



OXFORD'S COUNCIL CHATTER



**APRIL
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,
April 17th in observance of Patriots Day!**

YOU ASKED FOR IT ~~ WE FINALLY GOT IT

~~~CHAIR YOGA~~~

**Classes begin on Wednesday, April 5th @
9:15AM**

**Class will be taught by Crystal Daige,
Certified Yoga Instructor**

The cost will be \$3.00 per class

From the Director's Desk.....



Not sure about you, but I am loving the longer daylight hours.

Gets me out of my winter “funk”



April 17th thru 21st is “Volunteer Recognition Week”. We at the Senior Center are blessed to have many amazing, dedicated and dependable volunteers. You all make the days easier and brighter when you are here with us.

We have started working on our bus trips, and hope to have them all put together for our May newsletter.

Our survey will be getting mailed out in the next few weeks. I encourage you to complete and return to the Senior Center.



"YOUNG AT HEART CAFÉ"

APRIL 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, 4/4: Steak & Cheese Sub w/ Peppers, Onions & Mushrooms,  
Chips, Marinated Cucumbers & Tomatoes and Fresh Baked Cookies

Friday, 4/7: Baked Fish, Mashed Potatoes, Oven Roasted Vegetables, Dinner Roll  
and Lemon Meringue Pie

Tuesday, 4/11: Shepherds Pie, Dinner Roll and Birthday Cupcakes

Friday, 4/14: Cobb Salad w/ Dressing, Bread Stick and Fruit Cobbler

Tuesday, 4/18: Baked Stuffed Chicken Breast, Oven Roasted Potatoes, Glazed  
Carrots, Cranberry Sauce and Fruited Jell-O w/ Topping

Friday, 4/21: Filet of Fish Sandwich, French Fries, Cole Slaw and Sherbet

Tuesday, 4/25: Mac & Cheese, Stewed Tomatoes, Dinner Roll and Blondie  
Brownie

Friday, 4/28: Seafood Salad Roll w/ Lettuce & Tomato, Onion Rings and Pudding  
w/ Topping

- 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.

**April quiz: "What year was Fenway Park built?"**

March's question was: "What US cookie brand trademarked its name on March 14, 1912"

The correct answer was "OREO" provided by Pat Hickey! Please call the office to enter your answer. All correct answers will be entered into a drawing. We will draw our next winner on April 14th.

Winner gets four (4) FREE lunch tickets and a package of the cookie!

**REFERRALS**



We would like to update our referral list for tradesmen, handymen, housekeepers, snow plowing. If you have a positive recommendation for anyone, please let us know.

Referrals from our residents are the best source of information for the rest of the community.

Call the Senior Center @ 508-987-6000

**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!

# **SPECIAL TELEPHONE PROGRAM PRESENTATION**

## **MA State 911, MassEDP & MassRelay**

**Tuesday, April 11th @ 12:30PM**

MassEDP provides FREE specialized telephone equipment to anyone in the state that has a difficulty using the phone. They work with clients that are hard of hearing, deaf, low vision, blind, cognitive or speech impaired. Their telephone equipment allows people to use the phone more easily no matter what level of difficulty they have using the phone. Both landline and cellular phones are available through this program. Equipment, installation and tech support are included FREE of charge to clients.

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Judy M ~ Donation of non-perishable food
St Vincent de Paul ~ Donation of food bags
Life Care Center of Auburn ~ breakfast



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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**I've written an article about ageism. Ageism is discrimination against any person or group based on age. Although much bias is unconscious, prejudice is learned. From childhood on, we're barraged by messages about how awful it is grow old (remember Peter Pan?). Unless we stop to challenge them, such messaging becomes part of our identity and warps our sense of self worth. Do you help to perpetuate this belief? Not me....**

**Have you ever been reluctant to reveal your age? Have you needed a railing to steady yourself? Been turned down for a job? Used negative images or language to refer to another older person? We all do this, no judgement. But we can't challenge bias unless we are all aware of it. And these behaviors aren't good for us because they're rooted in shame about things that should not be shameful.**

**We elders can be the most biased of all, because we've had a lifetime to absorb these messages and most of us have never stopped to challenge them. Reconciling that deficit view of old age with what we hope lies ahead for ourselves is really hard to do. Why is this? Our culture fetishizes physical perfection; most movies, magazines, and TV shows idealize young, healthy, toned people. Older individuals mostly play the parents or grandparents of the main characters.**

**All of us lucky enough to grow old may age into an impairment of some kind. We age well not be denying our illness but adapting to them. We need to honor our experience and fight discrimination whenever it occurs. How can all of us approach this? Share with me any negative experiences that you might have had and thoughts or comments to combat this negative bias.**

*Cindy*



## SHINE COUNSELING

One-on-one appointments available with Kaye. Call the Senior Center to schedule an appointment. Our next date is **April 19th**. Trained SHINE volunteers offer FREE counseling on all aspects of health insurance to seniors. Please watch our future newsletters as we will be having a MassHealth Medicare Savings (Buy-In) Presentation.

