carol Miller, Lynda Robinson, Jan Williams, John DiPasquale, Lillian Coonan, Beverly Grimshaw, Paula Miner, Dorothy Anderson, Joan Brady, Almetter Bethune, Arthur Freeman Jr, Valerie Daoust, Dot Kiwak, Susan Orsi, Virginia Suklis, Judith Murdock, Roger Tudor, Stephen Fish, Evelyn Perkins, Patricia Schneider, Arthur St Cyr, Connie Zajac, Norman Hale, John Koneczny, Constance Perra, Madeleine Stevens, Joseph Chiuchiolo, Bob Krasinskas, Carol Keating, Marcia Kollios, Lois Bunker, Eva Dawson, Shirley DeLuca, Susan Sheehan, Rory O'Connor, Carol Russell, Francis Farrell Jr, Dolores Cloutier, Kathleen Vanderhoof, Theresa Donnelly, Linda Bourie, Roberta Greene, Ernest Germain, Joan Stevens, Richmond Parker, Rose Lawless, Philip Davis Sr, Jeanne Roy, Cynthia Olney, Richard Shivick, Diane St Jean and Helen LaPrade

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

**Our next meeting is December 2nd @ 12:45PM**

**Our book pick is: A Redbird Christmas by Fannie Flagg**



Oswald T. Campbell, aged fifty-two, down-and-out in a Chicago winter, is given only months to live unless he moves South. He finds himself in the small town of Lost River, Alabama, where the residents are friendly if feud-prone and eccentric. One of them, Roy, keeps a red cardinal, a once wounded bird called Jack, in the village store. Patsy, a crippled little kid from a nearby trailer park, falls in love with Jack. What follows is an emotional roller-coaster ride through the lives of an engaging crew of misfits, fixers and ordinary good-hearted folk, set against the natural backdrop of a mellow Alabama winter, along the riverside.

## **Christopher Heights Assisted Living Community**

**Presentation Tuesday, November 15th @ 12:30PM**

**Christopher Heights mission is to help residents maintain their independence by providing quality supportive services in a dignified living environment, done by promoting wellness and individuality in a home-like setting, while giving residents choices to suit their lifestyle.**

**Locations in Attleboro, Belchertown, Marlboro, Northampton, Webster and Worcester**

## **FREE PIZZA & MOVIE**



**Must RSVP for pizza by November 18th**

**Wednesday, November 23rd @ 12:45 PM**



## **"WILD OATS"**

Eva, a widow and retired history teacher, enjoys a quiet life. Everything changes when Eva receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000. At the not-so-gentle urging of her best friend Maddie, Eva deposits the money and the two friends head to the Canary Islands with every intention of living it up. But their fantasy is short-lived when they discover that they have become media sensations overnight. Fugitives from justice, the two are forced to outwit a trio of conmen led by the local wine "warlord" Carlos, outmaneuver dogged life insurance agent Vespucci who has teamed up with Eva's daughter, Crystal and outrun the law. What they don't expect is to be good at it.

## 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.



### Senior Quotes, Part II

Way back in August, I asked you all how you felt about aging. Here are some more quotes that I received. Please send yours to me and I'll include them in the next newsletter!

- I may not be there yet (old age), but I'm closer than I was yesterday.
- I know I'm old because I'm almost enjoying the prime of senility.
- Do not regret growing older. It is a privilege denied to many.
- Youth is the gift of nature, but age is a work of art.
- Old age is like everything else, to make a success of it, you've got to start young.
- Wrinkles should merely indicate where the smiles have been.

*Cindy*



## SHINE COUNSELING



One-on-one appointments available with  
Kaye. Call the Senior Center to schedule an appointment.  
Trained SHINE volunteers offer FREE counseling on all aspects  
of health insurance to seniors

### It's Medicare Open Enrollment time!

A SHINE counselor will be available to assist with Medicare  
questions and information throughout the annual Open  
Enrollment Period (October 15<sup>th</sup> through December 7<sup>th</sup>).

Did you know: if you are currently in a Medicare Advantage plan,  
you have the opportunity to make a change during the annual  
Open Enrollment, but also during the Medicare Advantage Open  
Enrollment Period (January 1<sup>st</sup> through March 31<sup>st</sup>). If you are  
unable to make an appointment in the fall, SHINE can assist you  
with any changes you would like to make early in 2023.

