



OXFORD'S COUNCIL CHATTER



**NOVEMBER
2023**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

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



**NEED HELP PAYING FOR YOUR HEAT THIS WINTER?
SEE BELOW !**



WCAC
BREAKING THE CYCLE OF POVERTY ONE NEIGHBOR AT A TIME

FUEL ASSISTANCE

NEW APPLICANTS ONLY

Staff from the Worcester office will be here on

Monday, November 27th from 9AM-3PM

by APPOINTMENT ONLY

Please call the Senior Center to make an appointment and we will provide you with a list of what documents you will need to bring.

From the Director's Desk.....



WELCOME TO OUR NEW ASSISTANT DIRECTOR *KRISTEN ZAMIS*

Kristen comes to us with many years of Senior Center experience. She will be assisting with the daily operations of the Senior Center as well as brain storming with myself to come up with new activities, presentations, and entertainment.

You are cordially invited to a Welcome to Oxford Senior Center
Reception on Tuesday, November 28th @ 12:30PM

Dessert will be served!

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There are many things that I am thankful for this year, but at the  
very top of that list is ALL OF YOU!

Wishing you a harvest of blessings, good health and good times.



11)  
*Laura*



## "YOUNG AT HEART CAFÉ" November LUNCH MENU

Lunches will be served Tuesdays and Fridays from 12:00 PM to 12:30 PM

**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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Friday, 11/3: Baked Potato Bar w/Chili, Cheddar Cheese, Broccoli, Bacon, Chives, Sour Cream, Butter and Pudding Parfait

Tuesday, 11/7: Cheeseburger w/Lettuce, Tomato, Onion, Chips and Fresh Baked Cookies

Friday, 11/10: CLOSED

Tuesday, 11/14: Chicken Salad Sandwich w/Grapes & Walnuts on Wheat Bread, Marinated Tomato & Cucumber Salad and Birthday Cupcakes

Friday, 11/17: Pasta Bake, Salad, Garlic Bread and Brownie

Tuesday, 11/21: Roast Turkey, Stuffing, Gravy, Mashed Potato, Peas & Onion, Whipped Squash, Cranberry Sauce, Dinner Roll and Pumpkin Pie

Friday, 11/24: CLOSED

Tuesday, 11/28: Salisbury Steak & Gravy, Mashed Potato, Corn, Dinner Roll and Tapioca w/Whipped Topping

MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY

**** PLEASE NOTE ITEMS MAY NEED TO BE CHANGED UNEXPECTEDLY ****

**** SPECIAL REQUESTS CANNOT ALWAYS BE ACCOMMODATED ****

- 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, November 8th @ **10:30AM**

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

There will be coffee, pastry and conversation!

NOVEMBER BIRTHDAYS !!!



Robert Baggs, Carol Lee Berube, Paul Albuquerque, Dianne Clark-Cahill, Kathleen Purcell, Clarence Stockwell, Janice Tarkiainen, Rose Wing, Stephen Boyns, Carol Pepka, Donna Leonard, Lisa Mulhern, Nicholas Digiulio, Richard Kneeland, Anna Matney, Larry Brusa, Allyn Ohan, Judy Hodgerney, Linda Primel, William Borowy, Robert Bennett, Donald Kielinen, Kenneth Mills, Carol Troiano, John O'Brien, Christopher Brooks, Gail Wojtanek, Wilfred Martin, Caroline Bianchi, Donald Mayo, Alan Lucier, Cheryl Baggs, John Turner, Steve Pizzetti, Robert Cierpich, Kathleen Tarkiainen, Wayne Johnson, Judy Durkin, Shirley Latour, Catherine Doran, Stanley Chesitis, Harold Sanders, Noreen Harty, Janet Koza, Barbara Gould, Arthur Robert, Paul Mazeika, Karen Erickson, Brenda Carroll, Nancy McGovern, Earl Cody, Susan McAndless, Susan Boris, Willy Van Beekom, Carol Miller, Lynda Robinson, Jan Williams, John DiPasquale, Lillian Coonan, Beverly Grimshaw, Paula Miner, Dorothy Anderson, Joel Masley, Joan Brady, Almetter Bethune, Arthur Freeman Jr, Valerie Daoust, Susan Orsi, Ginny Suklis, Judith Murdock, Roger Tudor, Evelyn Perkins, Patricia Schneider, Arthur St Cyr, Elizabeth Fisher, Constance Zajac, Norman Hale, John Koneczny, Constance Perra, Madeleine Stevens, Joseph Chiuchiolo, Barbara Moody, Robert Krasinskas, Carol Keating, Marcia Kollios, Lois Bunker, Eva Dawson, Shirley DeLuca, Susan Sheehan, Rory O'Connor, Carol Russell, Francis Farrell Jr, Dolores Cloutier, Kathleen Vanderhoof, Joseph Kowal, Theresa Donnelly, Debra Monahan, Linda Bourie, Mark Masuzzo, Ernest Germain, Joan Stevens, Richmond Parker, Rose Lawless, Jeanne Roy, Cynthia Olney, Maureen Baker, Stanley Garbauskas and Diane StJean

