



OXFORD'S COUNCIL CHATTER



**JULY
2025**

DIRECTOR

Laura Wilson
Notary Public

ASSISTANT DIRECTOR

Kristen Zamis

STAFF MEMBERS

Cindy Nagle (Outreach)
Deb Bayer
Deb King
Janet Stoica
Bruce Myotte

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

8:30 am to 3:00 pm

NEW HOURS

COA/SENIOR CENTER
323 Main Street, Oxford, MA 01540
Tel: 508-987-6000 ~ Email: seniorcenter@oxfordma.us

A Taste of New England Day Trip

Presented by Oxford Senior Center & Royal Tours

Red Apple Farm, Smith's Country Cheese & Lunch
@ The Inn at East Hill Farm

Thursday, September 11, 2025
\$129 per person

**The Senior Center will be *CLOSED* on
Friday, July 4th in observance of
Independence Day**



From the Director's Desk.....



And just like that, we are already half way thru the year

Time flies when you're having fun.....

We do our best to make sure everyone has fun @ the Senior Center!

We would like to remind everyone to please *swipe your MySenior Center card* each time you visit the Senior Center.

This allows us to keep accurate numbers of all who use our services, which in turn helps in determining future funding for our programs and activities.

If you don't have a card, or you have lost your card, see one of the staff members to get one.

We are excited to have back the Senior S.A.F.E program, providing public safety awareness education in the identification and protection of common risks from fire and other potential hazards. This will be presented by Lt. Hillary Towne.

Join us on Friday, July 18th @ 12:30PM



Summer cookouts are in full swing. Enjoy being outside, remember to stay hydrated, stay cool and use sunscreen!!



“YOUNG AT HEART CAFÉ“ July Lunch Menu

Lunches are served Tuesdays and Fridays at 11:45AM

(Takeout meals **MUST** be picked up by 12:30PM)

*** **RESERVATIONS A MUST** ***

Please call (508-987-6000) 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 (suggested donation)

Tuesday 7/1: Chili Dog w/Fixings, Chopped Iceberg Salad, Potato Chips, Fresh Baked Cookies

Friday 7/4: CLOSED ~ NO LUNCH

Tuesday 7/8: Creamy Greek Tortellini Salad w/Grilled Chicken, Pita Bread, Birthday Cake

Friday 7/11: Texas Toast Sloppy Joe, Tossed Salad, Strawberry Shortcake

Tuesday 7/15: Chicken Broccoli Alfredo, Garden Vegetables, Dinner Roll, Blonde Brownie

Friday 7/18: Filet of Fish Sandwich, French Fries, Coleslaw, Ice Cream Sundae

Tuesday 7/22: Cheeseburger Deluxe, LTO, Macaroni Salad, Fresh Fruit

Friday 7/25: Baked Fish, Mashed Potatoes, Green Beans, Dinner Roll., Fruited Jello w/topping

Tuesday 7/29: Taco Salad, Corn Chips & Salsa, Ice Cream Sandwich 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.



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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### **Chair Volleyball** ~ Wednesdays @ 1:00 pm

Stay seated while using a beach ball & have fun!

### **Walking Club** ~ Fridays @ 9:00 AM (weather permitting)

Wear your comfy shoes and meet at the Senior Center!



