

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

***HAPPY
New Year!***

January 2015

**The center will be closed Thursday, January 1st for New Year's
and Monday, January 19th in observance of Martin Luther King, Jr. Day.**

***Beginning Friday, January 9th renovations will begin on the main room floor. Some classes and programs
have been cancelled or moved to Town Hall. Please check the schedule carefully and feel free to call the
center if you any questions regarding any programs.***

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.

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

Casino Day at the Center

Thursday, January 29th @ 12:00

Roll the dice and take a chance of having a fun filled day! Games include blackjack, poker, left center right, bingo and number wheel. Package includes 50 chips per person and all food and beverages. Prizes will be awarded to top winners!

Lunch will be soup, Philly cheese steak sandwich, potato salad, pickle and dessert.

Cost: \$10.00 pp.

Antiques Appraisal

Wednesday, January 14th @ 1:00 – 3:00

Joseph & Carol Ferry will be at the center to appraise your special items. Fee is \$3.00 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.

“Center Social”

Thursday, February 19th @ 12:00

Entertainment provided by “Off the Record”, guitarist Mike Godette, an all instrumental performance with sing-a-long. Mike is also an instructor and plays with various rock and jazz groups in CT. Lunch is catered by Todd Orner. Menu:

Chicken Francaise, orzo rice pilaf, tossed salad, green beans almondine, dessert, coffee tea. Cost: \$10.00 pp

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 February

Cooking Class and Tasting

Wednesday, February 4th @ 1:00

“Weird and Wonderful Vegetables” - Judy Prager of Well Fed Connecticut will demonstrate and give instructions for at least 3 recipes, provide several additional recipes to take home with handouts. Enough food will be cooked during the session for all participants to have a sample of each. Cost: \$5.00 pp at time of sign up.

Mike Fiore and The Rockabillys

Thursday, February 5th @ 11:30 – 12:30

The Rockabillys will perform during our Hot Dog lunch. Fun music while you enjoy a lunch with your friends at the center!

Petticoat Spies – Six Women Spies of the Civil War

***Rescheduled due to floor renovation**

Thursday, February 5th @ 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.

Fall Prevention/Balance Workshop

Tuesday, February 10th @ 11:15

Presented by Physical Therapists from the Hearth at Southbury. Falling is always a concern to many of us, so come and take advantage of this important information and reminders on awareness of fall hazards and prevention tips. Self-sign up please.

Lunch and Games

Friday, February 13th @ 12:00

Soup and grilled cheese sandwich followed by a game of *Chain Reaction!*

This is a new game that will get you thinking and laughing. Sign up for lunch. Cost: \$1.50

(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, January 27th

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



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**, lunch and transportation.

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.

Aldario's Restaurant, Milford

Friday, January 23rd

The meal will be a prix fixe all inclusive lunch. You will receive a classic salad, entrée, chef's dessert, a glass of house wine or soft beverage, coffee or tea. Menu choices are: Salad Aldario, Eggplant Rollatini, Seafood Salad Platter, Chicken Parmigiana Platter, Shrimp & Lobster Ravioli, Broccoli & Sausage Primavera, Roast Beef French Dip or Grilled Chicken Wrap. A sample menu will be available at the reception desk of the senior center. Please give us your selection at time of sign up. Cost: \$13.00 pp, paid at time of registration.

Sign up begins Tuesday, January 6th. • Depart: 11:15 Return approx: 2:15

Knights of Columbus Museum, New Haven

Thursday, January 15th

Buon Natale, Crèches of Italy. Self guided tour of two dozen Italian inspired Nativity scenes. The highlight of the show is a 15-foot Baroque Neapolitan diorama. Lunch on your own at Modern

Pizza. Sign up begins Monday, January 5th. • Depart: 9:15 Return approx: 2:30

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.**

Municipal Agent News

January 2015

Hi Everyone!

Happy New Year! I hope everyone's holidays were wonderful and I presume Santa brought everyone everything they wanted!

So far this winter we have been pretty lucky weather wise. Even this last nor'easter wasn't too bad for us. Usually we get pelted with ice and snow but we didn't even have school cancellations. I'm sure our time will come and by the time you read this you might even say, "what the heck is she talking about" but that is the wonder of our New England weather and we can't predict one day to the next. Please be careful on the sidewalks and driveways, there is a lot of "black ice" and we don't want you falling and getting hurt. If you don't have to go out on those days, stay home and be safe!

Statewide Legal Services stopped by the Senior Center and left me some brochures on **Disability and SSI**. Disability and SSI are federal programs that help people who cannot work because of a disability. You are eligible if your disability keeps you from working for a year or more. The second brochure is on **Prepaid Funeral Contracts and Burial Plots**. A prepaid funeral contract is a legal agreement that says you will pay for funeral services now that will be needed in the future. You can pay with money, insurance, or an investment that you own. The third brochure is on the **Medicare Savings Program**. This program is a state administered program that can provide payment help to elderly or disabled Medicare beneficiaries who have low incomes and helps pay for the monthly Part B premium. If you are interested in reading any of these publications, call me and let me know and I will have them ready for you to pick up at the senior center. You can contact me at home 203-888-2090.

