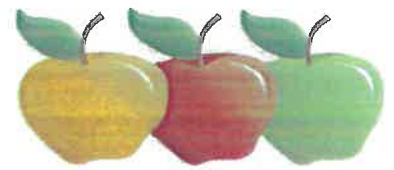




# OXFORD'S COUNCIL CHATTER



**SEPTEMBER  
2025**

## COA/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000 ~ Email: [seniorcenter@oxfordma.us](mailto:seniorcenter@oxfordma.us)

### DIRECTOR

Laura Wilson  
Notary Public

### ASSISTANT DIRECTOR

Kristen Zarnis

### 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

8:30 am to 3:00 pm

**NEW HOURS**

### New Lunch Policy:

Due to the cost of food, and trying to keep our lunch price the same: You will be now be responsible for paying for your missed lunch if you do not cancel 24 hours in advance.

Please make sure that you write down all dates  
that you sign up for!!

The Senior Center will be **CLOSED** on  
Monday, September 1st in observance of  
Labor Day



From the Director's Desk.....



**September is**  
***"NATIONAL SENIOR CENTER MONTH"***

We are going to have "Theme Tuesdays" – participation is encouraged - your name will be entered into a drawing for gift cards and free lunch coins.

There will also be giveaways each week.

*Tuesday theme days:*

*9/2—Tie Dye Day*

*9/9—Favorite Sports Team Day*

*9/16—Crazy Hat Day*

*9/23—Wear Your Favorite Color Day*

*9/30—Pajama Day*

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**IMPORTANT NOTICE**

We received notification from WCAC—Fuel Assistance that they will NOT be doing an Outreach day @ our Senior Center this year due to budget cuts.

Renewal applications are anticipated to be mailed the first part of September. If you need assistance completing your application or need copies made, please contact the Senior Center and make an appointment for one of our staff members to assist. We will do our best to make this a smooth application process for you.

*11) Laura*



## **“YOUNG AT HEART CAFÉ “**

### **September 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)**

**\*\*MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY\*\***

**Tuesday, 9/2: Chicken Tenders, French Fries, Carrot & Raisin Salad, Pie**

**Friday, 9/5: Baked Macaroni & Cheese, Stewed Tomatoes, Dinner Roll, Brownie**

**Tuesday, 9/9: Salisbury Steak w/ Gravy, Mashed Potatoes, Broccoli, Dinner Roll, Birthday Cake**

**Friday, 9/12: Tuna Salad Sandwich w/ Lettuce & Tomato, Pickled Beets, Potato Chips, Pudding**

**Tuesday, 9/16: Stuffed Peppers, Mashed Potatoes, Green Beans, Dinner Roll, Blonde Brownie**

**Friday, 9/19: Baked Fish, Rice Pilaf, Garden Blend Vegetables, Dinner Roll, Ice Cream**

**Tuesday, 9/23: Steak & Cheese Grinder w/ Peppers & Onions, Potato Chips, Cookie**

**Friday, 9/26: Pasta Bake, Tossed Salad, Garlic Bread, Strawberry Shortcake**

**Tuesday, 9/30: Baked Stuffed Chicken Breast, Mashed Potatoes, Glazed Carrots, Cranberry Sauce, Dinner Roll, Fruit Crisp**

- 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.



## SEPTEMBER BIRTHDAYS

Juan Vidot, Francis Abrahamson Jr, Joseph Ramos Jr, Antonina Racki, Carol Haddad, Ronald Aubin, Penelope Fournier-Carrier, Cynthia LaRochelle, Harold Keenan, Arthur Maybay, Anita Prunier, George Plude Jr, Louis Algieri, Carol Sparhawk, Roswell Johnson, Denise Rice, Carolyn Latham, Barbara Dusoe, Julie Crance, Joceline Vassar, Diane Brunell, John Kelly Jr, Gail Martin, Corbin Rodriguez, Stephen Balcunas, David Lajoie, Leo Labonte, Grace Vigeant, Michael Colecchi, Jeffrey Sisterhenm, Phyllis Ford, Mary Ellen Reilly, Patricia Palermo, Patricia Church, Jeffries Young, William Knapp Sr, Kristen Zamis, Joann Nelson, Judith Taft, Debra King, David Coombs, Joseph Esposito, Wayne Provost, John Carroll, Sandra Abdella, Miriam White, Roland Beaudry, Robert Shedd, Denise LeBlanc, Andrea Boyle, Patricia Perry, Raymond Koncitik, Joanne Newton, Donna Murdock, Louise Chartier, Madeleine Caplette, Sue Spear, Kurt Christenson, Roberta Farrell, Celia Cascione, Linda Malone, Phyllis Mann, Carol Coombs, JoAnn Cuddeback, Nancy Berube, Thomas Erskine, Michael Crowley, Dennis Sapp, Rita Domian, Alina Herard, Debra Corriveau, Grover Adams III, Wanda Kot, Peggy Lecuyer, Cynthia Brennan, George Cappoli, Carol Lapierre, Diane Swanson, Dennis Lotti, Richard Hadley, Cynthia Nolet, John Hamilton, David Chartier, William O'Brien Jr, Joel Plante, Robert Widen, Wendy Clem, James McElholm, Linda Hester, Colleen Pappas, John Maywalt, Karen Shea, Henry Hagelauer, Penny Holmes, Ha To Luu, Laurie Boucher, Susan Markoff, Nancy Chomo, James Lyman, Beatrice Cacciapouti, Deborah Sapp, Thomas Durkin, Paula Kaseta, Jean Wilson, Pamela Murray, Jean Bello, Michael Tsantoulis, Camille Sacco, Michael Lee, Craig Linell, Carole Steina, Marilyn Kent, Claudia Seale, Patricia Hammond, Marc Comtois, Nancy Skebos, Margaret Kelley, and Edgar McDonald III



