May 2015 ~ Older Americans Month

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 MOTHER'S DAY!

The Center will be closed Monday, May 25th in observance of Memorial Day.

Annual Memorial Day Picnic at Jackson Cove

Thursday, May 21st @ 12:00 – 3:00

Ron Spataro will be at the Cove to entertain us and Dad's Food truck will be serving hamburgers and hot dogs, with salads, dessert and beverages. This is a day to enjoy the beautiful outdoors in a relaxed and fun setting. Call your friends and sign up now. Don't forget to bring along a chair or two! Cost: $10.00 pp

Men's Cooking Classes

Wednesday, 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.

Mike Fiore and The Rockabillies

Thursday, May 14th @ 11:30

They will perform during our hot dog lunch. Fun music while you enjoy a lunch with your friends at the center!

COMING IN JUNE

Petticoat Spies – Chapter 3

Thursday, June 4th @ 1:00

Miss Belle Boyd the Rebel Spy was a spirited 17 year old who became known as the "Siren of the Shenandoah Valley". Expert rider, she became a confederate courier, delivering both secret messages and supplies to Rebel forces. Belle became the eyes and ears of General Stonewall Jackson in the Valley Campaign.

"Life's A Beach"

Thursday, June 11th @ 12:00

Celebrate summertime with your friends at the center. We want to celebrate the sunshine, warm weather and the absence of snow! We welcome Paula Pettinella, who will be singing at the center for the first time. Lisa Janssen will be our caterer offering pasta primavera, eggplant cabana, green salad with grilled chicken and mandarin oranges, lemon cake with fruit and whipped cream for dessert. Cost: $10.00 pp

Father's Day Lunch

Wed, June 10th @ 12:00

We will be celebrating all those fantastic men who are fathers or father figures in someone's life. We will have a good time with this make-your-own taco bar! Homemade edible taco shell with choice of ground beef or chicken with your choice of South of the Border fixings. No cost, but we need an accurate count by June 12h.

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.

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

Foxwood Casino

Tuesday, May 26th

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, NY

Thursday, June 18th

West Side Story, a classic you can't miss! Price includes the show, lunch and transportation. Your meal selection is made at the theatre.

Cost: $83.00

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

Penn Dutch Show Stopper – featuring Sight & Sound's "Joseph"

May 28th – 29th, 2 days/ 2 meals/2 shows!

Price: $324 pp dbl occ. Single: $374 pp Triple: $316 pp

Call the Center for more details.

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. • Deposit of $300 pp due now.

(Senior Center Bus Trips)

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

SuperWalmart - Naugatuck

Monday, May 11th

Start with lunch at G's Burgers of Naugatuck and then shop at SuperWalmart.

Sign up begins May 4th.

Depart: 11:30 Approx. Return: 3:30

Goodspeed Opera House and Gelston House Restaurant Guys and Dolls,

Wednesday, June 3rd

A Broadway Classic filled with hummable tunes.

Lunch before the show at the Gelston House Restaurant. So roll the dice and try your luck! Cost: $75.00 pp

Sign up begins May 5th. Depart: 10:30 Approx. Return: 6:00

Grand Oak Villa – " Ticket to Ride" A Tribute to the Beatles

Tuesday, June 9th

This over the top show is comprised of four very talented musicians who have created this tribute show to the Beatles with great vocal harmonies, perfect lead guitar riffs and the funny off-the-cuff quips that John, Paul, George and Ringo were known for. You'll enjoy authentic Italian cuisine at the elegant, family-owned Italian banquet facility The Grand Oak Villa in Oakville, CT. Coffee & snacks on arrival and family-style lunch menu with salad, rolls, penne pasta, roasted potatoes, mixed vegetables, chicken parmigiana, pork loin w/ gravy, Italian rum cake and coffee or tea.
Cost: $54.00 pp includes transportation on Center's bus or you may drive on your own. Sign up begins May 12th.
Depart: 10:30 Approx. Return: 5:30

Cabelas Outdoor Sports Store - E. Hartford

Friday, June 26th

Shop around this very unique and interesting store and enjoy lunch on your own on the premise. They offer a deli and grill style food. Sign up begins May 20th. Depart: 10:00 Approx. Return: 3:00

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 - May 2015

Hi Everyone!

