



Oxford's



Council on Aging CHATTER

**MAY
2024**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Cindy Nagle (Outreach)
Deb Bayer
Deb King
Janet Stoica

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

OFFICE HOURS

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

SENIOR CENTER

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



The Senior Center will be **CLOSING @12PM** on Friday, May 24th and will be **CLOSED** on Monday, May 27th for Memorial Day

Blossoms and Butterflies Bus Trip

Thursday June 6, 2024
\$149 pp



Details on flyer inside!

From the Director's Desk.....



May has always been one of my favorite months. The weather is starting to warm up, the flowers are in bloom, and there is just something about the air that feels amazing.

We celebrate and honor our Mother's this month.

This is a golden opportunity to celebrate the mother figures in our lives, and treat them to something special to thank them for everything they do.



"All gave some, some gave all. Remember them this Memorial Day."

"YOUNG AT HEART CAFÉ" MAY LUNCH MENU



Lunches are 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)

\$ 5.00 dine in / \$ 6.00 take-out

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Friday 5/3: Baked Potato Bar w/Toppings, Chocolate Cream Pie

Tuesday 5/7: Taco Salad, Tortilla Chips, Salsa, Sour Cream, Apple  
Turnover

Friday 5/10: Stuffed Chicken Breast, Mashed Potatoes, Cranberry  
Sauce, Dinner Roll, Strawberry Shortcake

Tuesday 5/14: Crabby Cake w/ Cocktail Sauce, French Fries,  
Coleslaw, Dinner Roll, Birthday Cupcake

Friday 5/17: Chicken Caesar Salad, Breadstick, Ice Cream Social

Tuesday 5/21: Stuffed Cabbage, Mashed Potatoes, Peas & Carrots,  
Dinner Roll, Fresh Baked Cookie

Friday 5/24: NO LUNCH

Tuesday 5/28: Cheeseburger Deluxe, Pasta Salad, Chips,  
Watermelon

- 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.

## *"Mocktails for Mom"*

Thursday, May 9th @ 1:00pm

Join us for light refreshments and a delicious mocktail (non-alcoholic) to celebrate all the moms, grandmothers, aunts, godmothers for mother's day



**Must RSVP by May 7th**

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Therapy Gardens presents

"Local Food Trivia!"



Tuesday, May 21st @ 12:30PM

Come play along and see if you can recognize and name local & regional foods, brands & companies from yesteryear to today.

Trivia will be presented Jeopardy-style

This event is supported by a grant from the Oxford Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.

2024 Bus Trips

Please note that there is NO insurance on these trips

We are using two different tour companies this year (Tours of Distinction and Royal Tours)

A \$5.00 non-refundable deposit is due to hold your seat when signing up



June 6th: Blossoms & Butterflies \$149

Reserve now. Pay in full by 5/16

July 11th: Boston Duck Tours / New England Aquarium \$169

Reservations start on 5/11. Pay in full by 6/20.

September 26th: Mobsters & Lobsters Trolley Tour \$169

Reservations start on 7/26. Pay in full by 9/5

October 17th: Trip not finalized

December 1st: The Reagle Music Theatre "Christmas Time" \$135

Reservations start on 10/10. Pay in full by 11/8

*Flyers with full trip description will be available at the Senior Center



Class fees are \$3.00 per session:

