



# OXFORD'S COUNCIL CHATTER



NOVEMBER  
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

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**

### Medicare Open Enrollment Presentation

Kaye of "NORTH STAR MEDICARE ADVISORS" will be at the Senior Center  
Thursday, November 6th @ 10:00AM

*The time is now to review your Medicare coverage!*

*Open enrollment is October 15th-December 7th*

The Senior Center will be CLOSED on the following dates:

***November 5th, 11th, 27th & 28th***



## From the Director's Desk.....



We would like to start utilizing the MySenior Center program to its fullest potential by notifying you when classes, activities are cancelled. We can do this via email, phone call or text. Please make sure we have the most updated information in order to reach you.

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Do you have a *my Social Security* account ??? If you don't, you should!! It is free and secure and allows you to:

*Access and print benefit verification letters*

*Request replacement Medicare cards*

*Request replacement Social Security cards (in most states)*

*View earnings history and future benefit estimates*

*Apply for retirement or disability benefits*

*Manage direct deposit, update address, and more*



Wishing you all a harvest of  
blessings, good health and good  
times

Out to Lunch

## “YOUNG AT HEART CAFÉ “

### November 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)**

**\*\*MENU SUBJECT TO CHANGE DUE TO FOOD SHORTAGES/AVAILABILITY\*\***

**Tuesday 11/4: Salisbury Steak w/Gravy, Mashed Potatoes, Peas, Dinner Roll, Cookies**

**Friday 11/7: Stuffed Shells w/Sauce, Salad, Garlic Bread, Fruited Jell-O**

**Tuesday 11/11: CLOSED**

**Friday 11/14: Baked Fish, Mashed Potatoes, Garden Blend Veggies, Dinner Roll, Pudding Parfait**

**Tuesday 11/18: Swedish Meatballs w/Gravy, Egg Noodles, Green Beans, Birthday Cake**

**Friday 11/21: Eggplant Parm Sandwich, Salad, Potato Chips, Ice Cream Sundae**

**Tuesday 11/25: Roast Turkey, Stuffing, Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Pearl Onions, Squash, Dinner Roll, Pumpkin Pie**

**ONE MEAL PER PERSON! SIGN UP EARLY TO SECURE YOUR MEAL**

**Friday 11/28: CLOSED**

- 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.

## November Birthdays



Robert Baggs, Mary Hetherman, Carol Lee Berube, Michael Landry, Paul Albuquerque, Dianne Clark-Cahill, Kathleen Purcell, Joanne Markarian, Janice Tarkiainen, Rose Wing, Carol Pepka, Jennifer Murdock, Janet Clark, Sandy Maisano, Donna Leonard, Lisa Ann Mulhern, Dianne Paluses, Heather Tomkinson, Nicholas Digiulio, Richard Kneeland, Anna Matney, Linda Newell, Judy Hodgerney, Linda Primel, William Borowy, Robert Bennett, Annah Mercier, Linda St Francis, Sally Metzger, Donald Kielinen, Kenneth Mills, Carol Troiano, Cynthia Chambless, John O'Brien, Christopher Brooks, Gail Wojtanek, Wilfred Martin, Alan Lucier, Marlene Lukasek, Cheryl Baggs, John Turner, Robert Cierpich, Kathleen Tarkiainen, Wayne Johnson, Judy Durkin, Shirley Latour, Catherine Doran, Stanley Chesitis, Harold Sanders III, Noreen Harty, Janet Koza, Barbara Gould, Arthur Robert, Paul Mazeika, Diane Keenan, Karen Erickson, Nancy McGovern, Elaine Ribeiro, Earl Cody, Susan McAndless, Susan Boris, Willy Van Beekom, Kathy Leardi, Lynda Robinson, Jan Williams, John DiPasquale, Laurie Elliott, Joan Rousseau, Lillian Coonan, Paula Miner, Robert Racicot, Dorothy Anderson, Joel Masley, Joan Brady, Almetter Bethune, Arthur Freeman Jr, Valerie Daoust, Susan Orsi, Virginia Suklis, Judith Murdock, Priscilla Dand, Kenneth Metcalf, Roger Tudor, Stephen Fish, Evelyn Perkins, Patricia Schneider, Elizabeth Fisher, Carolyn Duffy, Russell Garre, Norman Hale, John Koneczny, Constance Perra, Madeleine Stevens, Joseph Chiuchiolo, Barbara Moody, David Howard, David Murray, Pamela OBryant, Emma Cote, Robert Krasinskas, Carol Keating, Marcia Kollios, Lois Bunker, Eva Dawson, Carol Sullivan, Shirley DeLuca, Susan Sheehan, Rory O'Connor, Carol Russell, Francis Farrell Jr, Dolores Cloutier, Kathleen Vanderhoof, Joseph Kowal, Stella White, Theresa Donnelly, Debra Monahan, Linda Bourie, Mark Masuzzo, Alice Smith, Robert Peters, Joanne Kubicki, Ernest Germain, Joan Stevens, Richmond Parker, Rose Lawless, Jeanne Roy, Richard Shivick, Maureen Baker, Stanley Garbauskas, Monica Brunetta, Diane St .Jean and Richard Bellows



