



OXFORD'S COUNCIL CHATTER



**JANUARY
2026**

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

Maureen Brusa
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



If the schools in Oxford are **CLOSED**, the Senior Center will be **CLOSED**. If there is a 2 hour delay, all morning activities will be cancelled. If it is a lunch day, we will make the decision the day before if we will be serving lunch, and will notify each person that is signed up. If you are unsure if we are open or not, please call the office (508-987-6000) **prior to heading out.**

**The Senior Center will be CLOSED on Thursday,
January 1st, Friday, January 2nd
and Monday, January 19th**



From the Director's Desk.....



Happy New Year
2026

Time to make a New Year's resolution: declutter your living space to create a fresh start, establish a budget and financial plan for the new year ahead, start a new hobby that excites you, write in a journal (Self-reflection is one of the best things you can do to shift your mindset. Journaling helps you to clear your mind) to name a few.....

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***IMPORTANT SENIOR CENTER POLICY***

If someone falls @ the Senior Center, DO NOT ATTEMPT TO PICK THEM UP as it could further injure them or even yourself. ALERT STAFF IMMEDIATELY

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The Senior Center will be closing @ 12:30PM on January 15th for Staff Development

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*I am looking forward to a busy and fun 2026  
Once again make sure we have your most up to date  
contact information*

*11) Laura*



## “YOUNG AT HEART CAFÉ “

### January 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 1/2: NO LUNCH**

**Tuesday 1/6 Baked Potato Bar w/ Fixings, Fresh Baked Cookies**

**Friday 1/9: Salisbury Streak w/Gravy, Mashed Potatoes, Peas & Onions, Blondie Brownie**

**Tuesday 1/13: Vegetable Lasagna, Tossed Salad, Italian Bread, Birthday Cake**

**Friday 1/16: Tuna Salad on White Bread, French Fries, Coleslaw, Ice Cream**

**Tuesday 1/20: Baked Macaroni & Cheese w/ Shaved Steak, Peppers, Onions, Broccoli, Chilled Fruit Cocktail**

**Friday 1/23: Meatball Grinder, Potato Chips, 3 Bean Salad, Pudding**

**Tuesday 1/27: Baked Fish, Rice Pilaf, Green Beans, Ice Cream Sandwich Cake**

**Friday 1/30: Chicken Parmesan Sandwich, Tossed Salad, Cannoli**

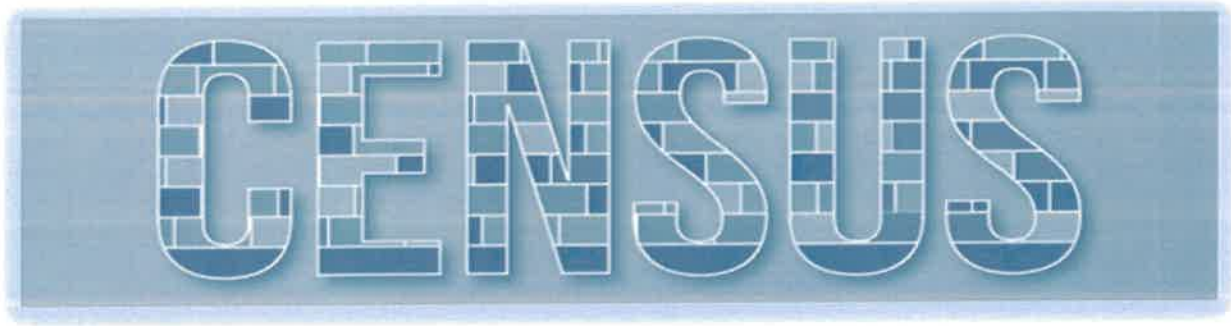
- Please inform our staff if you have a food allergy.
- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness.



