



# OXFORD'S COUNCIL CHATTER



APRIL  
2025

## 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  
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

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 Laura*



## **“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)**

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**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.**

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### RMV Community Workshop

#### “Shifting Gears”

**Tuesday, April 29th @ 12:30pm**

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





### **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

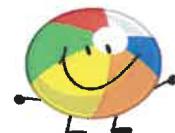
Seated & standing yoga poses to help stretch and relax your body

**\* Classes are \$3.00 per session**

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### **Chair Volleyball ~ 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 Correira, 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 Chiaccio, 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 Winnipesaukee 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.

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### **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

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**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>	<u>STRENGTH &amp; BALANCE</u> 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM	<u>2</u> CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	<u>3</u> DOMINOES 10AM TO 12PM	<u>4</u> CRIBBAGE 10AM TO 12PM LUNCH 11:45AM BOOK CLUB @12:45PM
<u>7</u>	<u>CRIBBAGE</u> 10AM TO 12PM  <u>MONDAY NIGHT PITCH</u> 4PM-7PM	<u>8</u> <u>STRENGTH &amp; BALANCE</u> 9:15AM NEEDLE WORKERS 10:15AM <b>BP CLINIC 11AM</b> LUNCH 11:45AM <b>LETS TALK OXFORD 1PM</b>	<u>9</u> CHAIR YOGA 9:15AM <b>MENS GROUP 10:30AM</b> NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	<u>17</u> <b>COA MEETING 9:30AM</b> DOMINOES 10AM TO 12PM FREE MOVIE @ 12:45PM
<u>14</u>	<u>CRIBBAGE</u> 10AM TO 12PM  <u>MONDAY NIGHT PITCH</u> 4PM-7PM	<u>15</u> <u>STRENGTH &amp; BALANCE</u> 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM <b>OPTIONS COUNSELING BY APPOINTMENT</b>	<u>16</u> <b>SHINE BY APPOINTMENTS</b> CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	<u>17</u> DOMINOES 10AM TO 12PM <b>VOLUNTEER LUNCHEON @ 12PM</b>
<u>21</u>	<u>CLOSED</u> <b>PATRIOTS DAY</b>	<u>22</u> <u>STRENGTH &amp; BALANCE</u> 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM <b>OXFORD HOUSING AUTHORITY PRESENTATION @ 12:30PM</b>	<u>23</u> CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	<u>24</u> <b>BREAKFAST WITH THE CHIEF @ 9AM (MUST RSVP BY APRIL 17TH)</b> DOMINOES 10AM TO 12PM
<u>28</u>	<u>CRIBBAGE</u> 10AM TO 12PM  <u>MONDAY NIGHT PITCH</u> 4PM-7PM	<u>29</u> <u>STRENGTH &amp; BALANCE</u> 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM <b>RMV PRESENTATION @ 12:30PM</b>	<u>30</u> CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	