



OXFORD'S COUNCIL CHATTER



**JANUARY
2026**

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

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 it 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.....

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

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

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

11) Faure



"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, Benoit 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



CENSUS

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!!

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 

Powered by Non-Profit 4 Century Oxford MA

MONTHLY ACTIVITIES:

January	July
February	August
March	September
April	October
May	November
June	December

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.

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**

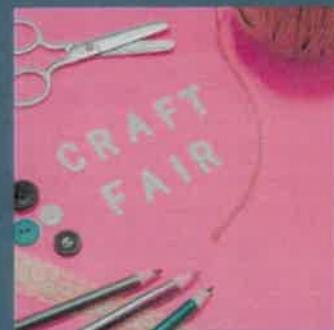


**Pancake Breakfast 11am-1pm**  
***First Congregational Church***  
355 Main Street Oxford



**Main Events 12pm-3pm**  
***Oxford Community Center***  
Outside- Music & Games, Food Trucks, **Fire Pits & S'mores**, Free Hot Cocoa, Wishing Tree, Youth Sports

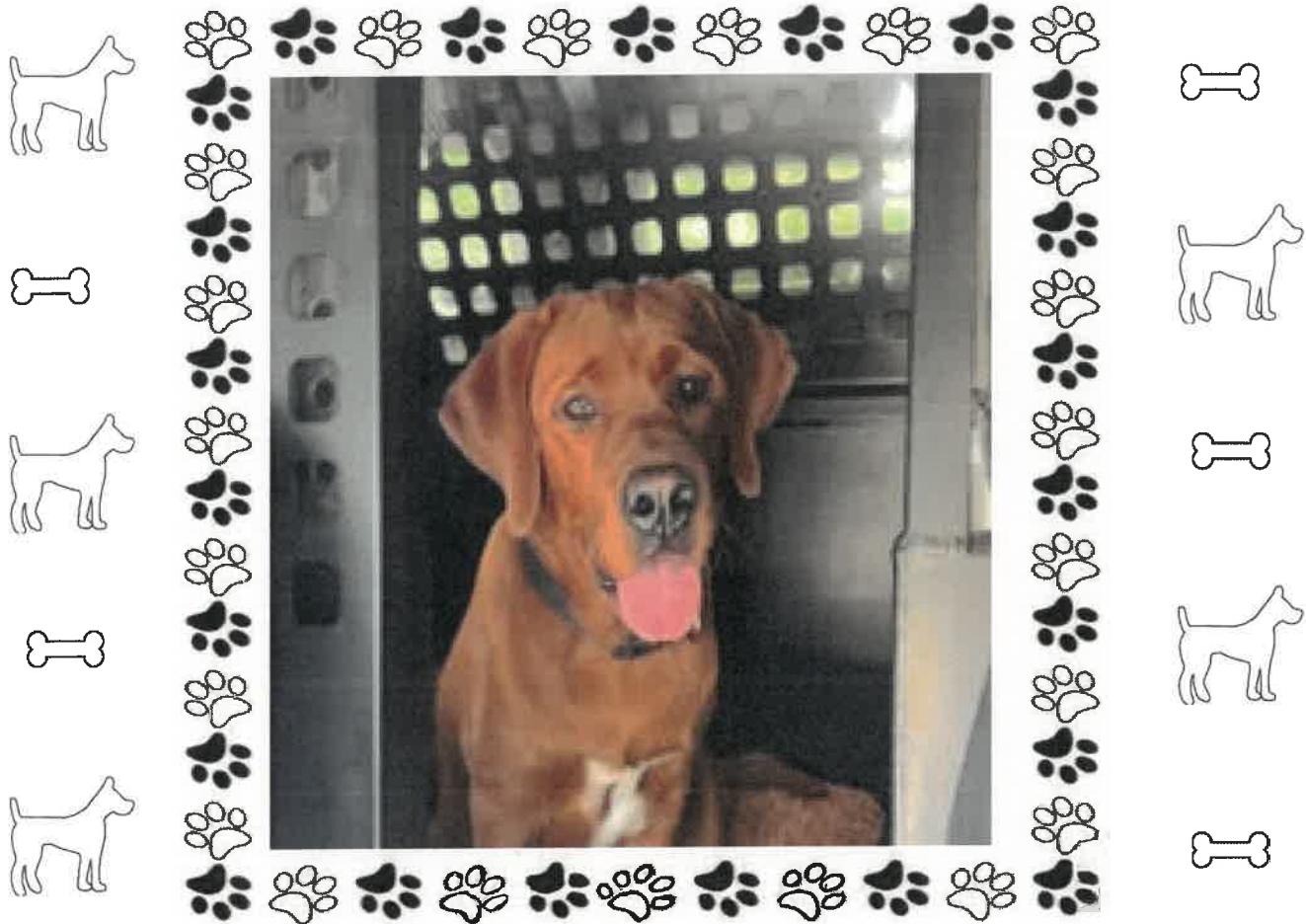
Inside- **Vendor Fair**,  
Cookie Decorating, Board Game Room,  
**Magic Shows**-Balloon Art- Face Painting  
& Glitter Tattoos, Photo Booth



**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**

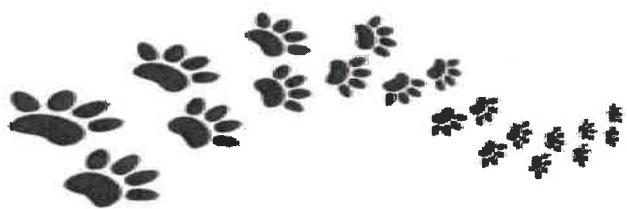
**Mail the payment to The Town Clerks Office, 325 Main Street,  
Oxford, MA 01540**

**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

MONTRÉAL

MOSCOW

MUNICH

Y W B F B E I J I N G M A K H  
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  
M I O E Z B O X O N O L K S L  
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  
T M O O G S E L E G N A S O L  
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

OSLO

PARIS

ROME

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

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

JUBILANT

LIVELY

MERRY

OVERJOYED

PEACEFUL

PEPPY

PLEASANT

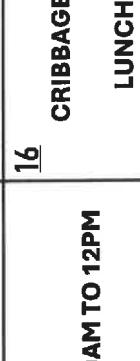
PLEASED

RADIANT

THRILLED

UPBEAT

JANUARY 2026 ~ OXFORD SENIOR CENTER

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