



OXFORD'S COUNCIL CHATTER



**DECEMBER
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**
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 Monday, December 5th,
Friday, December 23rd & Monday, December 26th

The Needleworker's Group would like to thank everyone who donated yarn to the Oxford Senior Center and those who donated hand crafted items for our distribution.

We have been busy crocheting and knitting hats, scarves, cowls, mittens, baby hats and blankets, lap robes and afghans.

We have donated these items to the following organizations:
Oxford Police Department Operation Santa, Oxford Veterans Agent, UMass Memorial Hospital Nursery, Harrington Hospital Cancer Center, Project New Hope for Veterans and their families, Catholic Charity, Worcester Refugee Project for Haitian Refugees, and other agencies as the need arises.

Thank you for your support. We meet on Tuesdays @ 10AM and invite anyone who enjoys knitting or crocheting to join us. Bring your own project or use our yarn to create an item to donate to a charity.

From the Director's Desk.....



December is a great time to reflect on the past year, and what changes we would like to see in the new year.

As we look into 2023, we will be adding more activities, entertainment and special presentations. Watch our newsletters for our 2023 bus trips.

May you enjoy health and happiness throughout the coming year.



||)
Laura



"YOUNG AT HEART CAFÉ" **DECEMBER 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, 12/2: Baked Ziti, Italian Blend Vegetables, Italian Bread and Ambrosia**

**Tuesday, 12/6: Chicken Ranch Wrap, Onion Rings, Pickled Beet Salad,  
Fruited Jell-O w/ Whipped Topping**

**Friday, 12/9: Ravioli w/ Sauce, Broccoli & Cauliflower, Dinner Roll and  
Cookies /Brownies (Dessert Sponsored by Life Care Center of Auburn)**

**Tuesday, 12/13: Baked Chicken, Rice Pilaf, Glazed Carrots, Dinner Roll and  
Birthday Cupcakes**

**Friday, 12/16: Tuna Melt Sandwich, Chips, Pickles and Surprise Dessert**

**Tuesday, 12/20: Baked Ham w/ Raisin Sauce, Scalloped Potatoes, Buttered  
Corn, Dinner Roll and Holiday Dessert**

**Friday, 12/23: CLOSED ~ NO LUNCHES**

**Tuesday, 12/27: French Dip Sandwich w/ Au Jus, Green Beans, Potato Chips  
and Pudding Cup w/ Whipped Topping**

**Friday, 12/30: Sweet -n- Sour Chicken, Fried Rice, Oriental Vegetables,  
Fortune Cookie and Pineapple Chunks**

- 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.

December quiz: In the song "Frosty the Snowman" what made Frosty come to life?"

November's question was: "What do the months of April, June, September and November all have in common?" The correct answer was "They all have 30 days" provided by John Mattson. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on December 16th.

Winner gets four (4) FREE lunch tickets.

## REFERRALS



We would like to update our referral list for tradesmen, handymen, housekeepers, snow plowing. If you have a positive recommendation for anyone, please let us know. Referrals from our residents are the best source of information for the rest of the community. Call the Senior Center @ 508-987-6000

## 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!

Tuesday, December 6th  
@ 12:45PM

TOMMY RULL, SINGER/ENTERTAINER  
will perform his December Holiday Show,  
Classic Christmas Songs and Songs from his show  
“A Musical Journey Through the Years” on

“This program is supported in part by a grant from the Oxford Cultural Council,  
a local agency which is supported by the Massachusetts Cultural Council, a state  
agency.”

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Friday, December 16th @ 12:30PM



Singer/Songwriter STEPHEN GEORGE will
entertain us by playing Christmas songs
acoustically.
Join us as we sing-a-long with him.



"Oxford's Old-Timer's"

MEN's Coffee Group

Wednesday, December 14th @ 10AM

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

There will be coffee and light breakfast goodies.

"The worst gift is a fruitcake. There is only one fruitcake in the entire world, and people keep sending it to each other." — Johnny Carson