## **MONTHLY ACTIVITIES:**



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

Tuesday, September 9th @ 1:00PM

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

Wednesday, September 10th @ 10:30AM

### **Senior Safety with Oxford Fire/EMS**

Friday, September 19th @ 12:30PM

### **Breakfast w/ The Chief**

Thursday, September 25th @ 9:00AM

### **BEANO**

Friday, September 26th @ 12:45PM



## **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 @ 1:00 pm**

*Stay seated while using a beach ball & have fun!*



## **WALKING CLUB ~ Fridays @ 9:00 AM (weather permitting)**

*Wear your comfy shoes and meet at the Senior Center!*

Our Senior Book Club meets the first Friday of each month

Our next meeting is: **Friday, October 3rd @ 12:45PM**



Our book pick is: ***The Frozen River* by Ariel Lawhon**

A gripping historical mystery based on the real –life diary entries on Martha Ballard, an 18th century midwife who defied the legal system.



## MOVIE MATINEE

***"80 for Brady"***



Friday September 12th @ 12:45

Inspired by a true story of an over 80 fan club dedicated to watching Tom Brady of the N.E. Patriots play and maintaining close friendships.



September Trivia Question:

**"What apple treat is most popular at carnivals?"**

The August trivia question was "What fictional New England town was terrorized by a great white shark in JAWS?" The correct answer was Amity Island provided by Joyce Nilson

We will draw our next winner on September 19th

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

# senioResources

## Outreach

Senior Center Outreach Coordinator, Cindy Nagle, is available 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.

## Tri-Valley Inc.

Options Counselor, Kristina Goode will be at the Senior Center on the 3rd Tuesday of the month by appointment from 12:30PM to 2:30PM. They can provide information and support to help people make informed decisions about their care and long term goals.

## SHINE

Volunteer 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***



## Oxford Housing Authority (OHA)

### "Information Presentation"



Affordable Housing in our Community

**Tuesday, September 23rd @ 12:30PM**

The Agencies mission is to provide safe, secure rental subsidies for families, elderly, and handicapped or disabled persons.

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## Bemis Farms Nursery Workshop

### **"BOTANICAL PUMPKIN"**

**Thursday, October 9th @ 11AM**

**Cost \$20.00 per person**

**Payment due when signing up /**  
**Deadline to signup October 3rd**



# FUN AT THE FAIR

AMUSEMENTS

BIG DIPPER

BUMPER CARS

COCONUTS

CROWDS

DARTS

FORTUNE-TELLER

GHOST TRAIN

GOLDFISH

HOOPLA

HOT DOG

ICE CREAM

LONGBOAT

LOTS OF FUN

MAZE

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MERRY-GO-  
ROUND

MUSIC

POPCORN

PRIZES

RIDES



RIFLE RANGE

SLIDE

SWINGS

WALTZER

# SEPTEMBER 2025 ~ OXFORD SENIOR CENTER

| Monday                                                                                                           | Tuesday                                                                                                                                     | Wednesday                                                                                                         | Thursday                                                                                                         | Friday                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br><b>CLOSED</b><br> | <b>2</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                            | <b>3</b><br>CHAIR YOGA 9:15AM<br><b>SENIOR CENTER CLOSING @ 10:30AM</b>                                           | <b>4</b><br>DOMINOES 10AM TO 12PM                                                                                | <b>5</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>BOOK CLUB 12:45PM</b>                                     |
| <b>8</b><br>CRIBBAGE 10AM TO 12PM                                                                                | <b>9</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br><b>LET'S TALK OXFORD HISTORY @ 1PM</b>                  | <b>10</b><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP @ 10:30 AM</b><br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM | <b>11</b><br><b>CLOSED</b><br>~~~~~<br><b>BUS TRIP</b>                                                           | <b>12</b><br>WALKING CLUB 9AM<br><b>COA MEETING @ 10:30AM</b><br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>FREE MOVIE @ 12:45PM</b> |
| <b>15</b><br>CRIBBAGE 10AM TO 12PM                                                                               | <b>16</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br><b>OPTIONS COUNSELING BY APPT</b>                      | <b>17</b><br>CHAIR YOGA 9:15AM<br><b>SHINE BY APPT</b><br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM          | <b>18</b><br>DOMINOES 10AM TO 12PM                                                                               | <b>19</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>OXFORD FIRE/EMS @ 12:30PM</b>                            |
| <b>22</b><br>CRIBBAGE 10AM TO 12PM                                                                               | <b>23</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br><b>OXFORD HOUSING AUTHORITY PRESENTATION @ 12:30PM</b> | <b>24</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                                  | <b>25</b><br><b>BREAKFAST WITH THE CHIEF @ 9:00 AM</b><br><b>(MUST SIGN UP BY 9/19)</b><br>DOMINOES 10AM TO 12PM | <b>26</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>BEANO @ 12:45PM</b>                                      |
| <b>29</b><br>CRIBBAGE 10AM TO 12PM                                                                               | <b>30</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM<br><b>MUSIC WITH STEPHEN GEORGE @ 12:30PM</b>             |                                                                                                                   |                               |                                                                                                                                        |