



OXFORD'S

Hello August

COUNCIL CHATTER

**AUGUST
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 **CLOSING @ 12:30PM** on **Thursday, August 22nd** for a Strategic Planning Workshop*

2024 Bus Trips

Please note that there is NO insurance on these trips.

We are using two different tour companies this year
(Tours of Distinction and Royal Tours)

A \$5.00 non-refundable deposit is due to hold your seat when signing up



September 26th: Mobsters & Lobsters Trolley Tour \$169

REAGLE OF
MUSIC THEATRE GREATER BOSTON

**December 1st: The Reagle Music Theatre
"Christmas Time" \$135**

***Flyers with full trip description are available at the Senior Center**

From the Director's Desk.....



What a HOT HUMID summer we have had so far.
Make sure you are staying hydrated



Tis the season for farm fresh vegetables - I personally look forward to tomatoes to make a "toasted tomato sandwich"

Don't forget about the concerts @ the Town Bandstand every Sunday from 4PM—6PM. Grab a chair, a snack and a drink and head down and sit under the many shade trees to enjoy the music!



My son recently moved to Alabama. I traveled a lot in July to help him get settled into his new place, which meant I wasn't at the Senior Center. I must say that I missed seeing all of "my peeps"

11) Laura



"YOUNG AT HEART CAFÉ" AUGUST 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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Friday 8/2: Tuna Salad Sandwich, Pickled Beets, Potato Chips, Fresh Baked Cookie

Tuesday 8/6: Strawberry, Bacon & Blue Cheese Salad, Bread Stick, Root Beer Float

Friday 8/9: Clam Chowder, Crusty Bread, Fruited Jell-O w/Topping

Tuesday 8/13: Summer Crunch Salad w/ Grilled Chicken & Goat Cheese, Dinner Roll, Birthday Cupcakes

Friday 8/16: Italian Grinder, Potato Chips, Three Bean Salad, Ice Cream

Tuesday 8/20: Baked Potato Bar w/ Toppings, Frosted Cake

Friday 8/23: Sliced Corned Beef on Rye, Potato Chips, Coleslaw, Pudding Parfait

Tuesday 8/27: Hot Dog on Roll, Baked Beans, Coleslaw, Brownie

Friday 8/30: Chicken Salad Cold Plate w/ Lettuce, Tomato, Onion, Potato Salad, Pita Bread, Ice Cream Cake

- 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.



**Donations to the senior center are greatly appreciated!**

**However, some items that we can't accept are...**

- . Expired Food**
- . Expired/Used Medical Supplies**
- . Damaged or dirty medical equipment/NO commodes**
- . Any clothing, shoes, personal care items, or household items that are dirty & or smell, missing parts, not working,**
- . Old/outdated magazines & cards**

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Thank you to Webster Manor / Lanessa Extended Care for providing ice cream sundaes every 3rd Friday of the month

Thank you to Connections Physical Therapy for presenting "Attacking Arthritis"

Thank you to CareOne at Millbury for sponsoring the "Silk Scarf Making" class last month



Join us to celebrate

Tuesday, August 6th @ 12:30PM

1876- the year when root beer was invented

16- the number of roots & herbs that root beer is made of

3% -the percentage that makes up in America's soft drink market

1960 -the year when a key ingredient of root beer, the sassafras root, was
banned by the FDA

#1- the ranking of A&W as the leading root beer in America

MUST RSVP by August 5th

"Hawaiian Shirt Day"

Friday, August 16th



This day celebrates the official day Hawaii
joined the U.S., making it the 50th state in the
U.S.A

Wear your favorite & fun Hawaiian shirt on this day!



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)



AUGUST BIRTHDAYS!

Patricia Donnelly, Georgia Bedard, Dorothy Dunn, Christine Abrahamson, Beverly Comptois, Dorothy Lucier, Anthony Troiano, Linda Vigeant, Lana Demeritt, Cynthia Peloquin, Cecelia Kelly, Paula Goddard, Karen Erickson, Nancy Scholl, Paul Mercier, William Leavitt, Nancy Mott, Robert Lane, Carolyn Merson, Mary O'Leary, Antonia Muscetta, Robert Nystrom, Alice Mandella, Skip Peterson, Karen Moore, Maryann Hamilton, Stephen Galeckas, Brian Bercier, Richard Buron, Teresa Harackiewicz, Barbara Hall, Gail Skrip, Jean Gutierrez, Nadine Dileo, Gladys Rogowski, Terrence Cummings, Louise Skamarock, Brian Gunderman, Arthur Baker, Patricia Ferdella, Debra O'Coin, Susen Falcone, Richard Plante, Richard Kisten, Peter Shaw, Claire-Ann Gervais, Cindy Nagle, Kathleen Perreault, Russell Rheault, Don Place, Barbara Saponaro, Raymond Nowlan, Marilyn Mahoney, Charlotte Peterson, Eleanor Clifford, John Sullivan, Lawrence Jandrow, Peg Kennedy, Karen Kent, Armond Morneau, Mary Andersen, Melvin Ross, Mary Bird, Gail Bunch, Kenneth Cote Sr, James Stout, Maureen Kosel, Jeanette Merulla, Barbara O'Brien, Timothy MacMillan, Geraldine Gervais, Claire LeBlanc, Nancy Harding, Eleanor Friend, Barbara O'Reilly, Christine Chaplain, Linda Mason, Janice Auger, Alma Bates, Lawrence Crowley, Barbara Driscoll, Gerda Rusnica Sr, JoAnn Cedrone, Anthony Allen Jr, Diane Kuszewski, David Gallant, Peter Arsenault, Judith Beland, Janet Locke, Ann Champagne, Margery Partridge, Nancy Elliott, Patricia Curtis, Douglas Cadarette, Janice Selby, Scott Randall, Cindy Hudon, Patricia Lambert, Mary Ann Healy, William Silberstein, Robert Jennings, Robert McCarthy, Anna Zurowski, William Brodeur, Daniel Babbitt, Eugene Dionne Sr, Robert Carter, Mary Baxter, Carol Amell, Donna Ferreira, Deborah Muller, Julie Dell'Anna, Paul Malesky, Mark Fino, Gloria Leofanti, Andrea Holbrook, Barbara Willar, Martha Rheault, Ann Potter, Marlene Gevry, Helen Fenuccio, Arthur Laramee, Marion Woodcock, Jan Harmon, Theresa Casasanta, Roger Paul, Vincent Rivers, Karen Cox, Margaret Madore and David Metivier Jr



