



# OXFORD'S COUNCIL CHATTER



**FEBRUARY  
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](mailto:seniorcenter@oxfordma.us)



The Senior Center will be **CLOSED** on Monday, February 17th  
for President's Day

As of February 1st photo copies will be  
**25 CENTS** per copy.

There will be no fee if copies are needed to  
complete an application.



From the Director's Desk.....



February can be such a long month for only having 28 days. The question is....will Punxsutawney Phil see his shadow on February 2nd .....will we have six more weeks of winter or an early spring??



I've decided that I am not a summer or winter person.

I am all about the spring and fall !!!



On another note..... recently one of our seniors had a medical emergency while attending another Senior Center. The Senior Center did not have any information on the senior besides her name and that she lived in Oxford. Please call or stop by the office to make sure we have your up-to-date information, and if you attend other senior centers, make sure that they have the same for you. We hope to never have to need this information.

11) Laura



**“YOUNG AT HEART CAFÉ “  
FEBRUARY 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 2/4: Eggplant Parmesan Sandwich, Tossed Salad, Carrot Cake**

**Friday 2/7: Cheeseburger Deluxe (LTO) Macaroni Salad, Ice Cream Cake**

**Tuesday 2/11: Tuna Noodle Casserole, Peas & Onions, French Bread,  
Birthday Cake**

**Friday 2/14: Lasagna, Italian Blend Vegetables, Garlic Bread,  
Valentine's Day Dessert**

**Tuesday 2/18: Loaded Mac & Cheese w/ Shaved Steak, Onions &  
Peppers, Stewed Tomatoes, Cherry Pie**

**Friday 2/21: Pilgrim Sandwich, Coleslaw, Potato Chips, Ice Cream**

**Tuesday 2/25: Clam Chowder, Clam Cake, Crusty Bread, Cookie**

**Friday 2/28: Baked Fish, Mashed Potato, Green Beans, Dinner Roll,  
Chocolate Trifle**

- 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.



Please wear red if you visit the center on  
February 7th for National Wear Red Day

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## National Peppermint Patty Day

February 11th

The Peppermint Patty is the perfect blend of a cool minty  
center and a smooth dark chocolate.



Stop by the Senior Center on February 11th and get a Peppermint  
Patty

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UMASS HARRINGTON

Community Education Series

"Optimizing Your Vascular Health"

February 25th @ 12:30pm

Who is at risk?

Abdominal Aortic Aneurysms

Diabetes & Peripheral Vascular Disease

Varicose Veins



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### **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!



## FEBRUARY BIRTHDAYS!

David Boucher, Deborah Potter, Richard Hammond, Nancy Elian, Joseph Cloutier, James Kelley, Julia Krasinskas, Mary Thompson, Ruth Bissonnette, Vasiliki Zahariadis, Barbara Sciannameo, Shirley Graveline, Ann Rossik, Suzanne Picard, June Kasprzak, Phyllis Pigeon, Linda Harris, Rosemarie Coulard, Sandra Skeeane, Diane Prunier, Richard Brunelle, Dennis Lambert, Rita Nystrom, Paula Bouthiller, Arthur Firl Jr, James Crosbie Jr, Patricia Lafontaine, Brave Flying Eagle, Lorraine King, Ronald Chesties, Katherine Langway, Bruce Kaseta, Jean Hagelauer, Joann Maywalt, Walter Remillard, Ann Miller, Judy Cote, Gerald Degnan, Carol Clouthier, Paul DeFalco, Donna Prunier, Laurence White, Louis LaCroix, Ronald Saad, Paul Casavant, Charlotte Brule, Joyce Harrington, Rose Fournier, Dorothy Millhofer, Patricia Freeman, Stephen Moody, Pamela Dumas, James Casavant, Georgia Baraklilis, Kathryn Upton, Janet Drazek, Donna Barness, John Campanale, Margery Gordon, Philip Warren, Norel Cronin, Lisa Willey, William Boulanger, Karen Young, Ronald Gagner, Linda Saad, James Gondek, Barbara Anusauskas, William DiBenedetto, Norman Bell, Nancy Yacino, Wendy Neff, Michael Cloutier, Martha Cady, Winston Grendell, Karl Tarasiak, Paul Cardone III, Christine Colby, Nancy LeBeau, Bruce Myotte, Marie Jacobs, Halina Ostrowska, John Eul Jr, Diann Sullivan, Gail Gilchrist, William Haddad, Sven Williamson, Debra Gomes, Michael Lehner, Joseph Boisvert, Kim Parker, Frank Adams, Judith Whitcher, Arnold Caplette, Frank Maier, Cynthia Amelin, Charles Berg, Irene Cierpich, Bruce Anger Sr, Sharon St Germain, George Anusauskas, Gary Jacobson, Denise Boucher, Carol Williams, Sonja Berg, Paul Kollios, Joan Luby, Susan Zaczek, Bruce Bellows, Pamela Garre, Kenneth Prunier, Douglas Hill, Roger Bostock, Maria O'Connor, George Karrat, Thomas O'Neill Jr, Peter Polansky, Ellen Collins, James Cutroni, Suzanne Reis, Anita Hickey, Paul Gasco, Nancy Germain, James Triplett, Janet Hebert, Timothy West, Donna Trinder, Albert Perron, Carole Morello, Judy Rodier, William McCray, Susan Coffey  
and Minera Villanueva



