

OXFORD'S COUNCIL CHATTER



**APRIL
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

FRIDAY, APRIL 18TH @ 12:30PM

JOIN US FOR THE MUSICAL DUO

"THE MIKE & BETH SHOW"



**We will be CLOSED on Monday, April 21st for
observance of Patriot's Day!**



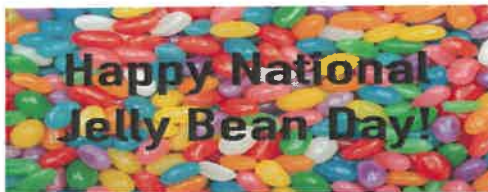
From the Director's Desk.....



Spring has officially arrived !!!

We have been working hard over the winter to setup something for everyone presentations, entertainment and of course BUS TRIPS!!

We also welcome your ideas of what you would like to have at the Senior Center—this is your Senior Center!



Who can resist a handful of sweet jelly beans ?

What's your favorite color jelly bean/flavor? I have two (2); purple and pink. On April 22nd each year, you really don't have to resist at all. Enjoying them is a must!

Stop in the Senior Center on the 22nd for your “handful”

SAVE THE DATE

2nd Annual Senior Health Fair

May 15th

10AM—2PM



11/ Jawsa



“YOUNG AT HEART CAFÉ “ **APRIL 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 4/1: Corned Beef Casserole, Garden Blend Veggies,  
Rye Bread, Fruited Jell-O w/ Topping

Friday 4/4: Baked Potato Bar w/ Toppings, Cheesecake

Tuesday 4/8: Meatloaf, Mashed Potatoes, Peas, Birthday Cake

Friday 4/11: Tuna Salad Sandwich, Pickled Beets, Potato Chips,  
Cookie

Tuesday 4/15: Taco Salad, Corn Chips & Salsa, Chocolate Cake with  
Caramel Sauce

Friday 4/18: Stuffed Filet of Sole, Scalloped Potatoes, Glazed  
Carrots, Dinner Roll, Ice Cream Sundae

Tuesday 4/22: Chicken Tenders, French Fries, Carrot & Raisin  
Salad, Pineapple Upside Down Cake

Friday 4/25: Sheperd's Pie, Dinner Roll, Ice Cream Sandwich Cake

Tuesday 4/29: Hot Dog, Baked Beans, Coleslaw, Brown Bread,  
Ambrosia

- 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.

