

# OXFORD'S COUNCIL CHATTER



**AUGUST  
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**

**8:30 am to 3:00 pm**

**NEW HOURS**

**New Lunch Policy:**

**Due to the cost of food, and trying to keep our lunch price the same. You will be now be responsible for paying for your missed lunch if you do not cancel 24 hours in advance. Please make sure that you write down all dates that you sign up for!!**

**~ REMINDER ~**

**The COST to use the COA/ Senior Center van is \$1.75 each way (\$3.50 round trip) , *only exception is* -(NO COST) going to any town building (Senior Center, Community Center, Town Hall, Library & Oxford Schools)**





## “YOUNG AT HEART CAFÉ “ August 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)

**\*\*MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILTIY \*\***

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**Friday 8/1: Baked Potato Bar w/Toppings, Cookie Ice Box Cake**

**Tuesday 8/5: Baked Fish, Rice Pilaf, Green Beans, Dinner Roll, Jello w/  
Topping**

**Friday 8/8: Vegetable Quiche, Tomato & Cuke Salad, Pudding Parfait**

**Tuesday 8/12: Tuna Salad Sandwich, Pickled Beets, Chips, Birthday Cake**

**Friday 8/15: Eggplant Parmesan Sandwich, Tossed Salad, Chips, Ice  
Cream Sundae**

**Tuesday 8/19: Italian Sausage Grinder w/ Peppers & Onions, Three Bean  
Salad, Cannoli**

**Friday 8/22: Seafood Salad Sandwich, Chips, Coleslaw, Cookie**

**Tuesday 8/26: Hot Dog on a Bun, Baked Beans, Broccoli Slaw, Fresh Fruit**

**Friday 8/29: 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.



**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 ~ Wednesdays @ 1:00 pm**

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

**Walking Club ~ Fridays @ 9:00 AM (weather permitting)**

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



## AUGUST BIRTHDAYS

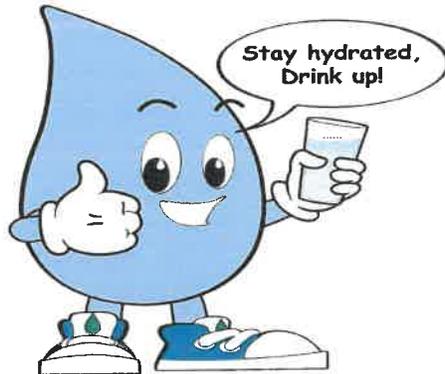
Patricia Donnelly, Georgia Bedard, Dorothy Dunn, Christine Abrahamson, Beverly Comptois, Dorothy Lucier, James Sulminski, Anthony Troiano, Elizabeth Bustin, Robert Gilbert III, Linda Vigeant, Lana Demeritt, Cynthia Peloquin, Robb Swanson, Cecelia Kelley, Paula Goddard, Karen Erickson, Nancy Scholl, Albert Brown, Daniel McLaughlin, Paul Mercier, William Leavitt, Nancy Mott, Carolyn Merson, Mary O'Leary, Antonia Muscetta, Robert Nystrom, Alice Mandella, Stuart Peterson, Louise Swanson, Patricia Fiorentino, Karen Moore, Maryann Hamilton, Stephen Galeckas, Brian Bercier, Richard Buron, Teresa Harackiewicz, Barbara Hall, Gail Skrip, Jean Gutierrez, Nadine Dileo, Gladys Rogowski, Terrence Cummings, Louise Skamarock, Brian Gunderman, Arthur Baker, Patricia Ferdella, Debra O'Coin, Susen Falcone, Mary Walker, Richard Plante, Richard Kisten, Peter Shaw, Claire-Ann Gervais, Cindy Nagle, Kathleen Perreault, Russell Rheault, Marilyn Mahoney, Charlotte Peterson, Eleanor Clifford, John Sullivan, Lawrence Jandrow, Peg Kennedy, Robert Choiniere, Debra Light, Rick Light, Arthur Seibel, Mary Andersen, Melvin Ross, Mary Bird, Gail Bunch, Kenneth Cote Sr, Therese Triboski, James Stout, Maureen Kosel, Jeanette Merulla, Chris Barszcz, Barbara O'Brien, Robert Shuflat, Paula Congdon, Timothy MacMillan, Geraldine Gervais, Claire LeBlanc, Eleanor Friend, Barbara O'Reilly, Linda Mason, Alma Bates, Sandra Smith, Connie Morris, Lawrence Crowley, Barbara Driscoll, Gerda Rusnica Sr, JoAnn Cedrone, Anthony Allen Jr, June Booker, David Gallant, Peter Arsenault, Marla Zeneski, Judith Beland, Janet Locke, Ann Champagne, Margery Partridge, Nancy Elliott, Douglas Cadarette, Janice Selby, Scott Randall, Cindy Hudon, Patricia Lambert, Mary Ann Healy, William Silberstein, Robert Jennings, Robert McCarthy, William Brodeur, Daniel Babbitt, Eugene Dionne Sr, Robert Carter, Mary Baxter, Carol Amell, Diane Plante, Donna Ferreira, Deborah Muller, Julie Dell'Anna, John Black, Paul Malesky, Mark Fino, Gloria Leofanti, Andrea Holbrook, Barbara Willar, Martha Rheault, Ann Potter, Marlene Gevry, Helen Fenuccio, Arthur Laramee, Jan Harmon, Renee Vessello, Debra Fontana, Theresa Casasanta, Roger Paul, Theodore Torosian, Vincent Rivers, Karen Cox, Margaret Madore, David Metivier Jr, James Smith Jr and Nancy Cummings



## From the Director's Desk.....



This summer has been another HOT HUMID one. Make sure that you are staying hydrated by drinking plenty of water.



