

OXFORD'S COUNCIL CHATTER



**JULY
2024**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Cindy Nagle (Outreach)
Deb Bayer
Deb King
Janet Stoica
Dan Dinoto

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 Thursday, July 4th,
Friday, July 5th and Thursday, July 11th**

2024 Bus Trips

Please note that there is NO insurance on these trips.

**We are using two different tour companies this year
(Tours of Distinction and Royal Tours)**

A \$5.00 non-refundable deposit is due to hold your seat when signing up

September 26th: Mobsters & Lobsters Trolley Tour \$169

December 1st: The Reagle Music Theatre "Christmas Time" \$135

***Flyers with full trip description are available at the Senior Center**

From the Director's Desk.....



Hard to believe we are already half way thru 2024.

June was a very exciting month for the Senior Center.

We were recipients of two (2) grants to help with the purchasing of food for the Tuesday and Friday lunch program:

1. Taft Charitable Trust in the amount of \$10,000
 2. Fallon Health Community Impact Grant in the amount of \$1,000
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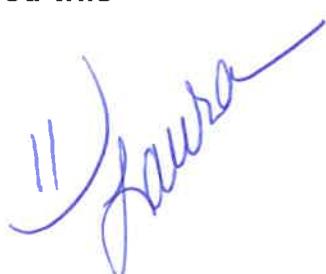
I was named "2024 Commonwealth Heroine" by the MA State Women's Commission.

Women who don't often make the news, but who always make the difference

Each year the Massachusetts Commission on the Status of Women partners with state legislators to identify women who make outstanding contributions to their organization and in their communities.

I was nominated by State Representative Joe McKenna, who added "*Since her arrival at the Oxford Senior Center, Laura has breathed new life, energy, and vibrancy into the center and the seniors who enjoy it and the community she is fostering*"

I was fortunate to be able to attend the 21st Annual Commonwealth Heroines Class of 2024 event @ the Massachusetts State House on June 14th. It was such a special day, and I am honored to have received this special recognition.

A handwritten signature in blue ink that reads "Laura". The signature is fluid and cursive, with the "L" and "a" being particularly prominent.



"YOUNG AT HEART CAFÉ" JULY 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

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Tuesday 7/2: Seafood Salad Roll, Coleslaw, Chips, Pickle, Fresh Baked Cookie

Friday 7/5: **CLOSED- NO LUNCH**

Tuesday 7/9: American Chop Suey, Buttered Corn, Garlic Bread, Birthday Cupcakes

Friday 7/12: Crispy Oriental Salad, Dinner Roll w/Butter, S'mores

Tuesday 7/16: Italian Sausage Sandwich w/Peppers & Onions, Pasta Salad, Cannoli

Friday 7/19: Battered Fish, French Fries, Apple Coleslaw, Ice Cream (Sponsored by Lanessa / Webster Manor)

Tuesday 7/23: Steak & Cheese Grinder w/ Pepper & Onions, Chips, Waldorf Salad, Blonde Brownie

Friday 7/26: Chili Dog w/Toppings, Potato Salad, Watermelon

Tuesday 7/30: Antipasto, Pita Bread, 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.



**Donations to the senior center are greatly appreciated!**

**However, some items that we can't accept are...**

- *Expired Food*
- *Expired/Used Medical Supplies*
- *Damaged or dirty medical equipment/NO commodes*
  - *Any clothing, shoes, personal care items, or household items that are dirty, torn, missing parts, not working, etc.*
  - *Old/outdated magazines & cards*



## “Attacking Arthritis”

Presented by Connections Physical Therapy

Tuesday, July 23rd @ 12:30PM

Dr Singer will be presenting on exercises and strategies to improve your arthritis pain and provide guidance on exercises to improve strength and mobility. The goal of this presentation is to teach you to safely and effectively progress through a strengthening program from head-to-toe

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Silk Scarf Making

Sponsored by CareOne at Millbury

Thursday, July 25th @ 1PM

Class size limited to 12 people

Call the Senior Center to reserve your spot

STRENGTH & BALANCE

Tuesday mornings @ 9:15AM

Instructor: Donna Freeland



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

CHAIR YOGA

Wednesday mornings @ 9:15AM

Instructor: Heidi Gambaccini/Certified Yoga Instructor

Seated & standing yoga poses to help stretch and relax your body.

