



OXFORD'S COUNCIL CHATTER



**SEPTEMBER
2022**

TOWN MANAGER
Jennifer Callahan

DIRECTOR
Laura Wilson
Notary Public

STAFF MEMBERS
Deb Bayer
Deb King
Cindy Nagle
Janet Stoica
Margo Spafford
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 though 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, September 5th
for Labor Day and Thursday September 15th for a Bus Trip!**

**“STRENGTH & BALANCE”
Classes every Tuesday morning @ 9:15AM
starting September 6th**

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

**Taught by certified Silver Sneakers Instructor
Donna Freeland**

The cost will be \$4.00 per class

From the Director's Desk.....



While many of us are sad to see the summer end, there's so much to look forward to in the fall as we head into September.

September is a great month to spend time with your family catching up on everything you did during the summer months, go apple picking and preparing for the fall and winter months.

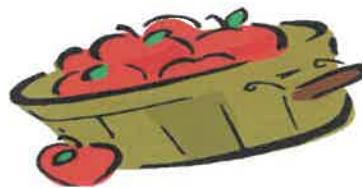
Grandparents Day is celebrated on the first Sunday in September after Labor Day. This year we celebrate Grandparents Day on September 11th. Whether you are called a Grandma & Grandpa, Nana & Papa, Grammy & Grampy, Nonna & Nonno, Gigi & Pappous, Babcia & Dziadek, etc. Not all grandparents are the same. Some are active and on the go. They might golf, play games, go to concerts, or fix old cars. Other grandparents are more relaxed. They like to watch TV, read, make puzzles or take naps.

Grandparents are one of the most important people in our lives. I remember the times spent with my Nana playing Rummy and going out for lunch. They are some of my most precious memories.



*Laura
11*

"YOUNG AT HEART CAFÉ" SEPTEMBER 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, 9/2: Lemon Pepper Fish / Mashed Potatoes / Asparagus / Cookie**

**Tuesday, 9/6: ~~~~~ NO LUNCH WILL BE SERVED ~~~~~**

**Friday, 9/9: Meatball Grinder / 3 Bean Salad / Brownie**

**Tuesday, 9/13: Pilgrim Sandwich / Cranberry Sauce / Carrot Raisin Salad /  
Birthday Cupcakes**

**Friday, 9/16: Crunchy Fish / Tator Tots / Coleslaw / Pudding**

**Tuesday, 9/20: Baked Potato Bar w/ Toppings / Lemon Cake**

**Friday, 9/23: Stuffed Shells / Tossed Salad / Italian Bread / Sherbet**

**Tuesday, 9/27: Sliced Ham w/ Pineapple Sauce / Scalloped Potatoes /  
Garden Blend Vegetables / Cream Pie**

**Friday, 9/30: Baked Fish w/ Crumb Topping / Rice Pilaf / Green Beans /  
Blonde 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.

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

Kaye with SHINE is now holding **IN PERSON** appointments. Her next appointment day is **September 21st**. Appointment times are: **9AM / 10AM / 11AM / 1PM and 2PM**. Call the Senior Center to schedule an appointment.

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Oxford Fire Department / EMS will be at the Senior Center on **Tuesday, September 6th @ 11AM** for a **FREE** Blood Pressure Clinic



AND

**Friday, September 16th**

**@ 12:30PM** for an

**Educational Presentation**



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Officer Kevin Mercier will be @ the Senior Center on **Friday, September 9th @ 12:30PM** for a Senior Traffic Safety Presentation



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

Our next meeting is **October 7th @ 12:45PM**

Our book pick is: **Little Women** by Louisa May Alcott



It's the classic Civil War-era story of four very different, but very creative, sisters on their home front with their endearing mother, anticipating their father's homecoming from the War.

Receive **emergency** notifications from the **Town of Oxford** by signing up for

**CODE RED**<sup>®</sup>

If you need assistance call the Senior Center or stop in.



\*\*\*\*\* DATE CHANGE \*\*\*\*\*

**FREE MOVIE** on ***September 30th*** @ 12:45PM

**"Hachi : A Dog's Tale**

Based on one of the most treasured and heartwarming true stories ever told.

