



OXFORD'S COUNCIL CHATTER



**OCTOBER
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

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

Medicare Open Enrollment Presentation

Kaye of "North Star Medicare Advisors" will be at the Senior Center on:
October 21st @ 12:30PM and November 6th @ 10:00AM

The time is now to review your Medicare coverage!

Open enrollment is October 15th-December 7th

There will be NO one-on-one appointments available this year

The Senior Center will be *CLOSED*

Monday, October 13th in observance of Columbus Day



From the Director's Desk.....



Fall is in the air!!! Cooler nights and mornings. It's definitely time for apple picking, mums, pumpkins, hot apple cider and hikes in the woods.

October is Fire Prevention Month

We would like to celebrate all the men and women of the Oxford Fire/EMS department for all they do for our community. Fire Prevention starts with educating the community, to inspecting buildings and teaching safety practices. They want to keep you safe, before emergencies even start. It's not just about putting out fires– its about stopping them before they start!



Prevention saves lives!

Prevention saves property!

Prevention saves time!

Join us on Friday, October 31st (after lunch) for our Annual Halloween Costume Contest



11/2023



“YOUNG AT HEART CAFÉ “

OCTOBER 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****

Friday 10/3: Shepherd's Pie, Dinner Roll, Pudding w/ Topping

Tuesday 10/7: BLT Sandwich, Potato Chips, Pickle, Cream Pie

Friday 10/10: Baked Fish, Wild Rice, Glazed Carrots, Cookies

Tuesday 10/14: Chicken Vegetable & Noodle Casserole, Crusty Bread, Birthday Cake

Friday 10/17: Meatball Grinder w/ Cheese, Three Bean Salad, Ice Cream Sundae

Tuesday 10/21: Chicken Salad Sandwich, Potato Chips, Cape Cod Salad, Brownie

Friday 10/24: Vegetable Lasagna, Italian Blend Vegetables, Garlic Bread, Cake

Tuesday 10/28: Chicken Quesadilla, Salsa, Sour Cream, Fruit Crisp w/ Topping

Friday 10/31: Halloween Filet of Fish Sandwich, Tater Tots, Coleslaw, Pumpkin Mousse w/ Topping

- 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.

Take time
to reflect



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 1st Friday of each month

Our next meeting is: **Friday, November 7th @ 12:45PM**

Our book pick is: *Tell Me Everything* by Elizabeth Strout

This novel has all the things: romance and mystery & secrets

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### **MOVIE MATINEE**

#### ***“Young Frankenstein”***

***Friday, October 10th @ 12:45pm***



A young neurosurgeon inherits the castle of his grandfather ,  
the famous Dr. Victor Von Frankenstein

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October Trivia Question:

“What U.S. state is closest to Africa?”

September Trivia question was “ What apple treat is most popular at carnivals”

The answer was Candied Apples provided by Laurie Pytko

We will draw our next winner October 17th

Winner gets (2) FREE lunch tickets

SENIOR SERVICES



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 2:00PM.

She can provide information and support to help people make informed decisions about their care and long term goals.

To schedule, call 508-987-6000

Need assistance with MASSHEALTH? Sign-up with a Certified Application Counselor at Tri-Valley Inc. They can help with Eligibility, Medicare Savings, Updating Documentation & Renewals

To schedule, call 508-949-6640 X7250

SHINE Program

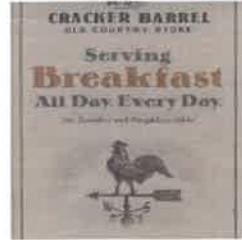
The SHINE program provides free, unbiased and up-to-date health insurance information, counseling and assistance to Medicare beneficiaries of all ages and their caregivers.

To schedule an appointment contact SHINE through the
State-wide line @ 1-800-243-4636 then say or press 3

Cracker Barrel Luncheon

October 16th

Transportation on the COA Van will be available for \$3.00 per person (seats are limited for van)



We will be leaving at 12:30pm from the senior center

Food & Drink purchase is your responsibility. Separate checks will be available.

We are hoping to make these small bus trips available monthly. If you cannot sign up for this one, check upcoming newsletters for the next trip.



RMV Presentation

Tuesday, October 28th @ 12:30pm

Disability Placards and Plates

Michele Ellicks from the registry of motor vehicles will provide information on how to obtain a *placard or plate* and the laws governing them.