Wishing everyone a Healthy 2015!

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.

Blood Pressure Check

Monday, January 5th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health

Apples-to-Apples Game

Monday, January 5th @ 11:00
Exercise for your brain! Prize for the winner!

AT THE CENTER CONTINUED...**Senior Community Café (TEAM Lunches)**

Tuesday, January 6th @ 12:00 Lunch Menu: Orange juice, cheeseburger, coleslaw, lettuce & tomato, on wheat roll and brownie.

Please make your reservation in advance.

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

Craft with Eve

Next class will be Thursday, February 12th @ 1:15pm. Self-sign up please.

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.

Prayer and Share

Wednesday, January 14th @ 1:00

The fruit of the Spirit is love, joy, peace, patient endurance.... Galatians 5:22
We meet in the Reading Room and all are welcome.

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.

Senior Community Café Lunch (TEAM) and Movie

Tuesday, January 27th @ 12:00

Lunch Menu: Cranberry juice, roasted chicken w/ hickory BBQ sauce, fresh acorn squash, potato salad, rye bread, and banana pudding. • Cost: \$3.00. Please make your reservation in advance.

Movie: Clifford with Martin Short - CLIFFORD utilizes the amazing comedic skills of 42-year-old actor Martin Short to play the lead role of a 10-year-old boy obsessed with the desire to visit Dinosaurworld, a popular amusement park. When his dream is delayed, Clifford wreaks total destruction in the life of his uncle but finally repents.

Bingo

Wednesday, January 28th @ 12:30 – 3:30

Cost: \$2.00

Book Club

January 26th @ 11:00

Monthly Birthday Social and Center Update

Monday, January 26th @ 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!

Let's Talk About It

No meeting this month.

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 Jan. 8th & 29th)

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 * January 9th & 16th classes will be held at Town Hall At 10:15

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 January 14th & 21st.

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 * No Class January 12th

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 * January 13th & 20th classes will be held at Town Hall.

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 Gadsky	Chairman - Elderly Commission
Transportation	Scheduling – ext. 101
Drivers	Dianna O'Connor, Michael Alberti, Carmine Onofrio, Rosalie Hulette

MONTHLY MEETINGS

**Monthly Membership Birthday Social
January 26th @ 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, Shirley Shoenhaus, Dennis Kelleher, Grace Bell, Lorraine Seeley.

Helen Carnes	1	Patricia Najjar	9	Charles Guliuzza	19	Lorraine D'Amico	31
Vahan Hovey	1	Bruce Pettengil	9	Arlene Kearney	19	Barbara Enquist	31
Valerie Page	1	Sharen Taber	9	Loretta Ward	19		
Lawrence Petroski	1	Helen Zielinski	9	Paolo Dell'Oso	20		
Barbara Turley	1	Louis Granato	10	John Preneta	20		
Mary Burleigh	2	Linda Grumman	10	Carol Schenck	20		
Donna Kingston	2	Georgiana Matteson	10	Claude Traver	20		
James Pastore	2	Peter Wols	10	Eileen Tytlar	20		
Pat Souza	2	Sandra Benham	11	Elaine Ellis	21		
Art Carotenuto	3	Patricia Kedenburg	11	Pauline Krofssik	21		
Sandy Chemlen	3	Rita Casey	12	Ann Massa	21		
Annette Hlywa	3	Dorthea Coy	12	Michael Perone	21		
Virginia Keane	3	Janet Levesque	12	Florence Saad	21		
Joan Savoy	3	Carol Sheehan	12	Nanda Checkley	22		
John Zito	3	Barbara Varanay	12	Barb Montefusco	22		
Anne Golebieski	4	Margaret Crowther	13	Anthony Urso	22		
Mary Twohy	4	Eugene Gosk	13	Emily Inzitari	23		
Maryann Dodge	5	Judith Hilborn	13	Arthur Koeller	23		
Giles Hennessy	5	Catherine Cervera	14	Linda Olsen	23		
Richard Larson	5	Prudence Hayden	14	Susan Westbrook	23		
Alice Hollett	6	Bunny Lagoy	14	Joan Livolsi	24		
Carol Rossi	6	Janice Lyons	14	David Nash	24		
Diane Ahern	7	Ruth McCaffrey	14	Martin Rheingold	25		
Edward Buchsbaum	7	Dave Cifatte	15	Jim Voccola	25		
Walter Jalowiec	7	Maria Pyterak	16	Lynn Chesinas	26		
John McLeod	7	Edna Smith	16	Walt Hupprich	27		
John Sosenko	7	Annette Loiaconi	17	Arlene Sambrook	27		
Gerald Davino	8	Jane Saulenas	17	Nancy Lee Madorno	28		
Edward Gaal	8	Regina Sevigny	17	Anthony Montanaro	28		
Joyce Hummel	8	Roy Everlith	18	Dawn Siljamaki	28		
Gladys Buckley	9	David Nelson	18	Bill Simpson	28		
Irene Dziadik	9	James Zibluk	18	Charlotte Flaherty	30		
				Henry Bradley	31		

*Happy
Birthday!!!*