



# OXFORD'S COUNCIL ON AGING Chatter



**FEBRUARY  
2024**

**DIRECTOR**

Laura Wilson  
Notary Public

**ASSISTANT DIRECTOR**

Kristen Zamis

**STAFF MEMBERS**

Deb Bayer  
Deb King  
Cindy Nagle  
Janet Stoica

**COUNCIL ON AGING  
BOARD MEMBERS**

Robert Krasinskas  
Chairman

Joyce Nilson  
Vice Chairman

Carolyn Merson  
Secretary

Carole Fegreus  
Karen Erickson  
Jody Williams  
Rose Wing

The COA board meets  
every 2nd Thursday of  
the month

**OFFICE HOURS**

Monday-Friday  
8:30am to 3:30pm

## SENIOR CENTER

323 Main Street, Oxford, MA 01540  
Tel: 508-987-6000 Email: [seniorcenter@oxfordma.us](mailto:seniorcenter@oxfordma.us)



### Winter Weather Policy Reminder:

The Senior Center will be CLOSED with no events if the Oxford Schools are closed. If the schools have a DELAY in opening, all senior center morning classes and activities will be CANCELLED. If you are unsure, please call (508) 987-6000 or check out our Facebook page for updates.

## Senior Safety w/ Oxford Fire & EMS

**Friday, February 16th @ 12:30PM**

**Presentation will be on**

**KITCHEN SAFETY**



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



**Brrrrrrr, January certainly meant business. Snow, freezing rain, sleet and cold temperatures. We are less than 60 days away from the first day of Spring (March 19th). Tulips, daffodils, crocuses and pansies will be out before we know it!**



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**This year being an election year, the Senior Center will once again be home to “EARLY VOTING”. We will do our best to continue to keep the programs/activities going during these times. However, we will have to change all lunches during the EARLY VOTING times to take-out only. We apologize for any inconvenience this may cause, and we will miss seeing you on those days. We hope that you will still take advantage of getting a take-out lunch on those days.**

**In Oxford, we work as a team to make sure all the needs of our residents get taken care of. We will work very closely over this year with the Town Clerk's office.**

**Watch our newsletters, Facebook page for updates regarding EARLY VOTING days/hours.**

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*Laura*



## "YOUNG AT HEART CAFÉ" FEBRUARY LUNCH MENU

Lunches are served Tuesdays and Fridays from 12:00 PM to 12:30 PM

(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**

**Price increase as of February 2nd**

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Friday, 2/2: Clam Chowder, Crusty Bread, Fruit Crisp w/Topping

Tuesday, 2/6: Shepard's Pie, Dinner Roll, Pudding Parfait

Friday, 2/9: Baked Potato Bar, Fruited Jell-O w/Topping

Tuesday, 2/13: Mild Chicken Gumbo w/Rice, Mardi Gras Slaw, Birthday Cupcake

Friday, 2/16: Crispy Fish, French Fries, Coleslaw, Ice Cream  
(Sponsored by Webster Manor & Lanessa Extended Care)

Tuesday, 2/20: Sloppy Joe Sandwich, Potato Chips, Tapioca w/Topping

Friday 2/23: Baked Fish, Rice Pilaf, Garden Blend Vegetables, Dinner Roll, Cake

### TAKE OUT LUNCH ONLY:

Tuesday, 2/27: Ham & Cheese on Rye, Potato Salad, Brownie

Friday, 3/1: Tuna Fish Sandwich, Pickled Beets, Cookie

- 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.



*Class fees are \$3.00 per session*

### STRENGTH & BALANCE

Tuesdays mornings @ 9:15am

Instructor: Donna Freeland/Silver Sneakers Certified

Increase your strength and balance with light exercise. Use of small hand weights, balls and stretch bands are encouraged

### CHAIR YOGA

Wednesday mornings @ 9:15am

Instructor: Heidi Gambaccini/Certified Yoga Instructor

Seated yoga poses to help stretch and relax your body

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### CHAIR VOLLEYBALL

Wednesday afternoon @ 1:00pm **FREE** activity

Only rule is to stay seated during the game and  
get ready to have some fun!





