



OXFORD'S COUNCIL CHATTER

HAPPY
FATHER'S
DAY

**JUNE
2024**

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

COUNCIL ON AGING BOARD MEMBERS

Robert Krasinskas
Chairman

Joyce Nilson
Vice Chairman

Jody Williams
Secretary

Carole Fegreus
Karen Erickson
Carolyn Merson
Rose Wing

The COA board meets
every 2nd Thursday of
the month

OFFICE HOURS

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



The Senior Center will be **CLOSED** on Wednesday, June 19th



Boston Duck Tour Bus Trip

Thursday, July 11th 2024

\$169 pp

Trip includes: The New England Aquarium, lunch at
Maggiano's and Boston Duck Tour!

From the Director's Desk.....



Welcome June with a smile, for it brings not just warmth, but the excitement of summer days. Summer means happy times and good sunshine. It means going to the beach, having cookouts, going out for ice cream and having fun.



It is not just a flag, it is the symbol of our National Pride, our glorious history and our freedom. Happy Flag Day!



We celebrate and honor our Father's this month.

"Any man can be a father, but it takes someone special to be a dad"

Let's celebrate all the father figures in our lives that nurtured us, taught us, fought for us, held us, and most importantly loved us unconditionally.



"YOUNG AT HEART CAFÉ" JUNE 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 6/4: Beef Burrito Casserole, Mexican Corn, Salsa, Sour Cream, Lime Icebox Cake

Friday 6/7: Baked Fish, Mashed Potatoes, Garden Blend Vegetables, S'mores

Tuesday 6/11: Chicken Bacon Ranch Wrap, Pickle, Potato Chips, Birthday Cupcake

Friday 6/14: Eggplant Parmesan Sandwich, Garden Salad, Whoopie Pie

Tuesday 6/18: Reuben Casserole, Rye Bread, Fruited Jell-O w/Topping

Friday 6/21: Cobb Salad, Syrian Bread, Ice Cream Social (Sponsored by Lanessa Extended Care & Webster Manor)

Tuesday 6/25: Filet of Fish Sandwich, French Fries, Coleslaw, Watermelon

Friday 6/29: Hot Dog on Roll, Pasta Salad, Cheesecake

- 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.

## Medicare Savings Program Presentation

*Tuesday, June 4th @ 12:30PM*

Join SHINE counselor Kaye Peltier for this informative presentation on the benefits of the Medicare Savings Program (MSP) - see if you qualify for this benefit and get \$174.70 back in your social security check each month

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**AmeriCorps
Seniors**

Fraud Squad

Tuesday, June 18th @ 12:30PM

The Fraud Squad players are senior volunteers who have been performing skits for over 5 years to senior audiences to educate and inform them on various frauds & scams that target seniors.

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## Therapy Gardens presents:

**"How to Avoid The Dangers of Processed Foods"**

*Tuesday, June 25th @ 12:30PM*



*This event is supported by a grant from the Oxford Cultural Council, a local agency, which is supported by the Mass Cultural Council, a state agency.*



## “Dogs for Dad”

Wednesday, June 12th @ 11:30AM

Stop by and grab a hot dog and bag of chips to celebrate all the dad’s, grandfathers, uncles, godfathers for Father’s Day

*Must RSVP by June 7th*

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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

July 11th: Boston Duck Tours / New England Aquarium \$169

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

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 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







## JUNE BIRTHDAYS!

Rosetta Risolo, Carol Graves, Janice DeFalco, Teresa Tarasiak, Arthur Gonyea, Janet Fair, Frederick LeClaire, Joyce Nilson, Alma Rucci, Brian Elliott, Maureen Germain, Marguerite Gallant, Frederick Church, Francis Riordan, Marjorie Hall, Susan Lauziere, Betty Dickson, Ronald Thibeault, Sue Wicks, Maureen Cowden, Elaine Langlois, Russell Kobel, Amy Angell, Kim Norcross, David Newell, Irene Savageau, Robert Clouthier, James Booth Jr, Victor LaPrade Jr, Linda Grey, Nancy Gurney, Dianne Murphy, William Robinson, Angelo Lambiras, Bruce Wyllie, Janet Couture, Leroy Bull, Rose Larson, Joseph Galvin, Gladys Stout, Harry Williams, Norma Sweeney, Leona Brooks, Karen Hoy, Carol Kuzdzal, Bonnie Smith, Patricia Clarkson, Mayrose Brown, Carol Frink, Carole Williams, Jo-Ann Hurley, Nina Fish, Anthony Kuzdzal, Deborah McGrath, Richard Pike, Daniel Ausmus Sr, Susan DiPietro, Joseph Messina, Mark Saad, Raymond Shivick, Cheryl Landry, Ronald Morin, Bettie Carlson, Robert Broadard, Arthur Seale, Betty Aubin, Carol Ann Esposito, Eulalia Prince, Pauline Dubsky, Elizabeth Copeland, Dianne Pedone, Patricia McCann, Roger Shedd, Linnea Mazejka, Robert Muller Sr, Michael Barch, Eileen Caracciolo, Marjorie Helphenstine, Barry Wilson, Jean Drapeau, Joseph Zeneski, Lucille Pollett, Erleen McCarthy, Nicholas Chomes, Gail Sanders, Virginia Germain-Guertin, Juana Vidot, Gary Orcutt, Barbara Wessell, Wayne Dufault, Kelly Simulynas, Sandra Daigneault, Raymond Lentine, John Kneeland Jr, Kristin MacKay, June Caron, Janet Petit, John Laplume, Linda Balcunas, Ava Materas, Richard Boutilier Jr, Claire Huckins, Sandra Johnson, Patricia Mesrobian, Gail Gilbreath, Robert Barbour, Michael Zinkievich, Gloria Aubin, Bonny Lusignan, Charles Kenney, Joan Blanchard, Cheryl Sauriol, Christine Lee and Walter Crossman



## Blood Pressure Clinic

Tuesday, June 11th

11AM to 12PM

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Breakfast with the Chief

Thursday, June 20th 9AM-10AM

Come join us for breakfast and
conversation with Chief Daniels.

