



OXFORD'S COUNCIL CHATT



**MARCH
2025**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Cindy Nagle (Outreach)
Deb Bayer
Deb King
Janet Stoica
Bruce Myotte

**COUNCIL ON AGING
BOARD MEMBERS**

Robert Krasinskas
Chairman

Rose Wing
Vice Chairman

Jody Williams
Secretary

Karen Erickson
Carole Fegreus
Carolyn Merson
Joyce Nilson

The COA board meets
every 2nd Thursday of
the month except July
and August

OFFICE HOURS

Monday-Friday
8:30am to 3:30pm

COA/SENIOR CENTER

323 Main Street, Oxford, MA 01540
Tel: 508-987-6000 Email: seniorcenter@oxfordma.us



"Cup of Joe"

(State Representative Joseph McKenna)
Friday, March 21st from 10:00AM to 11:00AM

We need your help...

Food prices are on the rise and we are trying to keep our lunches affordable for everyone.

Ways to help are: (1) not cancel last minute unless its an emergency or sudden illness, (2) do not sign other's up without their knowledge, (3) keep track of the lunches you signed up for

Bring in your own re-usable containers for leftovers

From the Director's Desk.....



**Don't forget to change your clocks;
change your batteries**

Sunday, March 9th

~~~~~

**The sunset countdown is on ....**

**March 17th 7:14PM**

**April 20th 7:44PM**

**May 11th 8:02PM**



~~~~~



**2025 Bus Trips are almost
finalized—stay tuned for our April
newsletter with the full listing**

Handwritten signature in blue ink.

“YOUNG AT HEART CAFÉ “

March Lunch Menu

Lunches are served Tuesdays and Fridays at 11:45AM
(Takeout meals **MUST** be picked up by 12:30PM)

***** RESERVATIONS A MUST *****

Please call (508-987-6000) 48 hours in advance to order a meal. Please call the Friday before for Tuesday meals and the Wednesday before for Friday meals
\$ 5.00 dine in / \$ 6.00 take-out (suggested donation)

~~~~~

**Tuesday 3/4: Meatball Grinder w/Cheese, Potato Chips, Lemon Dump Cake**

**Friday 3/7: Baked Fish, Rice Pilaf, Green Beans, Dinner Roll, Pudding Parfait**

**Tuesday 3/11: Corned Beef, Cabbage, Boiled Potatoes, Carrots, Turnip, Pumpernickel Bread, Birthday Cupcakes**

**Friday 3/14: Filet of Fish Sandwich, French Fries, Pickled Beets, Fruited Jell-O w/Topping**

**Tuesday 3/18: Chicken w/Ziti and Broccoli, Garlic Bread, Banana Split Fluff**

**Friday 3/21: Vegetable Lasagna, Tossed Salad, Italian Bread, Ice Cream Sundae**

**Tuesday 3/25: Stuffed Peppers, Mashed Potatoes, Carrots, Dinner Roll, Cookies**

**Friday 3/28: Seafood Salad Roll, Cole Slaw, Chips, Fruit Tart**

- 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.

**SNAP Nutrition Education Presents**



**FOOD AS MEDICINE COOKING  
CLASS**

**Thursday, March 20th @ 12:00PM**

**Sponsored by Ascentria CARE ALLIANCE**

**Must sign up by March 13th**



\*\*\*\*\*

**Fiscal Year 2025 Semi-Annual Actual Real Estate &  
Personal Property Tax Bills**



**Mailed: December 31, 2024**

**Due Date: April 1, 2025**

**Bills can either be paid in person, online, by mail, or by  
drop box located at the front and back of Town Hall**

**2025 Excise Tax Bill**

**Mailed on: February 13, 2025**

**Due Date: March 17, 2025**



### **Strength & Balance**

Tuesdays @ 9:15 AM/ 45 minute class

Instructor: Donna Freeland

Increase your strength and balance with light exercise. Use of small hand weights, balls and stretch bands are encouraged

### **Chair Yoga**

Wednesdays @ 9:15 AM/ 60 minute class

Instructor: Heidi Gambaccini / CYT

Seated & standing yoga poses to help stretch and relax your body

***\* Classes are \$3.00 per session***

~~~~~

Chair Volleyball ~ FREE

Wednesdays @ 1PM



We use a beach ball, players remain seated during the game and laughing is a must!



March Birthdays!

