



OXFORD'S COUNCIL CHATTER



**SEPTEMBER
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, September 4th for Labor Day!

“Let’s Talk Oxford History ~ Part 4”

TUESDAY, September 26th

Open house @ the SCHOOL HOUSE on the Town
Common

(will be held @ Senior Center if inclement weather)

1:00PM—3:00PM

So much great history and memories of Oxford have been
shared ~ we would love for you to come join us

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

Sponsored by the Oxford Historical Commission

From the Director's Desk.....



Fall is nearly upon us, there's so much to look forward to in the fall as we head into September. Apple picking, fall festivals, leaf peeping to name a few.....

Now that summer is ending, we will be ramping up our activities, entertainment and presentations.

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September is

***NATIONAL SENIOR CENTER MONTH***

We are looking to have some fun on the Tuesdays during September. Wear something that represents:

5th ~ Team Pride Day (Favorite Sports Team)

12th ~ Crazy Hat Day

19th ~ Mismatch Day

26th ~ Oxford Day (Black & Orange or Pirate)

Enter your name in a drawing for "2 FREE LUNCH TICKETS"  
every time you participate on a Tuesday



## "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**

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

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

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

Friday, 9/1: BLT Sandwich, Potato Chips, Pickled Beets, and Ice Cream Novelty

Tuesday, 9/5: Salisbury Steak w/Gravy, Mashed Potatoes, Buttered Corn, Dinner Roll and Butterscotch Pudding w/ Whipped Topping

Friday, 9/8: Meatball Grinder w/Cheese, Tossed Salad and Sherbet

Tuesday, 9/12: Macaroni & Cheese w/ Bacon & Green Onions, Stewed Tomatoes, Bread & Butter and Birthday Cupcakes

Friday, 9/15: Chicken Salad Plate w/Lettuce & Tomato, Pasta Salad, Pita Bread, and Cream Pie

Tuesday, 9/19: Eggplant Parmesan Sandwich, Zucchini & Summer Squash and Cannoli

Friday, 9/22: Chef's Salad, Bread Stick and Frosted Cake

Tuesday, 9/26: Stuffed Chicken Breast, Mashed Potato, Glazed Carrots, Cranberry Sauce and Pudding Parfait

Friday, 9/29: Hot Dog, Baked Beans, Brown Bread, Coleslaw and Fresh Baked Cookie

- 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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Dental Health

Poor oral health is not about individual failings but improved coverage found through the legislative system. We are where we are today because of deliberate policy choices made years ago—treating dental care as an essential health benefit for kids but nobody else. There is clear evidence that seniors have seen very little overall progress in the past 20 years because there has not been expanded public coverage for dental care! Call your state senators and representatives and request enhanced coverage!

In the meantime, please follow these recommendations:

- Brush your teeth twice daily with fluoride toothpaste
- Clean between your teeth daily using floss or interdental brushes
- Gargle as soon as possible after eating and before bedtime preferably with a fluoride mouthwash
- Eat a healthy balanced diet
- Limit sugar and all sugary drinks
- Have regular dental checkups



You'll be smiling in no time!



September Trivia Question: In the classic *Looney Tunes* cartoons, what is the name of the cat that Tweety Bird is always outsmarting ??

August's question was: "What is the most popular brand of Root Beer?"

The correct answer was "A&W Root Beer". The correct answer was provided by Jean Esposito. 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 15th

Winner gets four (4) FREE lunch tickets!!

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## SHINE COUNSELING

Open Enrollment is just around the corner!!

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.



## News from SHINE for September 2023

### 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 2024. 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 2024, 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. Before you call SHINE, visit [www.medicare.gov](http://www.medicare.gov) and create a personalized Medicare account. You can enter your medication information to help determine the least expensive plan.

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### MASSHEALTH RENEWALS ARE BACK!

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package.

In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900
- REMEMBER: IF MASSHEALTH CAN'T REACH YOU, THEY WILL DROP YOU!
- Open and read any communication from MassHealth as soon as it arrives in the mail
- Follow the instructions in the letter and return any forms and required documentation
- Make sure you reply well in advance of the deadline

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SHINE (Serving the Health Insurance Needs of Everyone) is funded through the federal Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Certified counselors are available to assist 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 in Central Mass call the SHINE Regional Office at 508-422-9931. If outside Central Mass, call 1-800-243-4636 and select option 4. 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), our Medicare 101 webinars, and our Facebook page: [SHINE Central MA](#).