Our Senior Book Club meets the 1st Friday of each month. Our next meeting is: *Friday, December 5th @ 12:45PM*

Our book pick is: **Bright Lights, Big Christmas** by Mary Kay Andrews

Filled with family ties, both rekindled and new, and sparkling with Christmas magic

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### **MOVIE MATINEE**



***Friday, November 14th @ 12:45PM***

***“Love the Coopers”***

*(Christmas comedy-drama film about a dysfunctional family who reunites for the holidays ~ starring Diane Keaton)*

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### **November Trivia Question:**

**“November always ends on the same day of the week as what other month?”**

**October Trivia question was “What US state is closest to Africa”**

**The correct answer is: MAINE, provided by Linda St. Francis**

**We will draw our next winner November 21st**

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



## 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!*



## MONTHLY ACTIVITIES:

January  
February  
March  
April  
May  
June

July  
August  
September  
October  
November  
December

### Let's Talk Oxford History

THURSDAY, November 13th @ 1:00PM

### MEN's Coffee Group

*Wednesday, November 12th @10:30AM*

### *Cup of Joe w/ State Representative Joe McKenna*

*Friday, November 14th @ 10:00am*

### Senior Safety with Oxford Fire/EMS

*Friday, November 21st @ 12:30PM*

### Breakfast w/ The Chief

9:00 am-10:00am

*Thursday, November 20th @ 9:00AM*

### BEANO

**NO BEANO IN NOVEMBER**

## SENIOR SERVICES



### Tri-Valley Inc.

Options Counselor, Kristina Goode will be at the Senior Center on the 3rd Tuesday of the month *by appointment* from 12:30PM to 2:00PM.

She can provide information and support to help people make informed decisions about their care and long term goals.

**To schedule, call 508-987-6000**

Need assistance with MASSHEALTH? Sign-up with a Certified Application Counselor at Tri-Valley Inc. They can help with Eligibility, Medicare Savings , Updating Documentation, & Renewals

**To schedule, call 508-949-6640 X 7250**

### Oxford Food Shelf

Need assistance with food? Oxford Residents can visit the Food Shelf on Thursday nights from 4:30PM to 6:30PM. Located in the lower level of the Community Center. Registration is required if you are a first time visitor.





# The ART of Caregiving

A CREATIVE BREAK FOR CAREGIVERS AND THEIR RECIPIENTS

Join us this November as we celebrate National Caregiver Month with a special program designed to nurture caregivers and care recipients through art, relaxation, and community.

