# *Oxford Senior Center*

**JUNE 2015**

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 Father's Day!

**Father's Day Lunch**

Wednesday, 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 a 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. Sign up please.

**Life's a Beach**

Thursday, June 11th @ 12:00

Celebrate summertime with your friends at the center. We want to celebrate sunshine, warm weather and the absence of snow! We welcome Paula Pettinella, who will be singing at the center for 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

**The Music of "*Sentimental Journey*"**

Thursday, June 25th @12:00

Usually they can be heard at the Shelton Senior Center, but we are lucky to have the group come to Oxford for your listening pleasure! They will play during our hot dog lunch, so come in and enjoy the entertainment while you have lunch with your friends.

## Coming in July

**Patriotic Celebration**

Thursday, July 2nd @ 12:00

Chef Jim Bain of the Watermark and Bill Murray and Hank Rotzal of HHR DJ Services.
Menu: Mixed BBQ Boneless Chicken Breast, Smoked BBQ Brisket, green salad, cole slaw, macaroni salad, roasted potatoes, green beans and strawberry shortcake.
Cost $10.00 pp

**The Oxford Senior Singers Performance**

Thursday, July 9th @ 1:00

Our choral group will be performing for us their patriotic set of songs in observance of our nation's birthday! Join us for some harmonic fun.

## (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.***

**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. 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/tea. Cost: $54.00 pp includes transportation on senior center bus or you may drive on your own. Just let us know when you sign up.

Depart: 10:30 Approx Return: 5:30

## Mohegan Sun Casino

Tuesday, June 23rd

Includes: $15.00 Wheel Play and $15.00 Food Voucher or Free Buffet

Cost: $22.00 pp Sign up now! • Depart: 8:00 am Return: 6:00 pm

## New York Botanical Gardens

Wednesday, July 8th

Frida Kahlo Exhibit: Art * Garden * Life – a blockbuster exhibition where you will be able to examine Frida Kahlo's keen appreciation for the beauty and variety of the natural world, as evidenced by her home & garden as well as the complex use of plant imagery in her artwork. We will enjoy a wonderful lunch at **Ann & Tony's Restaurant** on Arthur Avenue. Menu choice of: Chicken Marsala, Veal Parmigiana or Eggplant Parmigiana.

Served with salad, dessert, and coffee/tea. Please state meal choice with reservation.

Cost $91.00 pp Balance Due June 5th Depart: 10:00 Return approx.: 7:00 pm

## Lady Bea River Cruise – South Hadley, MA

Thursday, August 13th

Travel by motor coach to Massachusetts where we will board the Lady Bea and take a leisurely narrated 90-minute cruise of the scenic northern Connecticut River. While on board, enjoy a Mimosa and Mini Quiche. After our cruise we will have lunch at the Deerfield Inn's Champney's Restaurant for a sit-down plated lunch with a menu choice of Apple-brandy Pork Loin or Herb-Crusted White Fish or Chicken Breast with mushroom cream sauce. Served with freshly baked bread, baby green salad, dessert, and coffee/tea. Later, we visit the NEW Kringle candle & Christmas Barn, built by the founding family of Yankee Candle.

Cost: $110.00 pp. $20 Deposit due at time of sign up with balance due July 1st.

Depart: 7:45 am • Approx. Return: 6:30 pm

## Saratoga Race Course

Thursday, August 27th

Enjoy a day at the races! Price includes transportation, admission to grandstand reserved seating, race program, hot dog, soda, and driver gratuity. Cost: $76.00 pp $20 deposit due at sign time of sign up with balance due by July 24th.

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

## Newport Playhouse - "The Odd Couple"

Monday, September 21, 2015

This classic comedy is the story of a clean freak and the slob deciding to room together with hilarious results! Cost includes Show, After Theatre Cabaret, and Lobsterfest buffet and transportation. Cost $110.00 pp. $20 deposit at sign up with balance due August 3rd. Depart 8:00 am Return Approx: 7:00 pm

## The Big E – West Springfield, MA

Wednesday, September 23rd

Always a fun day of taking in the sights, sounds, tastes, entertainment and exhibits of New England's Great State Fair.

