

**November**

# ***Oxford Senior Center***

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 100

On the Internet: [www.oxford-ct.gov](http://www.oxford-ct.gov)

**Hours: 9:00AM - 5:00 PM Monday – Friday**

**2014**

The Center will be closed on November 11<sup>th</sup> in observation of Veteran's Day; at 1:00 November 26<sup>th</sup> and closed November 27<sup>th</sup> for Thanksgiving

*The Senior Center staff wishes all our members and their families a happy and healthy Thanksgiving*

## **Work Special Veteran's Day Celebration**

Thursday, November 6<sup>th</sup> @ 10:45

Veteran's Day Sing-a-long with our Oxford Senior Singers choral group, a visit by members of the David S. Miles American Legion Post #174 to talk to us about the origin of the bugle call "taps" and a special presentation of the Bronze Star commendation to Vahan Hovey. Due to many snafus and a fire, records were lost and finally brought to light after almost 70 years. Following at 1:00 there will be a presentation by Charles Rippel on "The Four Chaplains".

## **Oxford Senior Center Holiday Craft Fair**

Thursday, November 13<sup>th</sup> 10:00 – 2:00

Stop by the Center and do some holiday shopping or just treat yourself – you deserve it! We will have a wide variety of homemade items that were made by the talented hands of our members. The proceeds from this fair helps the talented members of the center to continue making the beautiful handiwork we pass along to those in need of comfort and joy.

We will have Hot Dogs for sale if you are stopping by on your lunch break.

## **Thanksgiving Luncheon**

Thursday, November 20<sup>th</sup> @ 12:00

Our traditional Thanksgiving lunch will be prepared by Todd Orner of Oxford Hills Catering. Join your friends at the center to give thanks for all the blessings in your life. Music will be provided by Pierce Campbell Jazz Duo. Come and enjoy the different sound of Pierce! Cost: \$10.00 pp *Please sign up.*

## **2015 MEMBERSHIP DUES**

Renew now so you don't miss a copy of our newsletter!

**\$3.00 Oxford Resident; \$7.00 Non-Resident annual fee.** Oxford residents age 80 and over and non-residents who were Gold Members in 2006 are Gold Members. Membership is FREE for Gold Members, however, in order to continue your membership you must notify the office and verify your address and update emergency contacts if needed each year.

## **Coming in December**

### **"Healthy at Any Weight"**

Tuesday, December 9<sup>th</sup> @ 11:15

Presentation by nutritional consultant, Judy Prager of Well Fed Connecticut.

### **Camp Ladore Presentation**

Thursday, December 11<sup>th</sup> @ 12:30

Representatives from Ladore Camp, Retreat and Conference Center in Waymart, PA will be at the center to tell you about all the wonderful facilities and events happening at the camp. A two week stay at Ladore will be given away as a raffle!

### **Oxford High School Football Team**

Thursday, December 18<sup>th</sup> @ 11:30

The football players will once again be at the center to spread some holiday cheer with us! The boys and their coach always lift our spirits high and set holiday happiness in motion! Make your own sundaes provided by The Watermark at East Hill. *Don't miss this fun-filled day!*

## (Motor Coach Trips)

*Please park on the left side of the center (the bocce court side) when going on trips. The front and right side must remain open.*

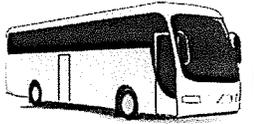
### Mohegan Sun Casino

Tuesday, November 25<sup>th</sup>

Includes: \$15.00 Wheel Play and \$15.00 Food Voucher or Free Buffet up until 11:00 am.

After 11:00 am there is an additional charge of \$5 per person for the buffet.

Cost: \$22.00 pp Sign up now! • Depart: 8:00 am Return: 6:00 pm



### Swingle Jingle Christmas – Chicopee, MA

Tuesday, December 2<sup>nd</sup>

The day's entertainment will be Dan Gabel & The Abletones, a full 18-piece Big Band, including a female vocalist, specializing in an authentic Big Band sounds. You will dine at the Castle of Knights in Chicopee MA. Built in Medieval style, the ballroom features a large stone fireplace and crystal chandeliers. Menu includes coffee and snacks on arrival; pot roast or sautéed breast of chicken or baked New England scrod with vegetable, mashed potatoes, tossed salad and carrot cake with coffee or tea.

Cost: \$66.00 pp (includes all taxes, gratuities, and transportation) • Depart: 10:00 am • Approx. return: 5:30 pm

## (Senior Center Bus Trips)

*Please park on the left side of the center (the bocce court side) when going on trips.*

### Explore the Palace Theater & City Hall Café - Waterbury

Friday, November 14<sup>th</sup>

Come and explore the Palace Theater's nine decades of history and backstage mystique with a guided tour. Built in 1920 and recorded in the National Register of Historical Places, The Palace Theater is known for its grand architectural design. It is one of the most striking performing arts spaces in the state. The 75 minute tour is led by a specially trained Palace Theater Ambassador. Cost: \$5.00 pp. • Lunch on your own at the City Hall Café  
Depart 10:15 • Return approx.: 2:30.

### Lunch at the Curtis House – Woodbury

Friday, December 12<sup>th</sup> @ 12:00

Lunch on your own at The Curtis House – Connecticut's Oldest Inn in Woodbury. Decorated for the holidays this will be a great opportunity to enjoy this beautiful location.

Sign up begins: Friday, November 14<sup>th</sup> • Depart: 11:30 Return approx: 2:00

### Senior Center Bus Trip Policy:

- *Members can sign up themselves and one other member only.*
- *Sign up can be made by phone or in person on the sign up date and thereafter until the bus is full.*
- *You have 5 business days to make payment for trip.*
- *Payment will NOT be accepted PRIOR to the sign up date.*

### Please take a moment and read these “FRIENDLY REMINDERS “

- *Payments for in-house events are due at the time of sign up. Your payment and reservation can be made in person or by mailing your check with a note indicating what you are signing up for. A receipt will be made out and held for you at the center. In order to participate in any of our activities at the center, you must be a member.*
- *MEALS ON WHEELS PROGRAM – (MOW) Contact the Senior Center and/or Municipal Agent for more information or referral. Also you can call TEAM, Inc. at 203-736-5420 Ext. 227.*

### Let's Thank our Troops in Harm's Way

We will be collecting items to be sent to our troops in harm's way in Afghanistan and other remote areas without a PX. Items such as snacks and toiletries have been requested by the troops. Only new and sealed items can be accepted. Call the center for a more complete list of items. Containers will be at the center for easy drop off.

All will be gratefully appreciated

### **Municipal Agent News**

**November 2014**

Hi Everyone!

This is such a beautiful time of year for all of us "*leaf peepers*" when nature offers us a spectacular color show and imagine it's free. When the sun is shining on all the reds, gold's and oranges, the leaves are absolutely gorgeous to look at! It is not often when we get anything for free, so enjoy this magnificent display of color while we can!

There are so many scams going around lately that they are even publishing them in the newspapers. I recently read about these two and I wanted to make sure that everyone is aware of them. One is a scam on the internet. A gentleman was looking to buy a car and found one online. He was asked to buy a debit card and since the owner was out of state, to mail the card. After he mailed it, the link to the car was taken down and he was out the money he sent.

Also, the IRS is dealing with the biggest scam in its history where scammers are posing as U.S. Treasury officers and demanding people pay-up bogus back taxes or be thrown in jail. Thousands of people have been contacted by telephone and millions of dollars have been stolen from unsuspecting taxpayers.

Remember: The IRS will **NOT** call you about your taxes without first mailing you a notice. They will **NOT** demand that you pay your taxes without questions or an appeal. They will **NOT** require you to use a specific payment method (debit card). They will **NOT** ask you for your credit card or debit card #'s over the phone. Lastly, the IRS will **NOT** threaten to call the local police to have you arrested for not paying. Please be very careful with your hard earned dollars; ask questions and ask for help if you have doubts.

Don't forget, Open enrollment is going on until December 7th. If you want to get new or change your insurance, now is the time to do it!

Wishing everyone a very Happy Thanksgiving! Until next month...

*Joanne Jelenik, Municipal Agent for the Elderly*

### AT THE CENTER

*Please Note: To help alleviate congestion at the front desk we will be setting up self sign-up sheets in the computer room. These will be for in-house programs without a fee, such as presentations. Hopefully, you will find this helpful.*

### Ballroom Dancing

Monday, November 3<sup>rd</sup> – December 8<sup>th</sup>, 11:00 – 12:00 • Holly Cairo- Instructor

Six week session \$30 pp. No partner necessary. Learn the basics of Rumba, ChaCha and Salsa. Great exercise and fun!

*Payment due at first class.*



### Blood Pressure Check

Monday, November 3<sup>rd</sup> & 17<sup>th</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health



### Senior Community Café (TEAM Lunches)

Tuesday, November 4<sup>th</sup> @ 12:00

Please make your reservation in advance. Menu: Sliced pork w/ gravy, roasted garlic mashed potatoes, Italian vegetable blend, pumpernickel bread, fresh apple and milk. • Donation: \$3.00 • *Sign up please.*

**Craft with Eve**

Thursday, November 6<sup>th</sup> @ 1:30  
Make an Indian corn magnet or brooch.

**Apples-to-Apples Game**

Monday, November 10<sup>th</sup> @ 11:00  
Exercise for your brain! Prize for the winner!

**Positive Thinking Enrich Your Life through positive thinking!**

Monday November 10<sup>th</sup> & 24<sup>th</sup> @ 1:00

Bob Taylor will facilitate an interactive workshop on positive thinking and how it can be used to enrich your daily life. Topics of discussion will include: positive thinking – the mind connection, the circles of concern and influence – you are what you think - make time for you and live “In the Now”. Don’t miss this opportunity, register now.

**Making the Most of Your Fixed Income**

Wednesday, November 12<sup>th</sup> @ 11:30

Presentation by Jon Dibble, Morgan Stanley

Jon will discuss the fixed income markets; where you can find attractive returns today; the current economic environment and answer your questions to help you do the things you want to do in retirement.

**Prayer and Share**

Wednesday, November 12<sup>th</sup> @ 1:00 – 2:00

Rejoice in the Lord always! I will say it again: Rejoice! Phil.4:4 All are welcome. We meet in the Reading Room.

**Book Club**

No meetings in November & December

**Monthly Birthday Social and Center Update**

Monday, November 17<sup>th</sup> @ 1:00

Come and share some birthday cake with fellow members and get the latest updates on senior center news. Members who have a birthday during this month and attend the social have a chance to win \$10.00!

~ October winner was Phyllis Lupi ~

**Senior Community Café Lunch (TEAM) and Movie**

Tuesday, November 18<sup>th</sup> @ 12:00

Lunch Menu: Chicken orzo soup, vegetable quiche, tomato, cucumber, basil salad, Italian breadstick, fresh fruit, and milk. • Cost: \$3.00. *Please make your reservation in advance.*

**Movie: Mom’s Night Out** with Sarah Drew, Sean Astin, Patricia Heaton, Trace Adkins & David Hunt. PG  
All Allyson and her friends want is a peaceful, grown-up evening of dinner and conversation. But in order to enjoy high heels, adult conversation and food not served in a paper bag they need their husbands to watch the kids for 3 hours.  
What could go wrong?

**Bingo**

Wednesday, November 19<sup>th</sup> @ 12:30 – 3:30

Cost: \$2.00

**Let’s Talk About It**

Thursday, November 20<sup>th</sup> @ 10:30. Led by Municipal Agent, Joanne Jelenik

This is a group open to all members to discuss issues with others that may have similar problems such as living alone, facing your fears, coping with loss, being mistreated by family or friends, or just feeling overwhelmed by daily responsibilities. Any questions call Joanne at 203-888-2090.

**Left, Center, Right Game**

Tuesday, November 25<sup>th</sup> @ 11:00

**Free Hearing Screening**  
**Provided by Hearing Aid Specialists of CT**

Tuesday, November 25<sup>th</sup> @ 9:30 – 11:30

Hearing Aid Specialist of CT will have someone at the center to examine your ear for wax, screen your hearing and explain the results. This is a great opportunity whether you think you have a hearing loss or would just like to have a baseline screening for your records. Questions are welcome. You must make an appointment by calling the center.

**Joan's Lunch**

Sorry, no lunch this month.

Newsletters are available online at [www.oxford-ct.gov](http://www.oxford-ct.gov). At the top of the page click on **Town Government**, then **Other Departments**. Scroll down through the list of departments to the **Senior Center**. Click on **Senior Center** and it will open the page where newsletters and other center information are listed.

**REGULAR WEEKLY EVENTS**

**Bocce**

Monday, Wednesday, Friday @ 9:30

**Pocket Billiards**

Monday – Friday

**Poker**

Monday and Friday @ 1:00 (If we are closed on Monday, poker will be played on Tuesday)

**Mahjongg**

Monday @ 12:30

**Walking Group**

Monday, Tuesday @ 10:30, Friday @ 9:30

**Continental Breakfast**

Wednesday @ 9:30

**Quilting**

Wednesday @ 9:30

**Pinochle**

Wednesday @ 1:00

**Craft Group**

Thursday @ 9:30

**Municipal Agent**

Thursday @ 10:30

**Hot Dog Lunch (No Hot Dogs Nov. 20<sup>th</sup>)**

Thursday 12:00

Cost: \$1.50

**Wii Game**

Friday @ 1:00

Wii is always available to any members as long as the main room is available.

**Ping Pong**

Our table can be set up anytime the main room is not in use. Call to schedule a time.

# Wall of Honor Project

If you are interested in being part of a committee to work with VITAS on creating a Veteran's Wall of Honor at the Center, please contact Pat Babbage for more information.

This is a wonderful way to thank the veterans for their service and sacrifice to their country.

Call Pat at 203-881-5231 ext. 103.

## EXERCISE CLASSES

### **SENIOR ZUMBA**

Friday @10:00 – 11:00

Instructor: Gabriella Takacs-Fabry

This class is especially designed for older adults. No experience needed, just your love of music to motivate and move. Low impact, easy-to-follow fitness. \$2.00 per class.

### **FLEX, FIT & FUN**

Wednesday @ 10:30 – 11:15

Instructor: Pat Babbage

This is a conditioning class using weights, bands, and balls to strengthen and stretch the entire body from head to toes and fingers. Work at your own level and modifications will be given. Please bring your own weights if possible, our supply is limited. No floor work. Join us for some fun and work towards increasing your bone density, strengthening the muscles around arthritic joints, increase circulation, and improve your overall endurance.

### **RESTORATIVE YOGA**

Monday 9:45 – 10:30

Instructor: Karin Terebessy - Yoga Alliance Certified

No prior yoga experience necessary. A great way to start your day!  
\$15.00 for 4 class session (\$3.75/class) or \$5.00 per class drop in cost.

### **TAI CHI**

Tuesday, 9:15 to 10:15

Instructor: Stephen Kurimai

These classes encourage balance, subtle flexibility and body-awareness in more active walking and standing movements sets.

\$15.00 for 8 class session or \$3.00 per class drop in cost.

**WHO'S WHO**

Patricia Babbage	Director Senior Services – ext. 103
Heather Haney	Assistant Director – ext. 104
Joanne Jelenik	Municipal Agent – ext. 105 or 203-888-2090 (home)
Walt Gadsby	Chairman - Elderly Commission
Transportation	Scheduling – ext. 101
Drivers	Dianna O'Connor, Michael Alberti, Carmine Onofrio, Rosalie Hullette

**MONTHLY MEETINGS**

Monthly Membership Birthday Social November 17th @ 1:00 .

**Elderly Commission**

–Meetings are held on the 2<sup>nd</sup> Tuesday of the month @ 9:30 am at the Senior Center.

**Since the center will be closed Nov. 11<sup>th</sup> for Veterans Day,  
the meeting this month will be held on Tuesday, November 18<sup>th</sup> @ 9:30 am**

**TRANSPORTATION**

(Senior Center - 881-5231 – Ext. 101)

For Oxford residents (Seniors & Disabled) only.

We will do our best to accommodate you, but time, destination and vehicle availability may affect our ability to meet your needs.

Medical Appointments: Call Sandy Brown (Community Car) at 203-881-0406.

If the community car is not available, call the Senior Center.

Miscellaneous Appointments: Please call the Center at least 2 business days in advance.

Grocery Shopping-Tuesday: Shoprite in Southbury.

Please be considerate of our drivers and limit your purchases to five bags total.

Please call at least 2 business days in advance to schedule a ride for shopping.

**SUNSHINE UPDATES**

If you want someone to be remembered, please call Ellie Hoffman at the center and she will send a card from the Oxford Seniors. Please keep the following people in your thoughts:

Kathryn Duszak, Pat Ploch, Ginny Kenney, Mary Atwater, Dave Martin, Dorothy Roggenback, Shirley Petrillo, Dee Voccola, Joan Weed, Martha Makl, Rose Lemond, Maryann Shail, Fran Bruce, Betty Jacobs, Sam Barate, John Shail, Richard Seeley, Ed Gaal, Judy Jablonski, Loretta Ward, Dick Brown, Jean Michalak, Gloria Trella

Nicolette Dell Olio	1	Elizabeth Giancarli	12	Lucille Palmucci	19
Maria Gill	1	Pete Manna	12	Arthur Hlywa	20
Carol Sullivan	1	Janet Petronis	12	James Lyons	20
Jeanne Keating	2	Anthony Guardiano	13	Faye Checkley	22
Muriel Sabetta	2	Suzanne Morris	13	Charles Livolsi	22
Marjorie Bailie	3	Janet Peck	13	Marsha Pettengill	22
Elaine Barrett	3	Ann Raymo	13	Lolly Volpe	22
Andy Bucci	3	James Stuart	13	Patricia Wiesniak	22
Thomas Creed	3	Joan Weed	13	Ivan Cukale	23
Joanne Manna	3	Betsy Entwisle	14	Philip Ercoli	23
Rosemary Slie	3	Peter Shost	14	Karin Schidat	25
Frank Sherkus	4	Raymond Jacobs	15	Richard Sriubas	25
Helen Athans	5	Carol Penney	15	Carl Carlson	26
Alice Daddio	5	Sharon Tantimonaco	15	Ginny Guilmette	26
Dimas Souza	5	John Ellis	16	Ella Savage	26
Joan Austin	6	Edith Seyler	16	Jolyn Trzyna	26
Kathie Sochacki	6	Frank Tomis	16	Alberta Weigl	26
Mary Russell	7	Elsie Valeski	16	Joan Murphy	27
Sheila Zito	7	Nancy Caterino	17	Stuart Haisley	28
Marjorie Madhani	8	Charles Hummel	17	Loretta Dempsey	29
Janice Cohen	9	Delores Ruela	17	Mary Harkey	29
Jerry Scully	9	Mary Stuart	17	Russell Peterson	29
Mildred Spak	9	Russell Bacon	18	Margaret Barate	30
Arlene Raino	10	Joseph Daddio	18	Constance Koskelowski	30
Nancy Boyne	11	Martha Maki	18	Ricardo Witham	30
Philomena D'Amaro	11	Kathleen Maloney	18		
Carol Krushinski	11	John Rogers	18		
Noreen Noll	11	Helen Cesarczyk	19		
Eilene Smith	11	Richard Kurimsky	19		

*Happy Birthday!!!*



OXFORD SENIOR CITIZENS  
10 OLD CHURCH ROAD  
OXFORD, CT 06478