



OXFORD'S COUNCIL CHATTER



**NOVEMBER
2024**

COA/SENIOR CENTER

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

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

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, November 11th,
Thursday, November 28th & Friday, November 29th

“Cup of Joe”

Friday, November 8th from 10AM to 11AM

State Representative Joseph McKenna and Legislative
Aide Lori Joubert will be here to engage with our seniors
and to answer questions and discuss concerns.



From the Director's Desk.....



SCAMS, SCAMS and MORE SCAMS

Almost everyday seniors let us know that they received a phone call, email or piece of mail in regards to “someone wanting piece of their personal information”.

NEVER, NEVER, NEVER GIVE OUT any of your personal information; ex. Social Security number, Medicare number Date of Birth, etc.

Four Basic Signs of a Scam:

Recognizing the signs of a scam gives you the power to ignore criminals and report the scam.

Scams come in many varieties, but they all work the same way:

1. Scammers pretend to be from an agency or organization you know to gain your trust.
 2. Scammers say there is a problem or a prize.
 3. Scammers pressure you to act immediately.
- Scammers tell you to pay in a specific way.

As the holidays get closer, the amount of requests from “Scammers” will increase. Scammers are placing *Skimming Devices* over the actual keypad at credit card terminals and ATM machines. Best protection to avoid this scam is to use “Tap and Pay” or if using your debit card, process the transaction as “credit” to avoid having to enter your PIN. Don’t be left financially and emotionally broken from a *Romance Scam*. On average, Americans lose \$10,000 to \$100,000 to romance scams.

STAY ALERT—IF IN DOUBT, DON'T GIVE IT OUT!!!!!!

“YOUNG AT HEART CAFÉ “
NOVEMBER Lunch Menu



Lunches are served Tuesdays and Fridays from
11:45am to 12:30pm

(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

~~~~~

**Friday 11/1: Manicotti, Tossed Salad, Italian Bread, Fruited Jell-O w/ Topping**

**Tuesday 11/5: Chicken Salad Sandwich, Pickled Beets, Potato Chips, Cookie**

**Friday 11/8: Baked Fish w/Lemon Wedge, Mashed Potatoes, Mixed Veggies, Dinner Roll, Brownie**

**Tuesday 11/12: Beef Stew, Cornbread, Birthday Cupcake**

**Friday 11/15: Stuffed Peppers, Mashed Potatoes, Buttered Broccoli, Dinner Roll, Ice Cream Sundae( Sponsored by Webster Manor/ Lanessa Extended Care)**

**Tuesday 11/19: BLT on White Bread, Three Bean Salad, Potato Chips, Pudding Parfait**

**Friday 11/22: Chicken Caesar Salad, Breadstick, Frosted Cake**

**Tuesday 11/26: Turkey, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Onions, Squash, Dinner Roll, Pumpkin Pie ~**

**SIGN UP EARLY TO SECURE YOUR MEAL!!**

**Friday 11/29: CLOSED—NO LUNCH**

- 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.



*\* Webster Manor / Lanessa Extended Care for providing ice cream sundaes every 3rd Friday of the month*

*• Anonymous donation of Birthday Cupcakes*

~~~~~



A representative will be here from Worcester Community Action Council on

Monday, November 18th from 10AM to 3PM
(BY APPOINTMENT ONLY)

for **NEW CLIENTS** looking for heating assistance this coming winter. If you qualify, you can get assistance with your “primary” heat source (oil, propane, electric, etc.)

Call the Senior Center to make your appointment and get a list of what items you will need to bring with you to your appointment.



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***

FREE Activities

Chair Volleyball ~ Wednesdays @ 1PM

Walking Club ~ Fridays @ 9 AM (weather permitting)



NOVEMBER BIRTHDAYS!

Robert Beggs, Mary Hetherman, Carol Lee Berube, Michael Landry, Paul Albuquerque, Dianne Clark-Cahill, Kathleen Purcell, Anthony Pagnotto, Joanne Markarian, Carol Frohock, Janice Tarkiainen, Rose Wing, Stephen Boyns, Carol Pepka, Jennifer Murdock, Janet Clark, Sandy Maisano, Donna Leonard, Lisa Ann Mulhern, Nicholas Digiulio, Richard Kneeland, Anna Matney, Linda Newell, Allyn Ohan, Judy Hodgerney, Linda Primel, William Borowy, Robert Bennett, Annah Mercier, Donald Kielinen, Kenneth Mills, Carol Troiano, John O'Brien, Christopher Brooks, Gail Wojtanek, Wilfred Martin, Alan Lucier, Cheryl Baggs, John Turner, Robert Cierpich, Kathleen Tarkiainen, Wayne Johnson, Judy Durkin, Shirley Latour, Catherine Doran, Stanley Chesitis, Harold Sanders, Noreen Harty, Janet Koza, Barbara Gould, Arthur Robert, Paul Mazeika, Diane Keenan, Anthony Difonzo, Karen Erickson, Nancy McGovern, Elaine Ribeiro, Earl Cody, Susan McAndless, Susan Boris, Willy Van Beekom, Kathy Leardi, Carol Miller, Lynda Robinson, Jan Williams, John DiPasquale, Laurie Elliott, Lillian Coonan, Beverly Grimshaw, Paula Miner, Dorothy Anderson, Joel Masley, Joan Brady, Almetter Bethune, Arthur Freeman Jr, Valerie Daoust, Susan Orsi, Virginia Suklis, Judith Murdock, Roger Tudor, Stephen Fish, Evelyn Perkins, Patricia Schneider, Elizabeth Fisher, Carolyn Duffy, Russell Garre, Norman Hale, John Koneczny, Constance Perra, Madeleine Stevens, Joseph Chiuchiolo, Barbara Moody, David Murray, Robert Krasinskas, Carol Keating, Marcia Kollios, Lois Bunker, Eva Dawson, Shirley DeLuca, Susan Sheehan, Rory O'Connor, Carol Russell, Francis Farrell Jr, Dolores Cloutier, Kathleen Vanderhoof, Joseph Kowal, Theresa Donnelly, Debra Monahan, Linda Bourie, Mark Masuzzo, Alice Smith, Robert Peters, Ernest Germain, Joan Stevens, Richmond Parker, Rose Lawless, Jeanne Roy, Richard Shivick, Maureen Baker, Stanley Garbauskas, Monica Brunetta and Diane St Jean



