



OXFORD'S COUNCIL CHATTER



**OCTOBER
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



The Senior Center will be **CLOSED**
Monday, October 9th for Columbus Day!



WCAC
BREAKING THE CYCLE OF POVERTY ONE NEIGHBOR AT A TIME

FUEL ASSISTANCE

Renewal applications have been mailed. Staff from the Worcester office will be at the Senior Center on *Thursday, October 5th* from 9AM—3PM (no appointment necessary) first come first serve.

They will only be processing RENEWALS !!

If you have not received your renewal application packet, give them a call @ 508-754-1176.

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## NEW APPLICATIONS

Staff from the Worcester office will be here on *Monday, November 27th* from 9AM-3PM. Please call the Senior Center to make an appointment and we will provide you with a list of what documents you will need to bring.

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



Thank you to all that participated in our “Tuesday Theme Days” during September for *NATIONAL SENIOR CENTER MONTH*.

We had a great time and lots of laughs!

The fall season is a beautiful time of year, with its vibrant colors and crisp air. As the nights become cooler, warm sweaters, cozy bonfires, and hot apple cider are the perfect way to enjoy this season. With an abundance of activities, from apple picking to leaf peeping, there's something for everyone during this special time of year.



11)  
Laura



## "YOUNG AT HEART CAFÉ" OCTOBER 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**

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Tuesday, 10/3: Burrito, Nacho Chips, Salsa, Sour Cream & Churro

Friday, 10/6: Crabby Patty w/ Cocktail Sauce, French Fries, Cole Slaw & Fruit Crisp w/ Whipped Topping

Tuesday, 10/10: Ground Beef Stroganoff, Egg Noodles, Green Beans, Dinner Roll & Birthday Cupcake

Friday, 10/13: Seafood Salad Sandwich, Marinated Tomato Salad, Potato Chips & Icebox Cake

Tuesday, 10/17: Chicken Broccoli Alfredo w/ Ziti, Italian Bread & Cannoli

Friday, 10/20: Stuffed Cabbage, Mixed Vegetables, Dinner Roll & Boston Cream Pie

Tuesday, 10/24: Baked Chicken, Oven Roasted Potatoes, Oven Roasted Vegetables, Cranberry Sauce, Dinner Roll & Butterscotch Parfait

Friday, 10/27: Shepherd's Pie, Biscuit & Gingerbread w/ Whipped Topping

Tuesday, 10/31: Grilled Hot Dog w/ Roll, French Fries & Halloween 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.

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Scientists don't fully understand the causes of dementia, but they do agree that the risks increase with age. Did you know 1 in 10 people over the age of 65 have some form of dementia? Dementia is progressive, which means symptoms may be mild at first but they worsen over time. Symptoms include memory loss, confusion and needing help with daily tasks, problems with language and understanding, and changes in behavior.

According to the Mayo Clinic, there are things we can do to slow the progression of the disease:

- Regular exercise
- 7-8 hours of sleep per night
- Healthy diet (Mediterranean is recommended)
- Staying mentally active
- Being socially involved
- Monitoring health

In upcoming newsletters, I will highlight one of the above suggestions that you can do to help slow the progression of dementia. In fact, your Oxford Senior Center offers a lot of opportunities to help slow the progress of this disease! So come and join us soon and continue to read about how you can make some changes and add some fun activities to keep yourself healthy and mentally sharp.



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

### MEN's Coffee Group

Wednesday, October 11th @ **10:30AM**

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

There will be coffee, pastry and conversation!