## JULY BIRTHDAYS

Debra Corey, Joan Gero, Robert Racki, Judy Cole, Claire Degon, Karen Mirles, Theodore Grondin, Michael Halley, Edwin Mirles, Joseph Diveglia, Mary Desautels, Joan Kielinen, Norman LeBlanc Jr, Bruce White, George Casavant, James Wheeler, Joseph Dumas Jr, John Hickman, Donna Clancey, Thomas Damstrom, Lorraine Dumont, Louis Esposito, Robert Schneider, Judee Sneed, William Wilson Jr, Chester Brunelle, Evan Holmes, Barbara St Jean, Myrtle Bacon, Geraldine Cody, Christine Sendrowski, Elaine Guerin, Paul Mathurin, Paula Parker, Deborah Horgan, Albert Groleau, Beverly Buron, Jeanne Rouillard, Aline Krasinskas, Gloria Freeman, Paul Deschenes, Anne Hudson, Lois Marino, Bernadina Bingham, Robert Collins Jr, Robin Putnam, Steven Yankus, Joanne Cody, Richard Shumway, Sandra Mundell, Jeanne Conway, Judy Benoit, Jean O'Reilly, Carol Broadard, Melody Roland, Barbara Soucy, Pamela Hey, Susan Young, Miguel Rodriguez, Steven Dickson, Lawrence Meersman III, Christine Rudman, Rose Marie White, Mary Keogh, Richard Hudson Jr, Sue Flanagan, Jeanette Leboeuf, Gail Hall, Barbara Liberis, Patricia Pupka, Richard Daoust, Barbara Houle, Shirley Dano, Sandra Coleman, Thea Stewart, Jean Maynard, Teresa McConnell, Judy Sampson, Nancy Zannotti, Mary Herman-Cappoli, David Bayer, Linda Boyle, Joseph Champagne, Cynthia Clark, Barbara McElholm, Alan Langway, Deborah Amaral, Bonnie Bray, George Bansfield, Anne Merritt, Trevor Pariseau, Nancy Camerano, Kathleen O'Neill, Arthur Allard, Richard Mercier, Maureen Brusa, Rachelle St Laurent, Susan Fountain, Francis Kowalcky, Carole Fegreus, Howard Holbrook, Elizabeth Bell, Daniel Robbins III, Warren Mahota Jr, Claire Wilson, Deborah Getrost, Gertrude Gregoire, Thomas Blaisdell, Richard Howard, George Starkus, Beverly Brown, Barry Earley, Valerie Boris, Dean Anderson, Denis Skeeans, Peggy Hastings, Florence Jedrzynski, Kenneth Migneault, Louise Peterson, David Hall, Susan Wilson, Sybil Pleiman, Joseph Hoy, David Gauthier Sr, Patricia Comeau, Juliana Masley, Patrick Hester III, Philip Bedard, Elaine Vincent, David Harackiewicz, Stephanie Pizzetti and Jean Aromando



## MONTHLY ACTIVITIES:



### Blood Pressure Clinic

Tuesday, July 8th @ 10:30AM

### Let's Talk Oxford History

Tuesday, July 8th @ 1:00PM

*(Please consider bringing an item, or a story about Oxford that you can share with the discussion group)*

### MEN's Coffee Group

Wednesday, July 9th @10:30AM

### Breakfast with the Chief

*(We will NOT be having breakfast in July or August.  
We will resume again in September)*

### Senior Safety with Oxford Fire/EMS

Friday, July 18th @ 12:30pm

### BEANO

Friday, July 25th @ 12:45PM

IMPORTANT  
ANNOUNCEMENT!



## MassHealth & Medicare

**This only applies to individuals where MassHealth would pay 100% on their behalf. Please call MassHealth (1-800-841-2900) if you are not sure if this applies to you!**

Starting in July, MassHealth will begin to send notices and make outbound calls to members age 65 and older who are eligible to enroll in Medicare without cost. The notices will be sent in a ***yellow envelope***. The notices will instruct members to call **(877) 935-1280** within **60 days of the first notice to set up an appointment** with their local Social Security office to apply for Medicare.

***If a member does not call (877) 935-1280 within 60 days, they will lose their MassHealth benefits.***

Members who are not eligible for Medicare will not lose MassHealth.

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### **TAP DANCE with Amanda G.**

Thursdays from 12:30pm ~ 1:30pm

Starting July 10th

Drop in: \$5.00/class

***NO experience required!***

***NO tap shoes required!***





### Outreach

**Senior Center Outreach Coordinator, Cindy Nagle, is available to offer free confidential information and referral services on aging related issues. She can also help with a variety of paperwork, including SNAP, Fuel Assistance & Mass Health applications.**

### Tri-Valley Inc.

**Tri-Valley Inc. Options Counselor will be at the Senior Center on the 3rd Tuesday of the month *by appointment* from 12:30PM to 2:30PM. She can help with a wide range of options & resources available for you, your family and/or caregiver.**

***Appointments are REQUIRED***

### SHINE Program

**SHINE Counselor, Kaye, is available for one on one appointments on the 3rd Wednesday of the month. She offers free health insurance information and counseling.**

***Please call the Senior Center @ 508-987-6000 to schedule an appointment for any of these services***



Our Senior Book Club meets the first Friday of each month

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

Our book pick is: **How To Age Dis-Grace-Fully by Clare Pooley**

After taking a part time job at a senior social club, Lydia's initial expectations of the job are not what she expected

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## **MOVIE MATINEE**



**Friday, July 11th @ 12:45P**



**"MOVING ON"**

Two estranged women reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other.