## January Birthdays

John Bowes, Mary Keenan, Curtis Clem, Ronald Tetreault Sr,  
Theresa Cote, Anna Waszkiewicz, Virginia Ericksberg, 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 Laramee, Sandra Crossman,  
Joseph Dupre Jr, Arnaud Lapierre, David Morin, Carol White, Carol  
Weinhardt, Loretta Testa, Karen Mahota, Joyce Giroux, John  
Palermo, Andrea Singer, John Thayer, Darshan Mahlert, Thomas  
Purcell, Russell Biando, 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, James  
Croteau, Clyde Richert, Sheila Faneuff, Samuel Falcone, Linda  
Kemp, Timothy Quaiel, Judy Berthiaume, David Uppgard, 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, Gail Black,  
Alan Hammond, Vincent Gregonis, Terry Fike, Barbara Merritt,  
S Veronica Bachand, Norman Young Jr, Joan Weeks, Laura  
Kneeland, Donna Fisher, Peter Reilly, Barry Slack, Christine  
Rogan, Dana McLaughlin, Joan Gallant, Patti Maybay, Elizabeth  
Bennett, Alan Yacino, Frances Bennett, Paul Friend, Marie Stone,  
Charlene Gillette, Frances Brunelle, Pauline Grendell, Vincent  
Eori, Pauline Beland, Debra McDonald, Beniot Emond, John Hall,  
Janice McCarthy, Donna Galeckas, Maria Haddad, Denise Adams,  
Ruth Brassard, Maryann Richard, Charles Garabedian, Paul  
Cowden, Alice Foote, Kathleen Monahan, Dana Polansky  
and Ellen Pike





**The 2026 Annual Street Listing/Census forms will be arriving in your mailbox soon, please do not forget to sign and return them to the Town Clerk's Office. There will also be a drop box located at the Senior Center for your convenience!!**

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### ***SENIOR TAX WORK-OFF PROGRAM***

**The purpose of the Senior Tax Work-Off Program is to assist Senior Citizens of the Town of Oxford with the payment of residential property tax bills while acknowledging and affirming their skills and abilities and the community's continuing need for their services.**

**This Program allows property owners 60 or older to volunteer services to the Town in exchange for a reduction in property tax of up to \$1,500 per fiscal year. The amount of the tax work-off credit cannot exceed the total tax due for the fiscal year after any other exemptions have been allowed. Town Meeting voters approved the Program at the May 2017 Annual Town Meeting.**

**Paper applications can be picked up at the Town Manager's Office. Completed applications can be emailed to the Town Manager, dropped off in the Town Manager's Office, or can be mailed to: Town Manager, 325 Main St, Oxford, MA 01540**



## **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***



**CHAIR VOLLEYBALL~ Wednesdays @ 1:00 pm**

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

## 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 X 7250**

### **Oxford Food Shelf**

Need assistance with food? Oxford Residents can visit the Food Shelf on Thursday nights from 4:30PM to 6:30PM. Located in the lower level of the Community Center. *Registration* is required if you are a first time visitor.

Oxford Ecumenical Council

**FOOD SHELF**

HOURS: Thursdays **4:30 pm - 6:30 pm**

CLOSED HOLIDAYS

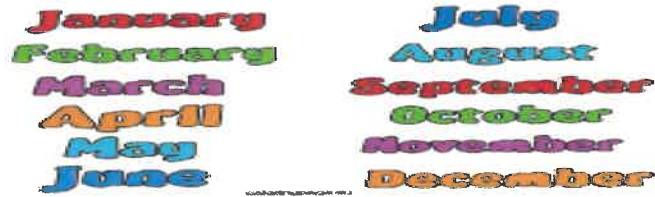


Tel. 508-987-1062



Designed by Peter Vignola & Associates, Oxford, MA

## **MONTHLY ACTIVITIES:**



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

*Tuesday, January 13th @ 1:00pm*

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

*Wednesday, January 14th @10:30AM*

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

*Friday, January 16th @ 12:30PM*

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

*Thursday, January 22nd @ 9:00AM*

**RSVP by 1/16**

### **BEANO**

*Friday, January 23rd @ 12:45pm*





Our Senior Book Club meets the 1st Friday of each month. Our next meeting is: *Friday, February 6th @ 12:45PM*

Our book pick is: *The Borrowed Life of Fredrick Fife* by Anna Johnston

A lonely old man takes the place of a grumpy resident at a nursing home in a case of mistaken identity, gaining access to warm meals and a roof over his head.

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## **MOVIE MATINEE**



*Friday, January 9th @ 12:45PM*



***"Game Night"***

*Max & Annie's weekly game night gets kicked up a notch , when Max's brother arranges a murder mystery party complete with "fake' thugs and federal agents. This takes the couple and their friends on a crazy game night adventure*

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January Trivia Question:

"What are the triangles on the Times Square ball made of?"

December's trivia question was "What beverage company has been using Santa Claus in it's advertising since 1931?" The correct answer is Coca Cola provided by Joan Luby

We will draw our next winner January 16th

Winner gets (2) FREE lunch tickets

TOWN OF OXFORD'S 5th ANNUAL

Fun, Frost & Family

WINTER FESTIVAL

Saturday January 31, 2026



Polar Plunge 10:30am Start
Carbuncle Pond

12 Carbuncle Drive Oxford
Raise Money for Special Olympics



Pancake Breakfast 11am-1pm

First Congregational Church

355 Main Street Oxford



Main Events 12pm-3pm

Oxford Community Center

**Outside- Music & Games, Food Trucks, Fire
Pits & S'mores, Free Hot Cocoa,
Wishing Tree, Youth Sports**

Inside- Vendor Fair,

**Cookie Decorating, Board Game Room,
Magic Shows-Balloon Art- Face Painting
& Glitter Tattoos, Photo Booth**

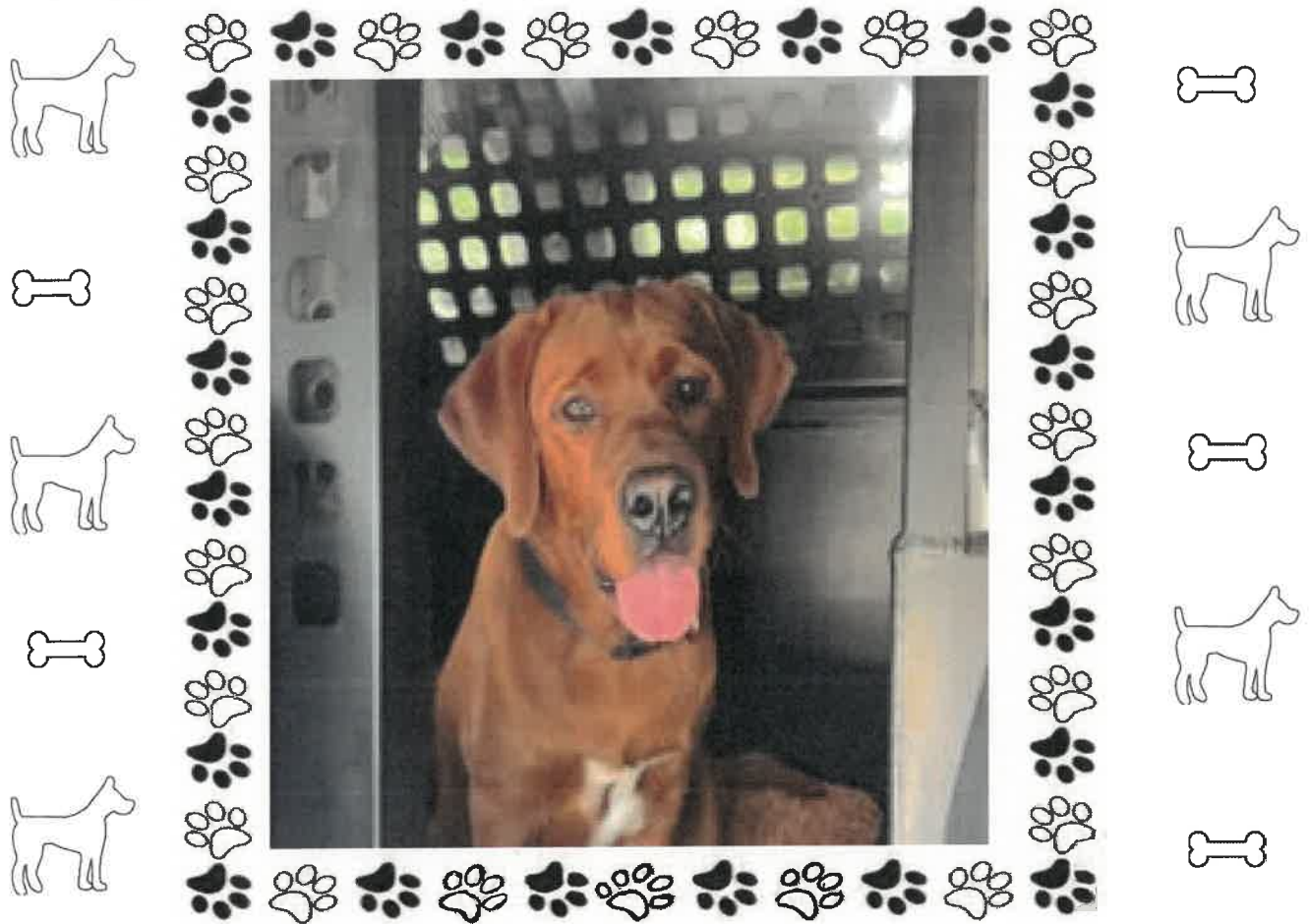


Activities 12pm-3pm

***Oxford Library* 339 Main Street**
Story Time & Drop In Kids' Crafts

Don't Forget Your 2026 Dog License(s)

Oxford Residents aged 70 or older are FREE!