STRENGTH & BALANCE

Tuesday mornings @ 9:15AM

Instructor: Donna Freeland

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

CHAIR YOGA

Wednesday mornings @ 9:15AM

Instructor: Heidi Gambaccini/Certified Yoga Instructor

Seated yoga poses to help stretch and relax your body

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**FREE Activities**

**CHAIR VOLLEYBALL** ~ Wednesday afternoons @ 1PM

**WALKING CLUB** ~ Friday mornings @ 9AM





## MAY BIRTHDAYS!

Mary Brodeur, Marilyn Cyr, Douglas Selby, Alan Bounville, Mirosława Sekurski, Debra Lamarche, John Nelson, Deborah Bissonnette, Donna Theirrien, Doreen Shays, Patricia Casagrande, Susan Powell, Harry Thompson, Joseph Perry, Pamela Wilson, Phyllis Carlson, Irene Ramos, Canaan Pelevan, Sue Paradise, Peter Standrowicz, Louis Hickson, Darlene Haglund, Paul Dufresne, Louise Partridge, Roger Lavoie, Douglas Poirier, Linda Deoliveira, Marshall Provost, Charles Rogan Jr, Elsie Alvarez-Torres, Janice Tilley, Susan White, Blanche Gregoire, Barbara Bowes, Lynne McCallister, Donald McCallister, Jean Esposito, Janet Chesties, Phyllis Carey, Joseph Laramée, Leeann Dufresne, Richard Kalil, Patricia Soter, Ronald Silvestri, Joyce Swedberg, Vivian Socia, John Hartwell, Robert Bernier, Laurie Howland, Zofia Sobocinski, Dorothy Lavallee, Gary Belvery, Debra Bayer, Nancy Kelly, Dona Kirkorian, Susan Elliott, Joan Putney, Patricia Jeniski, Donna O'Halloran, Patricia DiCandia, Linda Plante, Jana LaMothe, Robert Shaw, Andrew Foote, Christine Cheney, Deborah Stone, Paul Cody, William Milosh, Cathy Kozlowski, Sharon Mazurek, James Moore, Diane Gordon, MaryAnn Richard, Kathleen Blash, John Shays, John Mattson, Linda McIlvaine, Gloria Connery, Karen Brewer, Barbara Deyette, Gerald St Martin, Michael Dziembowski, Linda Dickson, Janet Ryan, Linda Premo, Thomas Sheehan, Ruth Silva, Shirley Sinkis, Norma Hanks, Deborah Zinkievich, Susan Hamel, Paul Salek, James Gomes, Mary Jane Standrowicz, James Niewiera, Raymond Gauthier, Patricia Wheeler, Patricia Cloutier, Richard Pinto, Cheryl Ducharme, Beatrice Willame, A Russell Pytko, John Dubsky, Anne Lindstrand, Evelyn Auger, Mary Waterhouse, Allen Prince, Judith Moulton, Wendy Erskine, Kathi Barrett, Lee Vassar, James Ballon, Regina Anuszkiewicz, Susan Sibley, Joy Bell, Bernice Rheaume, Barbara Day, Brenda Bishko, Carol Humphrey, Sandra Granahan, William St Jean, Ronald Prunier, William King and Janet Fiorentino



## Blood Pressure Clinic

Tuesday, May 14th

11AM to 12PM

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Breakfast with the Chief

Thursday, May 16th 9AM-10AM

Come join us for breakfast and conversation with Chief Daniels.

RSVP by May 10th



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## Oxford Fire/EMS Presentation

Friday, May 17th @ 12:30PM

### “Evacuation Plans”

Do you have one???

When was the last time you practiced your evacuation plan ???



## **RESOURCES:**

### **\*\*\*NEED A RIDE?\*\*\***

**The Oxford Senior Center Van** is available to our seniors and the disabled. Rides to any TOWN buildings are FREE. You can travel within Oxford for grocery shopping, Walmart, hair appts, pharmacy & banking. The fare is \$1.75 each way for rides. 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. Client choice shopping & fresh produce is available**

**Masks are optional. Clients are encouraged to bring their own reusable shopping bags. If you do, your name will be entered into a raffle.**

### **\*\*\*\*IMPORTANT NUMBERS\*\*\*\***

|                        |                                                      |
|------------------------|------------------------------------------------------|
| Medicare               | 800-633-4227                                         |
| Social Security        | 800-772-1213                                         |
| Mass Health            | 800-841-2900                                         |
| Mass Options           | 844-422-6277                                         |
| Tri Valley Services    | 508-949-6640                                         |
| WCAC (Fuel Assistance) | 508-754-1176                                         |
| SHINE                  | 800-243-4636                                         |
| Prescription Advantage | 800-243-4636 press 2 (landline) press 5 (cell phone) |

## 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 (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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If you are planning to move here's who you should notify with your new address:

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|---|------------------------------|
| *Post Office | *Registry of Motor Vehicles |
| *Doctors, Dentists | *Social Security |
| *Medical Insurance | *Voter Registration |
| *All credit cards | *Bank |
| *Utilities | *Investment Companies |
| *Current employer | *Previous employers |
| *Monthly subscriptions | *Veterinarian(if pet owner) |
| *Home/apartment insurance | * Car Insurance |
| *Memberships to gyms, museums, etc. | |
| *Police Department if you have an LTC or FID card | |



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every 3rd Tuesday of the month from 12:30PM to 2:30PM

She can help with a range of resources/options available for you, your family and or caregiver.