Professor Parker Wilson (Richard Gere), a distinguished scholar who discovers a lost Akita puppy on his way home from work. Despite initial objections from Wilson's wife, Cate (Joan Allen), Hachi endears himself into the Wilson family and grows to be Parker's loyal companion. As their bond grows deeper, a beautiful relationship unfolds embodying the true spirit of family and loyalty, while inspiring the hearts of an entire town.

We will be holding our 4th fresh flower arranging class taught by Sandy Michalak from Herbert Berg Florist in Worcester

The theme will be a fall arrangement

**WEDNESDAY, September 28th @ 12:30PM**

**Cost is \$ 15.00 cash**

**Bring a pair of scissors**

**MUST RSVP by September 21st**

**Light refreshments will be served**



## **September quiz: "What day of the week is Labor Day observed"**

August's question was: "What are the names of the Three Stooges?" The correct answer was "Curly, Larry & Moe" provided by Donna Needham. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on September 16th.

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!

## 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.



Why is it that we, as a Society, do not like the term "senior" only when it applies to elders? Because a senior in high school has status, a senior business partner is a coveted title, a senior engineer, etc. It's an earned designation of which one can be proud. Yet many seniors don't want to go to the "Senior Center" because it is for "old people". So let's please examine our internal and cultural ageism and dig deep to find out why the term "senior" is distasteful - - only as it applies to older people.

What are your thoughts about this? Do you believe that there is backlash against the elderly? Have you experienced it yourself? Perhaps someone dismissing your thoughts or suggestions? Why don't we want to admit that we are elderly? Are we concerned that we will be thought of as "less than"? How can we combat ageism— others as well as our own?

I would love to hear your thoughts!

A handwritten signature in black ink that reads "Cindy".

# "Oxford's Old-Timer's"

## MEN's Coffee Group

Wednesday, September 14th @ 10AM



Tuesday, September 13th @ 12:30PM

**ZERO FARE COALITION PRESENTATION for fare free buses in Worcester and across the region**

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

Paul Lynch, Juan Vidot, Francis Abrahamson Jr, John Kardokas Jr, Antonina Racki, Carol Haddad, Cynthia Young, Ron Aubin, Penelope Fournier-Carrier, John Cosentino, Harold Keenan, Edward Trinder, Arthur Maybay, Anita Prunier, George Plude Jr, Louis Algieri, Roswell Johnson, Denise Rice, Barbara Dusoe, Julie Crance, Jason Moldover, Joceline Vassar, Diane Brunell, John Kelly Jr, Harry Howard, Gail Martin, Corbin Rodriguez, Stephen Balcunas, Leo Labonte, Grace Vigeant, Michael Colecchi, Jeffrey Sisterhenm, Phyllis Ford, Patricia Church, Jeffries Young, William Knapp Sr, Joann Nelson, Judith Taft, David Coombs, Debra DeBarge, Ronald White, Joseph Esposito, Wayne Provost, Jack Carroll, Sandra Abdella, Timothy Renzoni, Roland Beaudry, Bob Shedd, Denise LeBlanc, Gary Sakowicz, Andrea Boyle, Evonne St Germain, Patricia Perry, Raymond Koncitik, Joanne Newton, Louise Chartier, Madeleine Caplette, Sue Spear, Celia Cascione, Carol Coombs, JoAnn Cuddeback, Nancy Berube, Thomas Erskine, Michael Crowley, Richard Crossman, Rita Domian, Alina Herard, James Cloutier, Lynn Delaney, Peggy Lecuyer, Cindy, Brennan, Thomas Beaudreau, Alice Walker, Carol Lapierre, Diane Swanson, Dennis Lotti, Jack Hamilton, David Chartier, William O'Brien Jr, Christine Turner, Edward Lipnickas, Robert Widen, Raymond Casey, Leona Napieralski, James McElholm, Louise Gustafson-Smith, Cherri Albro, Linda Hester, John Maywalt, Karen Shea, Henry Hagelauer, Penny Holmes, Ha To Luu, Laurie Boucher, James Lyman, Beatrice Cacciapouti, Robert Locke, Donald Groleau, Paula Kaseta, Jean Wilson, Thomas Dulmaine, Jean Bello, Harry Sekurski, Michael Tsantoulis, Camille Sacco, Marilyn Kent, Claudia Seale, Patricia Hammond, Lorraine Parent, Marc Comtois, Barbara Bordeaux, Nancy Skebos, Margaret Kelley and Edgard McDonald III