Classes are \$3.00 per session

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## FREE Activities

**CHAIR VOLLEYBALL** ~ Wednesday afternoons @ 1PM

**WALKING CLUB** ~ Friday mornings @ 9AM (weather permitting)





## JULY BIRTHDAYS!

Joan Gero, Robert Racki, Claire Degon, Joann Colecchi, Karen Mirles, Theodore Grondin, Michael Halley, Edwin Mirles, Joseph Diveglia, Mary Desautels, Joan Kielinen, Norman LeBlanc Jr, Cynthia Cooper, Bruce White, George Casavant, James Wheeler, Joseph Dumas Jr, John Hickman, Donna Clancey, Robert Brooks, Lorraine Dumont, Louis Esposito, Robert Schneider, Judith Sneed, William Wilson Jr, Chester Brunelle, Evan Holmes, Myrtle Bacon, Geraldine Cody, Paul Kirby, Christine Sendrowski, Elaine Guerin, Paul Mathurin, Paula Parker, Albert Groleau, Beverly Buron, Jeanne Rouillard, Aline Krasinskas, Gloria Freeman, Paul Deschenes, Anne Hudson, Lois Marino, Bernadina Bingham, Robert Collins Jr, Robin Putnam, Steven Yankus, Joanne Cody, Richard Shumway, Sandra Mundell, Jeanne Conway, Ronald Krusas, Jean O'Reilly, Carol Broadard, Melody Roland, Barbara Soucy, Pamela Hey, Susan Young, Miguel Rodriguez, Steven Dickson, Lawrence Meersman III, Christine Rudman, Rose Marie White, Mary Keogh, Kevin Clancey, Richard Hudson Jr, Jeanette Leboeuf, Gail Hall, Barbara Liberis, Richard Daoust, Barbara Houle, Shirley Dano, Sandra Coleman, Thea Stewart, Judy Sampson, Nancy Zannotti, Mary Herman-Cappoli, David Bayer, Linda Boyle, Joseph Champagne, Cynthia Clark, Priscilla Johnson, Barbara McElholm, Alan Langway, Deborah Amaral, Bonnie Bray, Anne Merritt, Trevor Pariseau, Nancy Camerano, Kathleen O'Neill, Arthur Allard, Richard Mercier, Maureen Brusa, Rachelle St Laurent, Susan Fountain, Francis Kowalcky, Carole Fegreus, Howard Holbrook, Elizabeth Bell, Daniel Robbins III, Warren Mahota Jr, Claire Wilson, Deborah Getrost, Gertrude Gregoire, Thomas Blaisdell, Richard Howard, Beverly Brown, Barry Earley, Valerie Boris, Dean Anderson, Beverly Butler, Denis Skeean, Peggy Hastings, Florence Jedrzynski Kenneth Migneault, Louise Peterson, David Hall, Susan Wilson, Joseph Hoy, David Gauthier Sr, Patricia Comeau, Juliana Masley, Patrick Hester III, Philip Bedard, Elaine Vincent, David Harackiewicz and Stephanie Pizzetti



## Blood Pressure Clinic

Tuesday, July 11th

11AM to 12PM

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Oxford Fire/EMS Presentation

Friday, July 19th @ 12:30PM

“Fall Hazards”

(postponed from June)



Summer is here! We will NOT be having Breakfast with the Chief in July or August. We will resume again in September !

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# RESOURCES:

## TRANSPORTATION

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

## **\*\*\*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.



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

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There is an *Inclusive Health Coalition* here in Oxford that hopes that you will answer two questionnaires: "*The Oxford, MA Inclusive Health Coalition Survey*" and the "*Oxford, MA Parks & Fields Disability Inclusivity Survey*." Yes, we want to hear from you! The Coalition hopes that you will take the surveys, complete them and return them back to the Senior Center. The Coalition will then be able to access where the greatest need is in Town.