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GET OUT YOUR SNEAKERS!!!



Our walking club is starting back up on
THURSDAYS!!

Starting **APRIL 13th @ 9AM**

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

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

Our book pick is **"The Dog Stars"** by Peter Heller.

This is a post-apocalyptic fiction novel. Set in Colorado, a man lives a lonesome existence in an airplane hanger with his dog and a dour gunman he befriended. When a mysterious transmission comes through on the radio while he's flying his old Cessna, it sparks a hunt for the provenance of the sound.



Meet the author at the Gladys Kelly Public Library in Webster on May 18th @ 6:30pm!

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, April 14th @ 12:45PM

MRS HARRIS GOES TO PARIS

Due to technical difficulties we were unable to show this movie last month

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

Popcorn and M&M's will be served



"Oxford's Old-Timer's"

MEN's Coffee Group

Wednesday, April 12th @ 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.

APRIL BIRTHDAYS !!! HAPPY BIRTHDAY TO OUR SENIORS!

Deborah Healy, Marion Eno, Sandra Farrell , Beverly Drohan, Cecylia Forance, Mark Doney, Kurt Pitz, Karol Bedard, Corinne Beach, Elizabeth Danforth, Theodore Cioppa, Florence Correira, Pauline Clouthier, Eleanor Solberg, Charles Brancke, Evelina Piscopo, Nancy Mercier, Sharon Morin, Kevin Walsh, Jon Clem, Deborah Carter, Claire Petka, Richard Wilmot, George Bourie, Barbara Beauregard, Arlene Gionet, Judith Caissie, Susan Warren, Linda Davolio, Paul Jacques, Leo Belliveau, Concepcion Layboy-Lopez, Jody Williams, Lisa Hickman, Judith Labonte, Paul Holmberg, Ruby Pollock, Ronald Kozlowski, Theresa Ballon, Maureen Shaughnessy, Janice Torteson, Norma Williamson, Richard Whittemore, Earl Cote, Beverly Malkowski, Mary Jane Dube, Angelo Cascione, June Russell, Emanuel Rasin, Alma Robert, John Baraklilis, Stephan Ferdella, Anna Tanca, James Benoit, Paul Cyr, Gail Marotta, Alfred St Germain, Maureen Biando, Theresa Topalian, Paula Blackwood, Comfort Ayiku, Stanley Nottage, Donna Dumas, Veronica Pastier, Linda Webster, Michael Baker, Earl Holmberg, Norman Mercier, Barbara West, Doris Jarvis, Arsenio Luz, Marjorie Squire, April Duval, Mary Hanly, Simin Bagheri, Robert Matus, Frances Cunningham, Doris Caplette, Debra Rodriguez, Elizabeth Shannon, Pauline Pinkham, Robert Mercier, Alice Shaw, Greg Anderson, Nancy Daviau, Ann Bergeron, Carol Cassol, Algird Juzukonis, William Lane, Lesa Zollo, Louise O'Leary, Constance Adafia, Kathleen Koneczny, Ronald Tarkiainen, Kevin Putney, Mary Bushnell, George Chevalier and Richard Murphy

“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 certified Silver Sneakers
Instructor Donna Freeland**



The cost will be \$3.00 per class

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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 !!**

## FRESH FLOWER ARRANGING CLASS

Thursday, April 20th @ 12:30 PM

Cost: \$15.00 CASH



**MUST RSVP and PAY by April 13th**

Light refreshments will be served

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**AmeriCorps
Seniors**



Family Services
OF CENTRAL MASSACHUSETTS
An Affiliate of Seven Hills Foundation

THE FRAUD SQUAD PLAYERS

Friday, April 21st @ 12:45PM

The Fraud Squad players are senior volunteers who have been performing skits since 2017 to senior audiences to educate and inform them on the various frauds & scams which target seniors.

