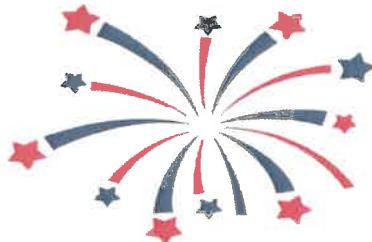




# OXFORD'S COUNCIL CHATTER



**JULY  
2023**

**TOWN MANAGER**  
Jennifer Callahan

**DIRECTOR**  
Laura Wilson  
Notary Public

**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](mailto:seniorcenter@oxfordma.us)



**The Senior Center will be *CLOSED* on *Tuesday, July 4th*  
and *Wednesday, July 19th***

## SERVICES FOR OUR SENIORS

**Transportation Assistance (IN Town and OUT of Town)**

**Lunch (Tuesday & Friday)**

**SNAP (Food Stamps) & Fuel Assistance**

**Housing Application Assistance**

**RMV Renewal**

**SHINE**

**Medical Equipment Loan**

**Blood Pressure Clinics**

**Notary Services**

**Printing / Faxing**

**Computer Use**

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



Hard to believe we are already half way thru the year!!!

I am super excited to announce that we will be partnering with  
the Oxford Community Center for some  
Intergenerational Programs

The first one that we have scheduled is called

**"Planting Partners"**

**Thursday, July 13th**

**11AM**

**Oxford Community Center**

Participants (Seniors and Preschool ~ Kindergarten children)  
will work together to assemble small potted plants

Learn about the cycle of seeds/plants

If interested please RSVP to the Senior Center by July 10th



I hope you are all having an AMAZING summer so far

*11) Laura*



## **“YOUNG AT HEART CAFÉ” JULY 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**

**MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY**

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

**Tuesday, 7/4: CLOSED**

**Friday, 7/7: Hotdog Bar w/ Fixings and Pudding Parfait**

**Tuesday, 7/11: Chicken Parmesan Sandwich, Tossed Salad and Birthday Cupcakes**

**Friday, 7/14: Seafood Salad Plate w/ Sliced Tomato & Lettuce, Chips and Watermelon**

**Tuesday, 7/18: Baked Potato Bar w/ Fixings and Frozen Novelty Treat**

**Friday, 7/21: Filet of Fish Sandwich, French Fries, Coleslaw and Brownie**

**Tuesday, 7/25: Steak & Cheese Sub w/ Peppers & Onions, Tomato & Cucumber Salad and Fresh Baked Cookie**

**Friday, 7/28: Chicken Salad Plate w/ Grapes & Walnuts, Syrian Bread, Chips and Fresh Fruit Cup**

- 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.

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### Walk, Walk, Walk!

As Aerosmith sang: "Walk this way"! Walking is a great exercise ~ all you need is a comfortable pair of sneakers/shoes with good arch support, sunscreen, and water in summer. You will feel great with regular physical activity like walking that increases your breathing and heart rate, improves stamina, balance, and coordination!

Walking can slow down a medical condition and/or improve it. Plus it makes you feel so good! Aim for 30 minutes of walking a day; it's easy to incorporate this into your daily activities; park your car a little further from a store entrance, stand up and walk in place during TV commercials, walk around the inside of a store. You can come up with many creative ideas.

So what's the best way to get started? Set realistic goals: What do you want to gain? Set specific times.: Too general: "I'm going to walk more." Better goal: "I'm going to walk from 7 to 7:30 on Tuesday, Thursday, and Saturday?" Secondly, buy the right shoes at a store that employs professional shoe fitters ~ make sure you wear the socks that you'll use when walking. When should you buy them? At the end of the day when your feet are the largest. Then walk in the shoes before buying them.

Want to walk with a friend? Join our walking club on Friday mornings starting at 9 from the Senior Center!



Birthday Cupcakes ~ Anonymous

BJ's ~ donation of bottled water

Life Care Center of Auburn ~ Chili & Cornbread Lunch

Oxford Lion's Club & Dr Parvis ~ donation of snacks

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*"The Silver Moon Gypsies"*

*July 11th @ 12:30PM*

The Silver Moon Gypsies are a group of ladies ranging in age from 69 to 90 who belly dance! They take great pride in performing! Their message is to enjoy life to the fullest. They truly believe that staying active and having fun is for everyone despite your age or ability. They will perform for up to an hour show that is fun, engaging and uplifting! They love what they do and it shows. They also encourage the audience to join in!

So come and enjoy, share in a beautiful and fun experience!



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

### MEN's Coffee Group

Wednesday, July 12th @ **10:30AM**

\*\*\*\*\* **PLEASE NOTE TIME CHANGE** \*\*\*\*\*

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

There will be coffee, pastry and conversation!

