



OXFORD'S COUNCIL CHATTER



**JUNE
2025**

COA/SENIOR CENTER

323 Main Street, Oxford, MA 01540

Tel: 508-987-6000 ~ Email: seniorcenter@oxfordma.us

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
8:30am to 3:30pm

Notice:

As of July 1st we will NO longer be automatically mailing our monthly newsletter. If you still wish to receive it via mail—you must call the Senior Center and have your name added. It will be available through e-mail, town website, or can be picked up at the Senior Center, Community Center, Town Hall, Library & Oxford Housing Authority

The Senior Center will be CLOSED on Thursday, June 19th in observance of the Juneteenth holiday!



From the Director's Desk.....



WOW, how time flies.....Hard to believe that I have been here at the Senior Center for five years!!! I must say that I absolutely love my job and I also have the absolute **BEST** staff !!



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I am looking forward to our first bus trip for the 2025 season on June 12th. We will be going to Rhode Island to enjoy a delicious luncheon and a very memorable boat ride thru the Narragansett Bay featuring 10 lighthouses, 10 islands, and the breathtaking Jamestown and Newport Bridges, mansions, and the historic Fort Adams.



Fingers crossed for a sunny and warm day !!

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Calling all Dad's, Grandfather's, Uncles, Godfathers....
Join us on Wednesday, June 11th to get either a "Ding Dong or Devil Dog for Dad"



W) Laura



“YOUNG AT HEART CAFÉ“ June 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 6/3: BLT on White, Hawaiian Pasta Salad, Pickles, Apple Turnover

Friday 6/6: Stuffed Cabbage, Mashed Potatoes, Green Beans, Dinner Roll, Sherbert

Tuesday 6/10: Antipasto Salad, Italian Bread, Birthday Cake

Friday 6/13: Chicken Bacon Ranch Wrap, Potato Chips, Pickled Beets, Watermelon

Tuesday 6/17: Meatball Grinder, Tossed Salad, Pudding Parfait

Friday 6/20: Baked Fish, Au Gratin Potatoes, Garden Blend Vegetables, Dinner Roll, Ice Cream Sundae

Tuesday 6/24: Vegetable Lasagna, Italian Veggies, Garlic Bread, Cannoli

Friday 6/27: Chicken Salad w/ Grapes & Walnuts, Three Bean Salad, Pita Bread, Jell-O Poke 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!***



## June Birthdays

Rosetta Risolo, Carol Graves, Janice DeFalco, Teresa Tarasiak, Arthur Gonyea, Kim Bryn, Frederick LeClaire, Teresa Rawson, Joyce Nilson, Alma Rucci, Maureen Germain, Marguerite Gallant, Frederick Church, Francis Riordan, Marjorie Hall, Susan Lauziere, Betty Dickson, Tammy Hewett,, Johanna Simkus, Ronald Thibeault, Sue Wicks, Maureen Cowden, Elaine Langlois, Russell Kobel, Amy Angell, Kim Norcross, David Newell, Robert Clouthier, James Booth Jr, Victor Laprade Jr, Linda Grey, Ronald Hudon, Gretchen Pelletier, Dianne Murphy, William Robinson, Angelo Lambiras, Bruce Wyllie, Leroy Bull, Rose Larson, Joseph Galvin, John Obryant, Gladys Stout, Harry Williams, Norma Sweeney, Leona Brooks, Karen Hoy, Carol Kuzdzal, Peter Amelin Jr, Bonnie Smith, Patricia Clarkson, Mayrose Brown, Carol Frink, Carole Williams, Jo-Ann Hurley, Julianne Hetu, Nina Fish, Lea Lariviere, Anthony Kuzdzal, Deborah McGrath, Richard Pike, Daniel Ausmus Sr, Susan DiPietro, Joseph Messina, Mark Saad, Raymond Shivick, Ronald Morin, Bettie Carlson, Robert Broadard, Arthur Seale, Betty Aubin, Marcia Wheeler, Francis Cheever, Carol Ann Esposito, Eulalia Prince, Pauline Dubsky, Donna Freeland, Elizabeth Copeland, Dianne Pedone, Patricia McCann, Linnea Mazejka, Robert Muller Sr, Michael Barch, Eileen Caracciolo, Marjorie Helphenstine, Roger Wilson, Jean Drapeau, Joseph Zeneski, Lucille Pollett, Erleen McCarthy, Sandra Beavan, Nicholas Chomes, Virginia Germain-Guertin, Juana Vidot, Barbara Wessell, Wayne Dufault, Kelly Simulynas, Karen Niedzialkowski, Cherie Olihovik, Sandra Daigneault, Raymond Lentine, John Kneeland Jr, John Sutliff Sr, Gary Ahearn, Kristin MacKay, June Caron, Janet Petit, John Laplume, Linda Balcunas, Ava Materas, Richard Boutilier Jr, Patricia Mesrobian, Shari Bansfield, Gail Gilbreath, Robert Barbour, Michael Zinkievich, Gloria Aubin, Bonny Lusignan, Charles Kenney, Cheryl Sauriol, Christine Lee, Walter Crossman and Laurie Pytko