Cost: $39.00 pp • Depart: 8:00 am Return approx.6:00 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 • $300 deposit due at sign up with balance due July 8th.

# (Senior Center Bus Trips)

**CABELAS Outdoor Sports Store – East Hartford**

Friday, June 26th

Shop around this very unique and interesting store and enjoy lunch on your own on premise. They offer a deli and grill style food. Depart: 10:00 Approx. return: 3:00

**Amarante's Sea Cliff – East Haven- Landmark's Lobster Bash Lunch & Show**

Tuesday, July 21st

The show is "My Name is Barbra" a Barbra Streisand Tribute Show, starring Joni Lambert, with the look & sound of the great diva herself! Lambert demonstrates powerful vocal control in belting songs like "Don't Rain on My Parade" and ballads like, "The Way We Were". The show includes a variety of songs spanning Streisand's 50-plus year career.

Social Hour: Penne ala Vodka, Sweet & Sour Meatballs, Fried Dough Pizza, Frittata, Focaccia, Cheese Puffs

Down East Clam Bake: 1 1/4lb. Fresh Lobster or Almond Encrusted Pork Tenderloin, New England Clam Chowder, Corn on the Cob, Roasted Potatoes, Steamed Mussels, Barbecue Chicken, Strawberry Shortcake, Iced Tea.

Cost: $64.00 pp Depart: 10:00 am Approx. Return: 5:00 pm

Sign up begins: Tuesday, June 16th.

**Goodspeed Opera House and Gelston House Restaurant**

***La Cage Aux Folles*** - Wednesday, August 5th

Jerry Herman's glittering show tunes overflow in the outrageous tale of a family of cabaret performers led by partners Georges and Albin. Tender romance and wild laughter are the center stage as the Riviera's most delicious drag nightclub bursts to life in its Goodspeed debut!

Cost: $ 85.00 pp Depart: 10:30 Approx. Return: 6:00

Sign up begins: Wednesday, July 8th

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

***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 - June 2015

Hi Everyone!

It is so nice to wake up to nice warm, sunny weather. Sometimes I think I'm dreaming but no, we are not dreaming. This month officially opens the long awaited season of summer. I love the sound of the word, **S-u-m-m-e-r**. Let's all just enjoy this beautiful time of year and all the wonderful activities it brings with it!

Do you have someone living in your household that has a medical condition or disability? Would you like the police department, fire department, ambulance, or other emergency response agencies to know about these medical conditions when you call 9-1-1 in an emergency? Most of us know that AT&T is now Frontier Communications. I recently learned that Frontier Communications offers a special service for 9-1-1 emergency users.

When you call 9-1-1 from a wireline phone, the emergency system service displays your name, address, and telephone number. If you fill out a special form, this special information will be automatically displayed at the 9-1-1 answering point so the emergency medical staff will know that you or someone living in your household has a medical condition or disability. This service is not available for cell or internet phones only for a landline phone. The information that you provide will be put into the 9-1-1 system and will stay there until you request that it be changed or removed or your account is closed.

This form can be found on the State of CT DORS website or the Department of Rehabilitation Services and mailed to Frontier Communications. If you have any questions you can call their office at 203-771-1507 or if you like, stop by my office at the senior center for a copy of the form.

Wishing all Fathers, Grandfathers, God Fathers etc. a very Happy Father's Day!

Until next month...

*Joanne Jelenik*

*Municipal Agent for the Elderly*

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### Blood Pressure Clinic

Monday, June 1st & 15th @ 11:00 – 12:00

Sponsored by Pomperaug District Department of Health

### Left, Center, Right

Tuesday, June 2nd @ 11:00

### 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. Self-sign up.

### Apples-to-Apples

Monday, June 8th @ 11:00

Exercise for your brain! Prize for the winner.

### Prayer and Share

Wednesday, June 10th @ 1:00

See that no one returns evil to any other; always seek one another's good and, for that matter, the good of all.
1 Thes. 5:15. • We meet in the Reading Room and all are welcome.