Personal Care help

Household chores

Transportation options

Medication management

Nutrition advice and more

Please call the Senior Center to schedule an appointment



SHINE Counseling with Kay

Every 3rd Wednesday of the month.

What can a SHINE counselor do for you?

- Explain coverage under Original Medicare (Parts A & B)
- Review additional coverage options under Medicare supplement (Medigap), Medicare Advantage (Part C), and Medicare Part D prescription drug coverage plans
- Walk you through the enrollment process, whether you enroll at age 65 or delay enrollment because you have employer group health coverage
- Screen you for assistance programs that may help you to pay for your medical and/or prescription coverage
- Assist if you have issues with your Medicare coverage



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

Our next meeting is Friday, June 7th @
12:45PM

Our book pick is: **The Paris Assignment** by: Rhys Bowen

**A courageous wife, mother, and resister confronts the devastation of world
war II in a heartbreaking and hopeful novel.**

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### ***FREE MOVIE MATINEE***

***Friday, May 10th @ 12:30PM***

**“The Shaggy Dog”**



When a workaholic District Attorney takes a case involving an  
animal laboratory, he becomes infected with a top secret serum  
that transforms him into a dog!

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MEN's Coffee Group

Wednesday, May 8th @ 10:30AM

The idea of this group is to be a casual, fun, and informative
atmosphere. There will be coffee, pastry and conversation!



Let's Talk Oxford History

"Remember Those Who Served"

War Memorials, Street Names, Parks and Banners

Tuesday, May 14th

1:00PM—2:00PM

Sponsored by the Oxford Historical Commission



BEANO (DATE CHANGE)

Friday, May 31st @ 12:45PM



May Trivia Question:

On the first Saturday of May, what popular event takes place?



April's question was "In our previous newsletters, we highlighted six (6) steps to slow down Dementia. What are one or more of the steps?"

The correct answer was: Regular exercise, healthy diet, mentally active, socially involved, monitor and manage your health, 7-8 hours of sleep every night. The correct answer was provided by: Nancy Lohner

Winner gets two (2) FREE lunch tickets

We will draw our next winner on May 17th

MAY 2024 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
 CINCO DE MAYO <small>celebrating 50 years</small>		<u>1</u> CHAIR YOGA 9:15 AM CHAIR VOLLEYBALL 1 PM PITCH LEAGUE 1PM TO 3PM	<u>2</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>3</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BOOK CLUB 12:45PM
<u>6</u> CRIBBAGE 10AM TO 12PM	<u>7</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM	<u>8</u> CHAIR YOGA 9:15AM MEN'S GROUP 10:30AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>9</u> COA BOARD MEETING 9:30AM DOMINOES 10AM TO 12PM MOCKTAILS FOR MOMS 1PM	<u>10</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM FREE MOVIE 12:45
<u>13</u> CRIBBAGE 10AM TO 12PM	<u>14</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM BP CLINIC 11AM LUNCH 12:00PM LET'S TALK OXFORD 1PM ~ 2PM	<u>15</u> CHAIR YOGA 9:15AM SHINE COUNSELING APPOINTMENTS 9AM--2PM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>16</u> BREAKFAST WITH THE CHIEF 9AM MUST RSVP BY MAY 10TH DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>17</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM OFD / EMS 12:30PM
<u>20</u> CRIBBAGE 10AM TO 12PM	<u>21</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM OPTIONS COUNSELING 12:30PM ~ 2:30PM THERAPY GARDENS 12:30PM	<u>22</u> CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>23</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>24</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM NO LUNCH SENIOR CENTER CLOSES AT @ 12PM
<u>27</u> CLOSED MEMORIAL DAY 	<u>28</u> STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM	<u>29</u> CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	<u>30</u> DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	<u>31</u> WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00 PM BEANO 12:45