Let's Get Moving

MUSICDance.edu presents.....



## HIP HOP Dance Chair Exercise for Seniors

Thursday, September 8th @ 11AM

&

Thursday, September 29th @ 2PM

These classes will be at **NO CHARGE** thanks to a grant funded by the Oxford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency

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**Dan Kirouac**  
**Piano and Vocal Concert**  
**Music and memories from 1950's, 60's and 70's**  
**Pop ~ Easy Listening ~ Light Rock**

**Tuesday, September 20th**

**12:45PM**

This program is sponsored by the Oxford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency

# Special Town Meeting



When?

October 5, 2022 at 7:00 PM

Where?

Oxford High School 100 Carbuncle Drive



# EARLY VOTING

## State Election – November 8, 2022

### Location:

Oxford Senior Center, 323 Main Street, Oxford, MA



### Dates & Times:

Week 1

|                                    |                    |
|------------------------------------|--------------------|
| <b>Saturday, October 22, 2022</b>  | 10:00 AM – 4:00 PM |
| <b>Sunday, October 23, 2022</b>    | <b>Closed</b>      |
| <b>Monday, October 24, 2022</b>    | 10:00 AM – 2:00 PM |
| <b>Tuesday, October 25, 2022</b>   | 10:00 AM – 2:00 PM |
| <b>Wednesday, October 26, 2022</b> | 2:00 PM – 6:00 PM  |
| <b>Thursday, October 27, 2022</b>  | 10:00 AM – 2:00 PM |
| <b>Friday, October 28, 2022</b>    | 9:00 AM – 12:30 PM |

Week 2

|                                    |                    |
|------------------------------------|--------------------|
| <b>Saturday, October 29, 2022</b>  | 10:00 AM – 4:00 PM |
| <b>Sunday, October 30, 2022</b>    | <b>Closed</b>      |
| <b>Monday, October 31, 2022</b>    | 9:00 AM – 5:00 PM  |
| <b>Tuesday, November 1, 2022</b>   | 9:00 AM – 5:00 PM  |
| <b>Wednesday, November 2, 2022</b> | 9:00 AM – 7:00 PM  |
| <b>Thursday, November 3, 2022</b>  | 9:00 AM – 5:00 PM  |
| <b>Friday, November 4, 2022</b>    | 9:00 AM – 12:30 PM |

# Periods of Time - Word Search

Take a pause and spare some minutes to find all the hidden words inside the grid. The words in this word search are hidden across, down, and diagonally, with no backwards.

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

|           |          |         |        |         |
|-----------|----------|---------|--------|---------|
| AFTERNOON | DUSK     | MINUTE  | PAUSE  | WEEKEND |
| AUTUMN    | EVENING  | MOMENT  | PHASE  | WINTER  |
| CENTURY   | FALL     | MONTH   | SECOND | YEAR    |
| DAWN      | HOUR     | MORNING | SPRING |         |
| DAY       | INSTANT  | NIGHT   | SUMMER |         |
| DECade    | MIDNIGHT | NOON    | WEEK   |         |

## News from SHINE for September 2022

### IMPORTANT MAIL FROM YOUR DRUG PLANS AND MEDICARE ADVANTAGE PLANS

It's that time of year... if you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2023. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year-to-year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15<sup>th</sup> and December 7<sup>th</sup>, and the changes will take effect January 1<sup>st</sup>. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait: if you would like to meet with a SHINE counselor during open enrollment, make your appointment early!

