



OXFORD'S COUNCIL CHATTER

2025
HAPPY NEW YEAR

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



Please note, we have revised the COA/Senior Center Rider's Guide and will be sending a copy to those who use this service frequently.

~~~ COA/Mission Statement ~~~

The Oxford Council on Aging is dedicated to enhancing the quality of life for the Town's older adults (60+), any disabled adult, their families and caregivers.

Its mission is the belief that every senior, or disabled adult is a valued member of the community and has the right to a life of dignity while maintaining a maximum level of independence. To meet this goal, the Council on Aging identifies needs and provides a range of programs and services to meet those needs.

The Council on Aging serves as advocates and enhances the lives of seniors, disabled adults, their families and caregivers, by providing local, state and federal referral resources.

From the Director's Desk.....



Just like that, another year has gone by.....

A new year is the perfect time to make fresh new beginnings.

How many of you make New Year's resolutions ???

How many of you keep them ???

Ways to keep them:

- 1. Keep them simple**
- 2. Choose them carefully**
- 3. Be realistic**
- 4. Have a time-frame**
- 5. Keep notes of progress and reminders**
- 6. Treat yourself to a small gift at milestones**
- 7. Stick to your goals, even when you have setbacks**

**What the new year brings to you, will depend a great deal on
what you bring to the new year !!**



**“YOUNG AT HEART CAFÉ “
JANUARY Lunch Menu**

**Lunches are served Tuesdays and Fridays
starting at 11:45 AM**

(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

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**Friday 1/3: Baked Fish, Rice Pilaf, Green Beans, Dinner Roll, Pudding Parfait**

**Tuesday 1/7: Chili Bar w/ Fixings, Corn Bread, Fruit Pie**

**Friday 1/10: Salisbury Steak w/Gravy, Mashed Potatoes, Glazed Carrots, Roll, Fruited Jell-O w/ Topping**

**Tuesday 1/14: Hot Dog, Baked Beans, Coleslaw, Brown Bread, Birthday Cupcake**

**Friday 1/17: Cheese Stuffed Pasta, Tossed Salad, Garlic Bread, Ice Cream**

**Tuesday 1/21: Baked Ziti w/Meatballs, Broccoli & Cauliflower, Garlic Bread, Fresh Baked Cookie**

**Friday 1/24: Tuna Fish Sandwich, Chips, Pickle, Brownie**

**Tuesday 1/28: Sweet & Sour Chicken over Rice, Oriental Vegetables, Crusty Roll, Fortune Cookie, Pineapple Tidbits**

**Friday 1/31: Lemon Baked Fish, Mashed Potatoes, Whipped Squash, Roll, Frosted Cake**

- 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.

## January is ***National Soup Month***

Join us for a Soup Social



Thursday, January 16th @ 12:00PM

**Must RSVP by January 10th**

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*Aging Gracefully:*

***A Fall Prevention & Wellness Workshop***

**Presented by The Injury Prevention Department @ UMASS Memorial**

Tuesday, January 28th @ 12:30 PM

This workshop is approximately one hour and will address ways to reduce fall risks. Followed by Q&A

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**Therapy Gardens Presents:**

***TERRARIUM GARDENING***

January 31st @ 1PM

**Cost \$ 3.00**

Materials included along with essential techniques to care for and maintain your miniature terrarium.





### **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 from 1pm-2:15pm



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





## JANUARY BIRTHDAYS!

Ronald Tetreault Sr, Theresa Cote, Anna Waszkiewicz, Lois Chinigo, Mitchell Stevens, Paul Abdella, Barbara Clem, Victor DiCandia, Anne Kamini, Leonard Hansen, Kenneth Swenson, Dianne Ackley, Richard Daniels, Judith Bell, Jeanne Crosbie, Gabriel Vidot, William Potter, Susan Laramée, Sandra Crossman, Joseph Dupre, Arnaud Lapierre, David Morin, Carol White, Carol Weinhardt, Loretta Testa, Karen Mahota, Joyce Giroux, John Palermo, Andrea Singer, Darshan Mahlert, Thomas Purcell, Donna Needham, Russell Biando, Carol Walsh, Frances Morrier, Jean Gray, Virginia Sklarz, Patricia Jones, Alphonse Zannotti, Steven Kennen, Edward Bartlett, Dennis Murphy, Mary Tetreault, Susan Burak, Marie Guertin, Donna Cove, Barbara LeFebvre, Frederick Smith Jr, Clyde Richert, Sheila Faneuff, Samuel Falcone, Linda Kemp, Timothy Quaiel, Judy Berthiaume, Suzette Robbins, Kathleen Fleming, Lawrence Miller, Brenda Wales-Lorraine, Leslie Plude, Mary Ellen Budzyna, Gail Lawson, Pierce Stowe Jr, Linda Hale, Siiri Jonasch, Michael Fiorentino, Lee Brooks, John Deitrick, Joseph