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Oxford Fire Department / EMS will be at the Senior Center on
Friday, November 18th @ 12:30PM for an Educational
Presentation





State Election

November 8, 2022

★ The State Election will be held ★
on November 8, 2022

★ If you wish to vote in person ★
and are unable to make it to
the polls, we will provide
transportation



Call (508) 987-6000



November quiz: "What do the months of April, June, September and November all have in common"

October's question was: "What were the names of the 3 ships that Christopher Columbus' used on his first voyage across the Atlantic?" The correct answer was "the Nina, the Pinta and the Santa Maria" provided by Sandi Crossman. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on November 18th.

Winner gets four (4) FREE lunch tickets.



**November
6th**

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!



Let's get in the holiday spirit.....

Join us on Wednesday, November 30th
@ 12:30PM

Christmas Concert with Heather Rae

Hot Chocolate, Apple Cider and Cookies
will be served



Apple Crisp with Oats

Ingredients

Streusel

- **3/4**cup Gold Medal™ all-purpose flour
- **3/4**cup old-fashioned oats
- **1/2**cup packed brown sugar
- **1/2**teaspoon ground cinnamon
- **1/2**cup cold butter, cut in pieces

Filling

- **6**cups chopped (3/4-inch pieces) peeled tart apples (6 medium)
- **1/2**cup granulated sugar
- **2**tablespoons Gold Medal™ all-purpose flour
- **1/2**teaspoon ground cinnamon
- **1**teaspoon lemon juice



Steps

Heat oven to 375°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.

In medium bowl, mix 3/4 cup flour, the oats, brown sugar and 1/2 teaspoon cinnamon until blended. Cut in cold butter, using fork or pastry blender, until mixture is crumbly. (Do not overmix.) Set aside.

In large bowl, mix Filling ingredients until well coated. Spread evenly in baking dish. Sprinkle streusel over top.

Bake 30 to 35 minutes or until topping is golden brown and juices are bubbling along edges.

Cool at least 20 minutes before serving. ENJOY !!!!!



THANKSGIVING Word Search



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

THANKSGIVING

BLESSINGS

HARDSHIP

FAMILY

CORNUCOPIA

CELEBRATE

HARVEST

NATIVE

PLENTIFUL

NOVEMBER

PUMPKIN

CROPS

MAYFLOWER

STUFFING

SQUANTO

APPLE

CRANBERRY

POTATOES

GOURDS

FEAST

AMERICANS

PLYMOUTH

AUTUMN

CORN

GRATITUDE

PILGRIMS

FRIEND

BOUNTIFUL

COLONIAL

SQUASH



NOVEMBER 2022 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>1</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>2</u> SHINE COUNSELING APPOINTMENTS 9AM—2PM PITCH LEAGUE 1PM TO 3PM	<u>3</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>4</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BOOK CLUB @ 1PM (NOTE TIME CHANGE)
<u>7</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM (CALL GAIL DAVIS FOR MORE INFORMATION 508-987-2884)	<u>8</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>9</u> CLOSED ~~~~~ VETERANS LUNCHEON	<u>10</u> COA BOARD MEETING 9:30AM DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>11</u> CLOSED ~~~~~ VETERANS DAY
<u>14</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>15</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM CHRISTOPHER HEIGHTS PRESENTATION & ICE CREAM SOCIAL 12:30PM	<u>16</u> "OXFORD OLD-TIMERS" MEN'S COFFEE GROUP 10AM SHINE COUNSELING APPOINTMENTS 9AM—2PM PITCH LEAGUE 1PM TO 3PM	<u>17</u> DOMINOES 10AM TO 12PM *** BEANO *** 12:45PM QUILTING CLASS 12:30PM TO 2:30PM	<u>18</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM FIRE DEPARTMENT PUBLIC EDUCATION 12:30PM
<u>21</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>22</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>23</u> PITCH LEAGUE 1PM TO 3PM PIZZA PARTY 12:00PM & MOVIE 12:45 MUST RSVP	<u>24</u> CLOSED ~~~~~ THANKSGIVING	<u>25</u> CLOSED ~~~~~ THANKSGIVING
<u>28</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>29</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>30</u> SHINE COUNSELING APPOINTMENTS 9AM—2PM CHRISTMAS CONCERT W/ HEATHER RAE 12:30PM	