

**WELCOME  
SPRING!!!  
Happy  
Easter**

# ***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**

**The center will be  
closed Friday, April 3<sup>rd</sup>  
in observance of  
Good Friday.**

## **APRIL 2015**

### **Center Social**

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

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

### **Antiques Appraisal**

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

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 14<sup>th</sup> @ 1:00 – 5:00

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

### **Sock Hop**

Thursday, April 23<sup>rd</sup> @ 12:00

Life Begins at the Hop! Remember the Stroll? Saddle shoes, poodle skirts and slicked back hair and dancing the night away? Come relive the memories or make new ones. Bob Lupi and Dr. Jay will be playing the 50's & 60's rock and roll music! Enjoy an afternoon of fun, memories and toe-tapping music. Oxford Hills Catering menu includes smoked pulled pork with barbecue sauce, soft roll, mac & cheese, coleslaw and ice cream for dessert. \$10.00 pp Sign up now.

**COMING IN MAY**

### **Mother's Day Brunch**

Thursday, May 7<sup>th</sup> @ 11:00

The Senior Center will treat our ladies to a brunch in observance of Mother's Day! Food will be prepared by Savour Catering. Join us as we honor all mothers and mother like figures in our lives. Sign up please at reception desk. There is no cost, but we will need an accurate count by April 30<sup>th</sup>.

### **Nutrition Education, Cooking Demo and Samplings**

Tuesday, May 5<sup>th</sup> @ 11:00

Fun nutritional facts, cooking demos and samplings by Bethel Health Care's nutritionist, Laurie. Healthy breakfast alternatives, turkey sausage recipe, choices for diabetic nutrition. Recipe handouts will be available. Self-sign up.

### **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.*

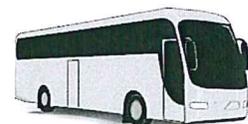


### 9/11 Memorial with the 9/11 Memorial Museum

Tuesday, April 14<sup>th</sup>

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 in route to NYC, and a food stop at a diner on the way home. • Cost: \$64.00 pp (includes admission, trans., taxes & gratuities)

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



### Mohegan Sun Casino

Tuesday, April 28<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



### Lobster Bash at the Platzl Brauhaus – Pomona, NY

Tuesday, May 19<sup>th</sup>

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

### Camp Ladore, Waymart, PA

June 22 – 29, 2015 8 day/ 7 night stay in the Northern Pocono Mountains. This is a terrific getaway! Enjoy scrumptious meals, comfortable accommodations in a relaxed atmosphere with all kinds of indoor and outdoor activities including boating & pool. \$338.00 per person double occupancy plus transportation.

### 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.*

### Iron Chef Elm City Competition

Sunday, April 26<sup>th</sup> at the Omni New Haven Hotel at Yale.

The 8<sup>th</sup> annual competition between local chefs with Jocelyn Maminta, WTNH-TV's medical reporter as emcee. This event is a fundraiser for the Gateway Community College culinary and hospitality programs. The format is based on the Food Network's "Iron Chef" program and features culinary experts as judges. There will be a 45 min. reception where you walk around the "kitchen stadium" and free food samples are offered. There will be a silent auction and raffle.

Event begins at 11:45 am and concludes at approximately 3:30 pm. Cost: \$40.00 pp

Depart center: 10:30 Approx. Return: 4:00

*Sign up begins Monday, April 6<sup>th</sup>.*

## Guys & Dolls at the Goodspeed Opera House and Gelston House Restaurant

Wednesday, June 3<sup>rd</sup>

Luck be a lady tonight! Times Square's most colorful characters make their first appearance at The Goodspeed in a brassy new staging of the American musical comedy classic. Price includes show, lunch and transportation.

Cost: \$75 pp. Sign up begins: Friday, May 1<sup>st</sup>.

### 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.*

### *Senior Farmers Market Nutrition Program*

*If your monthly income is \$1,800 or less you may be eligible for this program. You must be an Oxford resident and participate in another state funded program such as QMB or SNAP. Please contact Joanne Jelenik, Municipal Agent. Deadline is May 1st!*

## Municipal Agent News - April 2015

Hi Everyone!

*Spring, Spring, Spring! Yeah, Welcome, Welcome, Welcome!*

Each year as part of celebrating Older Americans Month, the Agency on Aging holds a luncheon in honor of our area centenarians. This year's luncheon will be held on Wednesday, May 6, 2015. Do you know someone who is celebrating their 100th birthday and would like to attend this luncheon, please let the Agency or me know. Contact Janiss Fowler: [jfowler@aoascc.org](mailto:jfowler@aoascc.org). Or call me at 203-888-2090. They deserve our recognition!

In recent months we discussed the State of CT Homeowners Tax Rebate program. Now, beginning APRIL 1, 2015, is the time for the State of CT "Renters" Rebate Program. This is a reimbursement program for the elderly or totally disabled whose income does not exceed \$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. Persons renting an apartment or room, or living in cooperative housing may be eligible for this program. One year State residency is required.

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 October 1, 2015.

Wishing everyone a Happy Easter! 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.*

**Petticoat Spies – Part Two in the Series “Six Women Spies of the Civil War”**

Thursday, April 2 @ 1:00

This lecture is dedicated to Union spy, Sarah Emma Edmonds, who broke up several rebel spy rings by disguising herself as 11 known characters. Self-sign up please.

**Blood Pressure Check**

Monday, April 6<sup>th</sup> & 20<sup>th</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

**VA Aids & Attendance**

Tuesday, April 7<sup>th</sup> @ 11:00

Presentation by Bethel Health Care social worker who will explain how eligible Veterans and survivors may qualify for and be able to utilize a benefit provided to aid in financial assistance for their medical care, including Home Care and Assisted Living Care. Self-sign up please.

**Senior Community Café (TEAM Lunch)**

Tuesday, April 7<sup>th</sup> @ 12:00

Menu: Menu: Chicken orzo soup, sausage & peppers grinder, roast potatoes and peaches.  
Please make your reservations in advance. Donation \$3.00

**Prayer and Share**

Wednesday, April 8<sup>th</sup> @ 1:00

“1 John 4-4 . . . greater is HE that is in you than he that is in the world”  
We meet in the Reading Room and all are welcome.

**Craft with Eve**

Thursday, April 9<sup>th</sup> @ 2:00 pm.

Eve will help you create an adorable lady bug to welcome Spring! Check at the front desk for a sample of the craft!  
Self-sign up in our computer room.

**Left, Center, Right**

Monday, April 13<sup>th</sup> @ 11:00

**Joan’s Lunch**

Thursday, April 16<sup>th</sup> @ 12:30

Homemade lunch prepared by Joan Dembek and her kitchen angels. Menu will be rolled pork roast with roasted potatoes, glazed carrots, spring salad, bread, butter and dessert.  
Cost: \$6.00 Sign up begins Thursday, April 2<sup>nd</sup>.

**Book Club**

Monday, April 20<sup>th</sup> @ 11:00

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

**Monthly Birthday Social and Center Update**

Monday, April 20<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!

**Low Back Pain Revealed**Tuesday, April 21<sup>st</sup> @ 11:00

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

**Senior Community Café (TEAM Lunch) and Movie**Tuesday, April 21<sup>st</sup> @ 12:00

Lunch Menu: Eggplant parmesan, penne pasta, Italian blend veggies, garlic bread and apricots. Make your reservation now. Donation \$3.00

**Movie**Tuesday, April 21<sup>st</sup> @ 12:30

**St. Vincent**, starring Bill Murray, Melissa McCarthy, Chris O'Dowd, Naomi Watts, Jaeden Lieberher. A comedy about a single mother who moves into a new home in Brooklyn with her 12-year-old son. Forced to work long hours, she has no choice but to leave her son in the care of their neighbor, Vincent, a retired curmudgeon. An odd friendship soon blossoms between the improbable pair. Rated PG-13.

**Bingo**Wednesday, April 22<sup>nd</sup> @ 12:30 – 3:30

Cost: \$2.00

**Apples-to-Apples Game**Monday, April 27<sup>th</sup> @ 11:00

Exercise for your brain! Prize for the winner

**Hearing Screening**Tuesday, April 28<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.

**Fall Prevention Program**Tuesday, April 28<sup>th</sup> @ 11:15

Brian Fasetti with Fox Rehabilitation will hold an informative fall prevention presentation. Sponsored by The Hearth of Southbury. Self-sign up please.

**Let's Talk About It**Thursday, April 30<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.

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

### 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 April 9, 16, & 23)

Thursday @ 12:00

Cost: \$1.50

#### Wii Bowling Game

Thursday @ 1:00

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

#### Bocce

Monday, Wednesday, Friday @ 9:30

## 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 - April 20th @ 1:00.

Elderly Commission –Meetings are held on the 2<sup>nd</sup> 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, Dave Martin, Dorothy Roggenback, Shirley Petrillo, Dee Voccola, Joan Weed, Martha Makl, Rose Lemond, Maryann Shail, Fran Bruce, Betty Jacobs, John Shail, Richard Seeley, Judy Jablonski, Loretta Ward, Dick Brown, Jean Michalak, Gloria Trella, Lorraine Seeley, Helena Rotzal, Jim Voccola.

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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.

Mary Lee Bachhuber	1	Florence Klezovich	15	Ellen Ottoson	25
Cathy Youschak	1	Joyce Cox	16	Lester Sporbert	25
Frieda Manna	2	Robert DuLuca	16	Veronica Kulas	26
Peter Ahern	4	Sophie Belko	17	Paul Thibeault	26
Marilyn Hunchak	4	Mary Ann Kalinowski	17	Nancy Bednarcik	27
Barbara Colonel	5	Giulio Bengivengo	18	Joan Belinsky	27
Jean Brown	6	Rollande Brochu	18	Madeline Spry	27
Patricia O'Connell	6	Bob Clark	18	Agnes McLeod	28
Josey Quinn	6	Mary Prauda	18	Ruth Ann Pisani	28
Sandra Smerekanicz	6	Roz Ettlinger	19		
Martha Vizzo	6	Robert Reden	19		
Emma Florescu	7	Joe Marsilio	20		
Doris Cooper	9	Jack Saulenas	20		
Beverly Ligouri	9	Lewis Tucker	20		
Frederick Volpe	9	Kathryn Boyers	21		
Robert Hulette	10	Peter Labowsky	21		
Susan Brandon	12	Margaret Lucas	22		
Peter Berg	13	Carol Macciomei	22		
Sandra Lenahan	13	Laurette Ramia	22		
Albert Marchetti	13	Bruce Baker	24		
Carol Esposito	14	Bob Bulinski	24		
Robert Deluca	15	Roger Kiehl	24		
		Frances Wols	24		

*Happy  
Birthday!!!*