## FREE MOVIE MATINEE

Friday, September 8th @ 12:45PM

### *"A MAN CALLED OTTO"*

When a lively young family moves in next door, grumpy widower Otto Anderson (Tom Hanks) meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.



M&M's and Popcorn will be served



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CONCERT at the Senior Center

FRIDAY, September 15th
1:00PM

JUMPIN' JUBA

Jumpin' Juba plays blues-based roots-rock and classic rock for your listening and dancing pleasure

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



"Oxford's Old-Timer's"

MEN's Coffee Group

Wednesday, September 13th @ 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!

SEPTEMBER BIRTHDAYS !!!

Paul Lynch, Juan Vidot, Francis Abrahamson Jr, Antonina Racki, Carol Haddad, Ron Aubin, Penelope Fournier-Carrier, Alice Brown, John Cosentino, Harold Keenan, Edward Trinder, Arthur Maybay, Anita Prunier, George Plude Jr, Louis Algieri, Roswell Johnson, Denise Rice, Barbara Dusoe, Julie Crance, Joceline Vassar, Diane Brunell, John Kelly Jr, Gail Martin, Stephen Balcunas, David Lajoie, Leo Labonte, Grace Vigeant, Michael Colecchi, Jeffrey Sisterhenm, Phyllis Ford, Mary Ellen Reilly, Patricia Church, Jeffries Young, William Knapp Sr, Joann Nelson, Judith Taft, David Coombs, Debra DeBarge, Ronald White, Joseph Esposito, Wayne Provost, John Carroll, Sandra Abdella, Roland Beaudry, Robert Shedd, Denise LeBlanc, Gary Sakowicz, Andrea Boyle, Evonne St Germain, Raymond Koncitik, Joanne Newton, Louise Chartier, Madeleine Caplette, Sue Spear, Celia Cascione, Linda Malone, Carol Coombs, JoAnn Cuddeback, Nancy Berube, Thomas Erskine, Michael Crowley, Dennis Sapp, Rita Domian, Alina Herard, Debra Corriveau, Peggy Lecuyer, Cynthia Brennan, Alice Walker, Carol Lapierre, Diane Swanson, Dennis Lotti, John Hamilton, David Chartier, William O'Brien Jr, Robert Widen, Leona Napieralski, James McElholm, John Maywalt, Karen Shea, Henry Hagelauer, Mary Holmes, Ha To Luu, Laurie Boucher, James Lyman, Beatrice Cacciapouti, Deborah Sapp, Thomas Durkin, Donald Groleau, Paula Kaseta, Jean Wilson, Thomas Dulmaine, Jean Bello, Harry Sekurski, Camille Sacco, Marilyn Kent, Claudia Seale, Patricia Hammond, Marc Comtois, Barbara Bordeaux, Nancy Skebos and Margaret Kelley



Birthday Cupcakes ~ Anonymous
Cash Donation ~ Anonymous

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## Not Just a Jail: How the Sheriff's Department Serves You!



*Tuesday, September 12th @ 12:30PM*

Come meet the Community Outreach Team from the Worcester County Sheriff's Office. They will share important public safety information that positively impacts our community.

Learn about the Jail & House of Correction, community programs for seniors as well as the many *FREE* public safety initiatives provided by the Sheriff's Department.

Free giveaways and information!

*Please RSVP by September 5th*

Do you play the piano, or would you like to learn???



Dennis Deyo, Piano Instructor will be offering a FREE class on  
Thursday, September 21st @ 2PM

He currently offers classes in 6 other towns: Holden, Paxton,  
Princeton, Rutland, Shrewsbury and Westboro

Future classes will be scheduled if there is an interest

Weekly Donation \$5

One Time Fee \$42 (includes 3 books and chart)

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HAPPY
GRANDPARENT'S
DAY

SEPTEMBER 10th



Options Counseling
w/ Brittney from Tri-Valley

Every 3rd Tuesday @ the Senior Center

September 19th

12:30PM to 2:30PM

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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Oxford Lions Club

Massachusetts Lions Low Vision Network  
Presentation

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Tuesday, September 19th
12:30PM

Dedicated to improving the quality of life for people affected with
Low Vision in our community

What is Low Vision? Permanently impaired vision that can't be corrected by glasses, surgery, or contact lenses. It can be caused by age-related conditions, congenital conditions, acquired brain injury or other damage to the visual system.