If you are UNDER 70, you can use any of the following payment options:



 **Online Payment Option**

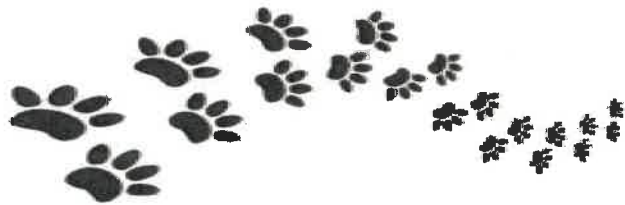
 **Mail the payment to The Town Clerks Office, 325 Main Street,
Oxford, MA 01540**

 **Put your payment in the drop box at the rear of
Town Hall**

PLEASE NOTE:

At the Special Town Meeting held on October 8, 2025, the voters in the Town voted to repeal from the Town Bylaws, Chapter 62, Regulations pertaining to cats.

Residents are NO LONGER required to register their cat(s) in the Town of Oxford.



OLYMPIC GAMES HOST CITIES

AMSTERDAM

ATHENS

ATLANTA

BARCELONA

BEIJING

BERLIN

CALGARY

LONDON

LOS ANGELES

MEXICO CITY

MONTREAL

MOSCOW

MUNICH

OSLO

PARIS

ROME

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

RUTIN

SALT LAKE CITY

SARAJEVO

SEOUL

ST. LOUIS

ST. MORITZ

SYDNEY

TOKYO

WAYS TO SAY "HAPPY"

BLISSFUL

BLITHE

CHEERFUL

CONVIVIAL

DELIGHTED

ECSTATIC

ELATED

FESTIVE

GLAD

GLEEFUL

JOLLY

JOYFUL

JOYOUS

JUBILANT

LIVELY

MERRY

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

OVERJOYED

PEACEFUL

PEPPY

PLEASANT




PLEASED

RADIANT

THRILLED

UPBEAT

JANUARY 2026~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED ~~~~~ NEW YEAR'S DAY	2 CLOSED
5 CRIBBAGE 10AM TO 12PM	6 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM	7 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL 1PM	8 COA MEETING @ 9:30AM DOMINOES 10AM TO 12PM BOOK CLUB @ 12:00PM	9 CRIBBAGE 10AM TO 12PM LUNCH 11:45AM MOVIE @ 12:45PM
12 CRIBBAGE 10AM TO 12PM	13 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM LETS TALK OXFORD HISTORY @1PM	14 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM MENS GROUP @ 10:30AM CHAIR VOLLEYBALL @ 1PM	15 DOMINOES 10AM TO 12PM SENIOR CENTER CLOSING @ 12:30PM FOR STAFF DEVELOPMENT	16 CRIBBAGE 10AM TO 12PM LUNCH 11:45AM OXFORD FIRE/EMS @ 12:30PM
19 CLOSED ~~~~~ MARTIN LUTHER KING DAY	20 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM CHRISTOPHER HEIGHTS PRESENTATION @ 12:30PM	21 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL @ 1PM	22 BREAKFAST W/ THE CHIEF 9AM MUST SIGNUP BY 1/16 DOMINOES 10AM TO 12PM	23 CRIBBAGE 10AM TO 12PM LUNCH @ 11:45AM BEANO@12:45PM
26 CRIBBAGE 10AM TO 12PM	27 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10:15AM LUNCH 11:45AM	28 CHAIR YOGA 9:15AM NEEDLE WORKERS 10:30AM CHAIR VOLLEYBALL @ 1PM	29 DOMINOES 10AM TO 12PM	30 CRIBBAGE 10AM TO 12PM LUNCH @ 11:45AM

Town of Oxford
Council on Aging * Senior Center
323 Main Street
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**