They also staff the Senior Fraud Helpline

OXFORD BULK ITEM DROP-OFF

DATES: APRIL 29, 2023 - SATURDAY - OXFORD CENTER - NORTH
MAY 6, 2023 - SATURDAY - OXFORD CENTER - SOUTH

TIME: 8:00 AM TO 3:00 PM

LOCATION: OXFORD TRANSFER STATION, 200 LEICESTER ST, NO. OXF 508-892-1219

*** * * * * MUST HAVE PROOF OF RESIDENCY * * * * ***

BULK ITEM DROP-OFF IS FOR RESIDENT USE ONLY-NO BUSINESSES
One Ton Truck /Van Maximum Size

HOUSEHOLDS ARE LIMITED TO TWO LOADS ONLY
LOADS WILL BE CHECKED AND RECORDED AT GATE

DROP-OFF DATES WILL BE STRICTLY ENFORCED:
APRIL 29th-RESIDENTS NORTH OF CHARLTON ST/SUTTON AVE
MAY 6th-RESIDENTS SOUTH OF CHARLTON ST/SUTTON AVE

If you arrive on the wrong day you will be denied access to drop-off.

If you are unable to make your Bulk Drop Off day. Please call the DPW
before APRIL 27, 2023 at 508-987-6006 to switch your Saturday only.

DUE TO THE MASS DEP WASTE BAN EFFECTIVE NOVEMBER 1, 2022
WE ARE NO LONGER ACCEPTING BOX SPRINGS OR MATTRESSES DURING
BULK ITEM DROP-OFF DAYS!

ACCEPTABLE BULK MATERIALS

- ♦ TELEVISIONS (LIMIT 2 PER HOUSEHOLD)
- ♦ VCRs
- ♦ FURNITURE/BEDS
- ♦ AIR CONDITIONERS, APPLIANCES
- ♦ BATTERIES (CAR & TRUCK)
- ♦ COMPUTERS, ELECTRONICS, AUDIO EQUIPMENT
- ♦ LAWN MOWERS (DRAIN FLUID)
- ♦ MICROWAVES, REFRIGERATORS, STOVES, GRILLS, SCRAP METAL
- ♦ WATER HEATERS
- ♦ BIKES

UNACCEPTABLE MATERIALS

- ♦ **MATTRESSES/BOX SPRINGS**
- ♦ CAR PARTS (INCL.TIRES)
- ♦ HAZARDOUS MATERIALS
- ♦ PAINT
- ♦ PROPANE TANKS
- ♦ WASTE OIL
- ♦ FLUORESCENT BULBS
- ♦ RECYCLABLE ITEMS
- ♦ CLEANING MATERIALS
- ♦ YARD WASTE
- ♦ CONSTRUCTION DEBRIS
- ♦ DEMOLITION DEBRIS
- ♦ LIQUID WASTE
- ♦ LUMBER
- ♦ HOUSEHOLD TRASH

FOR MORE INFORMATION CONTACT DPW (508) 987-6006



BEANO will be held on
THURSDAY, APRIL 27th @
12:45PM

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Sheryl Faye Presents  
***CLARA BARTON***  
Civil War Nurse,  
Red Cross Founder

**Friday, April 28th @ 12:45PM**

This is a “live” performance. You will be delighted by the multi-media, fully-immersive show experience. Its not a lecture, it is so much more!



# Annual Census

## *The different components of the Census*

### **Part 1:**

Initial mailing of the Census

*Late December/Early January*

The Census is conducted annually in the Town of Oxford as required by M.G.L. Ch. 51, Section 4.



### **Part 2:**

Complete and return Census

*Late January/Early February*

Compliance with this State requirement provides proof of residence to protect voting rights, veteran's bonus, school enrollment projections, housing for the elderly and related benefits as well as providing information for selection of jurors. This form DOES NOT register you as a voter. If you are a registered voter, failure to respond to this annual census for two consecutive years shall result in the voter's name being removed from the voter's list.



### **Part 3:**

Those **voters who fail to sign and return** the Census form, will become "inactive" and per M.G.L. Ch. 51, Section 4, will be required to be mailed a Confirmation Postcard, which ultimately costs the Town additional money

*Mid-March/Early April*



### **Part 4:**

Production of the street listing book

*Mid-June/Early July*

Thank you to all of the Oxford Residents who have returned the census form and help to maintain an accurate record of all residents in town.