BEANO will be held on
Friday, September 22th @
12:45PM

Join us for lunch before ~~

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

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GET OUT YOUR SNEAKERS!!!

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



*FREE*

## PRESENTATION and LUNCH

Sponsored by your friends at  
Christopher Heights Assisted Living

Wednesday, September 20th

11AM—Presentation

Lunch to follow

*Must RSVP by Friday, September 15th*

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CONCERT at the Senior Center

FRIDAY, September 29th
12:30PM

The Mike & Beth Show

This duo (sometimes a trio) entertained us several times last year. 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

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

Our next meeting is *FRIDAY, October 6th @ 12:45PM.*

Our book pick is: "Wrong Place Wrong Time"

by Gillian McAllister

It follows Jen Brotherhood, a successful lawyer living in Liverpool, as she tries to prevent her son, Todd, from committing a murder. She finds herself in a time spiral the morning after her son is arrested.

Moving backward in time, she finds clues that explain her son's actions



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



**OXFORD COMMUNITY CENTER  
INTERGENERATIONAL COMMUNITY PROGRAMS**



**READING**  
*Buddies* ♡♡

**Community story-time with beginners' Tai Chi to follow.  
September 1st at 3PM at Senior Center**

**"A Morning With Grandpa"**

**Tai Chi instructed by:**



Oxford Community Center x Council On Aging  
Intergenerational Community Programming



Celebrate and spend time with those special seniors in your life,  
whether they are grandparents, neighbors, great aunts/uncles, etc.

Join us for a day of Intergenerational Fun!  
Story Time, Zumba, Planting Activities, Canvas Painting,  
Board Games, and Light Refreshments!

## ON THE DOUBLE

BERBER

BONBON

BYE-BYE

CANCAN

CHI-CHI

COUSCOUS

DODO

DUMDUM

FIFTY-FIFTY

FROU-FROU

GAGA

HOTSHOTS

HUSH-HUSH

LAVA-LAVA

LULU

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MURMUR

PAPA

POMPOM

SO-SO

TARTAR


TSETSE

TUTU

YLANG-YLANG

YO-YO

# SEPTEMBER 2023 ~ OXFORD SENIOR CENTER

| Monday                                          | Tuesday                                                                                                                                                                 | Wednesday                                                                                                                                             | Thursday                                                                             | Friday                                                                                                                             |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
|                                                 |                                                                                                                                                                         |                                                                    |                                                                                      | 1 WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>BOOK CLUB 12:45PM<br>READING BUDDIES 3PM |
| 4<br><br>CLOSED<br>~~~~~<br>LABOR DAY           | 5<br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                                                           | 6<br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                                                             | 7<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                       | 8<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>MOVIE 12:45PM                         |
| 11<br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | 12<br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br>SHERIFF'S DEPT PRESENTATION 12:30PM                                   | 13<br>CHAIR YOGA 9:15AM<br>MEN'S COFFEE GROUP 10:30AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                              | 14<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                      | 15<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>JUMPIN' JUBA CONCERT 1PM             |
| 18<br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | 19<br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br>LION'S CLUB PRESENTATION 12:30PM<br>OPTIONS COUNSELING 12:30PM-2:30PM | 20<br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHRISTOPHER HEIGHTS PRESENTATION & LUNCH 11AM-MUST RSVP<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM | 21<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM<br>PIANO LESSONS 2PM | 22<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>BEANO 12:45PM                        |
| 25<br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | 26<br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br>LET'S TALK OXFORD HISTORY-PART 4                                      | 27<br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH 1PM TO 3PM                                                            | 28<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                      | 29<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br>MIKE & BETH CONCERT 12:30PM          |

Town of Oxford  
Council on Aging \* Senior Center  
323 Main Street  
Oxford, MA 01540



## 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

File of Life Cards