DECEMBER BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

Valorie Hall, Richard Reilly, Marie Susan Laporte, Sheila Mann, Sally Bates, Margaret Bennett, William MacGillivray, Patricia Robbins, Barbara Phelps, Marie Bigwood, Harold Jacobson, Ruth Dionne, Claude Bingham Jr, Marion Racicot, Carolyn Auger, Robert Manuel, Susan Rabidou, Herbert Rhinehart, Ellen Kiwak, Linda Sterritt, Carol Yeaton, Carol Spooner, Susan Olney, Joan Shea, Paulette McDonald, Eric Willar, Theodore Aubin, Ruth Wennerholt, Kathleen Gardner, Carole Rogan, Susan Saad, John Baxter, Anthony Kilinskas, Arthur Degon, Mary Ann Bates, Beverly Plante, Ray Gero, Albert Zelley, Alfred St Germain, Diane Salek, Robert Parker, Leon Cahill, Betty Lou Larson, Jacqueline Sullivan, Carol Howard, Bonnie Smith, Jeannine Ross, Mary Brown, Frank Zayonc, Marilyn Fafard, Collette Gage, Mark Thibodeau, Donald Petka, Elisabeth Allen, Priscilla Morris, Simon Chiasson, Janice Stone, Eugenia Burda, David Russell, Elaine Schellbach, Joan Cutroni, Bruce Harding, Diane Groleau, Karen Vigeant, William Levie, Donna Grill, Denise Blevins, Sandra Harris, William Zoldak, Jane Sanders, Nancy Ohan, Maurice St Germain Jr, June Carpenter, Louise Martin, Linda Butkus, Constance Stafford, Pauline Sobieski, Richard Sweeney, Robert Giroux, Rene Hamel, Mary Bruso, Marlene Gondek, Ginny Giannette, Mary White, Norman Patenaude Jr, Carol Goldsmith, Richard LaFontaine, Christina St Martin, Joy Reece, Carol Flynn, Earl Skeeane, Rosemarie Hagerty, Amy Clouthier, Sandra Heeps, Carolyn Milligan, Suzanne Bernier, Al Banfill, Jeanne Zaleski, Thomas Clifford, Carol Chase, Patricia Beauregard, Cindy Sisterhenm, Cheryl Dion, Sanni Ryan, Nancy Roy, Leda Cosentino, Sandra Gregson, Barbara Cummings, Patricia Shannon-Derie, Carol Oberg, Roger Butler, Richard Lynds, Kathy Maciejewski and Susan Gustafson

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

Our next meeting is **January 6th @ 12:45PM**

Our book pick is: **"The Recovery Agent" by Janet Evanovich**



As a recovery agent, Gabriela Rose is hired by individuals and companies seeking lost treasures, stolen heirlooms, or missing assets. But Gabriela's latest job isn't for some billionaire, it's for her own family. Inspired by an old family legend, Gabriela sets off for the jungles of Peru in pursuit of the Seal of Solomon ring and the lost Treasure of Lima. But this particular job comes with a huge problem ~ Gabriela's ex-husband, Rafer, who has the map that possibly points the way to the treasure.

UGLY SWEATER CONTEST

Tuesday, December 20th
following lunch

~ Ugliest Sweater ~ Most Creative
~ Most Festive ~ Funniest Sweater

Prizes will be awarded



FREE MOVIE

FRIDAY, DECEMBER 9th @ 12:45PM

"SNOW DAY"

When an entire town in upstate New York is closed down by an unexpected snowfall, a "snow day" begins when a group of elementary school kids, led by Natalie Brandston, try to ensure that the schools stay closed by stopping a mechanical snowplow driver by trying to hijack his plow truck. Meanwhile, Natalie's big brother Hal is using this day to try to win the affections of Claire Bonner, the most popular girl in his high school, while Hal and Natalie's father Tom, a TV meteorologist, faces off against a rival meteorologist for weather coverage of the day's events.



Herbert E. Berg Florist from Worcester will be holding a **BOXWOOD TREE** class on **Thursday, December 8th @ 12:30PM.**

Cost: \$20.00 cash (to be paid by December 2nd)

**What to Bring: PRUNING SHEARS,
small decorations, lights, etc.**

Light refreshments will be served!!

MUST RSVP by December 2nd

“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 In-
structor Donna Freeland



The cost will be \$4.00 per class

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TUESDAY, DECEMBER 13th @ 12:30PM

Nutrition Facts	
Serving Size 1/6 of recipe 75g (74 g)	
Amount Per Serving	
Calories 208	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 245mg	10%
Total Carbohydrate 42g	14%
Dietary Fiber 1g	2%
Sugars 26g	
Protein 4g	
Vitamin A	2% • Vitamin C
Calcium	4% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
©www.NutritionData.com	

“LABEL READING”

Fallon Health will be offering a wellness program on “Label Reading”. Learn how to read a food label to determine the overall nutritional value of food items—this will be a very eye opening presentation.

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.

Please watch our future newsletters as we will be having a
Medicare 101 Educational Meeting and MassHealth Medicare
Savings (Buy-In) Program Presentation

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Oxford Fire Department / EMS will be at the Senior  
Center on **Tuesday, December 6th @ 11:30AM** for a  
**FREE Blood Pressure Clinic**



## 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 III

**Yes, I have received more quotes about how you feel about aging. Please keep them coming! They are thought-provoking, funny, and true.....**

- **Some days there won't be a song in your heart ~ sing anyway!**
- **Fun is like life insurance; the older you get, the more it costs.**
- **Never loose sight of the fact that old age needs so little but needs that little so much.**
- **Old age is like a bank account. You withdraw from what you have put in.**

## Keep your EBT card and DTA benefits safe

- ~ There have been reports of people receiving scam text messages noting their EBT or P-EBT card has been blocked. This is not from DTA.
- ~ Never provide your personal information or card number to unidentified callers or in a link provided via text.
- ~ You are strongly encouraged to change your EBT card PIN before each time you get your benefits to protect against EBT card skimming theft.
- ~ Call 800-997-2555 (the number on the back of your card) to change your PIN. You do not need a new card.

If you need assistance “re-PINNING” your card, give us a call and we can assist you.

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**** DATE CHANGE ****

BEANO will be held on Friday, December 30th
@ 12:45PM



Town of Oxford ~ Senior Tax Work-Off Program

The purpose of the Senior Tax Work-Off Program is to assist Senior Citizens of the Town of Oxford with the payment of residential property tax bills, acknowledge and affirm their skills and abilities, and fulfill the community's continuing need for services.

The program allows property owners, 60 or older, to volunteer services to the Town in exchange for a reduction in property tax of up to \$1,500.00 per fiscal year.

Eligibility Requirements:

1. Applicants must be 60 years or older
2. Applicants must be a resident of the Town of Oxford
3. Applicant must be the Owner of the Record (or Spouse)*
4. Applicants must occupy the property for which taxes are paid
5. Applicants must be willing and able to work in the United States
6. Applicant must re-apply each year to continue in the program; acceptance is not guaranteed
7. There are no limitations on income or assets

Program Information:

1. Program runs from January 1st to November 15th each year
2. Credit for hours will be applied to 2nd half actual real estate tax bill
3. The maximum reduction in property tax is \$1500.00 per year
4. The maximum amount of volunteer time is 100 hours @ \$15.00 per hour for 2023
5. The abatement is subject to Federal, Social Security, and Medicare withholdings
6. Participation in this program will not affect any other property tax exemption or abatement to which you are otherwise entitled.
7. *The amount of the tax work-off credit cannot exceed the total tax due for the fiscal year. This includes any additional exemptions that have been applied.*

Applications may be obtained from the Senior Center, Town Manager's Office or on the Town website www.oxfordma.us

HAPPY HOLIDAYS

Find the words in the grid . When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.


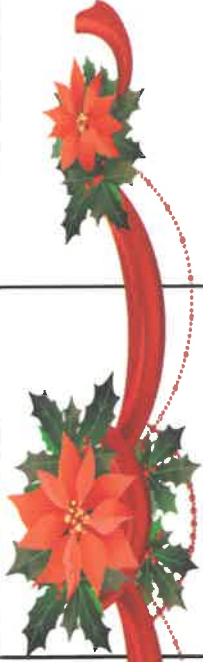

E	F	A	M	I	L	Y	I	T	S	T	A	R
E	I	S	A	F	S	I	N	H	E	C	C	S
R	G	I	F	T	S	L	A	E	H	A	A	S
T	Y	L	L	O	H	K	E	I	O	N	R	I
E	S	K	N	G	K	F	M	I	O	R	D	C
O	N	H	W	U	J	N	S	Y	G	O	S	A
T	O	T	N	A	E	P	A	L	Y	H	S	N
E	W	A	L	Y	N	D	I	T	L	T	T	D
L	H	E	O	O	I	Z	O	H	H	E	T	L
T	H	R	I	L	R	Y	A	G	S	N	B	E
S	K	W	O	O	S	A	I	A	F	R	T	H
I	O	H	S	E	W	L	C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

Bells
Candle
Cards
Carol
Chimney
Christmas
Family

Gifts
Hanukkah
Holiday
Holly
Kwanzaa
Lights
Mistletoe

Sleigh
Snow
star
Toys
Tree
Worship
Wreath

DECEMBER 2022 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
 CLOSED BUS TRIP PITCH LEAGUE 4PM	 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM BP CLINIC 11:30AM LUNCH 12:00PM TOMMY RULL CONCERT 12:45PM	 PITCH LEAGUE 1PM TO 3PM	<u>1</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>2</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BOOK CLUB @ 12:45PM
			<u>8</u> COA BOARD MEETING 9:30AM DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM FLOWER ARRANGING CLASS 12:30PM	<u>9</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM MOVIE @ 12:45PM
<u>12</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>13</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM FALLON HEALTH PRESENTATION 12:30PM	<u>14</u> "OXFORD OLD-TIMERS" MEN'S COFFEE GROUP 10AM PITCH LEAGUE 1PM TO 3PM	<u>15</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>16</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM CHRISTMAS CONCERT—STEPHEN GEORGE 12:30PM
<u>19</u> CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	<u>20</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM UGLY SWEATER CONTEST	<u>21</u> SHINE COUNSELING APPOINTMENTS 9AM—2PM PITCH LEAGUE 1PM TO 3PM	<u>22</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>23</u> CLOSED
<u>26</u> CLOSED	<u>27</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	<u>28</u> PITCH LEAGUE 1PM TO 3PM	<u>29</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>30</u> CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BEANO @ 12:45PM