

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

February 2015

The Center will be closed Monday, February 16th in observance of President's Day.

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.

AARP Tax-Aide Preparation

The AARP Foundation counselors are here to help low-to moderate-income taxpayers, especially those 60 and older. Appointments can be made for every Wednesday, 9:30 – 11:30, February 4 – April 8th, by calling the center. You must bring the following with you. **If you do not have all the required items your appointment will be rescheduled. Simple returns only. If the counselors feel they do not have adequate knowledge or your return is too complex, you may need to seek another qualified counselor or paid tax assistance.**

- Photo ID
- SS cards or other official documentation for yourself and all dependents
- Copy of last year's income tax return(s)
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid SS benefits
- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-MISC showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer ID, SS number)
- All receipts or canceled checks if itemizing deductions

Mike Fiore and The Rockabillies

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

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

“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

St. Patrick's Day Party

Thursday, March 12th @12:00

The Irish Minstrals will be performing for us and the color green is the costume! Traditional corned beef and cabbage meal with all the trimmings. Catered by Mattei's. • Cost is \$10.00 pp. Sign up now.

CASINO DAY HAS BEEN RESCHEDULED FOR THURSDAY, FEBRUARY 26TH

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

The Yale-New Haven Digital Mammography Van will be at the Oxford Town Hall on Wed. February 11th from 8:00 am to 2:30 pm. Please call 203-688-1010 to schedule an appointment. Women must be 40 years of age or older, have no known breast problems, not have breast implants and not have had a screening mammogram in the past 12 months. Bring your insurance card.

Coming in March

Seminar on Veterans and Survivors Aid & Assistance

Thursday, March 5th @ 12:30

Presented by Bethel Health Care and Cascades Assisted Living. A discussion on how eligible Veterans and survivors may qualify for and utilize financial assistance for medical care, including Home Care and Assisted Living Care. Followed by Q & A. Self-sign up please.

Your Family Health Solutions

Tuesday, March 10th @ 11:15

Rachel Lorenzen, RN. *Your Family Health Solutions, LLC* is a home based primary care service for people who have a difficult time getting out of their homes for a doctor's appointment. Labs drawn, x-rays, ultrasounds and EKG's can all be done at Home. On call service will be provided 24/7, and unscheduled/urgent care visits will be performed as needed Mon – Sat. Visits are billed to Medicare or other participating insurance carriers.

Come to hear about their services. Self-sign up please.

You Be The Judge

Tuesday, March 24th @ 11:30 (This program was rescheduled from January)

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.

Foxwoods Casino

Tuesday, February 24th

Includes: \$10.00 Food Voucher or Free Buffet and \$15.00 Slot Play

Cost: \$22.00 pp Sign up now!

Depart: 8:00 am Return: 6:00 pm



Westchester Dinner Theatre, Elmsford, NYThursday, 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

Atlantic City – Tropicana Casino HotelMarch 22-24th, 3 days/2 nights

Trip includes: Transportation by Land Jet Motor coach, two nights' accommodations at the Tropicana Casino Hotel, Casino bonus of \$30.00 slot play, two buffet coupons, Resort's casino bonus \$25.00 slot play, tax and driver's gratuity. Cost: \$199 pp dbl. occup; \$263 pp single occup. Final payment due Feb. 20th.

Depart Center: 10:00 am Return approx: 8:30 pm

**Bermuda Cruise**

October 3 – 8, 2015 * 5 nights from New Jersey aboard the Royal Caribbean 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. Price starting at \$929 pp dbl occup.

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(Senior Center Bus Trips)

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

CT Flower and Garden ShowFriday, February 20th

Take a trip with us to the CT Flower and Garden show at the CT Convention Center in Hartford. This year's theme is **The Spirit of Spring**. Lunch is available on your own on the premise. Cost of admission is \$12.00.

Depart: 9:15 Return approx: 4:30

Sign up begins Wednesday, February 4th.**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

February 2015

Hi Everyone!

Looking back, we really can't complain about our weather so far this winter. I can only compare the weather at the time of this writing but compared to all the snow we had last winter, this seems like an easy winter. At least I haven't looked out my back door and see 3 feet of snow sitting on my deck. Hopefully, by the time you are reading this we won't have too much snow on the ground. Will our luck hold out? We will just have to wait and see.

It's that time of year again; Tax Relief time. Applications for tax relief through the Elderly and Disabled Homeowners Programs are now available. In order to be eligible for this program, you must be the homeowner, 65 years of age by December 31, 2014, and a Connecticut resident for one year prior to filing. You must also reside in the house. Persons who are totally disabled and receiving Social Security benefits, regardless of age, are also eligible for tax relief.

The maximum income limits for this State of Connecticut program are \$42,200 for a married couple and \$34,600 for single individuals. For married couples, income from both husband and wife must be counted in establishing qualifying income. These income limits include social security benefits and proof of income must be submitted with your application. Anyone who has questions can call the Assessor's Office at 203-888-2543 for more information on this program. The deadline for filing is May 15th.

To all of our Senior Sweethearts; Happy Valentine's Day!

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.

Apples-to-Apples Game

Monday, February 2nd @ 11:00

Exercise for your brain! Prize for the winner

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. Limit 20.

Petticoat Spies – Six Women Spies of the Civil War

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.

Blood Pressure Check

Monday, February 9th & 23rd @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

Book Club

Monday, February 9th @ 11:00

Informal group discussion led by Mary Kennedy. All are welcome.

Monthly Birthday Social and Center UpdateMonday, February 9th @ 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!

Fall Prevention/Balance WorkshopTuesday, 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.

Senior Community Café (TEAM Lunches)Tuesday, February 10th @ 12:00

Lunch Menu: Cheeseburger, lettuce & tomato, coleslaw, orange Juice and brownie.
Please make your reservation in advance. Donation: \$3.00

Prayer and ShareWednesday, February 11th @ 1:00

Who will separate us from the love of Christ? Romans 8:35 • We meet in the Reading Room and all are welcome.

Craft with EveThursday, February 12th @ 1:15pm

Eve will offer three crafts this month! A heart shaped pin, a unique candy holder and a therapeutic warm body wrap and one surprise craft. • Self-sign up please in our computer room.

Lunch and GamesFriday, 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

Senior Community Café (TEAM Lunches) and MovieTuesday, February 17th @ 12:00

Lunch Menu: Roast Turkey with gravy, roasted sweet potato, green beans, cranberry sauce, roll, and pumpkin pie.
Cost: \$3.00. Please make your reservation in advance.

Movie: The Hundred-Foot Journey, starring Helen Mirren, The famous chef at a three-star French restaurant reluctantly begins mentoring an Indian boy whose family owns a rival establishment in the neighborhood. Rated PG.

Low Back Pain RevealedTuesday, February 17th @ 11:00 in Reading Room

Presentation by Kathy Andres, Outpatient Physical Therapist with Beacon Brook Health Center. Self- sign up please.

BingoWednesday, February 18th @ 12:30 – 3:30 • Cost: \$2.00**Hearing Screening**Tuesday, February 24th @ 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.

Free Vein ScreeningTuesday, February 24th, @ 9:30, in 20 minute intervals.

A Registered Vascular Technologist (RVT) from Chase Vein Center in Waterbury will be conducting free vein screenings. A Duplex Ultrasound will be used to examine your leg anatomy and check the blood flow in your veins.
Please call the center to schedule your screening.

Left, Center, RightTuesday, February 24th @ 11:00**Joan's Lunch**Wednesday, February 25th @ 12:30

Homemade lunch prepared by Joan Dembek and her kitchen angels. Menu will be Chicken cacciatore, vegetable, tossed salad, bread and dessert. • Cost: \$6.00 Sign up begins Monday, February 9th.

Let's Talk About ItThursday, February 26th @ 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.

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**Craft Group:** Thursday @ 9:30**Poker**

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

Municipal Agent : Thursday @ 10:30**Mahjongg:** Monday @ 12:30**Hot Dog Lunch (No Hot Dogs Feb. 19th)**

Thursday 12:00 • Cost: \$1.50

Walking Group

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

Wii Game: Thursday @ 1:00

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

Continental Breakfast: Wednesday @ 9:30**Ping Pong**

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

Quilting :Wednesday @ 9:30**Pinochle:** Wednesday @ 1:00**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 – February 9th @ 1:00

If a scheduled Monday meeting falls on a holiday, it will be held the following week.

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 Betty Jacobs (Community Car) at 888-9674. 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, John Shail, Richard Seeley, Ed Gaal, Judy Jablonski, Loretta Ward, Dick Brown, Jean Michalak, Gloria Trella, Sandy Averaimo, Elsie Valeski, Shirley Shoenhaus, Grace Bell, Lorraine Seeley, Shirley Koenig.

Join us for the monthly Membership Meeting / Birthday Social and you could win a gift!
You must be a member and attend the meeting to be eligible.

Donna Miller	1	Edward Gawitt	14	Virginia Rossi	22
John Shail	1	Barbara Drugonis	15	Laura Maksymiw	23
John Ploski	2	Joseph Hanggi	15	Beverly Krenesky	24
Shirley Tucker	2	Robert Lupi	15	Linda Traver	24
Jerry Turecek	2	Ellen Preneta	15	Dave Martin	25
Henry Ward	2	Fran Bruce	16	Barbara Fogarty	26
Anne Barton	3	Walter Jamroz	16	Marie Freeman	26
Charles Rippel	3	Lorraine Kingston	16	Carolyn Walker	26
Wendell Seyler	3	Hank Rotzal	16	Gail Zullo	26
Walter Gadsby	4	Peter Fischer	17	Margare McLain	27
Helen Jurgens	4	Denis Kelleher	17	Anna Allen	28
Violet Vakousky	4	Virginia Konecny	17	Robert DiMantova	28
Judy Lungarini	5	Janet Kopec	17		
Bunny Kindle	5	Joan Spinelli	17		
Linda Shub	6	Lucy Birdsell	18		
David Giovanetti	7	Helen Tucker	18		
Fred Reichert	7	Sue Rusciitto	19		
Barbara Ciardullo	7	Kathleen Silk	19		
Richard Gramigna	8	Teri DiGiovanna	20		
Pat Clark	2	Norman Hayden	20		
Carl Krushinski	9	Jean Jelenik	20		
Betty Soufrine	9	Lucille Robert	20		
Roger Anderson	10	Lorraine Heath	21		
Joseph Scavone	10	Robert Ives	21		
Maria Silva	11	Elaine Rose	21		
John Turley	12	James Cox	22		
Elvira Noll	13	George DePalma	22		
Kay Birkmaier	14	Milton Gavigan	22		
Marty Bryant	14	Howard McCaffrey	22		

*Happy
Birthday!!!*



OXFORD SENIOR CITIZENS
10 OLD CHURCH ROAD
OXFORD, CT 06478