

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

March 2015

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.

Please Note: Our floor project is almost complete, but we still have limited activities taking place for the first half of the month. Please call the center to make sure your program is still scheduled.

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, mixed boiled potatoes, carrots, rye and Irish soda bread with pudding parfait for dessert.

Catered by Mattei's.

Cost is \$10.00 pp. Sign up now.

Center Social

Thursday, April 9th @ 12:00 (Rescheduled from Feb. 19th)

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 almandine, dessert, coffee tea. Cost: \$10.00 pp

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
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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



Petticoat Spies – Six Women Spies of the Civil War

** New Date: Thursday, April 2nd @ 1:00

This is the second part of this wonderful six part lecture series about female Civil War spies who risked their lives to protect their cause. This presentation will be dedicated to union spy, Sarah Emma Edwards, who broke up several spy rings and saved Fort Monroe. Come to find how she accomplish these incredible tasks! Presented by Charlie Rippel. Self-sign up please.

Antiques Appraisal

Wednesday, April 8th @ 1:00 – 3:00 (Rescheduled from Jan. 14th)

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.

AARP Driver Safety Class

Tuesday, April 14th @ 1:00 – 5:00

Cost is \$15.00 for AARP members \$20.00 for non-members. Pre-registration is required.

Men's Cooking Classes

May 6, 13, 20 & 27; 9:30 – 12:30

Tim Cornish, an award winning chef and Dining Service Director with Emeritus at Woodbridge, will be conducting a 4 part cooking class series for men who are looking to develop food preparation and cooking skills. This a great opportunity to try something different! You will have fun while you learn some new recipes and basic cooking skills. Each session will culminate with a lunch of the freshly prepared meal of the day. The final class and "graduation" will occur at Emeritus at Woodbridge from 10:30 till noon where a final culinary demonstration will occur.

Friends and relatives are invited to attend this special day. Refreshments will be served. Sign up now, space is limited.



(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, March 24th

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. Price includes the show, 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 Hotel

March 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. • Depart Center: 10:00 am Return approx: 8:30 pm

9/11 Memorial with the 9/11 Memorial Museum

Tuesday, April 14th

This National Memorial honors the men, women and children killed in the terrorist attacks of September 11, 2001 and the World Trade Center bombing that had killed 6 people on February 26, 1993. We will make a comfort stop en route to NYC, and a food stop at a diner en route home. Cost: \$64.00 pp (includes taxes & gratuities)

Depart: 7:45 am Approx. return: 5:30 pm

Lobster Bash at the Platzl Brauhaus – Pomona, NY

Tuesday, May 19th

On arrival we will be offered coffee, tea, scones and donuts; dinner at noon will include New England clam chowder and crab cakes, choice of twin lobster tails or roasted half chicken or top sirloin roast beef, mixed vegetables, rice pilaf, lemon meringue pie, coffee/tea. At 4:00 we will be served black forest ham or turkey sandwich from the carving table.

All this accompanied with live music to dance the day away!

Cost: \$80.00 Depart: 8:15 am Approx. return: 6:30 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.



(Senior Center Bus Trips)

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

Tavern 1757

Friday, March 20th @12:00

All inclusive lunch with 8 entrée choices. Cost: \$15.00 pp. A list of entrees will be at the reception desk.

Sign up begins March 6th. • Depart: 11:30 Approx return: 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.*

Municipal Agent News

March 2015

Hi Everyone!

I just read last month’s newsletter and had to smile about my weather comments. Since I wrote the last newsletter, we have been getting hammered with snow. I guess we are going to make up for our “snowless” winter during the month of February alone. On Groundhog’s Day, Punxsutawney Phil our furry rodent friend, didn’t help us much by seeing his shadow and predicting 6 more weeks of winter. Hopefully, by the time you read this, the bad weather will be behind us and we will be looking forward to Spring!

For those of you seniors who are on or interested in getting on the State of Connecticut’s Medicare Savings Program, the new income guidelines are out. This program helps to pay for your Medicare Part B premium and in some cases extra help with co-pays for Doctor visits and prescriptions.

Beginning March 1st. the new Medicare Savings Plan monthly income guidelines are as follows:

<u>Program</u>	<u>Single</u>	<u>Couples</u>
Q.M.B.	\$2,069.91	\$2,802.08
S.L.M.B.	2,266.11	3,067.18
A.L.M.B.	2,413.26	3,266.88

If you have any questions or would like some information concerning these programs, please do not hesitate to contact me. Wishing everyone a Happy St. Patrick’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.

Blood Pressure Check

Monday, March 2nd & 16th @ 11:00 – 12:00 • Sponsored by Pomperaug District Dept. of Health

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.

Prayer and Share • Wednesday, March 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.

Apples-to-Apples Game • Monday, March 16th @ 11:00

Exercise for your brain! Prize for the winner

Nutritional Program • Tuesday, March 17th @ 11:15, Sponsored by TEAM

Come and learn about the NEW guidelines for Cholesterol and Heart Disease.

Are you at risk? Do you follow a heart healthy diet? • Self-sign up please.

Senior Community Café (TEAM Lunch) • Tuesday, March 17th @ 12:00

Menu: Eggplant parmesan, penne pasta, Italian blend vegetables, garlic bread, apricots and milk. Please make your reservations in advance. Donation \$3.00

Cooking Class and Tasting

**New Date: Tuesday, March 17th @ 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.

Free Vein Screening - Get Yours Legs Ready for Summer!

Wednesday, March 18th @ 9:30 (20 min. appointment)

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 blood flow in your veins. Call to schedule your private screening.

Bingo

Wednesday, March 18th @ 12:30 – 3:30 • Cost: \$2.00

Let's Talk About It

Thursday, March 19th @ 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.

Craft with Eve

Thursday, March 19th @ 1:15pm.

Eve will offer three crafts this month! "A unique candy holder, a therapeutic warm body wrap and a surprise craft!"

Self-sign up please in our computer room.

Book Club

Monday, March 23rd @ 11:00

Informal group discussion led by Mary Kennedy.

All are welcome.

Monthly Birthday Social and Center Update

Monday, March 23rd @ 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!

We will be celebrating February and March birthdays!

Ireland Trip Meeting

Tuesday, March 24th @ 10:00

The representative from Collette Tours will be here for a discussion of our trip and to answer any questions you may have. We will meet in the library.

You Be the Judge!

****New Date: Tuesday, March 24th**

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.

Butter Lamb with Joanne

Wednesday, March 25th @ 10:00

It's that time of year to create that adorable lamb out of butter for your Easter table. Bring one pound of butter, a butter knife and a plate. Self-sign up please.

Joan's Lunch

Wednesday, March 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, March 9th

Girl Scouts are in the House!

Thursday, March 27th @ 11:00

Join in the fun working with the girls to make bracelets and play some bingo.

This group is sure to bring out a smile for everyone. Refreshments will be served. • Self-sign up please.

Chocolate Baskets

Thursday, March 27th @ 1:00

Joan Dembek will be teaching us how to make a chocolate basket just in time for Easter! You will make one to bring home. Limited space so please sign up at the reception desk. Cost: \$2.00 pp.

Left, Center, Right • Tuesday, March 30th @ 11:00

Hearing Screening • Tuesday, March 31st @ 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.

Senior Community Café (TEAM Lunch) and Movie • Tuesday, March 31st @ 12:00

Lunch Menu: Apple juice, hot open turkey sandwich on wheat w/ gravy, steak fries, green beans marble cake, and milk. • Please make your reservation in advance. Donation \$3.00

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.

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

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

Rummikub

Monday – Friday @ 10:00

Pocket Billiard

Monday - Friday

Walking Group

Mon, Tues @ 10:30, Fri @ 9:30

Mahjongg

Monday @ 12:30

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 Mar. 12th & 26th)

Thursday @ 12:00 • Cost: \$1.50

Wii Bowling Game - Thursday @ 1:00 • Wii is always available to any members as long as the main room is available.

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

MONTHLY MEETINGS

Monthly Birthday Social & Center Update - March 23rd @ 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, John Shail, Richard Seeley, Ed Gaal, Judy Jablonski, Loretta Ward, Dick Brown, Jean Michalak, Gloria Trella, Sandy Averaimo, Elsie Valeski, Shirley Shoenhaus, Lorraine Seeley, Dick Seeley, Helena Rotzal, 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.

Walter Birdsell	1	Ann LoPresti	16	Joan Lawlor	26
Grace Gordon	1	Martha Padilla	16	Anthony Vida	28
ElaineLungarini	1	Emelinda Acosta	17	Margaret Baluch	30
Catherine Nixon	2	Lauren Chirgwin	17	Joan Brown	30
Mary Sledzieski	3	Helen Reich	17	Patricia Gribben	30
Bill Guillotte Jr.	4	Andrea Schiffer	17	Jeanette Brogen	31
Helen Kovalsky	4	Evelyn Nash	18	Janet Katrenya	31
Ruth Majoros	4	Pam Manes	19	Janel Woodbury	31
Gladys Malasankas	4	Mary Damulis	20		
Patricia Kryspin	5	Shirley Koenig	20		
Nickolasa Zavidniak	5	Robert Sharnick	20		
Elizabeth Barry	6	Judy-Jo Barbash	21		
Marguerite Candelli	7	James Caruso	21		
Kicki Larson	7	Patricia Drew	21		
Joe Majoros	7	Frances Kondash	21		
Sally Haisley	8	Marilyn Serus	21		
Ann Ives	8	Florence Doiron	22		
Madeline Shortell	10	Will Harris	23		
Madeline Doherty	12	Jane Blaze	24		
Fred Schlitter	12	Nancy Ciaraldi	24		
Bertha Belden	13	Mary Tichy	24		
Joan Pastore	13	Helen Hassett	25		
Rose Giambra	14	Kathryn Scott	25		
Dorothy Rippel	15	Karen Baker	26		
Lois Ercoli	16	Jean Cukale	26		

*Happy
Birthday!!!*