Blood Pressure Clinic

Tuesday, August 13th

11AM to 12PM

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## Oxford Fire/EMS Presentation

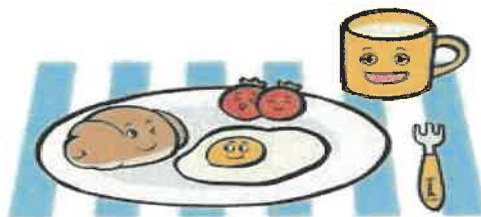
Friday, August 16th @ 12:30PM



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Summer is here! We will NOT be having Breakfast
with the Chief in July or August.

We will resume again on Thursday, September 19th



RESOURCES:

TRANSPORTATION

The Oxford Senior Center Van is available to our seniors and the disabled. Rides to any TOWN buildings are FREE. You can travel within Oxford for grocery shopping, Walmart, hair appts, dentist, pharmacy & banking.

The fare is \$1.75 each way for rides.

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

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 for assistance.

**** MassHealth ****

Are you applying to MassHealth for the first time?

If so, *it is critical* that you obtain **ALL** the documentation needed and send it in with your application. This insures that your application is processed in a speedy manner. If you forget any documentation, MassHealth will notify you. **PAY ATTENTION** to the **DEADLINE** that this information is due! If you do not meet the deadline, you may lose your MassHealth coverage.

If you receive a RECERTIFICATION NOTICE from MassHealth, it is imperative to complete the recertification and get any documentation requested in by the **DEADLINE** in your notice. If you miss the deadline, you may lose your MassHealth coverage.

PAY ATTENTION TO ANY AND ALL NOTICES FROM MASS HEALTH!

If you do not submit proper documentation by the due date, you will have to reapply and start the process over.



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

Appointments encouraged

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!!

Please call to schedule an appointment.



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

Our next meeting is Friday, September 6th @ 12:45PM

Our book pick is: "The Invisible Life of Addie LaRue" by V.E. Schwab

In a moment of desperation, a young woman makes a bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue and a dazzling adventure that will play out across centuries and continents, across history and art

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### **FREE MOVIE MATINEE**

**Friday, August 9th @ 12:30PM**



**"August Rush"**

**A musically gifted orphan runs away from his orphanage and searches New York City to find his parents**

**Popcorn and M&Ms will be offered**

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MEN's Coffee Group

Wednesday, August 14 @ 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, August 13th @ 1:00PM

This month's topic~ "Transportation in Oxford"

Walking, horseback, trains and airplanes

Sponsored by the Oxford Historical Commission



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## BEANO

Friday, August 23rd @ 12:45PM



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August Trivia Question:

"What was the month of August originally named & who changed it?"

The July trivia question was "Where does Nathan's Annual 4th of July Hot Dog eating contest take place?"

The correct answer was Coney Island, provided by Sue Dufur

Winner gets two (2) FREE lunch tickets

We will draw our next winner on August 16th

AUGUST 2024 ~ OXFORD SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	
5 CRIBBAGE 10AM TO 12PM	6 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00 PM ROOT BEER FLOATS 12:30PM	7 CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00PM BOOK CLUB 12:45PM
12 CRIBBAGE 10AM TO 12PM	13 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM BP CLINIC 11AM—12PM LUNCH 12:00 PM LETS TALK OXFORD 1PM	14 CHAIR YOGA 9:15AM MEN'S GROUP 10:30AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	15 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	16 WALKNG CLUB 9AM HAWAIIAN SHIRT DAY CRIBBAGE 10AM TO 12PM LUNCH 12:00PM OFD / EMS 12:30PM
19 CRIBBAGE 10AM TO 12PM	20 STRENGTH & BALANCE 9:15AM OPTIONS COUNSELING NEEDLE WORKERS 10AM LUNCH 12:00 PM	21 CHAIR YOGA 9:15AM SHINE COUNSELING APPTS CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	22 DOMINOES 10AM TO 12PM CLOSING @ 12:30PM FOR STAFF DEVELOPMENT	23 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00 PM BEANO 12:45PM
26 CRIBBAGE 10AM TO 12PM	27 STRENGTH & BALANCE 9:15AM NEEDLE WORKERS 10AM LUNCH 12:00PM	28 CHAIR YOGA 9:15AM CHAIR VOLLEYBALL 1PM PITCH LEAGUE 1PM TO 3PM	29 DOMINOES 10AM TO 12PM QUILTING CLASS 12:30PM TO 2:30PM	30 WALKING CLUB 9AM CRIBBAGE 10AM TO 12PM LUNCH 12:00 PM