### MASS HEALTH MAILINGS

We want to remind you of the importance of opening and responding to any mail 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 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 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 or friend for assistance. If neither is available you can contact the SHINE regional office and we will help you understand.

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**SHINE (Serving the Health Insurance Needs of Everyone)** has certified counselors to help 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 contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at [info@shinema.org](mailto:info@shinema.org). 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) and our introductory Medicare 101 webinars.

# SEPTEMBER 2022 ~ OXFORD SENIOR CENTER

| Monday    | Tuesday                                                                                                                    | Wednesday                                                                                                                                                                                  | Thursday                                                                                                                                                               | Friday                                                                                                                              |
|-----------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|           |                                                                                                                            |                                                                                                                                                                                            |                                                                                                                                                                        |                                                                                                                                     |
| <b>5</b>  | <b>CLOSED</b><br>~~~~~<br><b>LABOR DAY</b>                                                                                 |                                                                                                                                                                                            |                                                                                                                                                                        |                                                                                                                                     |
| <b>6</b>  | <b>WALKING CLUB 8:30AM</b><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>BP CLINIC 11AM | <b>7</b><br><br><b>PITCH LEAGUE 1PM TO 3PM</b>                                                                                                                                             | <b>8</b><br><br><b>COA BOARD MEETING 9:30AM</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>HIP HOP DANCE CHAIR EXERCISE 11AM</b><br><b>QUILTING CLASS 12:30PM TO 2:30PM</b> | <b>9</b><br><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>ADULT COLORING 10:30AM</b><br><b>LUNCH 12:00PM</b><br><b>BOOK CLUB 12:45PM</b>   |
| <b>12</b> | <br><br><b>CRIBBAGE 10AM TO 12PM</b><br><br><b>PITCH LEAGUE 4PM</b><br>(CALL GAIL DAVIS FOR MORE INFORMATION 508-987-2884) | <b>13</b><br><br><b>WALKING CLUB 8:30AM</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>ZERO FARE COALITION PRESENTATION 12:30PM</b> | <b>14</b><br><br><b>"OXFORD OLD-TIMERS" MEN'S COFFEE GROUP 10AM</b><br><br><b>PITCH LEAGUE 1PM TO 3PM</b>                                                              | <b>15</b><br><br><b>CLOSED</b><br>~~~~~<br><br><b>BUS TRIP</b>                                                                      |
| <b>19</b> | <br><br><b>CRIBBAGE 10AM TO 12PM</b><br><br><b>PITCH LEAGUE 4PM</b><br>(CALL GAIL DAVIS FOR MORE INFORMATION 508-987-2884) | <b>20</b><br><br><b>WALKING CLUB 8:30AM</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>DAN KIROUAC CONCERT 12:45PM</b>              | <b>21</b><br><br><b>SHINE – ZOOM APPOINTMENTS 9AM – 2PM</b><br><br><b>PITCH LEAGUE 1PM TO 3PM</b>                                                                      | <b>22</b><br><br><b>DOMINOES 10AM TO 12PM</b><br><br><b>QUILTING CLASS 12:30PM TO 2:30PM</b>                                        |
| <b>26</b> | <br><br><b>CRIBBAGE 10AM TO 12PM</b><br><br><b>PITCH LEAGUE 4PM</b><br>(CALL GAIL DAVIS FOR MORE INFORMATION 508-987-2884) | <b>27</b><br><br><b>WALKING CLUB 8:30AM</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                                    | <b>28</b><br><br><b>FLOWER ARRANGING CLASS 12:30PM</b><br><br><b>PITCH LEAGUE 1PM TO 3PM</b>                                                                           | <b>29</b><br><br><b>DOMINOES 10AM TO 12PM</b><br><br><b>HIP HOP DANCE CHAIR EXERCISE 2PM</b>                                        |
|           |                                                                                                                            |                                                                                                                                                                                            |                                                                                                                                                                        | <b>30</b><br><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>ADULT COLORING 10:30AM</b><br><b>LUNCH 12:00PM</b><br><b>FREE MOVIE 12:45PM</b> |