## Experience Includes:

- Guided creativity with watercolors and markers
- Make greeting cards, bookmarks, or your own unique project
- Time to destress and recharge
- Build a plan for respite care and receive helpful resources
- Take home a swag bag filled with support and surprises

NOVEMBER 18,  
1:00PM-3:00PM  
Oxford Senior Center  
323 Main St. Oxford, MA 01540

Register Here:

Dawna, Tri-Valley Caregiver Specialist  
508-949-6640 Ext: 3157, [dsalkiewicz@tves.org](mailto:dsalkiewicz@tves.org)

# PEANUTS CHARACTERS

ANDY

BELLE

BELLE'S SON

CLARA

EMILY

ETHAN

EUDORA

FLOYD

FRIEDA

LARRY

LILA

LINUS

LUCY

LYDIA

MARBLES

MARCIE

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| U | R | I | V | I | D | L | E | T | A | E | U | M | A | R |
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MAYNARD

PIG-PEN

NAOMI

RERUN

OLAF

ROY

PEPPERMINT PATTY

SHERMY

# NOVEMBER 2025 ~ OXFORD SENIOR CENTER

| Monday    | Tuesday                                                          | Wednesday                                                                            | Thursday                                                                                                                             | Friday                                                                                                                                                                                          |
|-----------|------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|           |                                                                  |                                                                                      |                                                                                                                                      |                                                                                                                                                                                                 |
| <b>3</b>  |                                                                  |    |                                                                                                                                      |                                                                                                                                                                                                 |
| <b>4</b>  | <b>STRENGTH &amp; BALANCE</b><br>9:15AM<br>CRIBBAGE 10AM TO 12PM | <b>CLOSED</b><br>~~~~~<br><b>Veterans Luncheon</b>                                   | <b>6</b><br><b>MEDICARE PRESENTATION @ 10:00 AM</b><br>CRIBBAGE 10AM TO 12PM                                                         | <b>7</b><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>LUNCH 11:45AM</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>BOOK CLUB @ 12:45 PM</b>                                                                 |
| <b>10</b> | <b>CLOSED</b>                                                    |  | <b>12</b><br><b>CHAIR YOGA 9:15AM</b><br><b>NEEDLE WORKERS 10:30AM</b><br><b>MENS GROUP @ 10:30AM</b><br><b>CHAIR VOLLEYBALL 1PM</b> | <b>13</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>TALK OXFORD HISTORY @ 1PM</b><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>LUNCH 11:45AM</b><br><b>MOVIE @ 12:45PM</b>                                 |
| <b>17</b> | <b>STRENGTH &amp; BALANCE</b><br>9:15AM<br>CRIBBAGE 10AM TO 12PM | <b>OPTIONS COUNSELING BY APPT</b>                                                    | <b>19</b><br><b>CHAIR YOGA 9:15AM</b><br><b>NEEDLE WORKERS 10:30AM</b><br><b>CHAIR VOLLEYBALL 1PM</b>                                | <b>20</b><br><b>CHIEF BREAKFAST @ 9:00AM</b><br><b>(SIGN UP BY NOV.14TH)</b><br><b>DOMINOES 10AM TO 12PM</b><br><b>CRIBBAGE 10AM TO 12PM</b><br><b>LUNCH 11:45AM</b><br><b>OXFORD FIRE/EMS</b>  |
| <b>24</b> | <b>STRENGTH &amp; BALANCE</b><br>9:15AM<br>CRIBBAGE 10AM TO 12PM |                                                                                      | <b>26</b><br><b>CHAIR YOGA 9:15AM</b><br><b>NEEDLE WORKERS 10:30AM</b><br><b>LUNCH 11:45AM</b>                                       | <b>27</b><br><b>CLOSED</b><br><b>HAPPY THANKSGIVING DAY</b><br><br><b>CLOSED</b><br>~~~~~<br><b>NO BEANO</b> |
|           |                                                                  |                                                                                      |                                                                                                                                      | <b>28</b><br><b>NO AFTERNOON ACTIVITIES</b>                                                                                                                                                     |

Town of Oxford  
Council on Aging \* Senior Center  
323 Main Street  
Oxford, MA 01540



## **SERVICES FOR OUR SENIORS**

**Transportation Assistance:**

**(IN Town COA Van/ OUT of Town WRTA ~508-752-9283)**

**Lunch (Tuesday & Friday)**

**SNAP (Food Stamps) & Fuel Assistance Applications**

**Medical Equipment Loan**

**File of Life Cards**

**Computer Use**

**Copies/Faxing (25 cents per copy)**

**Notary Services - *please call ahead***