



OXFORD'S COUNCIL CHAT



**OCTOBER
2024**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Cindy Nagle (Outreach)
Deb Bayer
Deb King
Janet Stoica
Dan Dinoto

**COUNCIL ON AGING
BOARD MEMBERS**

Robert Krasinskas
Chairman

Rose Wing
Vice Chairman

Jody Williams
Secretary

Karen Erickson
Carole Fegreus
Carolyn Merson
Joyce Nilson

The COA board meets
every 2nd Thursday of
the month except July
and August

OFFICE HOURS

Monday-Friday

8:30am to 3:30pm

COA/SENIOR CENTER

323 Main Street, Oxford, MA 01540
Tel: 508-987-6000 Email: seniorcenter@oxfordma.us



The Senior Center will be **CLOSED** on Monday,
October 14th in observance of Columbus Day



Medicare Open Enrollment Presentation

Friday, October 11th @ 10:00 AM

The Medicare Open Enrollment Period runs from October 15th through December 7th. This is your opportunity to make changes to your health plan coverage.

There will be significant changes to Part D prescription coverage in 2025 as well.

SHINE appointments are limited!

So please join Kaye for this informative presentation that will answer many of your questions to prepare you for 2025.

From the Director's Desk.....



Leaves are falling, chilly mornings, football season....all signs of fall has arrived

~~~~~

We have a some very important presentations coming up this month (Probate and Deeds, Medicare Open Enrollment).  
Please join us !!!

~~~~~

The Board of Health will be holding a flu clinic @ the Senior Center on SATURDAY, OCTOBER 19th from 10AM—1PM. Pre-registration is required, please call the Senior Center if you are interested in signing up to receive your flu shot for this coming flu season.



~~~~~

The Senior Center will be home to Early Voting for the Presidential Election. See flyer inside for days/times.

We will also provide transportation to any senior wishing to cast their ballot in person on Tuesday, November 5th.

Call the Senior Center to schedule your ride.



## YOUNG AT HEART CAF OCTOBER LUNCH MENU

Lunches are 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)

**\$ 5.00 dine in / \$ 6.00 take-out**

~~~~~

**Tuesday 10/1: Pilgrim Sandwich, Potato Chips, Carrot Raisin Salad,
Pound Cake**

**Friday 10/4: Cheesy Hamburger Potato Casserole, Broccoli, Dinner
Roll, Fresh Baked Cookies**

**Tuesday 10/8: Baked Mac & Cheese, Stewed Tomatoes, Dinner Roll,
Birthday Cupcake**

**Friday 10/11: Baked Fish, Rice Pilaf, Garden Blend Vegetables, Dinner
Roll, Pudding Parfait w/Topping**

**Tuesday 10/15: Roast Pork w/Gravy, Applesauce, Mashed Potatoes,
Corn, Dinner Roll, Apple Crisp w/Topping**

**Friday 10/18: Hotdogs, Baked Beans, Brown Bread, Coleslaw, Ice
Cream Social (Sponsored by Webster Manor/ Lanessa Extended
Care)**

Tuesday 10/22: Stuffed Cabbage, Mashed Potatoes, Carrots, Brownie

Friday 10/25: Crispy Fish, Tater Tots, Coleslaw, Fruited Jell-O 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.



- * Webster Manor / Lanessa Extended Care for providing ice cream sundaes every 3rd Friday of the month*
- * Peter / Southside Convenience Store for providing a pizza luncheon to our Monday cribbage crew*
 - Anonymous donation of Birthday Cupcakes*
 - Marjorie W donation of knitted hats/sweaters*

~~~~~



**NATIONAL  
FIRE PREVENTION  
MONTH  
OCTOBER**

- \* Make sure your smoke alarms are working*
- \* Practice your exit plan and meeting location*



## **“Deeds and Probate”**

**Tuesday, October 15th @ 12:30pm**

**Worcester Registry of Deeds ~ Kathryn A. Toomey**

**Registrar of Probate Courts ~ Stephanie Fattman**



**Come and listen to the nuts and bolts on how the  
Registry of Deeds & the Probate Court work together  
for the residents of Massachusetts.**

~~~~~

AARP MA Speakers Bureau presents:

“Decluttering & Downsizing”

with volunteer speaker Annette Reynolds

Tuesday, October 22nd @ 1PM

This presentation explores why “stuff” is so important for some people and teaches practical, easy-to-follow tips on downsizing & decluttering. Learn how to get started!





