



# OXFORD'S COUNCIL CHATTER



**MAY  
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](mailto:seniorcenter@oxfordma.us)

Join us *May 16th @ 12:30PM* to enjoy easy  
listening music on the clarinet  
and saxophone.



*performance by Sandy Allen*

The Senior Center will be CLOSED on  
Monday, May 26th in observance of  
Memorial Day!!



From the Director's Desk.....



May is a month full of flowers blooming and sunny days that help brighten our spirits. It's a month that encourages us to embrace warmth, growth, and joyful moments. From celebrating Mother's Day to honoring on Memorial Day.

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## "Milkshakes for Mom"



Thursday, May 8th @ 12:00PM

*Must RSVP by Tuesday, May 6th*

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## Memorial Day Parade

*Monday, May 26th @ 10:30AM*

Parade starts @ the VFW and goes to the American Legion



11) Laura



## **“YOUNG AT HEART CAFÉ “** **May 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)**

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**Friday 5/2: Chicken Quesadilla w/ Salsa & Sour Cream, Mexican Corn, Key Lime Pie**

**Tuesday 5/6: Steak & Cheese Grinder w/ Peppers & Onions, Chips, Waldorf Salad, Cookies**

**Friday 5/9: Stuffed Chicken Breast, Cranberry Sauce, Mashed Potatoes, Garden Blend Vegetables, Dinner Roll, Strawberry Shortcake**

**Tuesday 5/13: Tuna Salad Sandwich on Wheat, Three Bean Salad, Potato Chips, Birthday Cake**

**Friday 5/16: Baked Fish, Rice Pilaf, Glazed Carrots, Dinner Roll, Ice Cream Sundae**

**Tuesday 5/20: Chicken Caesar Salad, Pita Bread, Brownie**

**Friday 5/23: NO LUNCH**

**Tuesday 5/27: Hot Dog on Roll, French Fries, Coleslaw, Watermelon**

**Friday 5/30: American Chop Suey, Italian Blend Vegetables, Italian Bread, Boston Cream Pie**

- 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.



The Office of the  
Worcester County District Attorney

## Worcester County District Attorney's Office "Scam Presentation"

*Tuesday, May 20th @ 12:30PM*

Get informed about the types of active scams in the area and  
the tactics scammers are using.

DON'T MISS THIS—THERE IS A NEW SCAM EVERYDAY!!!

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## Bemis Farms Nursery

Flying Flower Café for Butterflies & Hummingbirds

Thursday, June 5th @ 11:00 AM

Cost \$25.00 per person



*MUST SIGN-UP and PAY BY MAY 23rd*



### **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**

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### **Chair Volleyball ~ Wednesdays @ 1:00 pm**

*Stay seated while using a beach ball & have fun!*



### **Walking Club ~ Fridays @ 9:00 AM**

*Wear your comfy shoes and meet at the Senior Center!*





## May Birthdays

Mary Brodeur, Marilyn Cyr, Paul Lougie, Douglas Selby, Alan Bounville, Mirosława Sekurski, Doreen Emond, Debra Lamarche, John Nelson, Deborah Bissonnette, Donna Theirrien, Doreen Shays, Roberta Landry, Patricia Casagrande, Ned Markoff, Susan Powell, Harry Thompson, Nora Hammond, Joseph Perry, Pamela Wilson, Phyllis Carlson, Irene Ramos, Canan Pelevan, Sue Paradise, Luciano Amoroso, Peter Standrowicz, Sheila Houle, Louis Hickson, Darlene Haglund, Paul Dufresne, Joy Theriault, Louise Patridge, Roger Lavoie, Douglas Poirier, Linda Deoliveira, Marshall Provost, Charles Rogan Jr, Elsie Alvarez-Torres, Janice Tilley, Susan White, Evelyn Tomasso, Barbara Bowes, Lynne McCallister, Donald McCallister, Jean Esposito, Janet Chesties, Phyllis Carey, Joseph Laramée III, Leeann Dufresne, Richard Kalil, Patricia Soter, Ronald Silvestri, Joyce Swedberg, Robert Bernier, Laurie Howland, Paul Aromando, Zofia Sobocinski, Dorothy Lavalée, Gary Belvery Sr, Debra Bayer, Nancy Kelly, Susan Elliott, Joan Putney, Patricia Jeniski, Shane Hewett, Donna O'Halloran, Patricia DiCandia, Linda Plante, Jana LaMothe, Robert Shaw, Andrew Foote, Christine Cheney, Deborah Stone, Daniel Cole, Paul Cody, William Milosh, Catherine Kozlowski, Sharon Mazurek, Diane Gordon, MaryAnn Richard, Kathleen Blash, John Shays, David Walley, John Mattson, Linda McIlvaine, Gloria Connery, Karen Brewer, Michael Mahoney, Janice LaBelle, Barbara Deyette, Gerald St Martin, Michael Dziembowski, Eleanor Doros, 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, Beverly Hilli, Patricia Cloutier, Richard Pinto, Donna Largesse, Cheryl Ducharme, A Russell Pytko, John Dubsky Jr, Anne Lindstrand, Evelyn Auger, Mary Waterhouse, Allen Prince, Wendy Erskine, Kathi Barrett, Lee Vassar, Carolyn Banfill, James Ballon, Kathleen Givner, Regina Anuszkiewicz, Susan Sibley, Joy Bell, Anne Engelhard, Deborah Collins, Brenda Bishko, Carol Humphrey, Sandra Granahan, William St Jean, Ronald Prunier, and Janet Fiorentino



## MONTHLY ACTIVITIES:



### **Blood Pressure Clinic**

Tuesday, May 13th

10:30AM– 11:30 AM – *Time Change*

### **Let's Talk Oxford History**

Tuesday, May 13th @ 1:00PM

### **Men's Coffee Group**

Wednesday, May 14th @10:30AM

### **Breakfast with the Chief**

Thursday, May 22nd @ 9:00AM

### **BEANO– *Date Change***

Friday, May 30th @ 12:45PM

# **The Oxford Senior Center & Royal Tours**

## **2025 Bus Trips**

**Thursday, June 12th Rhode Island Bay Lighthouse Cruise and Lunch  
at Quonset "O" Club**

***\$149 per person***

**Thursday, July 24<sup>th</sup> Indian Princess Boat Cruise & Lunch at Samuel Slater's  
*\$55 per person (max 40) This trip is full. Waitlist available***



**Thursday, September 11<sup>th</sup> Red Apple Farm, Smith's Country Cheese,  
Lunch at The Inn at East Hill Farm**

***\$129 per person***

**Thursday, October 2<sup>nd</sup> Train Ride on the Winnepesaukee Railroad &  
Hart's Turkey Farm Luncheon. *This Trip is full. Waitlist available***

***\$139 per person (max 48)***

**Flyers with *FULL* descriptions are available at the Senior Center**





### **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.

### **Tri-Valley Inc.**

Tri-Valley Inc. **Options Counselor** will be at the Senior Center on the 3rd Tuesday of the month *by* appointment from 12:30PM to 2:30PM. To 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, June 6th @ 12:45PM**

Our book pick is: **The Berry Pickers: A Novel by Amanda Peters**

A migrant family moves to Maine to be blueberry pickers during the summer.  
When the youngest child disappears the police are not interested in helping  
the migrant family.

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## **MOVIE MATINEE**



**Friday, May 9th @ 12:45PM**

**"The Secret Life of Bees"**

To escape her abusive father and discover the truth about her mother's past,  
fourteen year old Lily flees with her caregiver Rosaleen to a South Carolina town  
where she is taken in by bee-keeping sisters.

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**May Trivia Question: Which fruit is associated with  
Cinco de Mayo?**

April Trivia Question: Who wrote the poem that gave us the  
phrase "April showers bring May flowers?" The correct answer  
was Thomas Tusser provided by Karen Erickson

*Winner gets two (2) FREE lunch tickets*

*We will draw our next winner on May 16th*

# MAY 2025 ~ OXFORD SENIOR CENTER

| Monday                                                                                                       | Tuesday                                                                                                                                         | Wednesday                                                                                               | Thursday                                                                                                     | Friday                                                                                         |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                                                                                                              |                                                              |                                                                                                         | <u>1</u>                                                                                                     | <u>2</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BOOK CLUB @12:45PM   |
| <u>5</u><br>CRIBBAGE 10AM TO 12PM                                                                            | <u>6</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                                | <u>7</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                         | <u>8</u><br>COA MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br>"MILKSHAKES FOR MOM" 12PM<br>MUST RSVP BY MAY 6TH | <u>9</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>FREE MOVIE @ 12:45PM |
| <u>12</u><br>CRIBBAGE 10AM TO 12PM                                                                           | <u>13</u><br>STRENGTH & BALANCE 9:15AM<br>BP CLINIC 10:30AM-11:30AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>LET'S TALK OXFORD HISTORY 1PM | <u>14</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>MEN'S GROUP 10:30AM<br>CHAIR VOLLEYBALL 1PM | <u>15</u><br>HEALTH FAIR 10AM-2PM                                                                            | <u>16</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>MUSIC @ 12:30PM     |
| <u>19</u><br>CRIBBAGE 10AM TO 12PM                                                                           | <u>20</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>SCAM PRESENTATION @ 12:30PM                                | <u>21</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                        | <u>22</u><br>BREAKFAST WITH THE CHIEF @ 9AM<br>DOMINOES 10AM TO 12PM                                         | <u>23</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>NO LUNCH / NO BEANO                  |
| <u>26</u><br>CLOSED<br> | <u>27</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                               | <u>28</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                        | <u>29</u><br>DOMINOES 10AM TO 12PM                                                                           | <u>30</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BEANO 12:45PM       |