OCTOBER BIRTHDAYS

Donald Strader, Judith Manuel, Awilda Bosque Cruz, Pamela Jacobson, Charlene LaChapelle, Joanne Cutting, Linda Vaillancourt, Sharron Gillies, Francis Sylvia, Ernest White Jr, Kathleen Bowles, Sharon Defoer, Richard Newton, Marie Bostock, Roberta McKay, Mary Christian, Carol Baker, Hilary Lazaro-Provost, Paul Carboneau, Marie Hadley, Jean Thibodeau, John Ford Sr, Mary Soares, Charlotte Boutillette, Waclawa Dorniak-Mardziel, Steven Dawson, Sharon Mahoney, Helen Balcunas, Edward Carter, Patricia Racki, Jane Mrazik, Brian Weagle, Candace Payne, Norman Napieralski, David Hebert, Howard Monson Jr, Arlene Arezzo, Norma Dionne, Philip Quinn Sr, Stanley Reid, Jonathan Brennan, Charles Squire, Patricia O'Brien, Alfred O'Leary, Francis Malkowski, Janet Twine, Debra Goodell, Molly Zelley, Marilyn Bigelow, Frances Keddy, Carole Rider, James Morris, Roger Harty, Jacqueline Cox, Wayne Norcross, James Foskett, Gail Davis, Cathy Bennett, John Doran, Nancy Olszta, Dorothy Starkus, Karl Briggs, Michael Book, Frederick Maywalt, Ruth Ellis, Kathleen Tremblay, Richard Bennett Jr, Joan Goodell, Linda Levie, Jean Landry, Mairgread Gray, Cheryl Fraser, Laurie Young, Suely Blaisdell, Gloria Lehner, Nancy Cheever, Joanne Johnson, Patricia Waldron, Gail Campbell, Nancy Metcalf, Robert Luby, Ghulam Nasrani, Denis Guntor, Wendy Prunier, Denise Jacques, Angela Kowalchyk, Paul McIlvaine, David Derie, Wayne McFarland, Carol Pytko, Mason Powell, Edwin Rose, Robert Silva, Pamela Evers, Russell Anderson Jr, Jo-Ann Somers, Joseph Curran, Donna McLaughlin, Carol Degnan, Virginia Lehner, Nancy Lohner, Linda Adamiak, Donna Plasse, Eric Petsching, Melinda MacGillivray, Alton Bigwood, Richard Gonet, Paula Parker, Robert Peterson, Barbara Desrosiers, Debi Ammenheuser, George Cloutier Jr, Claire Geoffrion, Susan Audette, Joseph Boucher, Barbara Donovan, Emilia Esposito, Judy Madsen, Kaida Patterson, Robert Keogh Sr, Patricia Peters, Andrew Boyle, Patrick Mahoney, David Power, Cynthia Olney, William Heath, Mona Howard, Patricia Mills, Geraldine Hallas, Robert Fike, Sheila Simon, Patricia Hughes, Joan Mazeika, Rosella Machado



MONTHLY ACTIVITIES:



Let's Talk Oxford History

Tuesday, October 14th @ 1:00PM

MEN's Coffee Group

Wednesday, October 14th @ 10:30AM

Senior Safety with Oxford Fire/EMS

Friday, October 17th @ 12:30PM

Breakfast w/ The Chief

(No breakfast in October)

BEANO

Friday, October 24th @ 12:45PM

OXFORD BULK ITEM DROP-OFF

DATES: OCTOBER 25, 2025- SATURDAY - OXFORD CENTER - NORTH

NOVEMBER 1, 2025 - SATURDAY - OXFORD CENTER - SOUTH

TIME: 8:00 AM TO 3:00 PM

LOCATION : CASELLA TRANSFER STATION, 200 LEICESTER ST, NORTH OXFORD

If you have any questions on what is accepted, call Casella at 508-892-1219

***** **MUST HAVE PROOF OF RESIDENCY** *****

BULK ITEM DROP-OFF IS FOR OXFORD RESIDENT USE ONLY-NO BUSINESSES

Maximum Vehicle Size- One Ton Truck

**Households are limited to two loads only
Loads will be checked and recorded at the gate**

DROP-OFF DATES WILL BE STRICTLY ENFORCED:

**OCTOBER 25th-RESIDENTS NORTH OF CHARLTON STREET/SUTTON AVENUE
NOVEMBER 1ST-RESIDENTS SOUTH OF CHARLTON STREET/SUTTON AVENUE**

If you arrive on the wrong day you will be denied access to drop-off.

If you are unable to make your Bulk Drop Off day. Please call the Department of Public Works before OCTOBER 23, 2025 at 508-987-6006 to switch your Saturday only.

THERE WILL BE NO CHARGE DURING BULK DROP-OFF DAYS.