Stepien, Elizabeth Ashton, Nellie Everitt, Diane Pezzella, Walter Sheehan, George Nonis, Eric Dunnigan, Gail Black, Genowefa Kowal, Vincent Gregonis, Terry Fike, Barbara Merritt, Veronica Bachand, Norman Young Jr, Joan Weeks, Laura Kneeland, Donna Fisher, Peter Reilly, Barry Slack, Christine Rogan, Dana McLaughlin, Joan Gallant, Patti Maybay, Robert Metcalf, Elizabeth Bennett, Alan Yacino, Frances Bennett, Paul Friend, Madeiline Boyce, Sheila Van Patten, Marie Stone, Charlene Gillette, Rebecca Ikehara, Frances Brunelle, Pauline Grendell, Pauline Beland, Debra McDonald, Beniot Emond, Janet Arrell, Janice McCarthy, Donna Galeckas, Maria Haddad, Denise Adams, Ruth Brassard, Maryann Richard, Charles Garabedian, Nancy Dunn, Paul Cowden, Alice Foote, Kathleen Monahan and Dana Polansky



## Blood Pressure Clinic

Tuesday, January 14th

11AM—12PM

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Breakfast with the Chief

Thursday, January 23rd @ 9:00 AM

Must RSVP by January 17th

Census



The 2025 Annual Street Listing/Census forms will be arriving in your mailbox soon. Please do not forget to sign and return them to the Town Clerks Office!!

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-Worcester

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 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 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 schedule an appointment for any of these services



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

Our next meeting is Friday, February 2nd @ 12:45PM

Our book pick is: **The Fury by Alex Michaelides**

This is a tale of murder. Or maybe that's not quite true.
At it's heart, it's a love story, isn't it?

MEN's Coffee Group

Wednesday, January 8th @ 10:30AM



The idea of this group is to be a casual, fun, and informative atmosphere while enjoying a cup of coffee & pastry

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## **MOVIE MATINEE**

**Friday, January 10th @ 12:45PM**

### **"Identity Theft"**

A con-artist from Florida that enjoys the luxurious life style steals the identity of a guy from Denver.

**M&M's & Popcorn will be offered**



## "Let's Talk Oxford History"

Tuesday, January 14th @ 1:00PM

This month's topic will be: Who...What...

Where...When...Why & How?

Sponsored by the Oxford Historical Commission



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BEANO

January 24th @ 12:45PM





January Trivia Question: "Which food never rots and doesn't require preservatives to keep fresh?"


December's trivia question was "Which one of Santa's reindeer has the same name as another holiday mascot?"

The winner is Karen Young with the answer "Cupid"

Winner gets two (2) FREE lunch tickets

We will draw our next winner on January 14th

JANUARY 2025 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p>  <p>CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM</p>	<p>1</p> <p>CLOSED ~~~~~ NEW YEAR'S DAY</p> <p>8</p> <p>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 12:00 PM</p>	<p>2</p> <p>DOMINOES 10AM TO 12PM</p> <p>9</p> <p>CHAIR YOGA 9:15AM MEN'S GROUP 10:30 AM CHAIR VOLLEYBALL 1PM</p>	<p>3</p> <p>CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BOOK CLUB 12:45PM</p>	<p>10</p> <p>CRIBBAGE 10AM TO 12PM LUNCH 12:00PM FREE MOVIE 12:45PM</p>
<p>13</p> <p>CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM</p>	<p>14</p> <p>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM BP CLINIC 11AM LUNCH 12:00 PM LETS TALK OXFORD 1PM</p>	<p>15</p> <p>CHAIR YOGA 9:15AM SHINE BY APPOINTMENT CHAIR VOLLEYBALL 1PM</p>	<p>16</p> <p>DOMINOES 10AM TO 12PM SOUP SOCIAL 12PM (MUST SIGN UP)</p>	<p>17</p> <p>CRIBBAGE 10AM TO 12PM LUNCH 12:00PM</p>
<p>20</p> <p>CLOSED MARTIN LUTHER KING JR DAY ~~~~~ MONDAY NIGHT PITCH 4PM-7PM</p>	<p>21</p> <p>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 12:00 PM</p>	<p>22</p> <p>CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM</p>	<p>23</p> <p>BREKFAST WITH CHIEF 9AM (MUST SIGN UP) DOMINOES 10AM TO 12PM</p>	<p>24</p> <p>CRIBBAGE 10AM TO 12PM LUNCH 12:00 PM BEANO @ 12:45PM</p>
<p>27</p> <p>CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM</p>	<p>28</p> <p>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 12:00 PM UMASS FALL PREVENTION WORKSHOP @ 12:30 PM</p>	<p>29</p> <p>CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM</p>	<p>30</p> <p>DOMINOES 10AM TO 12PM</p>	<p>31</p> <p>CRIBBAGE 10AM TO 12PM LUNCH 12:00 PM THERAPY GARDENS TERRARIUM GARDEN 1PM -- \$3.00 (MUST SIGN UP)</p>