Fruits with high water content include tomatoes, watermelon, and pineapple. Vegetables with the highest water content include cucumbers, certain lettuces, and celery. Getting enough water from fluids and foods prevents dehydration and keeps your body functioning as it should.

Don't forget about the concerts @ the Town Bandstand every Sunday from 3PM—5PM. Grab a chair, a snack and drink and head down and sit under the many shade trees to enjoy the music.

8/3 Reminisants

8/10 Rock Blockerz

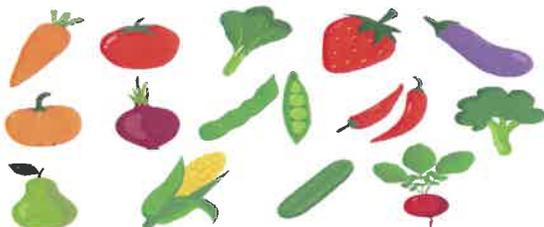
8/17 East of Woodstock Cornet Band

8/24 Double Shot



Farm stands and Farmers' Markets are in full swing with lots of fresh fruits and vegetables. Buy local and don't forget to support the Oxford Farmers' Market on the 3rd Friday of each month (August 15th, September 19th and October 17th) on the Town Common from 2PM—6PM.

Lots of great vendors and food trucks!!!



!!  
*Kaura*

## **MONTHLY ACTIVITIES:**



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

Tuesday, August 12th @ 1:00PM

### **MEN's Coffee Group**

Wednesday, August 13th @10:30AM

### **Senior Safety with Oxford Fire/EMS**

Friday, August 15th @ 12:30PM

### **Breakfast w/ The Chief**

Will resume in September

### **BEANO**

Friday, August 22nd @ 12:45PM



Join us for National Root Beer Float Day!

Wednesday, August 6th @ 12:00pm

(Must sign up)

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**TAP DANCE with Amanda G.**

**Thursdays from 12:30pm -1:30pm**

**Drop in: \$5.00/class**

***NO experience required!***

***NO tap shoes required!***





### Outreach

Senior Center **Outreach Coordinator, Cindy Nagle**, is available 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. She can help with a wide range of options & resources available for you, your family and/or caregiver.

*Appointments are REQUIRED*

### 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, September 5th @ 12:45PM*



Our book pick is: *“Vera Wong’s Unsolicited Advice for Murderers”*

by Jesse Sutanto

A cozy murder mystery about 60 year old Vera Wong, a bored lonely woman looking for a new lease on life which comes in the form of a corpse on the floor of her tea shop.

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### **MOVIE MATINEE**



Friday, August 15th @ 12:45PM



*“ABOUT MY FATHER”*

Sebastian is encouraged by his fiancée to bring his Italian hairdresser father to a weekend get-together to meet her wealthy and eccentric family. As the weekend turns into an outrageous clash of cultures, Sebastian and his father discover that the great thing about family is everything about family.

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### **TRIVIA**

August Trivia Question:

*“What fictional New England town was terrorized by a great white shark in JAWS?”*

The July trivia question was “In which year did the United States first celebrate Independence Day?” The correct answer was 1776 provided by Joan Gero

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

# AUGUST 2025 ~ OXFORD SENIOR CENTER

| Monday                             | Tuesday  | Wednesday   | Thursday  | Friday   |
|------------------------------------|--|---|---|--|
|                                    |  |                       |   | <u>1</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BOOK CLUB 12:45PM          |
| <u>4</u><br>CRIBBAGE 10AM TO 12PM  | <u>5</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                   | <u>6</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                         | <u>7</u><br>DOMINOES 10AM TO 12PM<br>BEGINNER TAP DANCE 12:30 PM - 1:30 PM  | <u>8</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>FREE MOVIE @ 12:45PM       |
| <u>11</u><br>CRIBBAGE 10AM TO 12PM | <u>12</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>LET'S TALK OXFORD HISTORY 1PM | <u>13</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>MEN'S GROUP 10:30AM<br>CHAIR VOLLEYBALL 1PM | <u>14</u><br>DOMINOES 10AM TO 12PM<br>BEGINNER TAP DANCE 12:30 PM - 1:30 PM | <u>15</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>OXFORD FIRE/EMS @ 12:30PM |
| <u>18</u><br>CRIBBAGE 10AM TO 12PM | <u>19</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                  | <u>20</u><br>CHAIR YOGA 9:15AM<br>SHINE BY APPT<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM       | <u>21</u><br>DOMINOES 10AM TO 12PM<br>BEGINNER TAP DANCE 12:30PM-1:30PM     | <u>22</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BEANO @ 12:45PM           |
| <u>25</u><br>CRIBBAGE 10AM TO 12PM | <u>26</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                  | <u>27</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                        | <u>28</u><br>DOMINOES 10AM TO 12PM<br>BEGINNER TAP DANCE 12:30PM-1:30PM     | <u>29</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>NO LUNCH                                   |