It's the month of May, so it must be *Older Americans Month*. Each May the Administration for Community Living celebrates our seniors with their own special theme. For 2015 the theme is "***Get Into the Act***". The focus this year is on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. This is evident at our own senior center with the outstanding participation in all the health programs offered, whether it be blood pressure checks, Flex, Fit and Fun, Tai Chi, Walking Class or Zumba. This shows us how much you care about your health. We also see how involved the seniors get with our center by taking a look at our volunteers who we couldn't possibly get along without. Our seniors definitely make a positive impact on our senior center and our surrounding community. We are eternally grateful to each and every one of you. Enjoy your month! Thank you.

This month we will also be hosting Samantha Layher, an Outreach Specialist, from Staywell Health Center in Waterbury to discuss eligibility for the SNAP program. SNAP formerly called Food Stamps, is a benefit that assists qualified individuals and families in purchasing food each month. Seniors in particular are often unaware that they are eligible for SNAP or unsure how to apply. Samantha Layher will be at our Senior Center May 14th at 11:00 A.M. when she will discuss the SNAP program and give us assistance on the application process. Bring your questions.

The 2015 Income Guidelines for the SNAP Program are:

Household Size	Gross Income Limit
1	$1,800
2	2,425
3	3,052
4	3,678

Wishing all Mothers, Grandmothers and Godmothers a very happy Mother'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 have set up self sign-up sheets in the computer room. These will be for in-house programs without a fee, such as presentations.

Red Cross Blood Drive
Saturday, May 2nd 8:00 – 12:45
To schedule your appointment please call 1-800-RED CROSS ~ 1-800-733-2767
Or online at redcrossblood.org

Blood Pressure Check
Monday, May 4th & 18th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health

Nutritional Education, Cooking Demo and Samplings
Tuesday, May 5th @ 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 in computer room.

Apples-to-Apples Game
Monday, May 11th @ 11:00
Exercise for your brain! Prize for the winner.

Grinders & Games!
Tuesday, May 12th @ 12:00
Lunch will be a choice of grinders ~ Kielbasa w/ Kraut OR Meatball w/ Cheese, Minestrone soup, chips, beverage and dessert. Followed by some games to exercise your brain and have some fun! Please tell us your food choice when your reservation. Payment due at time of sign up. Cost: $5.00

Joan's Lunch
Wednesday, May 13th @ 12:30
Menu: Rolled pork roast w/ roasted potatoes, glazed carrots, spring salad, bread, dessert, and beverage.
Cost: $6.00 Sign up begins Monday, May 4th

Prayer and Share
Wednesday, May 13th @ 1:00
The Lord is my light and my salvation; whom should I fear? Psalms 27:1
We meet in the Reading Room and all are welcome.

SNAP Program Presentation
Thursday, May 14th @ 11:00
Samanath Layher, an Outreach Specialist, will be here to explain and help with SNAP food assistance program applications and redeterminations.

Craft with Eve
Thursday, May 14th @ 1:15pm.
Confetti Bowls! Look for a sample at the front desk.
If you could bring a hair dryer it would be helpful in making the process move along faster.
Self-sign up please in our computer room.

Book Club
Monday, May 18th @ 11:00
Informal group discussion led by Mary Kennedy. All are welcome.

Monthly Birthday Social and Center Update
Monday, May 18th @ 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!

Senior Community Café (TEAM Lunch)
Tuesday, May 19th @ 12:00
Menu: Chicken primavera w/ egg noodles, zucchini, dinner roll, fresh fruit & milk.