SPECIAL NOTE:

Due to the high demand for our Thanksgiving lunch, please sign up early to reserve your meal. We can only accommodate 70 lunches due to our kitchen cooking capacity!

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## **MUSIC at the Senior Center**

Friday, November 17th @ 12:30PM

**The Mike & Beth Show**



This duo entertained us back in September. Their show features sing  
alongs, comedy, and audience participation

This concert is supported by a grant from the Oxford Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency

## 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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Steps to slow down the progression of dementia from the Mayo Clinic:

The first step to slowing down dementia according to the Mayo Clinic is to regularly exercise. Why? Because regular exercise increases the blood flow to the brain. Being physically active also makes it easier to take care of yourself like dressing, getting in and out of bed or a chair, and other daily living activities. You are also less likely to fall, increases muscle strength and bone density as well. We older adults should do at least 2.5 to 5 hours of moderate-intensity aerobic activity a week, ideally a little every day—that's a little less than 45 minutes a day! Walk, walk, walk! This is one of the best forms of cardio for us and can be modified to match the pace, distance or time that feels right for you. Try walking in place every time a commercial comes on the TV! Try parking a little further away from the store or come up with other ideas. Dancing! Whether you like Zumba, line dancing or tango, moving your body including your hips is great cardio. Not only does dancing elevate the heart rate but it also improves your balance and lifts your spirits. So dance away to the oldies. Cycling! You can use either an outdoor bike or a stationary bike but either will count toward increasing your blood flow.

Enjoy and have fun with whatever you choose and change up your exercise but be consistent with the time that you spend!

(www.mayoclinic.org)

BREAKFAST WITH THE CHIEF

November 16th

9AM

@ the Senior Center

Come join us for breakfast and conversation
with Chief Daniels



MUST RSVP by November 10th

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

Our next meeting is **FRIDAY, December 1st @ 12:45PM.**

Our book pick is: **THE SANTA SUIT by Mary Kay Andrews**



At the top of a closet, Ivy finds an old Santa suit ~ beautifully made and decades old. In the pocket of the suit she finds a note written in a childish hand; it's from a little girl who has one Christmas wish, and that is for her father to return home from the war. This discovery sets Ivy off on a mission. Who wrote the note? Did the man ever come home? What mysteries did the Rose family hold?

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 on Thursdays from 4:30PM to 6:30PM

for OXFORD residents

Masks are no longer required, instead masks are optional for volunteers and clients.

Clients are encouraged to bring there own reusable shopping bags - bring reusable bags and have your name entered into a raffle.

There is plenty of FRESH produce available

Clients are allowed to shop twice a month



Options Counseling
w/ Brittney from Tri-Valley

Every 3rd Tuesday @ the Senior Center
November 21st

12:30PM to 2:30PM (call for appointment)

Range of resources available to help you, your family or caregiver understand the options, can make an informed choice, and decide the next step to take!

Examples are: help with personal care, household chores, transportation, nutrition or medication management, etc..

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**SORRY, WE ARE  
CLOSED**

The Senior Center will be CLOSED on the following  
dates in November

November 6th ~ Veterans Luncheon

November 10th ~ Veterans Day

November 23rd & 24th ~ Thanksgiving

# "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 Heidi Gambaccini

Certified Yoga Instructor

The cost will be \$3.00 per class

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Walking Club will resume in the spring





Birthday Cupcakes ~ Anonymous  
Knitted Items ~ Marjorie Wilson  
Labor to build our Scarecrow stand ~ Dick Shumway

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NO MONTHLY MOVIE IN NOVEMBER

Next movie will be December 8, 2023

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\*\*\*\*\* DATE CHANGE \*\*\*\*\*

BEANO will be held on

Thursday, November 30 @ 12:45PM





November Trivia Question: "What city first started the Thanksgiving parade in 1920?"

