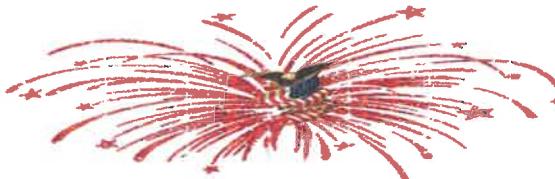




# OXFORD'S COUNCIL CHATTER



**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 through 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....



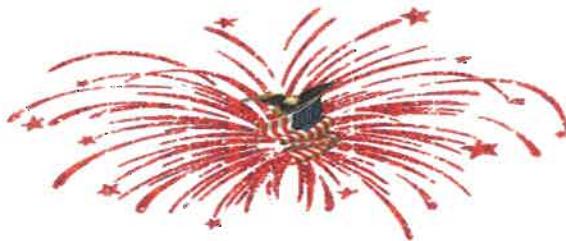
## Summer @ the Senior Center

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 Skeean, 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.

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### 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, or course, the senior center!

# IMAGINE 2050



We want to  
hear your  
Vision for 2050:



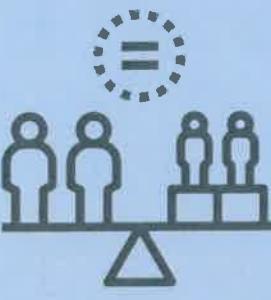
[CMRPRegionalServices.org/Survey](http://cmrpcregionalservices.org/Survey)



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](http://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**

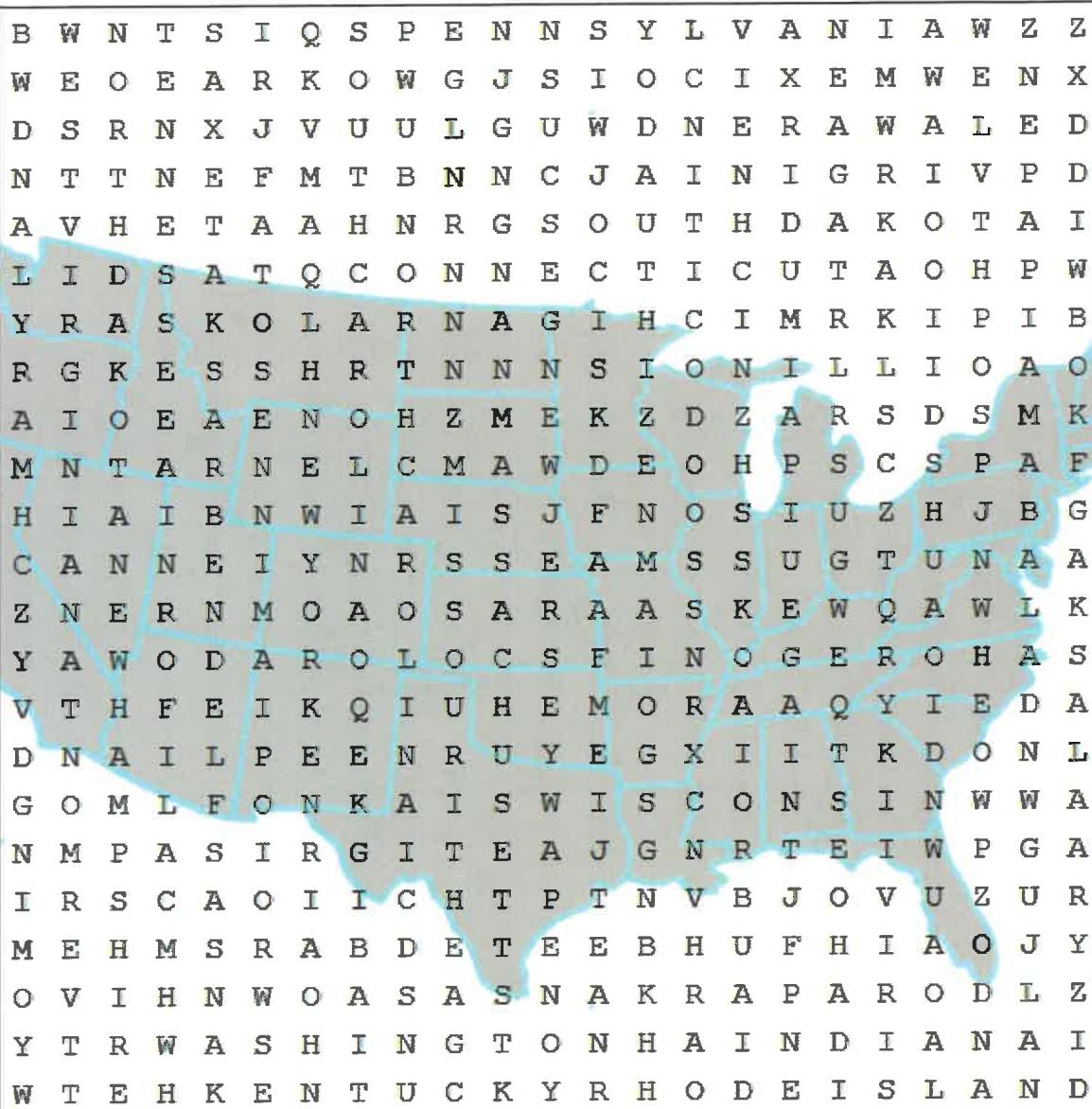
For the September State Primaries, In Person Early Voting will take place August 27<sup>th</sup> to September 2<sup>nd</sup>

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	Indiana	Nebraska	South Carolina
Alaska	Iowa	Nevada	South Dakota
Arizona	Kansas	New Hampshire	Tennessee
Arkansas	Kentucky	New Jersey	Texas
California	Louisiana	New Mexico	Utah
Colorado	Maine	New York	Vermont
Connecticut	Maryland	North Carolina	Virginia
Delaware	Massachusetts	North Dakota	Washington
Florida	Michigan	Ohio	West Virginia
Georgia	Minnesota	Oklahoma	Wisconsin
Hawaii	Mississippi	Oregon	Wyoming
Idaho	Missouri	Pennsylvania	
Illinois	Montana	Rhode Island	

JULY 2022 ~ OXFORD SENIOR CENTER