Blood Pressure Clinic

Tuesday, November 12th

11AM—12PM

~~~~~

## *Breakfast with the Chief*

*November 21st @ 9AM*

*RSVP by November 18th*



~~~~~

Oxford Fire/EMS presentation



Friday, November 15th @ 12:30 pm

RESOURCES:

TRANSPORTATION

The Oxford Senior Center Van is available to our seniors and the disabled. Rides to any TOWN buildings (Senior Center, Library, Town Hall, Community Center, Schools, Police & Fire Station) are **FREE**.

You can schedule a ride within Oxford to Walmart, Market Basket, Dollar Store, Post Office, Hair Appointment, Dentist, Pharmacy & Bank. **The cost is \$1.75 each way**

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**. Registration is required. Client choice shopping & fresh produce is available

Clients are allowed to shop twice a month!

*****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.

Tri-Valley Inc.

Tri-Valley Inc. **Options Counselor, Brittany** will be at the Senior Center every 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 counseling on all aspects of health insurance for seniors

Please call the Senior Center @ 508-987-6000 to make an appointment for any of the above services

Medicare Open Enrollment Presentation
Friday, November 22nd @ 10:00 AM

The Medicare Open Enrollment period runs from October 15th through December 7th. This is your opportunity to make changes to your health plan coverage.

There will be significant changes to Part D prescription coverage in 2025 as well.

Individual SHINE appointments are limited during this time, so please join us for this informative presentation .

Bemis Farms Nursery

Red Candle Centerpiece

Thursday, December 5th @ 10AM

Cost \$20

Must sign up and pay by November 27th





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

Our next meeting is Friday, December 6 @ 12:45PM

Our book pick is: "The Little Bookshop On The Seine" by Rebecca Raisin

Bookshop owner Sarah Smith has been offered the opportunity to exchange bookshops with her new Parisian friend for six months.

~~~~~

## **FREE MOVIE MATINEE**

**Friday, November 8th @ 12:45PM**



**"Serendipity"**



**A couple search for each other years after the night they first met, fell in love, and separated, convinced that one day they'd end up together.**

~~~~~

MEN's Coffee Group



Wednesday, Novem-

ber 13th @ 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"

Tuesday, November 12th @ 1:00PM

Sponsored by the Oxford Historical Commission



~~~~~

## BEANO

November 22nd @ 12:45PM



\*\*\*\*\*

## TRIVIA

November Trivia Question: "How many states start with a vowel?" and list them

October Trivia Question was "What tree is known for it's vibrant orange, yellow & red leaves in the fall?" The correct answer was the black tupelo tree. There were no winners in October

*Winner gets two (2) FREE lunch tickets*

We will draw our next winner on November 15th

# NOVEMBER 2024 ~ OXFORD SENIOR CENTER

| Monday                                                              | Tuesday                                                                                                                                      | Wednesday                                                                                                                               | Thursday                                                                                                      | Friday                                                                                                                                 |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
|                                                                     |                                                           |                                                                                                                                         |                              | <u>1</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>                                     |
| <u>4</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM  | <u>5</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM                                                            | <u>6</u><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING<br/>BY APPOINTMENT ONLY</b><br>CHAIR VOLLEYBALL 1PM                                | <u>7</u><br><b>OPEN FOR<br/>VETERANS LUNCHEON<br/>ONLY</b>                                                    | <u>8</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br><b>JOE MCKENNA 10AM-11AM</b><br>LUNCH 12:00PM<br><b>FREE MOVIE 12:45PM</b>    |
| <u>11</u><br><b>CLOSED</b><br><b>VETERANS DAY</b>                   | <u>12</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br><b>BP CLINIC 11AM</b><br>LUNCH 12:00 PM<br><b>LETS TALK OXFORD 1PM</b>   | <u>13</u><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30AM</b><br><b>SHINE COUNSELING<br/>BY APPOINTMENT ONLY</b><br>CHAIR VOLLEYBALL 1PM | <u>14</u><br><b>COA MEETING 9:30AM</b><br>DOMINOES 10AM TO 12PM                                               | <u>15</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>OFD / EMS 12:30PM</b>                                    |
| <u>18</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>19</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br><b>OPTIONS COUNSELING<br/>12:30PM (BY APPOINTMENT)</b> | <u>20</u><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING<br/>BY APPOINTMENT ONLY</b><br>CHAIR VOLLEYBALL 1PM                               | <u>21</u><br><b>BREAKFAST WITH THE CHIEF<br/>9AM</b><br><b>RSVP BY NOVEMBER 18TH</b><br>DOMINOES 10AM TO 12PM | <u>22</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br><b>SHINE PRESENTATION @ 10AM</b><br>LUNCH 12:00 PM<br><b>BEANO @ 12:45PM</b> |
| <u>25</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>26</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM                                                           | <u>27</u><br>CHAIR YOGA 9:15AM                                                                                                          | <u>28</u><br><b>CLOSED</b><br><b>THANKSGIVING<br/>DAY</b>                                                     | <u>29</u><br><b>CLOSED</b>                                                                                                             |