## FEBRUARY BIRTHDAYS!

David Boucher, Richard Hammond, Nancy Elia, Joseph Cloutier, Patricia Hickey, James Kelley, Julia Krasinskas, Mary Thompson, Ruth Bissonnette, Vasiliki Zahariadis, Barbara Sciannameo, Shirley Graveline, Ann Rossik, Suzanne Picard, June Kasprzak, Phyllis Pigeon, Rosemarie Coulard, Sandra Skeeane, Diane Prunier, Richard Brunelle, Dennis Lambert, Rita Nystrom, Arthur Firl Jr, James Crosbie Jr, Patricia Lafontaine, Brave Flying Eagle, Lorraine King, Ronald Chesties, Katherine Langway, Bruce Kaseta, Jean Hagelauer, Joann Maywalt, Ann Miller, Gerald Degnan, Carol Cloutier, Paul DeFalco, Donna Prunier, Laurence White, Paul Casavant, Kathleen McCarthy, Charlotte Brule, Joyce Harrington, Rose Fournier, Mary Lundstrom, Dorothy Millhofer, Patricia Freeman, Stephen Moody, Pamela Dumas, James Casavant, Georgia Baraklilis, Margery Gordon, Philip Warren, Norel Cronin, Lisa Willey, William Boulanger, Karen Young, Donna Butler, Ronald Gagner, Linda Saad, James Gondek, Barbara Anusauskas, William DiBenedetto, Norman Bell, Nancy Yacino, Michael Cloutier, Martha Cady, Winston Grendell, Karl Tarasiak, Paul Cardone III, Christine Colby, Barbara Constantine, Marie Jacobs, Halina Ostrowska, John Eul Jr, Diann Sullivan, Gail Gilchrist, William Haddad, Sven Williamson, Debra Gomes, Michael Lehner, Joseph Boisvert, Arnold Caplette, Frank Maier, Charles Berg, Irene Cierpich, Bruce Anger Sr, Sharon St Germain, George Anusauskas, Denise Boucher, Carol Williams, Sonja Berg, Paul Kollios, Joan Luby, Susan Zaczek, Bruce Bellows, David Moiles, Douglas Hill, Roger Bostock, Maria O'Connor, George Karrat, Thomas O'Neill Jr, Ellen Collins, James Cutroni, Nancy Germain, James Triplett, Janet Hebert, Timothy West, Donna Trinder, Albert Perron, Carole Morello, William McCray, Susan Coffey, Minerva Villanueva

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# BREAKFAST WITH THE CHIEF

Thursday, February 15th

9AM-10AM

Breakfast will be served @ 9:15

Come join us for breakfast and conversation  
with Chief Daniels



Must RSVP by February 9th

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## Information provided from January's Presentation

**Report Unwanted Calls** - **Verify Your Registration** - **Register Your Phone**

The "National Do Not Call Registry" gives you a choice about whether  
to receive telemarketing calls.

You can register your home or mobile  
phone for free @ [donotcall.gov](http://donotcall.gov)



## RESOURCES:

### \*\*\*NEED A RIDE???

The Oxford Senior Center Van is available to our seniors and the disabled. Rides to any TOWN buildings are FREE. You can travel within Oxford for grocery shopping, Walmart, hair appts, pharmacy & banking. The fare is \$1.75 each way for rides. 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. Client choice shopping & fresh produce is available

Masks are optional. Clients are encouraged to bring their own reusable shopping bags; if you do, your name will be entered into a raffle.

### \*\*\*\*\*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)



## The Big **Green** Binder

Join us for a short discussion on how to create a customized binder to organize and easily access important documents in an event of any emergency.

**Tuesday, February 20th @ 12:45pm**

This binder is created to make things easier to find, for anyone that may need it at some point

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## **Blood Pressure Clinic:**

Tuesday, February 20th @ 11:00am





## 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. Cindy can also help with a variety of paperwork, including SNAP (formerly Food Stamps), Fuel Assistance, Mass Health applications, etc.



Please call the Senior Center @ 508-987-6000 to make an appointment for assistance!

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## **Steps to slow down the progression of dementia:**

The fourth and fifth step to slow down dementia is to stay mentally active and be socially involved. You can stay mentally active by doing crosswords, completing puzzles, playing word card, and doing math games at home. You can test your skills against a computer and try to always improve your score. Enjoying these activities with friends gives you an added bonus! Regular social interactions can help combat depression, anxiety and feelings of isolation. Social engagement can keep your mind sharp and reduce the risk of cognitive decline. More important is to have an emotional support system. Friends can offer encouragement, empathy and advice providing invaluable emotional security. You are also providing these emotional supports to them!

