

OXFORD'S COUNCIL CHATTER



**DECEMBER
2024**

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

COA/SENIOR CENTER

323 Main Street, Oxford, MA 01540

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



The Senior Center will be CLOSING at NOON on December 24th and be will be CLOSED on December 25th

It's that time of year again...

UGLY SWEATER CONTEST!

Friday, December 20th following lunch

Prizes will be awarded for



Ugliest Sweater

Funniest Sweater

Most Creative Sweater

From the Director's Desk.....



December is here – bringing with it the end of the year and a festive energy that makes us want to reflect on this past year to embrace the opportunities of the new year!!

Remember that as the weather changes, the Senior Center will be **CLOSED if the schools in Oxford are closed. If there is a 2 hour delay, all morning activities will be cancelled. If it is a lunch day, we will make the decision the day before if we will be serving lunch, and will notify each person that is signed up if there is a change. If you are unsure if we are open or not, please call the office prior to heading out.**

We want our seniors to stay home safe and warm if the weather is bad.

Please check in with the office to make sure we have your current contact information. You should have also completed a member profile, and signed the “Standards of Independence” for our files.

I wish you all an AMAZING holiday season filled with lots of laughs, lots of memories and full stomachs!!

**Merry Christmas
Happy Hanukkah
Happy Kwanzaa
to you all!**

A handwritten signature in blue ink that reads "Laura".

“YOUNG AT HEART CAFÉ “
DECEMBER 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

Tuesday 12/3: Stuffed Shells, Tossed Salad, Garlic Bread, Brownie

Friday 12/6:Filet of Fish Sandwich, French Fries, Tomato & Cuke Salad, Ice Cream Cake

Tuesday 12/10: Reuben on Rye, Potato Chips, Coleslaw, Birthday Cupake

Friday 12/13: Baked Potato Bar, Mystery Dessert

Tuesday 12/17: Hotdog, Baked Beans, Brown Bread, Pudding with topping

Friday 12/20: Baked Ham w/pineapple sauce, Au Gratin Potatoes, Carrots, Dinner Roll, Holiday Cheesecake

Tuesday 12/24: No Lunch/ Closing at 12PM

Friday 12/27: Baked Pasta, Italian Veggies, Bread, Banana Split Fluff

Tuesday 12/31: 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.



FREE

Pinecone Christmas Tree Craft

Tuesday, December 17th @ 12:30 pm

**Craft includes pinecones, wine corks, spray paint and use of a
glue gun.**

Please sign up by December 11th

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### ***NEW YEAR'S EVE!!!***

**Come join us on Tuesday, December 31st @  
11:30AM for light refreshments and a New Year's  
toast at 12:00PM!**





## 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 @ 1PM

We use a beach ball, players remain seated during the game and laughing is a must!



## DECEMBER BIRTHDAYS!

Valorie Hall, Richard Reilly, Marie Susan Laporte, Jean Silver, Sheila Mann, Jean Day, Gayle Longtin, Sally Bates, Margaret Bennett, William MacGillivray, Bayne Booker, Patricia Robbins, Doris Giroux, Marie LaCroix, Marie Bigwood, Ruth Dionne, Marion Racicot, Joan Sherman, Denise O'Malley, Michael McGinty Sr, Donald Eames, Robert Manuel, Herbert Rhinehart, Donald Castell, Ellen Kiwak, Linda Sterritt, Carol Yeaton, Carol Spooner, Susan Olney, Joan Shea, Paulette McDonald, Eric Willar, Michael Cazeault, Joann Chamberland, Jeffrey Rawson, Ruth Wennerholt, Kathleen Gardner, Carole Rogan, Susan Saad, John Baxter, Mary Ann Bates, Beverly Plante, George Amaral, Raymond Gero, Albert Zelley, Diane Salek, Robert Parker, Leon Cahill, Dana Swanson Sr, Jacqueline Sullivan, Carol Howard, Bonnie Smith, Jeannine Ross, Frank Zayonc, Marilyn Fafard, Collette Gage, Mark Thibodeau, Donald Petka, Elisabeth Allen, Priscilla Morris, Janice Stone, Sandra Harris, Eugenia Burda, David Russell, Elaine Schellbach, Joan Cutroni, Bruce Harding, Barbara Masuzzo, Diane Ford, Jeanne Eames, Karen Vigeant, William Levie, Donna Grill, Denise Blevins, J William Zoldak, Nancy Ohan, Maurice St Germain Jr, June Carpenter, Louise Martin, Linda Butkus, Joseph Saad, Darlene Desautels, Patricia Bogatkowski, Constance Stafford, Richard Sweeney, April Dugan, Bernard Germain Jr, Rene Hamel, Mary Bruso, Marlene Gondek, Virginia Giannette, Mary White, Normand Patenaude Jr, Carol Goldsmith, Richard LaFontaine, Christina St Martin, Joy Reece, Donna Dunn, Carol Flynn, Rosemarie Hagerty, Amy Clouthier, Joseph Ellis, Sandra Heeps, Suzanne Bernier, Alfred Banfill, Jeanne Zaleski, Toni Strom, Betty Gregson, Carol Chase, Patricia Beauregard, Cindy Sisterhenm, Cheryl Dion, Paul Stary, Sanni Ryan, Nancy Roy, Leda Cosen-tino, Sandra Gregson, Patricia Shannon-Derie, Carol Oberg, Roger Butler, Kathy Maciejewski, Susan Gustafson, and Rosemary Davis