Strength & Balance

Tuesdays @ 9:15 AM/ 45 minute class

Instructor: Donna Freeland

Increase your strength and balance with light exercise. Use of small hand weights, balls and stretch bands are encouraged

Chair Yoga

Wednesdays @ 9:15 AM/ 60 minute class

Instructor: Heidi Gambaccini/ CYT

Seated & standing yoga poses to help stretch and relax your body

**** Classes are \$3.00 per session ****

FREE Activities

Chair Volleyball ~ Wednesdays @ 1PM

Walking Club ~ Fridays @ 9 AM (weather permitting)



OCTOBER BIRTHDAYS!

Donald Strader, Judith Manuel, Helen Pare, Awilda Bosque, Charlene LaChapelle, Pamela Jacobson, Jodie Zerbo, Linda Vaillancourt, Sharron Gillies, Ernest White Jr, Kathleen Bowles, Sharon Defoer, Richard Newton, Marie Bostock, Roberta McKay, Mary Christian, Carol Baker, Hilary Lazaro-Provost, Paul Carbonneau, John Ford Sr, Mary Soares, Charlotte Boutillette, Wacława Dorniak-Mardziel, Steven Dawson, Helen Balcunas, Edward Carter, Patricia Racki, Jane Mrazik, Brian Weagle, Norman Napieralski, David Hebert, Howard Monson Jr, Arlene Arello, Norma Dionne, Philip Quinn Sr, Stanley Reid, Jonathan Brennan, Charles Squire, Alfred O'Leary, Francis Malkowski, Janet Twine, Debra Goodell, Molly Zelle, Marilyn Bigelow, Frances Keddy, Carole Rider, James Morris, Roger Harty, Jacqueline Cox, Beverly Hanson, Wayne Norcross, James Foscett, Alberta Boyle, Gail Davis, John Doran, Nancy Olszta, Pamela Davey, Dorothy Starkus, Michael Book, Frederick Maywalt, Florence Richards, Ruth Ellis, Joan Goodell, Linda Levie, Jean Landry, Maggie Gray, Cheryl Fraser, Laurie Young, Suely Blaisdell, Gloria Lehner, Patricia Waldron, Gail Campbell, Robert Luby, Ghulam Nasrani, Denis Guntor, Wendy Prunier, Angela Kowalcky, Paul McIlvaine, David Derie, Wayne McFarland, Carol Pytko, Mason Powell, Edwin Rose, Robert Silva, Pamela Evers, Russell Anderson Jr, Jo-Ann Somers, Joseph Curran, Donna McLaughlin, Carol Degnan, Virginia Lehner, Albert Shahnarian, Nancy Lohner, Linda Adamiak, Donna Plasse, Eric Petsching, Melinda MacGillivray, Richard Gionet, Paula Parker, Robert Peterson, Barbara Desrosiers, Debi Ammenheuser, George Cloutier Jr, Claire Geoffrion, Susan Audette, Susan Dufur, Joseph Boucher, Barbara Donovan, Emilia Esposito, Judy Madsen, Kaida Patterson, Robert Keogh Sr, Patricia Peters, Andrew Boyle, Patrick Mahoney, David Power, Cynthia Olney, Mona Howard, Ernest Laval, Patricia Mills, Geraldine Hallas, Robert Fike, Sheila Simon, Patricia Hughes, Joan Mazeika and Rosella Machado



Blood Pressure Clinic

Tuesday, October 8th

11AM—12PM

~~~~~

*Breakfast with the Chief*

**NO OCTOBER BREAKFAST**

*Next breakfast will be November 14th @ 9AM*



~~~~~

Oxford Fire/EMS presentation



Friday, October 18th @ 12:30PM

RESOURCES:

TRANSPORTATION

The Oxford Senior Center Van is available to our seniors and the disabled. Rides to any TOWN buildings (Senior Center, Library, Town Hall, Community Center, Schools, Police & Fire Station are **FREE**.

You can schedule a ride within Oxford to Walmart, Market Basket, Dollar Store, Post Office, Hair Appointment, Dentist, Pharmacy & Bank *for a fare of \$1.75 each 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**. Registration is required. Client choice shopping & fresh produce is available

Clients are allowed to shop twice a month!

*****IMPORTANT NUMBERS*****

Medicare	800-633-4227
Social Security	800-772-1213
Mass Health	800-841-2900
Mass Options	844-422-6277
Tri Valley Services	508-949-6640
WCAC (Fuel Assistance)	508-754-1176
SHINE	800-243-4636
Prescription Advantage	800-243-4636 press 2 (landline) press 5 (cell phone)

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. She 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

~~~~~



*Tri-Valley Inc. Options Counselor, Brittany will be at the Senior Center every 3rd Tuesday of the month by appointment  
12:30 PM to 2:30PM*

She can help with a wide range of options/resources available for you, your family and or caregiver.

