



OXFORD'S COUNCIL CHATTER



**JULY
2022**

TOWN MANAGER

Jennifer Callahan

DIRECTOR

Laura Wilson
Notary Public

STAFF MEMBERS

Deb Bayer
Deb King
Cindy Nagle
Janet Stoica

**COUNCIL ON AGING
BOARD MEMBERS**

Robert Krasinskas
Chairman

Joyce Nilson
Vice Chairman

Carolyn Merson
Secretary

Carole Fegreus
Karen Erickson
Jody Williams
Rose Wing

The COA board meets
every 2nd Thursday of
the month

HOURS

Monday though Friday
8:30 AM—3:30 PM

COUNCIL ON AGING/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000 email: seniorcenter@oxfordma.us



**The Senior Center will be CLOSED on July 4th
and July 14th**



Let's Get Moving

MUSICDance.edu presents.....

HIP HOP Dance Chair Exercise for Seniors

**Our first class was a lot of fun, come join us for the
second class**

Wednesday July 27th @ 11AM

Oxford Senior Center

**This is the second of three classes and will be at NO CHARGE
thanks to a grant funded by the Oxford Cultural Council**

From the Director's Desk.....



Summer @ the Senior Center

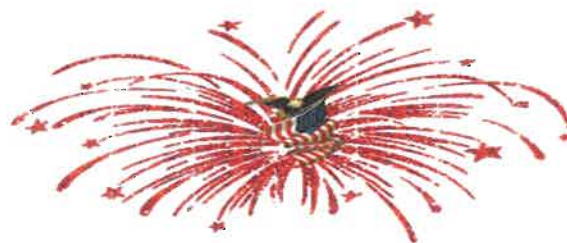
Hard to believe the year is halfway over. Our Senior Center is hopping with activities, programs, games and events. We are adding a "Men's Coffee Group" this month. The first group date will be July 13th @ 10AM.



11)
Laura

"YOUNG AT HEART CAFÉ"

JULY LUNCH MENU



Lunches will be 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)

\$ 4.00 dine in / \$ 5.00 take-out

~~~~~

**\*\*\* PLEASE NOTE MENU ITEMS MAY NEED TO BE CHANGED UNEXPECTEDLY  
DUE TO FOOD SHORTAGES \*\*\***

**Friday, 7/1:** Tuna Salad Roll, Carrot Salad, Potato Chips and Pudding Parfait

**Tuesday, 7/5: \*\*\*\* NO LUNCH WILL BE SERVED \*\*\*\***

**Friday, 7/8:** Italian Grinder, Potato Chips and Make Your Own Sundae

**Tuesday, 7/12:** Baked Potato Bar w/ Chili, Cheese, Sour Cream, Broccoli, Bacon Bits, Chives, Butter and Birthday Cupcakes

**Friday, 7/15:** Chicken Cutlet Sandwich w/ Lettuce & Tomato, French Fries, Coleslaw and Fresh Fruit Cup

**Tuesday, 7/19:** Mac n Cheese, Stewed Tomatoes, Dinner Roll and Fruited Jell-O w/ Topping

**Friday, 7/22:** Meat Calzone, Garden Salad and Fresh Baked Cookie

**Tuesday, 7/26:** Steak & Cheese Grinder w/ Peppers, Onions & Mushrooms, 3 Bean Salad, Potato Chips and Brownie

**Friday, 7/29:** Baked Manicotti, Italian Blend Vegetables, Italian Bread and Strawberry Shortcake

- 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.

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

Our next meeting is **August 5th @ 12:45PM**

Our book pick is: **A Life Without Water by Marci Bolden**

Carol Denman divorced her husband 20 years ago and has never looked back. But on the day before her daughter's 30th birthday, John barges back into Carol's life with a request that threatens the fragile stability she has built. John Bowman is sick, very sick. While he still can, he has some amends to make and some promises to fulfill. But to do that, he not only needs his ex-wife's agreement....he needs her.



**FREE MOVIE on July 8th @ 12:45PM:**

~~~ **DOWNSIZING** ~~~

Mild-mannered therapist Paul Safranek (Matt Damon) and his wife, Audrey (Kristen Wiig), decide to undergo a process in which scientists shrink people down to miniature size to live in small communities. The irreversible procedure allows the people to gain wealth and a life of leisure while helping to cut down on the consumption of natural resources. As Paul gets to know his new neighbors and surroundings, he soon learns that living in a tiny suburb comes with its own set of huge problems.



Oxford Fire Department / EMS will be at the Senior Center on Friday, **July 15th** @ 12:30PM for an educational presentation.