## **Monthly Activities:**

### **Blood Pressure Clinic**

Tuesday, February 11th

11AM—12PM

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

Tuesday, February 11th @ 1:00PM

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

Wednesday, February 12th @ 10:30AM

### **Breakfast with the Chief**

Thursday, February 27th @ 9:00AM

(Must sign up by February 20th)

### **BEANO**

Friday February 28th @ 12:45PM

## **RESOURCES FOR SENIORS**

**Oxford Housing Authority**

**508-987-5055**

**Oxford Food Shelf**

**508-987-1062**

**Social Security Administration**

**800-772-1213**

**Medicare**

**800-633-4227**

**Mass Health**

**800-841-2900**

**SHINE**

**800-243-4636**

**Tri-Valley, Inc**

**508-949-6640**

**Worcester Community Action Council / Fuel Assistance**

**508-754-1176 x110**

**SNAP / Food Stamps**

**877-382-2363**

**Pet Licenses:**

**Town Clerk's Office**

**FREE after 70 yrs. old**

**Veteran's Agent**

**508-987-1105**





### **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, etc. An appointment is recommended.

### **Tri-Valley Inc.**

Tri-Valley Inc. **Options Counselor, Brittany**, will be at the Senior Center on the 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 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, March 7th @ 12:45PM**

**Our book pick is: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer**

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## **MOVIE MATINEE**

**Friday, February 14th @ 12:45PM**

***"I HATE Valentine's Day"***



**Genevieve, a florist, and Greg, a restaurateur, are relationship challenged. Neither of them can predict the romantic sparks that fly when they get together.**

**Popcorn & M&Ms will be served**

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## **TRIVIA**

**February Trivia Question: "What town has the distinction of being the geographical center of Massachusetts?"**



**January Trivia Question: "Which food never rots and doesn't require preservatives to keep fresh?" The correct answer was: Honey**

**provided by Denise Adams**

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

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

# FEBRUARY 2025 ~ OXFORD SENIOR CENTER

| Monday                                                                                                     | Tuesday                                                                                                                         | Wednesday                                                                                                   | Thursday                                                                                          | Friday                                                                                               |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <br>HAPPY GROUNDHOG DAY |                                                                                                                                 | <br>HAPPY Valentine's DAY |                                                                                                   | <br>PRESIDENTS' DAY |
| <u>3</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM                                         | <u>4</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                             | <u>5</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                             | <u>6</u><br>DOMINOES 10AM TO 12PM                                                                 | <u>7</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BOOK CLUB @12:45                               |
| <u>10</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM                                        | <u>11</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>12</u><br>CHAIR YOGA 9:15AM<br>MENS GROUP 10:30AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM      | <u>13</u><br>COA MEETING 9:30AM<br>DOMINOES 10AM TO 12PM                                          | <u>14</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>FREE MOVIE @ 12:45                            |
| <u>17</u><br>CLOSED<br>PRESIDENT'S DAY<br>MONDAY NIGHT PITCH<br>4PM-7PM                                    | <u>18</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>OPTIONS COUNSELING BY<br>APPOINTMENT    | <u>19</u><br>SHINE BY APPOINTMENT<br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM    | <u>20</u><br>DOMINOES 10AM TO 12PM                                                                | <u>21</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM                                                  |
| <u>24</u><br>CRIBBAGE 10AM TO 12PM<br>MONDAY NIGHT PITCH<br>4PM-7PM                                        | <u>25</u><br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br>UMASS VASCULAR<br>PRESENTATION @12:30PM | <u>26</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                            | <u>27</u><br>BREAKFAST WITH THE CHIEF<br>@ 9AM<br>(MUST SIGN UP BY 2/20)<br>DOMINOES 10AM TO 12PM | <u>28</u><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br>BEANO                                         |