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

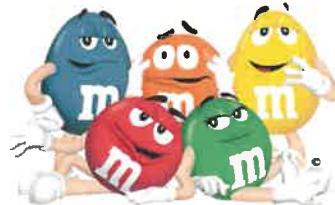
Joan Gero, Robert Racki, Claire Degon, Joann Colecchi, Theodore Grondin, Michael Halley, Joseph Diveglia, Joan Kielinen, Beatrice Charette, Gail Waterhouse, Norman LeBlanc Jr, Cynthia Cooper, James Wheeler, Joseph Dumas Jr, John Hickman, Donna Clancey, Robert Brooks, Lorraine Dumont, Louis Esposito, Robert Schneider, Judith Sneed, William Wilson Jr, Chester Brunelle, Evan Holmes, Myrtle Bacon, Geraldine Cody, Paul Kirby, Christine Sendrowski, Elaine Guerin, Paul Mathurin, Paula Parker, Albert Groleau, Timothy Flagg, Jeanne Rouillard, Aline Krasinskas, Paul Deschenes, Anne Hudson, Bernadina Bingham, Lawrence Bray, Robert Collins Jr, Steven Yankus, Joanne Cody, Richard Shumway, Jeanne Conway, Ronald Krusas, Jean O'Reilly, Carol Broadard, Melody Roland, Barbara Soucy, Susan Young, Steven Dickson, Lawrence Meersman III, Christine Rudman, Rose Marie White, Mary Keogh, Kevin Clancey, Richard Hudson, Jeanette Leboeuf, Gail Hall, Barbara Liberis, Richard Daoust, Rose Miller, Barbara Houle, Priscilla Piekarczyk, Shirley Dano, Sandra Coleman, Judy Sampson, Nancy Zannotti, Mary Herman-Cappoli, Joseph Champagne, Priscilla Johnson, Barbara McElholm, Alan Langway, Deborah Amaral, Beverly Marley, Trevor Pariseau, Anthony Kelly, Nancy Camerano, Kathleen O'Neill, Arthur Allard, Paul Topalian, Elsa DeJesus, Richard Mercier, Maureen Brusa, Rachelle St Laurent, Susan Fountain, Francis Kowalcky, Carole Fegreus, Howard Holbrook, Elizabeth Bell, Daniel Robbins III, Warren Mahota Jr, Claire Wilson, Deborah Getrost, Gertrude Gregoire, Richard Howard, Alwin Santor, Beverly Brown, Valerie Boris, Dean Anderson, Beverly Butler, Denis Skeean, Peggy Hastings, Florence Jedrzynski, Kenneth Migneault, Louise Peterson, David Hall, Joseph Miller, Joseph Hoy, David Gauthier Sr, Geraldine Sakowicz, Patricia Comeau, Juliana Masley, Philip Bedard, David Harackiewicz and Stephanie Pizzetti

## FREE MOVIE MATINEE

Friday, July 14th @ 12:45PM

*"The Way Way Back"*

Duncan is an awkward teen who must spend the summer at a beach house with his mother, her boyfriend, Trent, and Trent's obnoxious daughter. Trent can't resist badgering Duncan, so the youth steals away to a water park and gets a job that will help him stay off Trent's radar. As Duncan tends to the slides and pools of the aging park, he finds a father figure in wisecracking park manager Owen (Sam Rockwell) at a time when he desperately needs one.



M&M's and Popcorn will be served



## "Let's Talk Oxford History ~ Part 2"

Friday, July 21st

1:00PM—2:00PM

We had such a great time at our last get together, that we decided to hold another one.

Come join us to

LISTEN.....SHARE.....ASK QUESTIONS.....LEARN

Sponsored by the Oxford Historical Commission

## July quiz: "What year was the Declaration of Independence adopted?"

June's question was: "What do the colors of the American Flag represent"

The correct answer was "Red=Valor / White=Purity / Blue=Perseverance".

The correct answer was provided by **Ray Gero**. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on June 16th.

Winner gets four (4) FREE lunch tickets!!

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### Tuesday, July 25th @ 12:30PM

Come and hear a presentation by the Massachusetts & Rhode Island Poison Center. They are a nonprofit organization that provides assistance and expertise in the medical diagnosis, management and prevention of poisoning through MA & RI. They have a 24/7 free Poison Hotline (1-800-222-1222) that you can call if you or a loved one have been exposed to poison.

This presentation will provide educational materials as well as reminders on how to protect your younger family members from accessing poisons!

SHINE COUNSELING

Mass Health Buy-In Presentation

July 26th @ 11AM

Did you know that the Medicare Savings Plan (also called “Buy-In”) can help you pay for Medicare premiums and make you eligible for savings on your prescriptions?

In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program.

Come see if you qualify.

SEE ENCLOSED INSERT





## Medicare Savings Program Expansion 2023

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program.

For example, Susan is 73 years old, has Medicare, and has income and assets that make her eligible for MassHealth Senior Buy In (QMB). She recently became eligible for QMB and no longer has to pay the Part B monthly premium of \$164.90. Her inhaler which previously had a high copay, is now costing her \$4.15 per month. This incredible savings has given her more financial stability!

Check these current 2023 numbers below to see if you may qualify!

| Medicare Savings Plans         | Gross Monthly Income Limit*              | Asset Limit*                               | Application to use                         | Benefits                                                                                          |
|--------------------------------|------------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------------------------------------------------------------------------------|
| MassHealth Senior Buy-In (QMB) | \$2,309 (individual)<br>\$3,123 (couple) | \$18,180 (individual)<br>\$27,260 (couple) | MassHealth SACA-2 or Buy-In 1-800-841-2900 | Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs |
| MassHealth Buy-In (SLMB, QI-1) | \$2,734 (individual)<br>\$3,698 (couple) | \$18,180 (individual)<br>\$27,260 (couple) | MassHealth SACA-2 or Buy-In 1-800-841-2900 | Pays Medicare B premium and automatic full extra help with prescription costs                     |

\*Please note, some income and assets may not be counted the same, for example a primary residence and one vehicle are not counted as assets. Income and asset limits are subject to change annually.

If you have any questions about these programs, contact a SHINE Counselor or Outreach Worker at your Council on Aging (COA) or MassOptions at (1-800-243-4636). You can apply any time by completing a Medicare Savings Program Application at  
[mass.gov/doc/medicare-savings-programs-application/download](http://mass.gov/doc/medicare-savings-programs-application/download)

Complete and sign the application.

Mail:

MassHealth Enrollment Center PO Box 4405  
Taunton, MA 02780-0968

Fax: (857) 3238300



**BEANO will be held on  
Friday, July 28th @  
12:45PM**

**Join us for lunch before ~~**

**Call to reserve your spot for lunch \$4.00 dine in**



**GET OUT YOUR SNEAKERS!!!**

**Come join our Walking Club every Friday  
(weather permitting), FRIDAYS @ 9:00AM**

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

Our next meeting is ***FRIDAY, August 4th @ 12:45PM.***

Our book pick is: "A Mercy" by Toni Morrison

In the 1680's, the slave trade in the Americas is still in its infancy. Jacob Vaark is an Anglo-Dutch trader and adventurer, with a small holding in the harsh North. Despite his distaste for dealing in "flesh", he takes a small slave girl in part payment for a bad debt from a plantation owner in Catholic Maryland. Her name is Florens, she can read and write and might be useful on his farm.



## 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**





# 4TH OF JULY

ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS  
FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY  
NATION  
PARADE  
REVOLUTION  
RIGHTS



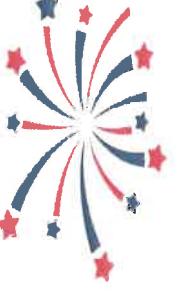
STATES

THIRTEEN

UNITED



# JULY 2023 ~ OXFORD SENIOR CENTER

| Monday                             | Tuesday                                                                                                                                                             | Wednesday                                                                                                                                      | Thursday                                                                  | Friday                                                                                                                                           |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>3</u><br>CRIBBAGE 10AM TO 12PM  | <u>4</u><br><b>CLOSED</b>                                                                                                                                           | <u>5</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                                               | <u>6</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM  | <u>7</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>                     |
| <u>10</u><br>CRIBBAGE 10AM TO 12PM | <u>11</u><br>STRENGTH & BALANCE<br>2:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br>SILVER MOON GYPSIES<br>12:30PM                          | <u>12</u><br>CHAIR YOGA 9:15AM<br><b>MEN'S COFFEE GROUP 10:30AM</b><br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM         | <u>13</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM | <u>14</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>MOVIE 12:45PM</b>                        |
| <u>17</u><br>CRIBBAGE 10AM TO 12PM | <u>18</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>BP CLINIC AFTER LUNCH</b>                            | <u>19</u><br><b>CLOSED</b><br>~~~~~<br><b>BUS TRIP</b>                                                                                         | <u>20</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM | <u>21</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>LET'S TALK OXFORD HISTORY—PART 2 1PM</b> |
| <u>24</u><br>CRIBBAGE 10AM TO 12PM | <u>25</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>MA &amp; RI POISON CENTER PRESENTATION @ 12:30PM</b> | <u>26</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br><b>SHINE—MASSHEALTH PRESENTATION 11AM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM | <u>27</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM | <u>28</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>BEANO 12:45PM</b>                        |
| <u>31</u><br>CRIBBAGE 10AM TO 12PM |                                                                                                                                                                     |                                                                                                                                                |                                                                           |                                                               |