Bingo
Wednesday, May 20th @ 12:30 – 3:30
Cost: $2.00

Hearing Screening
Tuesday, May 26th @ 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, May 26th @ 12:00
Lunch Menu: Eggplant parmesan, w/ penne pasta, Italian blend veggies, garlic bread, apricots & milk.
Please make your reservation in advance. Donation $3.00

Movie: Big Eyes with Amy Adams, Christoph Waltz, Danny Houston. The plot: Walter Keane became a household name in the 1950's when his oddly emotional paintings of big-eyed children made him a coveted TV talk show guest. But his wife Margaret claims that Walter's only contributions to the work were his signatures. This leads to a jaw-dropping court showdown, proving who the real artist is. Rated PG-13

Let's Talk About It
Thursday, May 28th @ 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

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

Rummikub
Monday – Friday @ 10:00

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

Continental Breakfast
Wednesday @ 9:30

Pinochle
Wednesday @ 1:00

Municipal Agent
Thursday @ 10:30

Pocket Billiard
Monday - Friday

Mahjongg
Monday @ 12:30

Quilting
Wednesday @ 9:30

Craft Group
Thursday @ 9:30

Hot Dog Lunch (No hot dogs May 7, & 21)
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 Hullette

MONTHLY MEETINGS

Monthly Birthday Social & Center Update - May 18th @ 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, Dave Martin, Dorothy Roggenback, Shirley Petrillo, Jim Voccola, Joan Weed, Rose Lemond, Maryann Shail, Betty Jacobs, John Shail, Dick Brown, Jean Michalak, Gloria Trella, Shirley Shoenhaus, Lorraine Seeley, Dick Seeley, Helena Rotzal, and Catherine Cervera.

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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.

~ MAY BIRTHDAYS ~

Beverly Blakeman	1
Jutta Firat	2
Melvin Turner	2
Marie Vida	2
Howard Allen	3
Virginia Dota	3
Sophie Solberg	3
Pat Weil	3
Cheryl Carroll	4
Paul Carvalho	4
Joan Kitik	4
Ed Slonina	4
Jackie Hupprich	5
Sylvia Naylor	5
Dottie Smith	5
Joseph D'Amaro	6
A. Maurice Gerb	6
Thomas Giacchi	6
Rosalie Hullette	6
Richard Brown	7
Donald Carpenter	7
Barbara Gilloren	8
Ann Marie Onofrio	8
Michael Kukiel	9
Jeanette Laird	9
Albert Mobilio	9
Diane Molleur	9
Joan Phillips	9
Francis (Bud) Plude	9
Richard Seeley	9
Barbara Hayes	10
Patricia Ellis	11
Lucille Bacon	12
Carol Hagen	12
Rick Lendroth	12
Alice Frazer	13
Patricia Gadsky	13
Rita Wilson	13
Pauline Hubbell	14
Jan McLellan	14
Terry Lee Perschel	14
Carol DePalma	15
Evelyn McCarthy	15
Marlene Salinardi	15
Frank Zalenski	15
Pat Slonina	16
Mary Cauchon	17
Dorothy Scavone	17
Linda Wheeler	17
Audrey Yost	17
Chester Kryspin	18
Richard Brown	19
Ann Donato	19
Joan Yozzo	19
Josephine Baker	20
Michael Briggs	20
Norma Dorsey	20
Helen, Loretta Ives	20
Dorothy Munno	20
Florence Reden	20
Linda Block	21
Shirley Garcia	22
Ida Litscher	22
Ed Spruck	22
Judith Adcox	23
Nancy Goodwin	23
Charles Piwonski	23
Donald Sheeler	23
Gerald Tichy	23
Mary Falcha	24
Phyllis Richardson	24
Ernest Tyers	25
Joseph Zamoic	25
Frances Allegrini	26
Darlene Breving	27
Harriet Clark	28
David Boyd	29
Barbara Plude	29
Maryanne Shail	29
Virginia Kiehl	30
Calvin Walker	30
Arthur Belanger	31
Mary Chirichella	31

April Birthday Winner was Jack Saulenas.

Happy Birthday!!!

OXFORD SENIOR CITIZENS
10 OLD CHURCH ROAD
OXFORD, CT 06478

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