Your senior center provides activities to engage with your friends. Some are lifelong friends and others are soon-to-be new friends. We hope to see you soon!

**Sources: Mayo Clinic and Integra Care Health**



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every  
3rd Tuesday of the month

She helps with a range of resources available to help you, your family or  
caregiver. Options like...

Personal Care help

Household chores

Transportation options

Medication management

Nutrition advice and more

She will be available from 12:30 to 2:30 on February 20th

Please call the Senior Center to schedule an appointment

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SHINE Counseling with Kay

Every 3rd Wednesday of the month.

What can a SHINE counselor do for you?

- Explain coverage under Original Medicare (Parts A & B)
- Review additional coverage options under Medicare supplement (Medigap), Medicare Advantage (Part C), and Medicare Part D prescription drug coverage plans
- Walk you through the enrollment process, whether you enroll at age 65 or delay enrollment because you have employer group health coverage
- Screen you for assistance programs that may help you to pay for your medical and/or prescription coverage
- Assist if you have issues with your Medicare coverage

Please call the Senior Center to schedule an appointment



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

**Our next meeting is Friday, March 1st @ 12:45PM.**

**Our book pick is: “I will Find You” by Harlan Coben**

**An innocent father serving life for the murder of his own son receives evidence that his child may still be alive, and must break out of prison to find the truth**

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## **FREE MOVIE MATINEE**

**Friday, February 9th @ 12:45**

**EATPRAYLOVE**

**(inspiring true story)**



**With a new appetite for life Liz ( Julia Roberts) leaves New York and embarks on a yearlong journey-traveling to Italy, India & Bali seeking self-discovery through good food, meditation and hope of finding true love**

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## **BEANO**

**Friday, February 23rd @ 12:45PM**



## "Let's Talk Oxford History~ Part 8"



Tuesday, February 13th

1:00pm-2:00pm

Sponsored by the Oxford Historical Commission

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### MEN's Coffee Group

Wednesday, February 14th @ 10:30am



The idea of this group is to be a casual, fun and informative atmosphere to enjoy conversation, coffee & pastry

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February Trivia Question: "Every how many years is there a leap Year?"



January's question was "Besides January, what are the other six months with 31 days?"

The correct answer was "March, May, July, August, October and December" provided by Cheryl Dion

Winner gets two (2) FREE lunch tickets!

We will draw our next winner on February 16th

# FEBRUARY 2024 ~ OXFORD SENIOR CENTER

| Monday                                                 | Tuesday                                                                                                                                              | Wednesday                                                                                                                             | Thursday                                                                                                                  | Friday                                                                                                 |
|--------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|                                                        |                                                                   |                                                                                                                                       | <u>1</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                  | <u>2</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>                         |
| <u>5</u><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM  | <u>6</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM<br>PODIATRY CLINIC ~<br>BY APPOINTMENT ONLY                         | <u>7</u><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                      | <u>8</u><br>COA BOARD MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                      | <u>9</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>FREE MOVIE 12:45PM</b>                        |
| <u>12</u><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | <u>13</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM<br>LET'S TALK OXFORD HISTORY<br>1:00PM ~ 2:00PM                    | <u>14</u><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30AM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                       | <u>15</u><br><b>BREAKFAST WITH THE CHIEF<br/>9AM</b><br><b>RSVP BY FEB 9TH</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS | <u>16</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>OFD / EMS<br/>KITCHEN SAFETY<br/>12:30PM</b> |
| <u>19</u><br><b>CLOSED</b>                             | <u>20</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br><b>BP CLINIC 11AM</b><br>LUNCH 12:00PM<br>OPTIONS COUNSELING<br>12:30PM ~ 2:30PM | <u>21</u><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING<br/>APPOINTMENTS 9AM—2PM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM | <u>22</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                 | <u>23</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BEANO 12:45PM</b>                            |
| <u>26</u><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM | <u>27</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                                                    | <u>28</u><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                     | <u>29</u><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                 |                     |