~~~~~

One on One appointments available with **SHINE** counselor Kaye

Kaye is at the Oxford Senior Center every 3rd Wednesday of the month **BY APPOINTMENT ONLY**

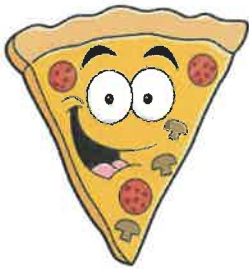
Appointments fill up fast during OPEN ENROLLMENT!



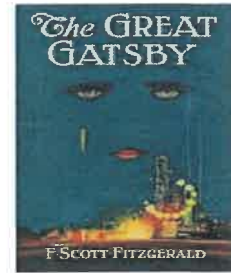
Pizza & Movie

Thursday, October 10th @ 12:00PM

Join us for a special showing of the "THE GREAT GATSBY" this month's senior book club choice



RSVP by October 7th



HALLOWEEN COSTUME CONTEST

TUESDAY, OCTOBER 29TH



COME TO LUNCH &

COSTUME

WEAR YOUR

Prizes will be awarded to

- ***Most Original***
- ***Funniest Costume***
- ***Scariest Costume***



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

Our next meeting is Friday, November 1st @ 12:45PM

Our book pick is: **"The GREAT GATSBY"** by F. Scott Fitzgerald

The story of Jay Gatsby, a self made millionaire and his pursuit of Daisy Buchanan, a wealthy young woman whom he loved in his youth.

~~~~~

## **FREE MOVIE MATINEE**

**Friday, October 11th @ 12:45PM**

**HOCUS POCUS**



***A villainous comedic trio of witches (Bette Midler, Sarah Jessica Parker, and Kathy Najimy) who are inadvertently resurrected by a teenage boy.***

\*\*\*\*\*

## **MEN's Coffee Group**

**Wednesday, October 9th @ 10:30AM**

The idea of this group is to be a casual, fun, and informative atmosphere. There will be coffee, pastry and conversation!



# "Let's Talk Oxford History"

Tuesday, October 8th @ 1:00PM

This month's topic~ OXFORD NAMES

Sponsored by the Oxford Historical Commission



~~~~~

BEANO

NO OCTOBER BEANO

Next BEANO will be November 22nd @ 12:45PM





October Trivia Question: Which tree is known for it's orange, yellow & red leaves in the fall?



September Trivia Question was in "Mary Poppins", what magical word does Mary use to make tidying up more fun? The correct answer was:

Supercalifragilisticexpialidocious provided by Kathy Langway

Winner gets two (2) FREE lunch tickets

We will draw our next winner on October 15th

OCTOBER 2024 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<div></div> <div><div>1</div><div>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM</div></div>	<div><div>2</div><div>CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM</div></div>	<div><div>3</div><div>DOMINOES 10AM TO 12PM BEMIS FARM NURSERY ~ BLACK CAT WREATH 10AM</div></div>	<div><div>4</div><div>WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BOOK CLUB 12:45PM</div></div>	
<div><div>7</div><div>CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM</div></div>	<div><div>8</div><div>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM BP CLINIC 11AM-12PM LUNCH 12:00 PM LETS TALK OXFORD 1PM</div></div>	<div><div>9</div><div>CHAIR YOGA 9:15AM MEN'S GROUP 10:30AM CHAIR VOLLEYBALL 1PM</div></div>	<div><div>11</div><div>WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM SHINE PRESENTATION @ 10AM LUNCH 12:00PM FREE MOVIE 12:45PM</div></div>	
<div><div>14</div><div>CLOSED COLUMBUS DAY</div></div>	<div><div>15</div><div>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM OPTIONS COUNSELING 12:30PM DEEDS & PROBATE @ 12:30PM</div></div>	<div><div>16</div><div>CHAIR YOGA 9:15AM SHINE COUNSELING BY APPOINTMENT ONLY CHAIR VOLLEYBALL 1PM</div></div>	<div><div>18</div><div>WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM OFD / EMS 12:30PM</div></div>	
<div><div>21</div><div>CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM</div></div>	<div><div>22</div><div>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM AARP- DOWNSIZING & DECLUTTERING @ 1PM</div></div>	<div><div>23</div><div>CHAIR YOGA 9:15AM SHINE COUNSELING BY APPOINTMENT ONLY CHAIR VOLLEYBALL 1PM</div></div>	<div><div>25</div><div>WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00 PM NO BEANO</div></div>	
<div><div>28</div><div>CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM</div></div>	<div><div>29</div><div>STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM HALLOWEEN COSTUME CONTEST</div></div>	<div><div>30</div><div>CHAIR YOGA 9:15AM SHINE COUNSELING BY APPOINTMENT ONLY CHAIR VOLLEYBALL 1PM</div></div>	<div><div>31</div><div>DOMINOES 10AM TO 12PM  HALLOWEEN</div></div>	