ACCEPTABLE BULK MATERIALS

- TELEVISIONS
(LIMIT 2 PER HOUSEHOLD)
- VCRs
- FURNITURE
- AIR CONDITIONERS, APPLIANCES
- CAR & TRUCK BATTERIES
- COMPUTERS, ELECTRONICS, AUDIO EQUIPMENT
- LAWN MOWERS (DRAIN FLUID)
- MICROWAVES, REFRIGERATORS, STOVES, GRILLS, SCRAP METAL
- WATER HEATERS
- BIKES

UNACCEPTABLE MATERIALS

- MATTRESSES/BOX SPRINGS
- TEXTILES
- CAR PARTS (INCL.TIRES)
- HAZARDOUS MATERIALS
- PAINT
- PROPANE TANKS
- WASTE OIL
- FLUORESCENT BULBS
- RECYCLABLE ITEMS
- CLEANING MATERIALS
- YARD WASTE
- CONSTRUCTION DEBRIS
- DEMOLITION DEBRIS
- LIQUID WASTE
- LUMBER
- HOUSEHOLD TRASH



SPECIAL TOWN MEETING

OCTOBER 8, 2025 | 7:00PM

OXFORD HIGH SCHOOL, 100 CARBUNCLE DRIVE,
OXFORD, MA 01540

VOTER REGISTRATION DEADLINE
FOR THE SPECIAL TOWN MEETING IS
FRIDAY, SEPTEMBER 26, 2025. THE
TOWN CLERK'S OFFICE WILL BE
OPEN UNTIL 5:00PM

SCARY

ALARMING

BLOODY

CHILLING

CREEPY

DEMONIC

EERIE

EVIL

FEARSOME

FRIGHTENING

GHASTLY

GHOULISH

GRISLY

HAIR-RAISING

HORRID

HORRIFIC

G	P	M	D	W	Z	H	I	L	G	D	X	C	Y	T
D	T	H	R	E	A	T	E	N	I	N	G	L	L	B
G	S	S	K	I	G	N	I	M	R	A	L	A	I	Y
N	P	I	B	R	X	C	I	N	O	M	E	D	S	D
I	O	L	H	D	C	Y	X	G	P	S	D	V	H	O
N	O	U	X	A	J	I	H	U	H	J	R	S	I	O
E	K	O	W	N	I	A	F	O	G	X	D	A	V	L
T	Y	H	I	W	S	R	C	I	A	L	I	A	E	B
H	X	G	B	T	Q	K	R	E	R	J	R	I	R	F
G	N	I	L	L	I	H	C	A	D	R	R	H	Y	F
I	R	Y	D	N	O	R	L	I	I	E	O	E	H	S
R	V	I	G	X	E	F	B	A	E	S	H	H	Z	B
F	B	E	S	E	T	R	R	E	T	S	I	N	I	S
L	C	L	P	L	O	G	N	I	V	R	E	N	N	U
K	E	Y	N	M	Y	R	E	D	D	U	H	S	G	P

MORBID

SPOOKY

SHIVERY

THREATENING

SHOCKING

UNNERVING

SHUDDERY

WEIRD

SINISTER

OCTOBER 2025 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
	BOO	1 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	2 CLOSED ~~~~~~ BUS TRIP	3 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 11:45AM BOOK CLUB 12:45PM
6	7 STRENGTH & BALANCE 9:15AM CRIBBAGE 10AM TO 12PM NEEDLE WORKERS 10:15AM MEN'S GROUP 10:30AM LUNCH 11:45AM	8 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM MEN'S GROUP 10:30AM CHAIR VOLLEYBALL 1PM	9 COA MEETING 9:30 AM DOMINOES 10AM TO 12PM BEMIS FARMS WORKSHOP @11AM (MUST BE SIGNED UP)	10 CRIBBAGE 10AM TO 12PM LUNCH 11:45AM FREE MOVIE @12:45PM
13	14 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM COLUMBUS DAY LET'S TALK OXFORD HISTORY @ 1PM	15 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	16 DOMINOES 10AM TO 12PM DOMINOES 10AM TO 12PM	17 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 11:45AM OXFORD FIRE/EMS @ 12:45PM
20	21 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM OPTIONS COUNSELLING BY APPT MEDICARE PRESENTATION @ 12:30PM	22 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	23 DOMINOES 10AM TO 12PM DOMINOES 10AM TO 12PM	24 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 11:45AM BEANO @ 12:45PM
27	28 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM RMV DISABILITY PLACARD & PLATES PRESENTATION @ 12:30PM	29 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	30 DOMINOES 10AM TO 12PM DOMINOES 10AM TO 12PM	31 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 11:45AM HALLOWEEN COSTUME CONTEST @ 12:30PM

Town of Oxford
323 Main Street
Council on Aging + Senior Center
Oxford, MA 01540



SERVICES FOR OUR SENIORS

Transportation Assistance:

(IN Town COA Van/ OUT of Town WRTA ~508-752-9283)

Lunch (Tuesday & Friday)

SNAP (Food Stamps) & Fuel Assistance Applications

Medical Equipment Loan

File of Life Cards

Computer Use

Copies/Faxing (25 cents per copy)

Notary Services - *please call ahead*