# *Annual Town Meeting*



*Where:*

*Oxford Middle School Auditorium*

*497 Main Street*

*When:*

*Wednesday, May 3, 2023 at 7:00PM*

# SPRING CLEANING

APRON

BEESWAX

BLEACH

BRUSH

CLEANSER

DETERGENT

DISINFECTANT

FRESHEN

GRIME

MOPS

OVERALLS

PLUNGER

POLISH

RINSE

SOAK

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

SUDS

SODA

TOWEL

SPARKLING


WHITENER

SPONGE

WIPES

STAINS

# APRIL 2023 ~ OXFORD SENIOR CENTER

| Monday                                                                                                                                         | Tuesday                                                                                                                                                       | Wednesday                                                                                                                 | Thursday                                                                                                                                 | Friday                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|  <p>3</p> <p>CRIBBAGE 10AM TO 12PM<br/>PITCH LEAGUE 4PM</p> | <p>4</p> <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10AM<br/>ADULT COLORING 10AM<br/>LUNCH 12:00PM</p>                                               | <p>5</p> <p>CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10AM<br/>CHAIR VOLLEYBALL 1PM<br/>PITCH LEAGUE 1PM TO 3PM</p>            | <p>6</p> <p>DOMINOES 10AM TO 12PM<br/>QUILTING CLASS<br/>12:30PM TO 2:30PM</p>                                                           | <p>7</p> <p>CRIBBAGE 10AM TO 12PM<br/>ADULT COLORING 10:30AM<br/>LUNCH 12:00PM<br/><b>BOOK CLUB 12:45PM</b></p>                  |
| <p>10</p> <p>CRIBBAGE 10AM TO 12PM<br/>PITCH LEAGUE 4PM</p>                                                                                    | <p>11</p> <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10AM<br/>ADULT COLORING 10AM<br/>LUNCH 12:00PM<br/><b>MA STATE 911 PRESENTATION 12:45PM</b></p> | <p>12</p> <p>CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10AM<br/><b>MEN'S COFFEE GROUP 10:30AM</b><br/>CHAIR VOLLEYBALL 1PM</p> | <p>13</p> <p><b>WALKING CLUB 9AM</b><br/>COA BOARD MEETING 9:30AM<br/>DOMINOES 10AM TO 12PM<br/>QUILTING CLASS<br/>12:30PM TO 2:30PM</p> | <p>14</p> <p>CRIBBAGE 10AM TO 12PM<br/>ADULT COLORING 10:30AM<br/>LUNCH 12:00PM<br/><b>MOVIE 12:45PM</b></p>                     |
| <p>17</p> <p><b>CLOSED</b><br/>~~~~~<br/><b>PATRIOT'S DAY</b></p>                                                                              | <p>18</p> <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10AM<br/>ADULT COLORING 10AM<br/>LUNCH 12:00PM</p>                                              | <p>19</p> <p>CHAIR YOGA 9:15AM<br/>SHINE BY APPT ONLY<br/><b>NO AFTERNOON ACTIVITIES</b></p>                              | <p>20</p> <p>WALKING CLUB 9AM<br/>DOMINOES 10AM TO 12PM<br/>FLOWER CLASS 12:30PM<br/>\$15.00 RSVP BY THE 13TH</p>                        | <p>21</p> <p>CRIBBAGE 10AM TO 12PM<br/>ADULT COLORING 10:30AM<br/>LUNCH 12:00PM<br/><b>THE FRAUD SQUAD 12:45PM</b></p>           |
| <p>24</p> <p>CRIBBAGE 10AM TO 12PM<br/>PITCH LEAGUE 4PM</p>                                                                                    | <p>25</p> <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10AM<br/>ADULT COLORING 10AM<br/>LUNCH 12:00PM</p>                                              | <p>26</p> <p>CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10AM<br/>CHAIR VOLLEYBALL 1PM<br/>PITCH LEAGUE 1PM TO 3PM</p>           | <p>27</p> <p>WALKING CLUB 9AM<br/>DOMINOES 10AM TO 12PM<br/><b>BEANO 12:45PM</b></p>                                                     | <p>28</p> <p>CRIBBAGE 10AM TO 12PM<br/>ADULT COLORING 10:30AM<br/>LUNCH 12:00PM<br/><b>CLARA BARTON PRESENTATION 12:45PM</b></p> |