



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



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 2ndwill 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 !!!



**IN CASE OF
EMERGENCY**

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.

A handwritten signature in blue ink, appearing to read "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)

Tuesday 2/4: Eggplant Parmesan Sandwich, Tossed Salad, Carrot Cake

Friday 2/7: Cheesburger 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

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

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



Healthy
Life
Style

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 ~ 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

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

TRIVIA

February Trivia Question: “What town has the distinction of being the geographical center of Massachusetts?”

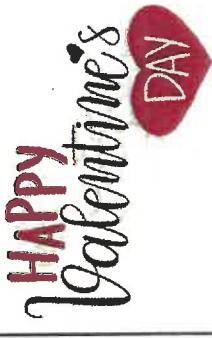
January Trivia Question: “Which food never rots and doesn’t require preservatives to keep fresh?” The correct answer was: Honey

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