



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

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

Please join us !!!



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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.

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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.

A handwritten signature in blue ink that reads "Laura".



## 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**

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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*



- * 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.**

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**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 \***

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### ***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 Carboneau, John Ford Sr, Mary Soares, Charlotte Boutillette, Waclawa Dorniak-Mardziel, Steven Dawson, Helen Balcunas, Edward Carter, Patricia Racki, Jane Mrazik, Brian Weagle, Norman Napieralski, David Hebert, Howard Monson Jr, Arlene Arezzo, Norma Dionne, Philip Quinn Sr, Stanley Reid, Jonathan Brennan, Charles Squire, Alfred O'Leary, Francis Malkowski, Janet Twine, Debra Goodell, Molly Zelley, Marilyn Bigelow, Frances Keddy, Carole Rider, James Morris, Roger Harty, Jacqueline Cox, Beverly Hanson, Wayne Norcross, James Foskett, 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 Gonet, 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 Lavalle, Patricia Mills, Geraldine Hallas, Robert Fike, Sheila Simon, Patricia Hughes, Joan Mazeika and Rosella Machado



## Blood Pressure Clinic

**Tuesday, October 8th**

**11AM—12PM**

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Breakfast with the Chief

NO OCTOBER BREAKFAST

Next breakfast will be November 14th @ 9AM



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**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**

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*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.

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**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**

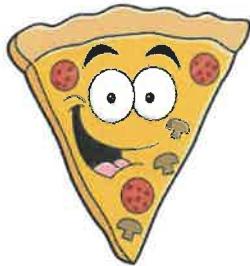
*Appointments fill up fast during OPEN ENROLLMENT!*



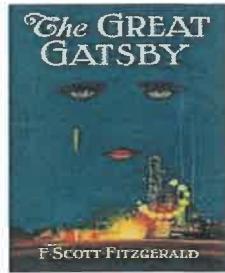
## *Pizza & Movie*

**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.

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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



TRIVIA

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
1	STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM	2 CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM	3 DOMINOES 10AM TO 12PM BEMIS FARM NURSERY ~ BLACK CAT WREATH 10AM	4 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BOOK CLUB 12:45PM
7	CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	8 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM BP CLINIC 11AM-12PM LUNCH 12:00 PM LETS TALK OXFORD 1PM	9 CHAIR YOGA 9:15AM MEN'S GROUP 10:30AM CHAIR VOLLEYBALL 1PM	10 COA MEETING 9:30AM DOMINOES 10AM TO 12PM PIZZA & MOVIE 12PM MUST RSVP BY OCT 7TH
14	CLOSED COLUMBUS DAY		15 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM OPTIONS COUNSELING 12:30PM DEEDS & PROBATE @ 12:30PM	16 CHAIR YOGA 9:15AM SHINE COUNSELING BY APPOINTMENT ONLY CHAIR VOLLEYBALL 1PM
21	CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	22 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM AARP- DOWNSIZING & DECLUTTERING @ 1PM	23 CHAIR YOGA 9:15AM SHINE COUNSELING BY APPOINTMENT ONLY CHAIR VOLLEYBALL 1PM	24 DOMINOES 10AM TO 12PM LUNCH 12:00 PM NO BEANO
28	CRIBBAGE 10AM TO 12PM MONDAY NIGHT PITCH 4PM-7PM	29 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM HALLOWEEN COSTUME CONTEST	30 CHAIR YOGA 9:15AM SHINE COUNSELING BY APPOINTMENT ONLY CHAIR VOLLEYBALL 1PM	31 DOMINOES 10AM TO 12PM  HALLOWEEN