September's question was: "In 1997, what cookie did Massachusetts designate as the Official State Cookie?"

The correct answer was "Chocolate Chip Cookie". The correct answer was provided by Maggie Gray. Please call the office to enter your answer. All correct answers will be entered into a drawing.

We will draw our next winner on November 14th

Winner gets two (2) FREE lunch tickets!!

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"Let's Talk Oxford History ~ Part 6"

TUESDAY, November 14th

1:00PM—2:00PM

The fun continues.....

If you have not joined us, you are missing out on a great time of Oxford History

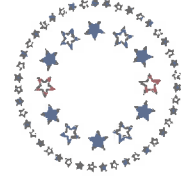
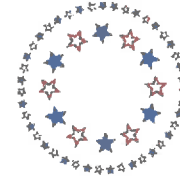
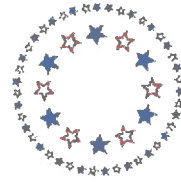
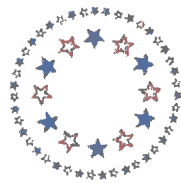
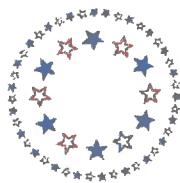
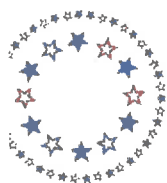
LISTEN.....SHARE.....ASK QUESTIONS.....LEARN

Sponsored by the Oxford Historical Commission



Are You Interested in Becoming an Election Worker?

Contact the Oxford Town Clerk's Office at
(508)987-6032 option #1 for more
information



Visit the Oxford Town Clerk's Office
located at **Oxford Memorial Town Hall,**
325 Main Street, Oxford, MA 01540



Thank You Veterans



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

Find the following words in the puzzle.

Words are hidden     and .

AIR FORCE	CORPORAL	HEROISM	MILITARY	SERGEANT
ARMISTICE DAY	COUNTRY	HONOR	NAVY	SERVICE
ARMY	COURAGE	INTEGRITY	NOVEMBER	SOLDIER
BRAVERY	DEDICATION	LIEUTENANT	PEACE	SPACE FORCE
CAPTAIN	DEFEND	LOYALTY	PRIVATE	TROOPS
COAST GUARD	DUTY	MAJOR	PROTECTION	VALOR
COMBAT	FREEDOM	MARINE CORPS	REMEMBRANCE	VETERAN
COMMITMENT	GENERAL	MEDAL	SACRIFICE	WAR

NOVEMBER 2023 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
 6 CLOSED VETERANS LUNCHEON ~~~~~ PITCH LEAGUE 5PM	7 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM	8 CHAIR YOGA 9:15AM MENS COFFEE GROUP 10:30 NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	9 COA BOARD MEETING 9:30 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	10 CLOSED ~~~~~ VETERANS DAY
13 CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	14 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM LET'S TALK OXFORD HISTORY PART 6 1PM ~ 3PM	15 CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	16 BREAKFAST W/ THE CHIEF 9AM MUST RSVP BY OCT 9TH DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	17 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM ADULT COLORING 10:30AM LUNCH 12:00PM MIKE & BETH SHOW 12:30PM
20 CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	21 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM OPTIONS COUNSELING 12:30PM-2:30PM	22 CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM NO AFTERNOON ACTIVITIES	23 CLOSED ~~~~~ HAPPY THANKSGIVING	24 CLOSED ~~~~~ HAPPY THANKSGIVING
27 CRIBBAGE 10AM TO 12PM PITCH LEAGUE 4PM	28 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM ADULT COLORING 10AM LUNCH 12:00PM MEET THE ASSISTANT DIRECTOR 12:30PM	29 CHAIR YOGA 9:15AM NEEDLE WORKERS 10AM CHAIR VOLLEYBALL 1PM PITCH 1PM TO 3PM	30 BEANO 12:45PM	

Town of Oxford
Council on Aging * Senior Center
323 Main Street
Oxford, MA 01540



SERVICES FOR OUR SENIORS

Transportation Assistance (IN Town and OUT of Town)

Lunch (Tuesday & Friday)

SNAP (Food Stamps) & Fuel Assistance

Housing Application Assistance

RMV Renewal

SHINE

Medical Equipment Loan

Blood Pressure Clinics

Notary Services

Printing / Faxing

Computer Use

File of Life Cards