## MONTHLY ACTIVITIES:



### Blood Pressure Clinic

Tuesday, June 10th

10:30AM– 11:30 AM

### Let's Talk Oxford History

Tuesday, June 10th @ 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, June 11th @10:30AM

### Breakfast with the Chief

Thursday, June 26th @ 9:00AM

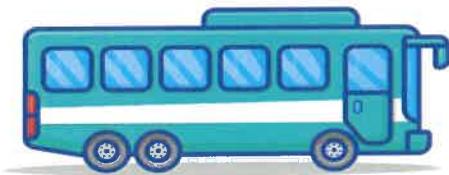
*(We will NOT be having breakfast in July or August. We will resume again in September)*

### BEANO

Friday, June 27th @ 12:45PM

# The Oxford Senior Center & Royal Tours

## 2025 Bus Trips



**Thursday, July 24<sup>th</sup> Indian Princess Boat Cruise & Lunch at Samuel Slater's**  
**\$55 per person**

*This trip is full. Waitlist available*

**Thursday, September 11<sup>th</sup> Red Apple Farm, Smith's Country Cheese,  
Lunch at The Inn at East Hill Farm ~ \$129 per person**

**Thursday, October 2<sup>nd</sup> Train Ride on the Winnipesaukee Railroad &  
Hart's Turkey Farm Luncheon ~ \$139 per person (max 48)**

*This Trip is full. Waitlist available*

**Flyers with *FULL* descriptions are available at the Senior Center**



### 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 Christina 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.**

### 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: Thursday, July 3rd @ 12:30 PM

Our book pick is: **The Matchmaker by Elin Hilderbrand**

Two best friends that are the envy of Nantucket living what seems to be perfect lives, have a *change* this summer and a *rumor* has started.

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### **MOVIE MATINEE**



**Friday, June 13th @ 12:45P**

**“The Peanut Butter Falcon”**

After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down Syndrome befriends an outlaw who becomes his coach and ally.

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**June Trivia Question: What is the most popular week for travel in the United States?**

**May Trivia Question: Which fruit is associated with Cinco de Mayo? The correct answer was an avocado provided by Jean Bello**

*Winner gets two (2) FREE lunch tickets*

*We will draw our next winner on June 13th*

# JUNE 2025 ~ OXFORD SENIOR CENTER

| Monday                             | Tuesday                                                                                                                                                       | Wednesday                                                                                                       | Thursday                                                                            | Friday                                                                                                 |
|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <u>2</u><br>CRIBBAGE 10AM TO 12PM  | <u>3</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                                              | <u>4</u><br><b>(NO CLASS TODAY)</b><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM      | <u>5</u><br><b>BEMIS FARMS @ 11:00 AM</b><br>DOMINOES 10AM TO 12PM<br>LUNCH 11:45AM | <u>6</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>BOOK CLUB @12:45PM</b>    |
| <u>9</u><br>CRIBBAGE 10AM TO 12PM  | <u>10</u><br>STRENGTH & 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> | <u>11</u><br>CHAIR YOGA 9:15AM<br><b>MEN'S GROUP 10:30AM</b><br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM  | <u>12</u><br>DOMINOES 10AM TO 12PM<br><b>BUS TRIP</b>                               | <u>13</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM<br><b>FREE MOVIE @ 12:45PM</b> |
| <u>16</u><br>CRIBBAGE 10AM TO 12PM | <u>17</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br><b>OPTIONS COUNSELING BY APPOINTMENT</b><br>LUNCH 11:45AM                                 | <u>18</u><br>CHAIR YOGA 9:15AM<br><b>SHINE BY APPOINTMENT</b><br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM | <u>19</u><br><b>CLOSED</b><br>~~~~~<br><b>JUNETEENTH</b>                            | <u>20</u><br>COA MEETING @ 10:30 AM<br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br>LUNCH 11:45AM      |
| <u>23</u><br>CRIBBAGE 10AM TO 12PM | <u>24</u><br>STRENGTH & BALANCE 9:15AM<br>NEEDLE WORKERS 10:15AM<br>LUNCH 11:45AM                                                                             | <u>25</u><br>CHAIR YOGA 9:15AM<br>NEEDLE WORKERS 10:30AM<br>CHAIR VOLLEYBALL 1PM                                | <u>26</u><br><b>BREAKFAST WITH THE CHIEF @ 9AM</b><br>DOMINOES 10AM TO 12PM         | <u>27</u><br>WALKING CLUB 9AM<br>CRIBBAGE 10AM TO 12PM<br><b>BEANO @ 12:45</b>                         |
| <u>30</u><br>CRIBBAGE 10AM TO 12PM |                                                                                                                                                               |                                                                                                                 |                                                                                     |                    |