Robert Richard, Beatrice Stanley, Carol Sheldon, Pauline Butler, Steven Edwards, Deborah Beando, Richey Fields, Marina Duteau, Rosalie Allen, Donald Fafard, Jeffrey Ducharme, Frances Shivick, Judith Bowes, Laura Zoldak, Edward Cox, James Powell, Francis Scholl, Susan Seibel, Heather Sullivan, Michael Plante, Thomas Palermo, Ronald Daigle, Dennis Lamarche, Jeannette Lamoureux, Mary Worster, Robert Goddard, Francis Blanchard, Brenda Daniels, Sheila Conroy, Francis Mathurin, Melissa Moldover, Donna Bowler, Paula Meszaro, Karen Kissel, Elizabeth Champoux, Janice Gagner, Victor Boin, MaryLou Crowley, Nancy Bray, Ronald Fisher, George Fowler, Geraldine Yetter, Denis Fleming, Marsha Davis, Ronald DeSantis, Akaraporn Pridemore, Thomas Soter, Colleen Rea, Lisa Shepard, Norma Furmanick, Gail Cummings, Linda LaFleche, Christopher George, Beverly Pacher, Nicholas McGray, Angela Bolio, Linda Hester, Marie McArdle, Inge Clem, Patricia Tudor, Diane Cortis, Sandra Shahnarian, John Reckner, Antonietta Algieri, Gail O'Brien, Laurie Anger, Jim Hickey, Janet DiBenedetto, Eleanor Booth, Donald Lusignan, Ronald Twine, Robert Delia, Gary Kemp, Fayrene Marquis, Ruth Mathurin, Charles Boyle Jr, Constance Tagg, Janet Stoica, Eloise Laramée, Marjorie Wilson, Donna Stoliker, Gail Gould, June Choiniere, Dorothy Caplette, Joseph Beaulieu, James Kay, Jeanne Levasseur, Ronald Knight, John Lindstrand, Paul Boris, Kathleen Ramsey, Phyllis Jablonski, Debra Dumas, Joan Austin, Theresa Stone, Francis Paquin, Rebecca Power, William Dupsha, Catherine McGinty, Paul Geoffrion, Dennis Power, Diane Archambault, Edward Wojtanek, Louise Mason, James Dwyer, Pavlos Pantazis, Lilly Rosene Besardi, David Farrar, Nancy Lesley, Rachelle Cyr, Nancy LeFebvre, Gail Juzukonis, John Herard, Ronald Emond, Mario Fantasia, Mark Giroux, Stanley Larson, Patricia Metcalf, Linda Lambert, Laura Wilson, David Wilson, Peter Chaplain, Arthur Brule and Gary Potter

MONTHLY ACTIVITIES:



Blood Pressure Clinic

Tuesday, March 11th

11AM—12PM

Let's Talk Oxford History

Tuesday, March 11th @ 1:00PM

Men's Coffee Group

Wednesday, March 12th @ 10:30AM

Breakfast with the Chief

Thursday, March 27th @ 9:00AM

(Must sign up by March 20th)

BEANO

Friday, March 28th @ 12:45PM

RESOURCES FOR SENIORS

Oxford Housing Authority

508-987-5055

Oxford Food Shelf

508-987-1062

Social Security Administration

800-772-1213

Medicare

800-633-4227

Mass Health

800-841-2900

SHINE

800-243-4636

Tri-Valley, Inc

508-949-6640

Worcester Community Action Council / Fuel Assistance

508-754-1176 x110

SNAP / Food Stamps

877-382-2363

Pet Licenses:

Town Clerk's Office

FREE after 70 yrs. old

Veteran's Agent

508-987-1105



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. She can also help with a variety of paperwork, including SNAP ,Fuel Assistance & Mass Health applications. An appointment is recommended.

Tri-Valley Inc.

Tri-Valley Inc. **Options Counselor, Brittany**, will be at the Senior Center on the 3rd Tuesday of the month *by* appointment from 12:30 PM to 2:30PM. She can help with a wide range of options & resources available for you, your family and/or caregiver.

SHINE Program

SHINE Counselor, Kaye, is available for one on one appointments on the 3rd Wednesday of the month. She offers free health insurance information and counseling.

Please call the **Senior Center @ 508-987-6000** to schedule an appointment for any of these services



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

Our next meeting is Friday, April 4th @ 12:45PM

Our book pick is: **"The FIRST LADIES"** by Marie Benedict
and Victoria Christopher Murray



MOVIE MATINEE

Friday, March 14th @ 12:45PM

"Fever Pitch"



A romantic comedy about Ben, a young teacher who is obsessed with the Boston Red Sox and hides it from Lindsey, his beautiful new girlfriend ...until baseball season begins!



March Trivia Question: "Who is the Supreme Court Justice that had a strong voice for gender equality?"

February Trivia Question: "What town has the distinction of being the geographical center of Massachusetts?"

The correct answer was "Rutland" provided by Chris Lee

Winner gets two (2) FREE lunch tickets

We will draw our next winner on March 18th

MARCH 2025 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
3 CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	4 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM	5 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	6 DOMINOES 10AM TO 12PM	7 CRIBBAGE 10AM TO 12PM LUNCH 11:45AM BOOK CLUB @12:45PM
10 CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	11 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM BP CLINIC 11AM LUNCH 11:45AM LETS TALK OXFORD 1PM	12 CHAIR YOGA 9:15AM MENS GROUP 10:30AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	13 COA MEETING 9:30AM DOMINOES 10AM TO 12PM	14 CRIBBAGE 10AM TO 12PM LUNCH 11:45AM FREE MOVIE @ 12:45PM
17 CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	18 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM OPTIONS COUNSELING BY APPOINTMENT	19 SHINE BY APPOINTMENT CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	20 DOMINOES 10AM TO 12PM ASCENTRIA CARE ALLIANCE COOKING CLASS @12:00PM MUST RSVP BY MARCH 13TH	21 CUP OF JOE @ 10AM CRIBBAGE 10AM TO 12PM LUNCH 11:45AM
24 CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	25 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM	26 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	27 BREAKFAST WITH THE CHIEF @ 9AM MUST RSVP BY MARCH 20TH DOMINOES 10AM TO 12PM	28 CRIBBAGE 10AM TO 12PM LUNCH 11:45AM BEANO
31 CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM				