



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.....



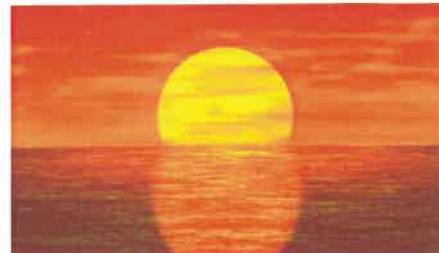
**Don't forget to change your clocks;
change your batteries**

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**

11) Laura

“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 Laramee, 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                                                                                                                       |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <u>3</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM  | <u>4</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                          | <u>5</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                                 | <u>6</u><br>DOMINOES 10AM TO 12PM  | <u>7</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>BOOK CLUB @12:45PM</b>                                              |
| <u>10</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>11</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br><b>BP CLINIC 11AM</b><br>LUNCH 11:45AM<br><b>LETS TALK OXFORD 1PM</b> | <u>12</u><br>CHAIR YOGA 9:15AM<br><b>MENS GROUP 10:30AM</b><br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM   | <u>13</u><br>DOMINOES 10AM TO 12PM | <u>14</u><br>COA MEETING 9:30AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>FREE MOVIE @ 12:45PM</b>                     |
| <u>17</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>18</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br><b>OPTIONS COUNSELING BY<br/>APPOINTMENT</b>         | <u>19</u><br><b>SHINE BY APPOINTMENT</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM | <u>20</u><br>DOMINOES 10AM TO 12PM | <u>21</u><br><b>CUP OF JOE @ 10AM</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM                                              |
| <u>24</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>25</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                         | <u>26</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                                | <u>27</u><br>DOMINOES 10AM TO 12PM | <u>28</u><br>BREAKFAST WITH THE CHIEF<br>@ 9AM<br>MUST RSVP BY MARCH 20TH<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BEANO |
| <u>31</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM |                                                                                                                                              |                                                                                                                 |                                    |                                           |