MEN's Coffee Group

The Senior Center is not only for women. We have had interest from several men in starting a men's group. We are going to have our first group gathering on **Wednesday, July 13th @ 10AM**

Coffee and Danish will be served

Would you like to join the Tuesday morning **WALKING CLUB?**

We meet every Tuesday (weather permitting) @ the Senior Center @ 8:45AM

JULY BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

Pauline Pouliot, Joan Gero, Robert Racki, Claire Degon, Donna Stone, Joann Colecchi, Theodore Grondin, Michael Halley, Joseph Diveglia, Mary Desautels, Joan Kielinen, Beatrice Charette, Gail Waterhouse, Norman LeBlanc Jr, Cynthia Cooper, George Casavant, James Wheeler, Joseph Dumas Jr, John Hickman, Donna Clancey, Robert Brooks, Lorraine Dumont, Louis Esposito, Robert Schneider, Judith Sneed, William Wilson Jr, Chester Brunelle, Evan Holmes, Myrtle Bacon, Geraldine Cody, Paul Kirby, Christine Sendrowski, Jeanne Saad, Elaine Guerin, Paul Mathurin, Albert Groleau, Timothy Flagg, Beverly Buron, Jeanne Rouillard, Aline Krasinskas, Gloria Freeman, Paul Deschenes, Anne Hudson, Bernadina Bingham, Thomas Sullivan, Lawrence Bray, Steven Yankus, Joanne Cody, Richard Shumway, Sandra Mundell, Jeanne Conway, Ronald Krusas, Marjorie Thomas, Jean O'Reilly, Carol Broadard, Melody Roland, Barbara Soucy, Susan Young, Francis St Jacques, Miguel Rodriguez, Steven Dickson, Lawrence Meersman III, Rose Marie White, Mary Keogh, Kevin Clancey, Richard Hudson Jr, Jeanette Leboeuf, Gail Hall, Barbara Liberis, Rose Miller, Barbara Houle, Priscilla Piekarczyk, Sandra Coleman, Judy Sampson, Nancy Zannotti, Mary Herman-Cappoli, Joseph Champagne, Cynthia Clark, Priscilla Johnson, Barbara McElholm, Alan Langway, Anne Merritt, Beverly Marley, Trevor Pariseau, Anthony Kelly, Judith Joy, Nancy Camerano, Arthur Allard, Paul Topalian, Elsa DeJesus, Richard Mercier, Maureen Brusa, Rachelle St Laurent, Francis Kowalcky, Carole Fegreus, Howard Holbrook, Elizabeth Bell, Daniel Robbins III, Warren Mahota Jr, Nancy Poissant, Claire Wilson, Deborah Getrost, Gertrude Gregoire, Richard Howard, Alwin Santor, Beverly Brown, Valerie Boris, Dean Anderson, Beverly Butler, Denis Skeeane, Peggy Hastings, Florence Jedrzynski, Kenneth Migneault, Louise Peterson, David Hall, Joseph Miller, Joseph Hoy, David Gauthier Sr, Geraldine Sakowicz, Patricia Comeau, Juliana Masley, Philip Bedard, Elaine Vincent and David Harackiewicz

July quiz: The Fourth of July commemorates which document?

June's question was: "Flag Day is observed on what day in June annually?" The correct answer was "June 14th" provided by Rose Lawless. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on July 15th .

Winner gets four (4) FREE lunch tickets.



Please scan your myseniorcenter card
when you come to the Senior Center for
lunch or activities

If you don't have one, see Laura or Cindy
THANK YOU

NEED A RIDE ?????

The Oxford Senior Center van is available to our seniors and the disabled.

You can travel within Oxford for grocery shopping, the post office,
hairdresser, pharmacy, etc. The fare is \$1.75 one way.

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 to indoor shopping on Thursdays from 4:30PM to
6:30PM. For your safety all volunteers and all clients, including children
over the age of two, will be REQUIRED TO WEAR MASKS when entering
the Community Center and the Food Shelf.

Clients will be allowed to shop twice a month.

Any Oxford family can come for food!

?????? Health Insurance Questions ??????