## Winter Weather Policy

**The Senior Center will be **CLOSED** if the Oxford Schools are closed. If the schools have a delayed opening, all morning classes & activities will be **CANCELLED**.**

**If you are unsure if we are open or closed, please call (508)987-6000 before going out. *Stay Safe***

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## Blood Pressure Clinic

**Tuesday, December 10th**

**11AM—12PM**

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## Breakfast with the Chief

**NO DECEMBER BREAKFAST**



**The next breakfast is scheduled for Thursday, January 23, 2025 @ 9:00 AM**

**Must RSVP by January 16th**

## 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*



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

**Our next meeting is Friday, January 3rd @ 12:45PM**

**Our book pick is: LESSONS in CHEMISTRY by: Bonnie Garmus**

**It tells the story of *Elizabeth Zott*, who becomes a beloved cooking show host in 1960s Southern California after being fired as a chemist four years earlier.**

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FREE MOVIE MATINEE

Friday, December 13th @ 12:45PM

“A CHRISTMAS STORY CHRISTMAS”



**Ralphie returns to give his kids a magical
Christmas like the one he had as a child**

Popcorn & M&M's will be offered

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

**Wednesday, December 11th @ 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, December 10th @ 1:00PM**

**Sponsored by the Oxford Historical Commission**



## **BEANO**

**December 27th @ 12:45PM**



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## **TRIVIA**

**December Trivia Question: “ Which one of Santa’s reindeer has the same name as another holiday mascot?”**

**November Trivia Question was “How many states start with a vowel?” and list them. The correct answer was 12 states-Alabama, Alaska, Arizona, Arkansas, Idaho, Illinois, Indiana, Iowa, Ohio, Oklahoma, Oregon & Utah provided by Denise Boucher**

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

**We will draw our next winner on December 17th**

## **A Message from the Town Clerk, Michelle Jenkins**

**I want to take a moment to express my sincere gratitude to all the election workers for their amazing hard work and dedication. Their consistent effort and commitment to excellence have not gone unnoticed.**

**Not only did they work Election Day on November 5<sup>th</sup>, which for some was a 16-hour day, but many assisted with In-Person Early Voting, which ran for approximately two weeks. Further, some election workers came in early, stayed late, and even worked on the weekends, to assist with numerous behind the scenes tasks in my office in preparation for the big day.**

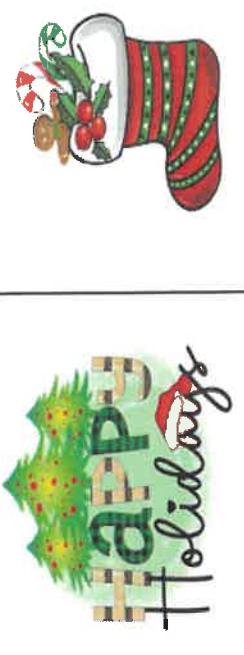
**You are all a true asset to the Town Clerk's Office, and I am extremely lucky to have you all!!**

**The voters in the Town of Oxford should be grateful to you all for the exceptional hard work each one of you did.**

**Thank you for always giving your best and for being such a reliable and valuable member of the electoral process.**

**With the utmost heartfelt appreciation!!!!**

# DECEMBER 2024 ~ OXFORD SENIOR CENTER

| Monday                                                              | Tuesday                                                                                                                                    | Wednesday                                                                                                                | Thursday                                                                                  | Friday                                                                                                    |
|---------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <u>2</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM  | <u>3</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM                                                          | <u>4</u><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING</b><br>BY APPOINTMENT ONLY<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM | <u>5</u><br>DOMINOES 10AM TO 12PM<br>CHAIR VOLLEYBALL 1PM                                 | <u>6</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>BOOK CLUB 12:45PM</b>                           |
| <u>9</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM  | <u>10</u><br>STRENGTH & BALANCE<br>9:15AM<br><b>BP CLINIC 11AM</b><br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br><b>LETS TALK OXFORD 1PM</b> | <u>11</u><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30 AM</b><br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM                   | <u>12</u><br><b>BEMIS FARMS 10:00 AM</b><br>DOMINOES 10AM TO 12PM<br>CHAIR VOLLEYBALL 1PM | <u>13</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>FREE MOVIE 12:45PM</b>     |
| <u>16</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>17</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br><b>PINECONE CRAFT 12:30</b>                          | <u>18</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM                                                  | <u>19</u><br>DOMINOES 10AM TO 12PM<br>CHAIR VOLLEYBALL 1PM                                | <u>20</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>UGLY SWEATER CONTEST</b><br><b>AFTER LUNCH</b> |
| <u>22</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>24</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br><b>NO LUNCH</b><br><b>CLOSING @ 12:00PM</b>                            | <u>25</u><br><b>CLOSED</b>                                                                                               | <u>26</u><br>DOMINOES 10AM TO 12PM                                                        | <u>27</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>BEANO @ 12:45PM</b>                            |
| <u>30</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM | <u>31</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br><b>NEW YEAR'S EVE</b><br><b>CELEBRATION 11:30AM</b>                    |                                                                                                                          |                                                                                           |                        |