



OXFORD'S COUNCIL CHATTER



**DECEMBER
2023**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Deb Bayer
Deb King
Cindy Nagle
Janet Stoica
Don Joubert

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 Thursday, December 7th, Friday, December 22nd & Monday, December 25th

Winter Weather Policy



The Senior Center will be **CLOSED** if the schools are closed in Oxford. If the schools have a delay in opening, all morning classes and activities will be **CANCELLED**.

If you are unsure if we are open or not, please call (508)987-6000 before going out. We want our seniors to stay home safe if the weather is bad!

From the Director's Desk.....



Another year is in the books!!

We had a GREAT year at the Senior Center!!

2023 was a very busy year.

We went on five (5) bus trips, helped seniors re-certify for Fuel Assistance, helped seniors apply as first time applicants for Fuel Assistance, helped with MassHealth re-certification applications, SHINE appointments, added Chair Yoga as a new class, held the annual Veterans Luncheon, started a monthly breakfast with the Police Chief, and the list goes on.....

We welcomed our new ASSISTANT DIRECTOR Kristen Zamis.

I can't thank my staff and all the dedicated volunteers enough for all they have done for our seniors to make sure nothing gets left undone.

I wish you all health and happiness throughout the coming year



Aura



“YOUNG AT HEART CAFÉ” December LUNCH MENU

Lunches will be served Tuesdays and Fridays from 12:00 PM to 12:30 PM
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

Friday, 12/1: Baked Fish / Oven Roasted Potatoes / Glazed Carrots / Dinner Roll / Sherbet

Tuesday, 12/5: Meatloaf w/ Gravy / Mashed Potatoes / Peas & Carrots / Bread / Fresh Baked Cookie

Friday, 12/8: Rueben Casserole / Coleslaw / Rye Bread / Ice Cream (Sponsored by Webster Manor & Lanessa Extended Care)

Tuesday, 12/12: Stuffed Cabbage / Mashed Potatoes / Garden Blend Vegetables / Birthday Cupcake

Friday, 12/15: Stuffed Chicken Breast / Rice Pilaf / Buttered Corn / Dinner Roll / Pudding Parfait w/ Topping

Tuesday, 12/19: Baked Ham w/ Pineapple Sauce / Au Gratin Potatoes / Green Bean Almondine / Dinner Roll / Holiday Dessert

Friday, 12/22: NO LUNCH

Tuesday, 12/26: Baked Lasagna / Green Salad / Italian Bread / Holiday Dessert

Friday, 12/29: Chicken Noodle Soup w/ Crusty Bread / Surprise Dessert

MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY

**** PLEASE NOTE ITEMS MAY NEED TO BE CHANGED UNEXPECTEDLY ****

**** SPECIAL REQUESTS CANNOT ALWAYS BE ACCOMODATED ****

- 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.

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.

Steps to slow down the progression of dementia

The second step to slowing down dementia is to get 7-8 hours of sleep every night. Getting good quality sleep is vitally important. Sleep is essential to every process in the body, affecting our physical and mental functioning the next day, our ability to fight disease and develop immunity, and our metabolism and chronic disease risk. Sleep is truly interdisciplinary because it touches every aspect of health. So what is sleep actually? Sleep is an altered state of consciousness where we have limited interactions with our surroundings and are relatively quiet and still. However, contrary to our quiet physical state, the brain is very active during sleep, carrying out many important functions.

What can cause you to lose sleep? Snoring, sleep apnea, certain medications, stress, worry, heavy alcohol use, overuse of electronic devices just before bedtime, spicy foods or overeating and caffeine use. Please talk to a mental health and/or health care professional to narrow down the causes. Getting a good night's sleep is so important that a separate medical specialty called Sleep Medicine that is solely devoted to the diagnosis and therapy of sleep disturbances and disorders.

Find out why you are losing sleep, take care of the problem, and get some ZZZZZ's!