Kaye from SHINE is holding ZOOM appointments. Her next appointment day is **July 20th**. Appointment times are: 9AM / 10AM / 11AM / 1PM and 2PM. Call the Senior Center to schedule an appointment.

~~~~~

### OUTREACH MESSAGE: Health and Aging Affect Driving

Stiff joints, weak muscles, failing eyesight, trouble hearing, slower reaction time, reflexes, and medications can cause difficulties driving. So how can you be a safe driver? Take a defensive driving course. Don't go out in bad weather like heavy rain, ice or snow. Avoid areas where driving can be a problem for you like busy city streets or high speed roadways. Check in with your doctor. Have your driving skills checked by a driving rehabilitation special, occupational therapist, or other trained professional.

Concerns to look out for: multiple vehicle crashes, "near misses" and/or new dents in the car; two or more traffic tickets or warnings within the last two years, increases in car insurance premiums because of driving issues; comments from neighbors or friends about driving; anxiety about driving at night; health problems with vision, hearing, or movement; actions of other drivers; complaints about your speed or slowness, other drivers honking at you; getting lost on familiar roads; cars or people seem to appear out of nowhere; getting distracted while driving; trouble staying in your lane or sudden lane changes; trouble moving your foot between gas and the brake pedals or confusion between the two; recommendations from a doctor to modify driving habits or quit driving entirely. Making the decision to stop driving is very difficult. Even worse, is when a friend or family members tell you that it is no longer safe for you to drive. The loss of your independence can be really tough. By scheduling your trips and using our town van as well as the WRTA van, you will find that you are able to grocery shop, go to the pharmacy, doctor/dentist, library, town hall, the community center and, of course, the senior center!

# IMAGINE



# 2050

**We want to  
hear your  
Vision for 2050:**



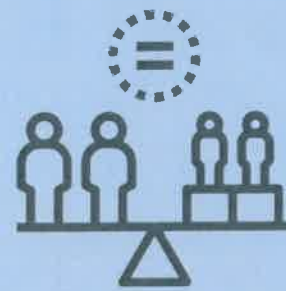
**[CMRPCRegionalServices.org/Survey](https://cmrpcregionalservices.org/survey)**



**What should  
our economy  
look like?**



**How do we  
preserve the  
environment?**



**How do we  
achieve  
equity?**

#### **What is Imagine 2050?**

As a region-wide comprehensive planning initiative, Imagine 2050 will establish long-range strategies for our 40-community region. We aim to identify the resources, problems, possibilities, and needs of the region, which will inform a plan to improve the welfare and prosperity of those who live, work, and visit Central Massachusetts.



**[cmrpcregionalservices.org/Imagine2050](https://cmrpcregionalservices.org/Imagine2050)**





# Vote By Mail

Massachusetts voters now have the option to vote early by mail in all elections, with no excuse required. To request your Vote by Mail ballot, all you have to do is submit a signed application to the Town Clerk's Office.



