



OXFORD'S COUNCIL CHATTER



**MAY
2023**

TOWN MANAGER
Jennifer Callahan

DIRECTOR
Laura Wilson
Notary Public

STAFF MEMBERS
Deb Bayer
Deb King
Cindy Nagle
Janet Stoica
Don Joubert

**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 Monday,
May 29th in observance of Memorial Day!**



BUS TRIPS ARE COMING.....

June, July, August and October

Details coming soon!!!!



May quiz: "What is the official drink of the Kentucky Derby"

April's question was: "What year was Fenway Park Built"

The correct answer was "1912" provided by Pat Dziewietin. Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on May 16th.

Winner gets four (4) FREE lunch tickets!!



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!



"YOUNG AT HEART CAFÉ"

MAY 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

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**MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY**

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

**Tuesday, 5/2: Burrito / Nacho Chips / Salsa / Churro**

**Friday, 5/5: Tuna Salad Plate / Pita Bread / Fruited Jell-O w/ Topping**

**Tuesday, 5/9: Hot Dog Bar w/ Fixings / Birthday Cupcakes**

**Friday, 5/12: Baked Fish w/ Cheese & Bacon / Mashed Potatoes / Asparagus / Dinner Roll / Cheesecake**

**Tuesday, 5/16: Baked Chicken / Oven Roasted Potatoes / Glazed Carrots / Cranberry Sauce / Dinner Roll / Lemon Crunch Pie**

**Friday, 5/19: Corned Beef w/ Swiss Cheese on Rye / Marinated Vegetable Salad / Potato Chips / Fresh Baked Cookies**

**Tuesday, 5/23: Pasta Bake / Italian Blend Vegetables / Garlic Bread / Sherbet**

**Friday, 5/26: Cheeseburger w/ Lettuce Tomato Onion / Macaroni Salad / Sliced Watermelon**

**Tuesday, 5/30: Stuffed Cabbage / Mixed Vegetables / Bread / Cream Pie**

- 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.



## "Oxford's Old-Timer's"

### MEN's Coffee Group

Wednesday, May 10th @ 10:30AM

\*\*\*\*\* PLEASE NOTE TIME CHANGE \*\*\*\*\*

The idea of this group is to be a casual, fun and informative atmosphere.

There will be coffee and goodies.

#### MAY BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

Mary Brodeur, Marilyn Cyr, Douglas Selby, Alan Bounville, Mirosława Sekurski, Debra Lamarche, John Nelson, Deborah Bissonnette, Donna Theirrien, Helen Boris, Susan Powell, Harry Thompson, Joseph Perry, Pamela Wilson, Irene Ramos, Lillian Longtin, Peter Standrowicz, Stan Sklarz, Louis Hickson, Darlene Haglund, Paul Dufresne, Louise Partridge, Roger Lavoie, Linda Deoliveira, Marshall Provost, Charles Rogan Jr, Elsie Alvarez-Torres, Janice Tilley, Blanche Gregoire, Barbara Bowes, Betty Lou Raymond, Jean Esposito, Janet Chesties, Phyllis Carey, Joseph Laramee III, Leeann Dufresne, Richard Kalil, Patricia Soter, Ronald Silvestri, Joyce Swedberg, William Beckman, Vivian Socia, John Hartwell, Robert Bernier, Zofia Sobocinski, Dorothy Lavallee, Gary Belvery Sr, Nancy Kelly, Dona Kirkorian, Susan Elliott, Joan Putney, Patricia DiCandia, Linda Plante, Jana LaMothe, Cynthia Migneault, Robert Shaw, Andrew Foote, Christine Cheney, Paul Cody, William Milosh, Catherine Kozlowski, Sharon Mazurek, James Moore, Diane Gordon, MaryAnn Richard, John Mattson, Linda McIlvaine, Gloria Connery, Barbara Deyette, Gerald St Martin, Linda Dickson, Janet Ryan, Linda Premo, Thomas Sheehan, Ruth Silva, Shirley Sinkis, Norma Hanks, Deborah Zinkievich, Susan Hamel, Paul Salek, James Gomes, Mary Jane Standrowicz, Fred Adams, Patricia Wheeler, Patricia Cloutier, Richard Pinto, Bruce Baribeau, Cheryl Ducharme, Beatrice Willame, A Russell Pytko, John Dubsky Jr, Evelyn Auger, Mary Waterhouse, Allen Prince, Judith Moulton, Wendy Erskine, Lee Vassar, Judith Pytko, Carolyn Banfill, James Ballon, Nancy Maki, Donald Butler, Joy Bell, Bernice Rheaume, Barbara Day, Sandra Granahan, William St Jean and Ronald Prunier



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

Our next meeting is **THURSDAY, JUNE 1st @ 12:30PM**

Our book pick is **The Maid** by Nita Prose

Molly Gray, a hotel maid quickly finds herself caught in a web of deception when she is targeted as suspect of the murder of the infamous and wealthy Charles Black. This locked-room mystery reveals that all mysteries can be solved through connection to the human heart.