Sources used: Mayo Clinic and University of Michigan, School of Public Health

UGLY SWEATER CONTEST



Tuesday, December 19th
following lunch

Ugliest Sweater ~ Most Creative
Most Festive ~ Funniest Sweater

Prizes will be awarded



2024 Town of Oxford ~ Senior Tax Work-Off Program

Full Details, including Eligibility Requirements and
Program Information to follow soon.

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

SPECIAL NOTE:

Due to the high demand for our Holiday lunches (12/19 & 12/26), please sign up early to reserve your meal. We can only accommodate 70 lunches due to our kitchen cooking capacity!

RESCHEDULED FROM NOVEMBER

MUSIC at the Senior Center

Friday, December 15th @ 12:30PM

The Mike & Beth Show



This duo entertained us back in September. Their show features sing alongs, comedy, and audience participation

This concert is supported by a grant from the Oxford Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency

BREAKFAST WITH THE CHIEF

December 21st

9AM

@ the Senior Center

Come join us for breakfast and conversation
with Chief Daniels



MUST RSVP by December 15th



Options Counseling
w/ Brittney from Tri-Valley

Every 3rd Tuesday @ the Senior Center

December 19th

12:30PM to 2:30PM (call for appointment)

Range of resources available to help you, your family or caregiver understand the options, can make an informed choice, and decide the next step to take!

Examples are: help with personal care, household chores, transportation, nutrition or medication management, etc..

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## FREE MOVIE MATINEE

Friday, December 8th @ 12:45PM

**"The Holiday"**

Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love.



M&M's and Popcorn will be served





Birthday Cupcakes ~ Anonymous  
Cash Donation ~ Anonymous  
Ice Cream Social ~ Webster Manor/Lanessa Extended  
Care

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**State Representative Joe McKenna Office Hours**

**Friday, December 8th**

**10AM ~ 11AM**

Constituents are encouraged to stop by during this time if you would  
like to speak with Representative McKenna

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



**BEANO will be held on**  
**Friday, December 29th @ 12:45PM**



## "Oxford's Old-Timer's" MEN's Coffee Group

Wednesday, December 13th @ **10:30AM**

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

There will be coffee, pastry and conversation!

### DECEMBER BIRTHDAYS !!!

Valorie Hall, Richard Reilly, Marie Susan Laporte, Jean Silver, Sheila Mann, Jean Day, Sally Bates, William MacGillivray, Patricia Robbins, Marie Bigwood, Ruth Dione, Marion Racicot, Joan Sherman, Robert Manuel, Herb Rhinehart, Ellen Kiwak, Linda Sterritt, Carol Yeaton, Paulette McDonald, Eric Willar, Ruth Wennerholt, Kathleen Gardner, Carole Rogan, Susan Saad, John Baxter, Anthony Kilinskas, Mary Ann Bates, Beverly Plante, George Amaral, Raymond Gero, Albert Zelley, Diane Salek, Robert Parker, Leon Cahill, Jacqueline Sullivan, Carol Howard, Bonnie Smith, Jeannine Ross, Frank Zayonc, Marilyn Fafard, Collette Gage, Mark Thibodeau, Donald Petka, Elisabeth Allen, Priscilla Morris, Janice Stone, David Russell, Elaine Schellbach, Joan Cutroni, Bruce Harding, Barbara Masuzzo, Diane Groleau, William Levie, Donna Grill, Denise Blevins, Sandra Harris, J William Zoldak, Jane Sanders, Nancy Ohan, Maurice St Germain Jr, June Carpenter, Louise Martin, Linda Butkus, Joseph Saad, Constance Stafford, Pauline Sobieski, Richard Sweeney, April Dugan, Rene Hamel, Mary Bruso, Marlene Gondek, Virginia Giannette, Mary White, Normand Patenaude Jr, Carol Goldsmith, Richard LaFontaine, Christina St Martin, Joy Reece, Donna Dunn, Carol Flynn, Earl Skeean, Rosemarie Hagerty, Amy Clouthier, Sandra Heeps, Carolyn Milligan, Suzanne Bernier, Al Banfill, Jeanne Zaleski, Antoinette Strom, Thomas Clifford, Carol Chase, Patricia Beauregard, Cindy Sisterhem, Cheryl Dion, Bruce Denson, Sanni Ryan, Leda Cosentino, Sandra Gregson, Patricia Shannon-Derie, Carol Oberg, Roger Butler, Richard Lynds, Kathy Maciejewski, Susan Gustafson