### OCTOBER BIRTHDAYS !!!

Donald Strader, Judith Manuel, Helen Pare, Pamela Jacobson, Richard Landry, Sharron Gillies, Ernest White Jr, Kathleen Bowles, Sharon Defoer, Richard Newton, Marie Bostock, Roberta McKay, Mary Christian, Carol Baker, Hilary Lazaro-Provost, Paul Carbonneau, John Ford Sr, Mary Soares, Charlotte Boutillette, Helen Balcunas, Edward Carter, Patricia Racki, Jane Mrazik, Norman Napieralski, David Hebert, Howard Monson Jr, Arlene Arello, Norma Dionne, Philip Quinn Sr, Stanley Reid, Jonathan Brennan, Alfred O'Leary, Francis Malkowski, Janet Twine, Debra Goodell, Molly Zelle, Frances Keddy, Carole Rider, James Morris, Roger Harty, Jacqueline Cox, Beverly Hanson, James Foscett, Alberta Boyle, Gail Davis, John Doran, Nancy Olszta, Gary LaPlante, Pamela Davey, Michael Book, Frederick Maywalt, Florence Richards, Ruth Ellis, Joan Goodell, Linda Levie, Jean Landry, Mairgread Gray, Cheryl Fraser, Suely Blaisdell, Gloria Lehner, Patricia Waldron, Gail Campbell, Robert Luby, Ghulam Nasrani, Denis Guntor, Angela Kowalcky, Paul McIlvaine, David Derie, Wayne McFarland, Mason Powell, Edwin Rose, Robert Silva, Pamela Evers, Russell Anderson Jr, Joseph Curran, Donna McLaughlin, Elizabeth Fisher, Carol Degnan, Virginia Lehner, Albert Shahnarian, Nancy Lohner, Linda Adamiak, Donna Plasse, Eric Petsching, Melinda MacGillivray, Richard Gionet, Paula Parker, Robert Peterson, Barbara Desrosiers, George Cloutier Jr, Claire Geoffrion, Susan Audette, Susan Dufur, Cynthia Denson, Barbara Donovan, Emilia Esposito, Judy Madsen, Kaida Patterson, Robert Keogh Sr, Andrew Boyle, Patrick Mahoney, Chryso Stom, David Power, Mona Howard, Ernest Lavalley, Patricia Mills, Geraldine Hallas, Robert Fike, Sheila Simon, Patricia Hughes, Joan Mazeika and Rosella Machado

## FREE MOVIE MATINEE

Friday, October 13th @ 12:45PM

**"Love, Fall & Order"**

When Claire goes home to save her dad's annual Fall Fest on her family's pumpkin farm, sparks fly with an old rival: the opposing lawyer she now faces in court.



M&M's and Popcorn will be served



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Tuesday, October 31st

COME TO LUNCH & WEAR YOUR COSTUME

Prizes will be awarded

- Most Original
- Funniest Costume
- Scariest Costume



Birthday Cupcakes ~ Anonymous
Cash Donation ~ Anonymous
THANK YOU Donation ~ Anonymous
Christopher House / Webster ~ Luncheon

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## **"Medicare Open Enrollment Presentation: Preparing for 2024"**

*Monday, October 16th @ 2:30PM*

The Medicare Open Enrollment Period runs from October 15th through December 7th. This is your opportunity to make changes to your health plan coverage, and SHINE is here to help!!

Please join us for a presentation to review your options.

The agenda includes:

- Changes to Medicare benefits and costs for 2024
- Your options for making changes: Medigap, Part D prescription, and Medicare Advantage Plans
- The benefits of using the Medicare.gov website to estimate your prescription costs
- How SHINE can help you if you are looking for assistance with your medical an prescription costs
  - A question and answer session

The presentation will be given by Kaye Peltier, SHINE certified Medicare counselor



Options Counseling  
w/ Brittney from Tri-Valley

Every 3rd Tuesday @ the Senior Center

October 17th

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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\$2.00 Soup Luncheon & Rock Painting



Thursday, October 26th

11AM

Must RSVP by October 18th



Join us on **Friday, October 20th**
@ 12:30PM

Singer / Songwriter Stephen George will be here to entertain

Stephen began playing guitar as a 10 year old. He "borrowed" his sisters guitar when she wasn't using it and never gave it back, and so his love for music began. Stephen strongly believes that his music ability is a gift, and he always enjoys sharing it!

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**BEANO will be held on**



**Friday, October 27th @**  
**12:45PM**

Join us for lunch before ~~

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



**October Trivia Question: "In 1997, what cookie did Massachusetts designate as the Official State Cookie?"**

September's question was: "In the classic *Looney Tunes* cartoons, what is the name of the cat that Tweety Bird is always outsmarting ??"

The correct answer was "**Sylvester**". The correct answer was provided by **Carolyn Merson**. 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 17th

Winner gets four (4) FREE lunch tickets!!

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"Let's Talk Oxford History ~ Part 5"

TUESDAY, October 24th

1:00PM—3:00PM

The fun continues.....

**If you have not joined us, you are missing out on a great
time of Oxford History**

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

Sponsored by the Oxford Historical Commission

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

Our next meeting is FRIDAY, November 3rd@ 12:45PM.

Our book pick is: *This Time Tomorrow* by Emma Straub

On the eve of her 40th birthday, Alice's life isn't terrible. She likes her job, even if it isn't exactly the one she expected. She's happy with her apartment, her romantic status, her independence, & she adores her lifelong best friend, but her father is ailing, and it feels to her as if something is missing. When she wakes up the next morning she finds herself back in 1996, reliving her 16th birthday, but it isn't just her adolescent body that shocks her, or seeing her old crush; it's her dad: the vital, charming, 40-something version of her father with whom she is reunited. Now armed with a new perspective on her own life and his, some past events take on new meaning. Is there anything that she would change if she could?

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 there 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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GET OUT YOUR SNEAKERS!!!



FRIDAYS @ 9:00AM

Come join our Walking Club every Friday
(weather permitting),



SPECIAL TOWN MEETING

OCTOBER 4, 2023 | 7:00PM

OXFORD HIGH SCHOOL,
100 CARBUNCLE DRIVE, OXFORD,
MA 01540

Oxford Senior Center Presents:

A Rockwell Christmas



December 7, 2023 ~~~~ \$147.00 per person

**Tour includes: Motor Coach / Lunch / Admission to the Norman Rockwell Museum /
Admission to Bright Nights**

Information & Reservations

Oxford Senior Center

Laura Wilson ~ 508-987-6000

Check payable to: Tours of Distinction

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**Depart: 9:00AM**

**Oxford Senior Center, 323 Main St, Oxford MA 01540**

**Estimated Return: 8:00PM**

Today, our tour starts at The Red Lion Inn where you will enjoy lunch. Since welcoming its first guests more than two centuries ago, The Red Lion Inn in Stockbridge has developed a reputation for outstanding food and genuine New England hospitality. Entrée choices are: Grilled Chicken w/ Jus or Beer-Battered Haddock w/ House Made Tartar Sauce. Entrée comes with one (1) side (Coleslaw or Roasted Potatoes), Salad, Dessert, Soft Drinks, Coffee or Hot Tea.

Next, we head to visit the Norman Rockwell Museum. The museum holds the largest and most significant collection of original Rockwell art. Highlights include favorites from Rockwell's *Saturday Evening Post* covers and the powerful *Four Freedoms* paintings. Continually changing, the galleries present an illustrated chronicle of American life. Experience Rockwell's art, life, and legacy in the artist's picturesque New England hometown of Stockbridge.

This evening, take a leisurely drive through Forest Park's Bright Nights. Drive 2.5 miles through the park while listening to holiday music. See a variety of designs, animals and objects as they are illuminated by the lights.



# THE HAUNTED HOUSE

BANSHEE

COBWEBS

CREAKING

CURSE

ECTOPLASM

EXORCISM

FEARS

FLASHLIGHT

FLOORBOARDS

FRIGHT

GHOST

MIRRORS

MYSTERY

NOISES

PHOTOGRAPH

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

SHADOWS

SPECTRAL

SPELL

TERROR


THUNDERSTORM

TURN WHITE

VAMPIRE

WAILING

# OCTOBER 2023 ~ OXFORD SENIOR CENTER

| Monday                                                                                                                | Tuesday                                                                                                                                                                            | Wednesday                                                                                                                            | Thursday                                                                                                              | Friday                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM                                                                 | <b>3</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                                                               | <b>4</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                                     | <b>5</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                                                 | <b>6</b><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>               |
| <b>9</b><br><b>CLOSED</b><br><b>COLUMBUS DAY</b><br>~~~~~<br>PITCH LEAGUE 4PM                                         | <b>10</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>VETERANS RESOURCE NIGHT 6PM- 7:30PM</b>                                | <b>11</b><br>CHAIR YOGA 9:15AM<br><b>MEN'S COFFEE GROUP 10:30</b><br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM | <b>12</b><br>COA BOARD MEETING 9:30<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                      | <b>13</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>MOVIE 12:45PM</b>                  |
| <b>16</b><br>CRIBBAGE 10AM TO 12PM<br><b>SHINE ~ MEDICARE OPEN ENROLLMENT PRESENTATION 2:30PM</b><br>PITCH LEAGUE 4PM | <b>17</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>MASS ADVANTAGE 12:30PM</b><br><b>OPTIONS COUNSELING 12:30PM-2:30PM</b> | <b>18</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                                    | <b>19</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                                                | <b>20</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>STEPHEN GEORGE CONCERT 12:30PM</b> |
| <b>23</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM                                                                | <b>24</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>LET'S TALK OXFORD HISTORY PART 5 1PM ~ 3PM</b>                         | <b>25</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                                    | <b>26</b><br>DOMINOES 10AM TO 12PM<br><b>\$ 2.00 SOUP LUNCH &amp; ROCK PAINTING 12PM</b><br><b>MUST RSVP BY 10/18</b> | <b>27</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>BEANO 12:45PM</b>                  |
| <b>30</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM                                                                | <b>31</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>WEAR A COSTUME TO LUNCH</b>                                            |                                                                                                                                      |                                    |                                                                                                                                            |