## CHAIR VOLLEYBALL



**EVERY WEDNESDAY @ 1PM**

We will use an inflatable beach ball so it is easy to hit, the hard part will be to keep yourself seated!!

## MOVIE MATINEE

**FRIDAY, May 12th @ 12:45PM**

**"Accidental Family"**



Genealogy consultant Olivia finds herself trapped between the man she likes and his family, who mistakenly think she's a long-lost relative. As an orphan herself, Olivia seems to have stumbled into the perfect family situation.

**Popcorn and M&M's will be served**



## SHINE COUNSELING

### Mass Health Buy-In Presentation

May 24th @ 11AM

*Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program. Come see if you qualify.*

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NEWS FROM SHINE: May 2023

Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. *Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope.*

In preparation for this, it is important that you:

- ~ Report any address changes or status updates to MassHealth as soon as possible.
- ~ Update MassHealth by calling the Customer Service number at 800-841-2900
- ~ Open and read any communications from MassHealth as soon as it arrives in the mail
- ~ Follow the instructions in the letter and return any forms and required documentation
- ~ Make sure you reply well in advance of the deadline

From the Director's Desk.....



Surveys have started to be mailed, watch your mail, complete and return to the Senior Center.

We would love to hear from you!!



Memorial Day: The Unofficial Start of Summer

Let's start off summer by showing our pride for the red, white and blue while celebrating the freedom we are so fortunate to have. Thank you to the brave men and women who have made the ultimate sacrifice for our freedom.



"All I am I owe to my mother." — George Washington



The weather is nice out, come join us for an activity, a presentation or lunch.

Outreach.....

Senior Center Outreach Coordinator Cindy Nagle is available Tuesdays, Thursdays and Fridays to offer free confidential information and referral services on aging related issues. Cindy can also help with a variety of paperwork, including SNAP (formerly Food Stamps), Fuel Assistance, Mass Health applications, etc.



Please call the Senior Center @ 508-987-6000 to make an appointment for assistance.

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### \*\*\*\* Gift Card Scams \*\*\*\*

Nearly 1 in 3 US adults have been asked to buy gift cards to pay a false debt, bill or fee. Around 13 million people bought the cards and lost money to scammers. Anytime someone you don't know asks you to buy a gift card—an alert should go off! *No legitimate business will ever ask you to pay a fee, bill or debt by purchasing a gift card.* Scammers sound so honest, caring, and helpful, but don't be fooled. They can call you at home or on your cell. You can be tricked into calling an incorrect number since scammers will slightly change the listing for a legitimate business; for instance, instead of calling Macy's, you don't notice that Macy's Inc. is not the department store you want and fall prey to a scammer.

Learn how to spot and avoid a scammer by continuing to educate yourself on how scammers work. Gift card scams work by asking you to buy a gift card to pay your bill, or a small fee, or a debt you owe. Once you buy the gift card, the scammer will ask you to read off the numbers on the gift card. This allows them to get the amount of money on the gift card without needing the physical gift card. You are out of your money and now hold a worthless gift card. It is impossible for the police or any law enforcement agency to track down the funds. Stay vigilant, and if you receive such a call, hang up! You can ask your local police department for assistance before doing anything rash!



# "STRENGTH & BALANCE"

Classes every Tuesday morning @ 9:15AM

Increase your strength and balance with small weights, balls, stretch bands and light exercise



Class taught by Donna Freeland,  
Certified Silver Sneakers Instructor

The cost will be \$3.00 per class

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"CHAIR YOGA"

Classes every Wednesday morning @ 9:15AM

Class taught by Crystal Daige,

Certified Yoga Instructor

The cost will be \$3.00 per class





Judy M ~ Donation of non-perishable food
Life Care Center of Auburn ~ dessert
Birthday Cupcakes ~ Anonymous
Marjorie W ~ baby sweaters / hats
P&D Pizza ~ Pizza & Grinders

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**The Voter Registration Deadline for  
the Annual Town Election is  
MAY 6, 2023  
at the Town Clerk's Office  
325 Main Street  
Oxford, MA 01540**



BEANO will be held on  
Friday, May 26th @  
12:45PM

Join us for lunch before ~~

Call to reserve your spot for lunch \$4.00 dine in

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GET OUT YOUR SNEAKERS!!!