RSVP by June 14th



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## Oxford Fire/EMS Presentation

“Trip Hazards”

Friday, June 21st

12:30PM





## 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

*Clients are allowed to shop twice a month!*

### **\*\*\*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.



## CREDIT CARD DEBT!!

Credit cards are so convenient to use—just reach into your pocket, tap your card onto the reader, and off you go. It's so easy to run into trouble. So where do you start?

- First set up a simple budget that keeps you on track but leaves room to live your life. *Money In* must be more than *Money Out*!
- Once you have calculated how much you can put toward credit card payments each month, list each of your credit cards, your outstanding balance, and APR (annual percentage rate) or interest.
- *Now you need to set up automatic payments and choose a strategy!*
- ***The Avalanche:*** Pay off the credit card that charges the most interest first while paying the minimum on the rest of your cards. Then pay off the credit card with the next highest interest, and work your way down in that order.
- ***The Snowball:*** Pay off your smallest credit card debt first while paying the minimum on the rest of your cards. Then the next smallest, etc. This gives you quick wins!
- ***The Pain Point:*** Choose to pay off the card which is causing you the most pain whatever the reason. Maybe the card that is maxed out or the one with the highest balance?
- ***The Transfer:*** You move your card balances to a new card with a low introductory interest rate and aim to pay off all your debt before the introductory offer is over.

Contact the Federal Trade Commission ([consumer.ftc.gov/articles/how-get-out-debt#self-help](https://consumer.ftc.gov/articles/how-get-out-debt#self-help)) or our local resource: Worcester Consumer Rights Program @ 508-799-1232, if you need more further assistance.

Resource: AARP Bulletin, May 2023



Tri-Valley Inc. Options Counselor, Brittney, will be at the Senior Center every 3rd Tuesday of the month from 12:30PM to 2:30PM

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

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



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

Our next meeting is Friday, July 5th @ 12:45PM

Our book pick is: **"Finding Me" by Viola Davis**

A story based in her own words about her life journey starting in Rhode Island to present day

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FREE MOVIE MATINEE

Friday, June 14th @ 12:30PM

"Catch & Release"

A woman struggles to rebuild her life after the untimely death of her fiancé and the discovery of the secrets that he kept from her



Popcorn and M&Ms will be offered

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### **MEN's Coffee Group**

Wednesday, June 12th @ 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, June 11th

1:00PM—2:00PM

Sponsored by the Oxford Historical Commission

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BEANO

Friday, June 28th @ 12:45PM

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### June Trivia Question:

**“What popular drink was originally invented as an ice cream topping?”**




The May trivia question was “On the first Saturday of May, what popular event takes place?”

The correct answer is “The Kentucky Derby”, provided by Jason Moldover

Winner gets two (2) FREE lunch tickets

We will draw our next winner on June 14th

# JUNE 2024 ~ OXFORD SENIOR CENTER

| Monday                                                                              | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                      | Thursday                                                                                                      | Friday                                                                                               |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                              |                                                              |                                                                                                               |                     |
| <b>3</b><br>CRIBBAGE 10AM TO 12PM                                                   | <b>4</b><br>STRENGTH & BALANCE 9:15AM<br><b>MSP PRESENTATION 12:30</b><br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM                                              | <b>5</b><br>CHAIR YOGA 9:15AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                                               | <b>6</b><br>DOMINOES 10 AM TO 12PM<br>QUILTING CLASS 12:30 TO 2:30                                            | <b>7</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>   |
| <b>10</b><br>CRIBBAGE 10AM TO 12PM                                                  | <b>11</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br><b>BP CLINIC 11AM</b><br>LUNCH 12:00PM<br><b>LET'S TALK OXFORD 1PM ~ 2PM</b>                | <b>12</b><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30AM</b><br><b>DOGS FOR DAD'S 11:30</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM | <b>13</b><br><b>COA BOARD MEETING 9:30AM</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM     | <b>14</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00PM<br><b>FREE MOVIE 12:45</b>   |
| <b>17</b><br>CRIBBAGE 10AM TO 12PM                                                  | <b>18</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>LUNCH 12:00 PM<br><b>FRAUD SQUAD 12:30 PM</b><br><b>OPTIONS COUNSELING 12:30PM ~ 2:30PM</b> | <b>19</b><br><b>SENIOR CENTER CLOSED</b>                                                                                                       | <b>20</b><br><b>BREAKFAST WITH THE CHIEF 9AM</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM | <b>21</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>OFD / EMS 12:30PM</b> |
| <b>24</b><br>CRIBBAGE 10AM TO 12PM                                                  | <b>25</b><br>STRENGTH & BALANCE 9:15AM<br><b>THERAPY GARDENS 12:30</b><br>NEEDLE WORKERS 10AM<br>LUNCH 12:00PM                                               | <b>26</b><br>CHAIR YOGA 9:15AM<br><b>SHINE COUNSELING APPOINTMENTS 9AM—3PM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM              | <b>27</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                                        | <b>28</b><br>WALKING CLUB 9 AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 12:00 PM<br><b>BEANO 12:45</b>      |