**For the Fall Elections, Vote by Mail applications will be mailed in July and September to every voter who has not already requested a mail-in ballot. These applications will be pre-addressed to the Town Clerk's Office and postage pre-paid.**



Applications can be submitted by mail, email, or fax. If you are emailing your application, you need to sign it in a way that can be compared to your hand-written signature. Electronic signatures, scanned applications, and photos of applications are acceptable. Typed signatures cannot be accepted.



## Early Voting



**All Early Voting in Person will be held at the Oxford Senior Center, 323 Main Street, Oxford, MA**

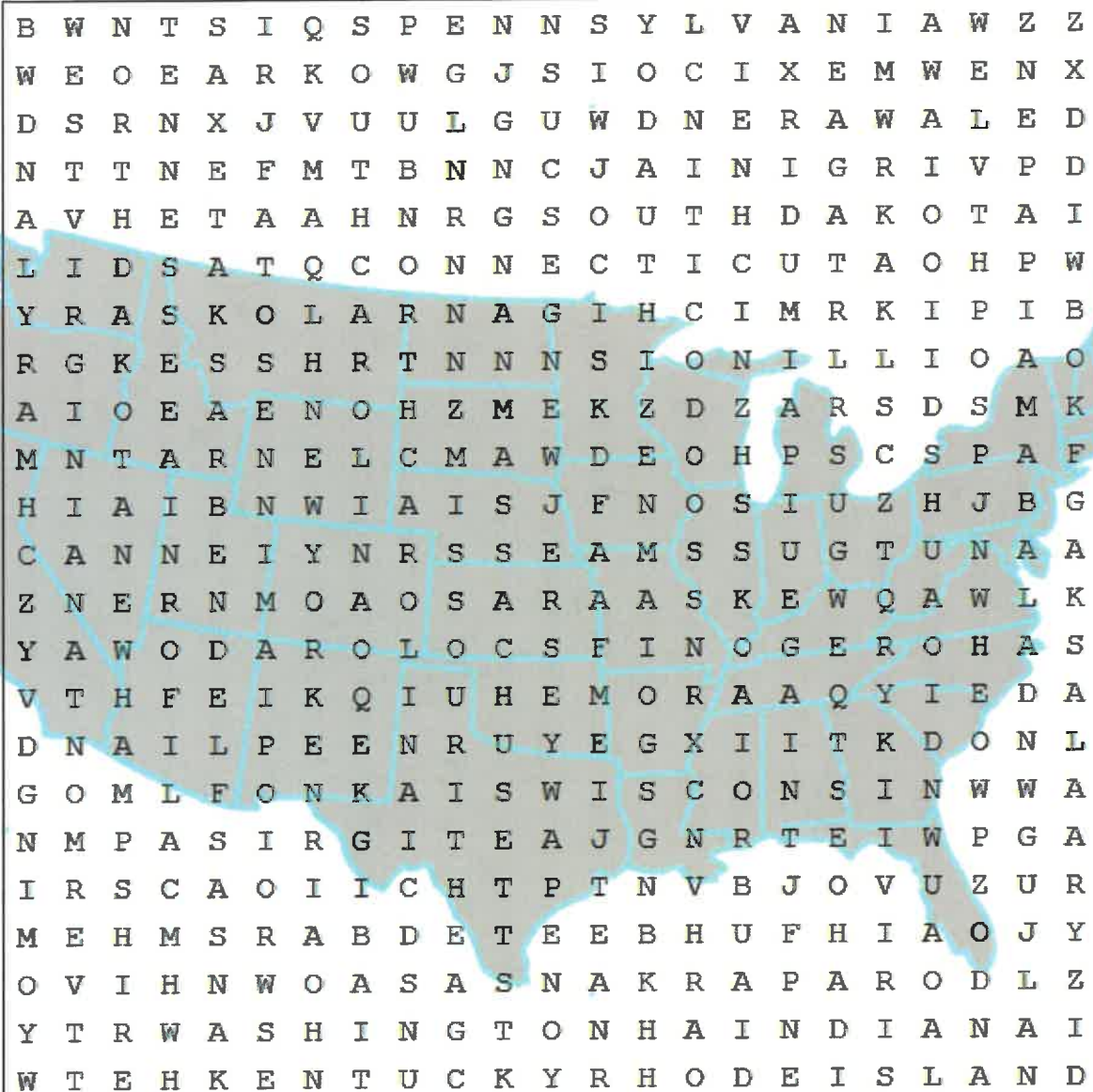
For the September State Primaries, In Person Early Voting will take place August 27<sup>th</sup> to September 2<sup>nd</sup>

And for the November State Election, In Person Early Voting will take place October 22<sup>nd</sup> to November 4<sup>th</sup>

**Hours for In Person Early Voting will be released at a later date.**

**And, as always, you may still vote the "Old Fashioned Way" and go to your polling place on Election Day and cast your ballot in person!!!!**

# 50 State Word Search




Alabama  
Alaska  
Arizona  
Arkansas  
California  
Colorado  
Connecticut  
Delaware  
Florida  
Georgia  
Hawaii  
Idaho  
Illinois

Indiana  
Iowa  
Kansas  
Kentucky  
Louisiana  
Maine  
Maryland  
Massachusetts  
Michigan  
Minnesota  
Mississippi  
Missouri  
Montana

Nebraska  
Nevada  
New Hampshire  
New Jersey  
New Mexico  
New York  
North Carolina  
North Dakota  
Ohio  
Oklahoma  
Oregon  
Pennsylvania  
Rhode Island

South Carolina  
South Dakota  
Tennessee  
Texas  
Utah  
Vermont  
Virginia  
Washington  
West Virginia  
Wisconsin  
Wyoming

# JULY 2022 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BOOK CLUB 12:45PM
4  CLOSED	5 WALKING CLUB 8:45 NEEDLE WORKERS 10AM ADULT COLORING 10AM NO LUNCH TODAY !!!	6 PITCH LEAGUE 1PM TO 3PM	7 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	8 CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM FREE MOVIE 12:45PM
11 CRIBBAGE 10AM TO 12PM	12 WALKING CLUB 8:45 NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	13 MEN'S COFFEE GROUP 10AM PITCH LEAGUE 1PM TO 3PM	14 CLOSED ~~~~~ ESSEX CT BUS TRIP	15 CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM OXFORD FIRE DEPARTMENT SENIOR SAFE PROGRAM 12:30PM
18 CRIBBAGE 10AM TO 12PM	19 WALKING CLUB 8:45 NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	20 SHINE – ZOOM APPOINTMENTS 9AM–2PM PITCH LEAGUE 1PM TO 3PM	21 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	22 CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM BEANO 12:45PM
25 CRIBBAGE 10AM TO 12PM	26 WALKING CLUB 8:45 NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	27 HIP HOP DANCE CHAIR EXERCISE FOR SENIORS 11AM PITCH LEAGUE 1PM TO 3PM	28 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	29 CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM