

Oxford Senior Center

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 100

On the Internet: www.oxford-ct.gov

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

December

2014

The Center will be closed on December 4th for our offsite Christmas Party and

December 24th & 25th for Christmas

HAPPY HOLIDAYS TO ALL OUR MEMBERS AND THEIR FAMILIES

Winter Storm Closings Notice

On days of inclement weather, if the Oxford Schools are closed due to weather, there will be NO transportation and NO classes. The Senior Center will remain open as long as Town Hall is open, but in the event that Town Hall is closed the Center will also be closed. Watch WFSB, Channel 3, Eyewitness News for the latest updates.

Entertainment and Lunch

Thursday, December 11th @ 11:00

The WAM student entertainers will be back with their beautiful voices and smiles! Following the performance we will offer an Italian combo sandwich from the Southford Deli with potato salad & dessert.

\$5:00 pp. *please make your payment when you make your reservation.*

Camp Ladore Presentation

Thursday, December 11th @ 12:30

Representatives from Ladore Camp, Retreat and Conference Center in Waymart, PA will be at the center to tell you about their wonderful facility and events happening at the camp. We have a trip planned for June 22-June 29, 2015. Cost will be \$338 double, \$548 single, (transportation not included). A two week stay at Ladore will be given away as a raffle!

Christmas Concert Sing-a-long

Wednesday, December 18th @ 11:00

Our Outstanding Oxford Senior Singers will be singing your favorite holiday tunes.

Let the singing bring to you a sense of joy!

Oxford High School Football Team Visit

Thursday, December 18th @ 12:00

The football players will once again be at the center to spread some holiday cheer! 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!

New Year's Celebration!

Thursday, January 8th @ 12:00

"Nikki D" will be our entertainer for this great occasion. Nicky D sings songs from the American Songbook by artists like Frank Sinatra to Tom Jones, as well as requests from the audience.

Lou Granato will provide the food. Menu: Herb crusted roast beef, garlic mashed potatoes, glazed Belgium carrots, Caesar salad, rolls and rice pudding for dessert.

Cost: \$10.00

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 January

Myths and Misconceptions of Hospice Care

Tuesday, January 13th @ 11:00

An interactive discussion presented by Joyce Buselli of VITAS Innovative Hospice Care.

Self-sign up please.

Antiques Appraisal

Wednesday, January 14th @ 1:00 – 3:00

Joseph & Carol Ferry will be at the center to appraise your special items. Fee is \$5.00 for one item or three items for \$10.00. So bring your treasures to the center! If the item is too big to tote, then members can bring along a photo.

Please sign up and let us know how many items you will be bringing. Payment due at time of sign up.

Petticoat Spies – Six Women Spies of the Civil War

Thursday, January 15th @ 1:00

This is the second part of this wonderful six part lecture about female Civil War spies who risked their lives to protect their cause. Presented by Charlie Rippel. *Self sign up please.*

You Be The Judge

Tuesday, January 20th @ 11:30

Tracy Brady will be here from Visiting Angels to play another fun and interesting game with us! You Be The Judge is where true court cases are presented to jump start lively discussions.

Self sign up please.



(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.

There will be No Casino Trip this month

Westchester Dinner Theatre, Elmsford, NY

Thursday, March 19th

Camelot, one of history's greatest love stories. This musically rich, legend-based classic evokes enough swashbuckling spectacles to keep one smiling. Price includes the show, **Camelot** and lunch. Your meal selection is made at the theatre.

Cost: \$83.00 pp

Depart: 9:15 am Return approx: 5:15 pm

Bermuda Cruise

October 3 – 8, 2015 * 5 nights from New Jersey aboard the Liberty of the Seas Ship.

We'll motor coach to Cape Liberty, NJ where we'll begin our 5 night cruise experience to Bermuda, a romantic destination rich in British custom. Please stop by the center to pick up a flyer for more information.

(Senior Center Bus Trips)

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

Lunch at the Curtis House – Woodbury

Friday, December 12th @ 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 14th

Depart: 11:30 Return approx: 2:00

Christmas Tree Shop and Lunch

Monday, December 15th

Last minute shopping at the Christmas Tree Shop in Orange followed by lunch on your own at the Olive Garden.

Sign up begins Monday, December 8th.

Depart: 9:45 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.*

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A Note from the Director’s Desk

As I reflect upon the past year I want to express my gratitude to our dedicated staff who continues to amaze me with their energy and patience. We rely on our fantastic volunteers to keep the center going and I can’t thank them enough. Our family continues to grow with many new members who love to learn, reminisce, travel and exercise both their minds and bodies. I read a quote recently that said, “Truly appreciate those around you, and you’ll soon find many others around you”. I believe the success of our center would not be possible without the help of others around us. I wish all our members and their families a very Merry Christmas and a Happy New Year!

Pat
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Municipal Agent News

December 2014

Hi Everyone!

The cold weather has finally arrived. Who was complaining about our warm weather? Definitely not me or most of you; right? Well, good bye autumn leaves and hello “snow”. That’s all right, the holidays are coming and we need a little snow to justify our New England “white” traditions. Stay safe driving in the snow if you have to go out.

As most of you probably heard, The Social Security Administration announced that benefits are going to rise 1.7 percent starting in January. This is a little bit higher than 2014 when you received 1.5%. This is also the fourth year in a row when the cost of living adjustment was under 2%. In 2012 and 2013 you received 1.7% for each year and in 2010 and 2011, there was no increase.

In determining the cost of living adjustment or COLA , they compare the cost of goods and services from the third quarter of the Consumer Price Index for Urban Wage Earners with the previous year’s third quarter. This adjustment is supposed to help preserve the buying power of Social Security recipients against inflation. (Notice, I used the word “*supposed*” to).

According to the Social Security Administration, most retirees depend on Social Security for at least half of their income. The maximum amount of earnings subject to Social Security taxes will increase to \$118,500 for 2015 up from this year’s \$117,000. Medicare Part B which covers Doctors and outpatients will remain the same for 2015 with a premium of \$104.90 and the deductible will also remain the same at \$147. This is the second year in a row that the premiums have not increased. For those of you who receive an average monthly benefit of \$1,302, your COLA adjustment will be approximately \$22 a month.

Just a **REMINDER**, Open Enrollment for your Medicare insurance coverage ends December 7th for those who would like to make a change for 2015.

Wishing everyone a Happy and Healthy Holiday!

Until next year...

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.

Blood Pressure Check

Monday, December 1st & 15th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health

“Healthy at Any Weight”

Tuesday, December 9th @ 11:15

Have you tried to diet and been unsuccessful? Being at the “ideal” weight is best but find out how to be healthy at any weight! A presentation by nutritional consultant, Judy Prager of WellFed Connecticut. Self sign up.



Senior Community Café (TEAM Lunches)

Tuesday, December 9th @ 12:00

Please make your reservation in advance.

Donation: \$3.00

Sign up please.

Craft with Eve

No class this month.

Apples-to-Apples Game

Monday, December 22nd @ 11:00

Exercise for your brain! Prize for the winner!

Prayer and Share

Wednesday, December 10th @ 1:00 – 2:00

. . . . a multitude of the heavenly host praising God Luke 2:13

We meet in the Reading Room and all are welcome.

Book Club

No meeting this month.

Monthly Birthday Social and Center Update

Monday, December 15th @ 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!

November winner was John Ellis.

Senior Community Café Lunch (TEAM) and Movie

Tuesday, December 16th @ 12:00

Cost: \$3.00. Please make your reservation in advance.

Movie: *The Dog Who Saved Christmas Vacation* starring Dean Cain , the voices of Mario Lopez and Paris Hilton.

A wonderful family holiday movie. Rated PG.

Holiday Bonus Bingo!

Wednesday, December 17th @ 12:30 – 3:30

Cost: \$2.00

Let's Talk About It

Thursday, December 11th @ 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.

Free Hearing Screening

Provided by Hearing Aid Specialists of CT

No screening this month, but you can register for the next screening Tuesday, January 20th @ 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. 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

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 Dec. 4th, Center Closed for Christmas Party)

Thursday 12:00

Cost: \$1.50

Wii Game

Thursday @ 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

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 **NO Class December 10th**

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 December 15th @ 1:00 .

Elderly Commission

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

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, Sandy Averaimo, Elsie Valeski, Mary Lee Bachhuber.

Richard Cooper	1	Theresa Tallberg	8	Joan Stanko	20
Bernadette Dionne	1	June Behuniak	9	Albert Falcha	21
Mary Geloso	1	Judith Jablonski	9	Marie Nulty	21
Mabel Kezelevich	1	Ann Cotter	10	John Macura	22
Janice Macura	1	Fred Ortoli	10	Raymond Sturm	22
Veronica Sharnick	1	Helena Rotzal	10	Nancy Galasso	23
Janet Weston	1	Gary Zarembski	11	Tara Goldman	23
Robert Bednarcik	2	Bruno Manes	12	Carol Picheco	26
Mike Caterino	2	Marilyn Pruchnicki	12	Harue (Rae) Bailey	27
Donna Alberti	3	Jack Thorpe	13	Marietta O'Connor	27
Genevieve Malota	3	Warren Upson	13	MaryEllen Slywka	27
Lee McLellan	3	Harold Cosgrove	14	Charles Steig	27
Joan Pierpont	3	Bernadette Greatorex	14	Peg Billingslea	28
Camille Frate	4	Ines Davino	15	Carmine Ciardullo	28
Barbara Tobias	4	Richard Benham	17	Joanne Nykaza	28
Charlotte Tottenham	4	Connie Lieder	17	Thomas Konecny	29
Rosemary Westhaver	4	Carl Palarino	17	Nicholas Minuto	29
Kathy O'Connell	5	Juan Rodriguez	18	William Schmidt	29
A.M. Renkewith	5	Carole Lee Berlin	19	Linda Vignola	29
Ugo Zullo	5	Frank Blaze	19	Luann Evon	30
Thomas Picheco	6	Carol Born	19	Dorothy Hotchkiss	30
Maria Bras	7	Agnes Russell	19	Richard Ives	30
Robert Geci	7	Dyanne Chang	20	Lynn Ortoli	30
Barbara Hayes	7	Yvonne Daley	20		
Noreen Keller	7	Rudy Danowski	20		
Sharon Stocking	7	Peg Hamila	20		
MaryAnn Drayton Rogers	8	Jean A Howard	20		

*Happy
Birthday!!!*