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## **July Trivia Question:**

**In which year did the United States first celebrate Independence Day ?**

June Trivia Question: What is the most popular week for travel in the United States? The correct answer was "The 2nd week of July" provided by Margie Helphenstine

***Winner gets two (2) FREE lunch tickets***

***We will draw our next winner on July 18th***

# JULY 2025 ~ OXFORD SENIOR CENTER

| Monday                                                                              | Tuesday                                                                                                                                                           | Wednesday                                                                                                            | Thursday                                                                                | Friday                                                                                                              |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
|  | <p><b>1</b> STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10:15AM<br/>LUNCH 11:45AM</p>                                                                        | <p><b>2</b> CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10:30AM<br/>CHAIR VOLLEYBALL 1PM</p>                                | <p><b>3</b> DOMINOES 10AM TO 12PM<br/><b>BOOK CLUB @ 12:30PM</b></p>                    | <p><b>4</b> <br/><b>CLOSED</b></p> |
| <b>7</b>                                                                            | <b>CRIBBAGE 10AM TO 12PM</b>                                                                                                                                      |                                                                                                                      |                                                                                         |                                                                                                                     |
| <b>8</b>                                                                            | <p>STRENGTH &amp; BALANCE 9:15AM<br/><b>BP CLINIC 10:30AM – 11:30AM</b><br/>NEEDLE WORKERS 10:15AM<br/>LUNCH 11:45AM<br/><b>LET'S TALK OXFORD HISTORY 1PM</b></p> | <p><b>9</b> CHAIR YOGA 9:15AM<br/><b>MEN'S GROUP 10:30AM</b><br/>NEEDLE WORKERS 10:30AM<br/>CHAIR VOLLEYBALL 1PM</p> | <p><b>10</b> DOMINOES 10AM TO 12PM<br/><b>BEGINNER TAP DANCE 12:30 PM – 1:30 PM</b></p> | <p><b>11</b> WALKING CLUB 9AM<br/>CRIBBAGE 10AM TO 12PM<br/>LUNCH 11:45AM<br/><b>FREE MOVIE @ 12:45PM</b></p>       |
| <b>14</b>                                                                           | <b>CRIBBAGE 10AM TO 12PM</b>                                                                                                                                      |                                                                                                                      |                                                                                         |                                                                                                                     |
| <b>15</b>                                                                           | <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10:15AM<br/><b>OPTIONS COUNSELING BY APPOINTMENT</b><br/>LUNCH 11:45AM</p>                                    | <p><b>16</b> CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10:30AM<br/>CHAIR VOLLEYBALL 1PM</p>                               | <p><b>17</b> DOMINOES 10AM TO 12PM</p>                                                  | <p><b>18</b> WALKING CLUB 9AM<br/>CRIBBAGE 10AM TO 12PM<br/>LUNCH 11:45AM<br/><b>OXFORD FIRE/EMS @ 12:30PM</b></p>  |
| <b>21</b>                                                                           | <b>CRIBBAGE 10AM TO 12PM</b>                                                                                                                                      |                                                                                                                      |                                                                                         |                                                                                                                     |
| <b>22</b>                                                                           | <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10:15AM<br/>LUNCH 11:45AM</p>                                                                                 | <p><b>23</b> CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10:30AM<br/>CHAIR VOLLEYBALL 1PM</p>                               | <p><b>24</b> <b>CLOSED</b><br/>~~~~~<br/><b>INDIAN PRINCESS DAY TRIP</b></p>            | <p><b>25</b> WALKING CLUB 9AM<br/>CRIBBAGE 10AM TO 12PM<br/><b>BEANO @ 12:45</b></p>                                |
| <b>28</b>                                                                           | <b>CRIBBAGE 10AM TO 12PM</b>                                                                                                                                      |                                                                                                                      |                                                                                         |                                                                                                                     |
| <b>29</b>                                                                           | <p>STRENGTH &amp; BALANCE 9:15AM<br/>NEEDLE WORKERS 10:15AM<br/>LUNCH 11:45AM</p>                                                                                 | <p><b>30</b> CHAIR YOGA 9:15AM<br/>NEEDLE WORKERS 10:30AM<br/>CHAIR VOLLEYBALL 1PM</p>                               | <p><b>31</b> DOMINOES 10AM TO 12PM</p>                                                  |                                                                                                                     |