Our walking club is starting back up on
FRIDAYS @ 9:00AM

*** NOTE DAY OF WEEK HAS CHANGED ***

“ Let’s Talk Oxford History “

Friday, May 19th

12:45PM—1:45PM

Round Table Discussion

Come to:

Share....Listen....Ask Questions....Learn....Have a Good Time

Sponsored by the Oxford Historical Commission

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## Durable Medical Equipment



The Senior Center has a small inventory of Durable Medical Equipment for LOAN free of charge including wheelchairs, walkers, rollator walkers w/ seat, bath seats and transfer benches This equipment is available for short and/or long term use. Inventory changes daily, please call the Senior Center to inquire of availability of such items if you need them.

We have a small supply of adult underwear ranging in sizes  
Small to X-Large

Due to BOH regulations we will not longer be able to take  
donations of commodes !!

## **"The Complete Guide to INTERNET SAFETY"**

**Tuesday, May 9th @ 12:30PM**

Did you know that over \$2.6 billion of losses reported last year were due to fraud? (via [ftc.gov](http://ftc.gov).) Over the last few years, internet scamming attempts have been increasing, and almost indistinguishable from legitimate offers. Although you may think you would never fall victim to one of these scamming attempts, the 2.8 million consumers who reported losing money to imposter scams last year may have believed this as well. In the digital age, it is incredibly important to refresh your digital literacy, and stay aware of how these scams target internet users so you can avoid falling victim to fraud.

Avery Kurzontkowski, a senior at Marianapolis Preparatory School will present a one hour presentation detailing the best practices to use on the internet to avoid losing money. Through this interactive presentation, you will learn how to discern legitimate offers from scams, the do's and don'ts of putting information online, and more educational tips.

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Emergency Preparedness

Tuesday, May 16th @ 12:45PM

Abby Shneyder, from the Massachusetts Office on Disability will present a one and half hour presentation on Emergency Preparedness Resources and will be handing out emergency to-go bags



"The Greendale Friends Chorus"

Wednesday, May 17th @ 1PM

This choral group was formerly known as "The Greendale Retired Men's Chorus". Lee Bartlett has directed the club for over 20 years, the club was founded in 1951 by a few men who had retired from Norton Co. Decades later, it is now open to anyone over 60, men & women. The chorus enjoys singing at nursing homes and senior centers.

The group asks for no donations, but "Milk & Cookies", so milk and cookies will be served

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## **"DIETICIAN TALK"**


**Thursday, May 18th @ 9:30AM**

Jennifer Riopel MS, RD, LDN, Registered Dietitian at Life Care Center of Auburn. She received her Master's Degree in Food and Nutrition with a specialization in the coordinated program in dietetics from Framingham State University. She is passionate about working with the elderly population and enjoys using medical nutrition therapy to improve the overall health and wellness of the residents.

She looks forward to speaking at the Oxford Senior Center about an overall healthy diet and lifestyle.

**A healthy but delicious treat will be provided to those attending.**

# MAY 2023 ~ OXFORD SENIOR CENTER

| Monday                                                     | Tuesday                                                                                                                                        | Wednesday                                                                                                                                     | Thursday                                                                                           | Friday                                                                                                                                        |
|------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM      | <b>2</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                           | <b>3</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                       | <b>4</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                              | <b>5</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>BOOK CLUB 12:45PM</b>                  |
| <b>8</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM      | <b>9</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>SCAM PRESENTATION 12:30PM</b>       | <b>10</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br><b>MEN'S COFFEE GROUP 10:30AM</b><br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM | <b>11</b><br>COA BOARD MEETING 9:30AM<br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM | <b>12</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>MOVIE 12:45PM</b>                     |
| <b>15</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM     | <b>16</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM<br><b>EMERGENCY PREPAREDNESS 12:45PM</b> | <b>17</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br><b>GREENDALE FRIENDS CHORUS 1:00PM</b>                                               | <b>18</b><br><b>AUBURN LIFE CARE DIETICIAN TALK 10AM</b><br>QUILTING CLASS 12:30PM TO 2:30PM       | <b>19</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>LET'S TALK OXFORD HISTORY 12:45PM</b> |
| <b>22</b><br>CRIBBAGE 10AM TO 12PM<br>PITCH LEAGUE 4PM     | <b>23</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                          | <b>24</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                      | <b>25</b><br>DOMINOES 10AM TO 12PM<br>QUILTING CLASS 12:30PM TO 2:30PM                             | <b>26</b><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>ADULT COLORING 10:30AM<br>LUNCH 12:00PM<br><b>BEANO 12:45PM</b>                     |
| <b>29</b><br><b>CLOSED</b><br>~~~~~<br><b>MEMORIAL DAY</b> | <b>30</b><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10AM<br>ADULT COLORING 10AM<br>LUNCH 12:00PM                                          | <b>31</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10AM<br>CHAIR VOLLEYBALL 1PM<br>PITCH LEAGUE 1PM TO 3PM                                      |                                                                                                    |                                                            |