## **Oxford Housing Authority (OHA)**

### **Information Presentation for potential, new and existing residents**



**Tuesday, April 22nd @ 12:30pm**

**The Oxford Housing Authority is an agency that provides safe & sanitary housing for low-moderate-income elders and persons with disabilities.**

~~~~~

RMV Community Workshop

"Shifting Gears"

Tuesday, April 29th @ 12:30pm

- Rules of the road
- Defensive Driving
- Safe Driving Tips



REGISTRY OF MOTOR VEHICLES



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!





## April Birthdays!

Deborah Healy, Marion Eno, Sandra Farrell, Cecylia Forance, Mark Doney, Gayle Power, Chuck Koske, Kurt Pitz, Karol Bedard, Corinne Beach, Rebecca St George, Elizabeth Danforth, Theodore Cioppa, Florence Correia, Pauline Clouthier, Eleanor Solberg, Charles Brancke, Evelina Piscopo, Nancy Mercier, Sharon Morin, Janet Barch, Gerald Graham, Jon Clem, Deborah Carter, April Willey, Todd Howarth, Claire Petka, Richard Wilmot, George Bourie, Patricia Marino, Arlene Gionet, Judith Caissie, Susan Warren, Linda Davolio, Niki Chiacchio, Leo Belliveau, Jody Williams, Lisa Hickman, Judith Labonte, Paul Holmberg, Ruby Pollock, Theresa Ballon, William Henderson, Maureen Shaughnessy, Janice Torteson, Norma Williamson, Richard Whittemore, Richard Casagranda, Beverly Malkowski, Mary Jane Dube, Kevin Ducharme, Angelo Cascione, Nancy Brown, June Russell, Emanuel Rasin, John Baraklilis, James Benoit, Paul Cyr, Jay Caracciolo, Gail Marotta, Alfred St Germain, Maureen Biando, Theresa Topalian, Paula Blackwood, Comfort Ayiku, Susan Pulaski, Stanley Nottage, Veronica Pastier, Lenda Young, Susan Saad, Linda Webster, Michael Baker, Earl Holmberg, John Carroll, James Clouthier Sr, Theresa Nanni, Norman Mercier, Barbara West, Arsenio Luz, Marjorie Squire, April Duval, Mary Hanly, Simin Bagheri, Frances Cunningham, Doris Caplette, Debra Rodriguez, Richard Chamberland, Elizabeth Shannon, Martha Skamarock, Robert Mercier, Christine Lucier, Alice Shaw, Mark Hopkins, Paul Cunningham, Patricia Saad, Greg Anderson, Nancy Daviau, Carol Cassol, Stanley Boris Jr, Anne Berzins, James Niedzialkowski, Lynn Caissie, Algird Juzukonis, William Lane, Elizabeth Ducharme, Maurita Choiniere, Lesa Zollo, Wes McGee, Louise O'Leary, Constance Adafia, Kathleen Koneczny, Melissa Nelson, Craig Carpenter, Ronald Tarkiainen, Kevin Putney, Starlette Coleman, Mary Bushnell, Mary Willame, Richard Murphy and William Patterson III

## MONTHLY ACTIVITIES:



### **Blood Pressure Clinic**

Tuesday, April 8th

11AM—12PM

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

Tuesday, April 8th @ 1:00PM

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

Wednesday, April 9th @ 10:30AM

### **Breakfast with the Chief**

Thursday, April 24th @ 9:00AM

(Must sign up by April 17th)

### **BEANO**

Friday, April @ 25th 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)***



**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**

***\$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, Gina Metras** will be at the Senior Center on the 3rd Tuesday of the month *by* appointment from 12:30PM 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, May 2nd @ 12:45PM

Our book pick is:

**The Last House on the Street by: Diane Chamberlain**

Two women, a generation apart, find themselves bound by tragedy and an unsolved, decades-old mystery.

\*\*\*\*\*

### MOVIE MATINEE

Friday, April 11th @ 12:45PM



**"5 Flights Up"**



A husband (Morgan Freeman) and wife (Diane Keaton) spend a hectic weekend pondering the sale of the apartment they've shared for more than 40 years

\*\*\*\*\*



**April Trivia Question: Who wrote the poem that gave us the phrase "April showers bring May flowers?"**

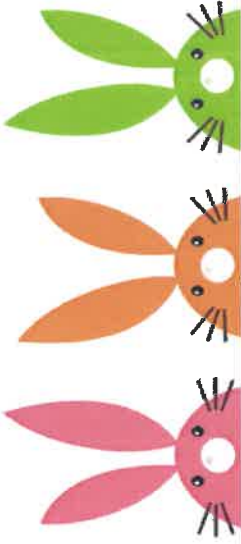
**March Trivia Question: "Who is the Supreme Court Justice that had a strong voice for gender equality?"**

**The correct answer was "Ruth Bader Ginsburg" provided by Joan Luby**

**Winner gets two (2) FREE lunch tickets**

**We will draw our next winner on April 18th**

# APRIL 2025 ~ OXFORD SENIOR CENTER

| Monday                                                              | Tuesday                                                                                                                                      | Wednesday                                                                                                 | Thursday                                                                                             | Friday                                                                               |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|                                                                     | <u>1</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                          | <u>2</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                           | <u>3</u><br>DOMINOES 10AM TO 12PM                                                                    | <u>4</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BOOK CLUB @12:45PM             |
| <u>7</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM  | <u>8</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>BP CLINIC 11AM<br>LUNCH 11:45AM<br>LETS TALK OXFORD 1PM                | <u>9</u><br>CHAIR YOGA 9:15AM<br>MENS GROUP 10:30AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM     | <u>17</u><br>COA MEETING 9:30AM<br>DOMINOES 10AM TO 12PM                                             | <u>11</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>FREE MOVIE @ 12:45PM          |
| <u>14</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>15</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>OPTIONS COUNSELING BY<br>APPOINTMENT                 | <u>16</u><br>SHINE BY APPOINTMENTS<br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM | <u>17</u><br>DOMINOES 10AM TO 12PM<br>VOLUNTEER LUNCHEON @<br>12PM                                   | <u>18</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>MIKE & BETH SHOW @<br>12:30PM |
| <u>21</u><br>CLOSED<br>PATRIOT'S DAY                                | <u>22</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>OXFORD HOUSING<br>AUTHORITY PRESENTAION @<br>12:30PM | <u>23</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                          | <u>24</u><br>BREAKFAST WITH THE CHIEF<br>@ 9AM<br>(MUST RSVP BY APRIL 17TH)<br>DOMINOES 10AM TO 12PM | <u>25</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BEANO                         |
| <u>28</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>29</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>RMV PRESENTATION @<br>12:30PM                        | <u>30</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                          |                   |                                                                                      |