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

Our next meeting is **FRIDAY, January 5, 2024 @ 12:45PM.**

Our book pick is: **Winter Street** by Elin Hilderbrand

Before the mulled cider is gone, the delightfully dysfunctional Quinn family will survive a love triangle, an unplanned pregnancy, a federal crime, a small house fire, many shots of whiskey, and endless rounds of Christmas caroling in this heart-warming novel about coming home for the holidays.



### 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 on Thursdays from 4:30PM to 6:30PM  
for OXFORD residents

Masks are no longer required, instead masks are optional for volunteers and clients.

Clients are encouraged to bring their own reusable shopping bags - bring reusable bags and have your name entered into a raffle.

[There is plenty of FRESH produce available](#)

Clients are allowed to shop twice a month

## **“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 Donna Freeland,  
Certified Silver Sneakers Instructor

**The cost will be \$3.00 per class**

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“CHAIR YOGA”

Classes every Wednesday morning @ 9:15AM



Class taught by Heidi Gambaccini

Certified Yoga Instructor

The cost will be \$3.00 per class

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**Walking Club will resume in the spring**





December Trivia Question: In what country did the sport of bobsled originate??

November's question was: "What city first started the Thanksgiving parade in 1920?"

The correct answer was **"Philadelphia"**. The correct answer was provided by **Dianne Ackley**. 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 15th

Winner gets two (2) FREE lunch tickets!!

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"Let's Talk Oxford History ~ Part 7"

There will be NO get together in December, the next date will be:

Tuesday, JANUARY 9, 2024

1:00PM—2:00PM

If you have not joined us, you are missing out on hearing about our great Town of Oxford's history!

Sponsored by the Oxford Historical Commission

DON'T FORGET TO VOTE!!!

Tuesday, December 12th

SPECIAL 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!!

Share your housing experiences and ideas

Survey on Oxford's Housing Needs Open Now!

www.surveymonkey.com/r/OxfordHousing



SCAN ME



To complete the survey,
scan the QR code or visit the URL above.

Paper copies are also available at
Oxford Town Hall, Senior Center,
and Public Library.

Survey closes December 31!

***Help the Town plan for a
better future for all.***

By taking this survey, you will help the Town of Oxford and the Central Massachusetts Regional Planning Commission (CMRPC) develop the town's first *Housing Production Plan*, which evaluates local housing conditions and establishes strategies for proactively planning and developing more affordable and diverse housing options to meet the needs of current and future residents.

For more information on this planning process,
please email: eglaubitz@cmrpc.org



SNOW DAY

CHILLY

COAT

COLD

COZY

DAY OFF

EARMUFF

HOT CHOCOLATE

ICE SKATE

ICICLE

ICY

PLOW

SALT

SCARF

SNOWBALL FIGHT

SNOWMOBILE

SHOVEL

SNOWED IN

SOUP

SLED

SNOWFALL

STORM

SLEET

SNOWMAN

TOBOGGAN

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

DECEMBER 2023 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	 You're NEVER too old for a SNOWBALL fight!			
4	CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	5 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM	6 CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	1 CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BOOK CLUB 12:45PM
11	CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	12 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM	13 CHAIR YOGA 9:15AM MENS COFFEE GROUP 10:30 NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	8 STATE REP MCKENNA OFFICE HOUR 10AM – 11AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM MOVIE 12:45PM
18	CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	19 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM UGLY SWEATER CONTEST 12:30PM OPTIONS COUNSELING 12:30PM-2:30PM	20 CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	21 BREAKFAST w/ THE CHIEF 9AM MUST RSVP BY DEC 15TH DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM
25	CLOSED	26 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM	27 CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	28 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM
				29 CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BEANO 12:45PM