



OXFORD'S COUNCIL CHATTER

Happy
Mother's
Day

**MAY
2025**

COA/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000 ~ Email: seniorcenter@oxfordma.us

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



performance by Sandy Allen

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

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.

"Milkshakes for Mom"



Thursday, May 8th @ 12:00PM

Must RSVP by Tuesday, May 6th

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 Caeser 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, Miroslawa 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 Partridge, 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 Laramee III, Leeann Dufresne, Richard Kalil, Patricia Soter, Ronald Silvestri, Joyce Swedberg, Robert Bernier, Laurie Howland, Paul Aromando, Zofia Sobocinski, Dorothy Lavallee, 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 Zinkiewich, 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 24th Indian Princess Boat Cruise & Lunch at Samuel Slater's
\$55 per person (max 40) *This trip is full. Waitlist available***



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

\$129 per person

**Thursday, October 2nd Train Ride on the Winnipesaukee 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.

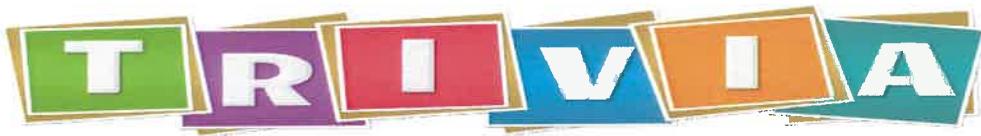
MOVIE MATINEE



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.



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