Here are some of the high level questions: How easy is it for you to access and fully enjoy our Town's beautiful outdoor areas? Do you use a walker, cane, or wheelchair? Do you have a disability? Is it hard to access the porta-potties provided? Are there enough? Are the walkways wide enough to navigate?

Does anyone in your household have a physical or mental impairment that substantially limits a major life activity? How easy is it for you or them to shop for food? Do you use the Oxford Ecumenical Food Shelf? Is transportation an issue?

So please take a few minutes of your time and complete the surveys!



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every 3rd Tuesday of the month from 12:30PM to 2:30PM *Appointments encouraged*  
She can help with a range of resources/options available for you, your family and or caregiver.

- Personal Care help
  - Household chores
  - Transportation options
  - Medication management
  - Nutrition advice and more
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## SHINE Counseling

Every 3rd Wednesday of the month.



B)

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, August 2nd @ 12:45PM

Our book pick is: ["The Measure" by Nikki Erlick](#)

Eight ordinary people. One extraordinary choice. It seems like any other day. You wake up, pour a cup of coffee, and head out. But today, when you open your front door, waiting for you is a small wooden box. This wooden box holds your fate inside: the answer to the exact number of years you will live.



**FREE MOVIE MATINEE**

Friday, July 12th @ 12:30PM



**"PLAY THE GAME"**

The story of a young ladies' man, who teaches his lonely, widowed grandfather how to play the dating game, while playing his best games to win over the girl of his dreams.

**Popcorn and M&Ms will be offered**

**MEN's Coffee Group**

**Wednesday, July 10th @ 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, July 9th @ 1:00PM

This month's topic will be "Stores & Businesses"

All are welcome ~ bring a friend.



Sponsored by the Oxford Historical Commission

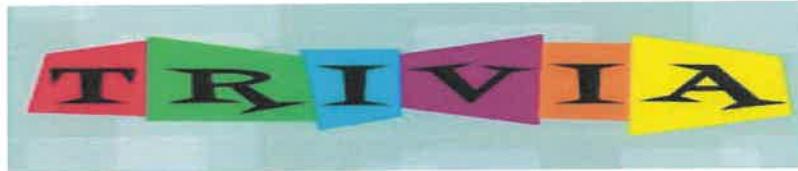
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## BEANO



Friday, July 26th

12:45PM



July Trivia Question:

"Where does Nathan's Annual 4th of July hot dog eating contest take place?"

The June trivia question was "What popular drink was originally invented as an ice cream topping?"

The correct answer was Hawaiian Punch, provided by Sue Dufur

*Winner gets two (2) FREE lunch tickets*

# JULY 2024 ~ OXFORD SENIOR CENTER

| Monday | Tuesday                                                                                                                                       | Wednesday                                                                                                   | Thursday                                                                                                                                                   | Friday                                                                                      |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| 1      | 2<br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br>BOOK CLUB 12:45PM                                               | 3<br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                   | 4<br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                                                  | 5<br>SENIOR CENTER CLOSED                                                                   |
| 8      | 9<br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>BP CLINIC 11AM – 12PM<br>LUNCH 12:00 PM<br>OXFORD HISTORY 1PM                     | 10<br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30 AM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM   | 11<br>CLOSED<br>BUS TRIP<br>                                              | 12<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>FREE MOVIE 12:45</b> |
| 15     | 16<br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM<br><b>OPTIONS COUNSELING 12:30PM ~ 2:30PM</b>                      | 17<br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING APPTS</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM | 18<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                                                         | 19<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>OFD/EMS 12:30</b>    |
| 22     | 23<br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br><b>CONNECTIONS PT</b><br><b>ATTACKING ARTHRITIS</b><br>12:30PM | 10<br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                  | 25<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM<br><b>CAREONE @ MILLBURY</b><br><b>SILK SCARF MAKING</b><br><b>MUST RSVP – LIMIT 12</b> | 26<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>BEANO 12:45</b>     |
| 24     | 29<br>STRENGTH & BALANCE<br>9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                                                    | 30<br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                  | 31<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS<br>12:30PM TO 2:30PM                                                                                         |                                                                                             |