### Craft with Eve

Thursday, June 11th @ 9:30 am. **PLEASE NOTE NEW TIME**! This month Eve will be offering a "Crayola Fun Art Experience". Using your creativity you can relax, have a little fun, eat a snack, and release some stress!
A great way to start your day. Self-sign up.

## Lyme Disease Presentation and Movie

Monday, June 15th @ 11:30

Naturopathic Physicians Carolyn Graham and Alice Bell will present an informative movie about Lyme disease and the individuals living with symptoms of the illness. There will be a Q & A session following the movie.
A Pizza Lunch will be available after the presentation! Cost: $1.00 per slice. Let us know how many slices you would like to order when you sign up.

## Monthly Birthday Social and Center Update

Monday, June 15th @ 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, June 16th @ 12:00

Menu: Pineapple juice, chicken cacciatore w/ pasta, cauliflower, Italian bread, and an ice cream cup.
Please make your reservation in advance. Donation $3.00

## Connecticut's Right to Die Legislation

Tuesday, June 16th @1:00

Elder Law Attorney Steven Rubin of Drazen Law Group will discuss CT Right to Die (Aid in Dying) Legislation, what it means and how it relates to controlling your life. The legislation has stalled this year and is expected to be reintroduced next year. This presentation will discuss what you can do now to control your own medical care. • Self- sign up.

## Foot Clinic

Wednesday, June 17th @ 9:30 – 4:00 by appointment.

Make an appointment to have your toe nails trimmed, filed and cleaned, reduction of thicken nails, smoothing of corns and calluses, massaging, applying lotion and powdering of feet and general assessment of the feet and lower extremities by specially trained registered nurses working with Pedi-Care Services LLC.
Fee: $30.00 for a half hour visit and is not covered by insurance. This service is not appropriate for someone with diabetes unless they have a Doctor's order. • Call the center for your appointment.

## Bingo

Wednesday, June 17th @ **12:30 – 3:30** • Cost: $2.00

## Let's Talk About It

Thursday, June 18th @ 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.

## SNAP Nutrition Program Registration

Thursday, June 18th @ 10:00

Samantha Layer, the Outreach Specialist, will be at the center to help with members who would like to register for the SNAP Program. She will be in the Reading Room.

## Joan's BBQ

Wednesday, June 24th @ 12:30

Menu includes BBQ pork, homemade pasta salad with shrimp, potato salad, baked beans, coleslaw and dessert.
Cost: $6.00 Sign up begins Monday, June 8th.

## Monday Movie Matinee

Monday, June 29th @ 2:00

**Movie**: ***The Imitation Game*** with Benedit Cumberbatch and Keira Knightley

During the winter of 1952, Mathematician, cryptanalyst and war hero Alan Turing famously leads a motley group of scholars, linguists, chess champions and intelligence officers, to work on cracking the so-called unbreakable codes of Germany's World War II Enigma machine. Based on the book "Alan Turing: The Enigma" written by Andrew Hodges.
Rated PG-13 • Popcorn will be served!

## Hearing Screening

Tuesday, June 30th @ 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)

Tuesday, June 30th @ 12:00

Menu: Cranapple juice, Salisbury steak w/ mushroom gravy, roasted potato, Scandinavian blend veggies, pumpernickel roll, and marble cake. • Please make your reservation in advance. Donation $3.00

## AARP "Road to Livability" Program

Tuesday, June 30th @ 1:00

AARP has traveled the "Road to Livability" for years providing families with tools to create a place where you can live in comfort and safety no matter what stage of life. AARP is introducing a new resource for you that takes a look at "what you have" vs. "what you will need" when it comes to your home, your care or community support to help you maintain your independent living.

***St. Peter's Church has generously offered to provide us with Strawberry Shortcake after the program! Sign-up please.***

**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)

**Bocce**
Monday, Wednesday, Friday @ 9:30

**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

**Municipal Agent**
Thursday @ 10:30

**Craft Group**
Thursday @ 9:30

**Hot Dog Lunch (No hot dogs June 11th)**
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.

## EXERCISE CLASSES CONTINUED...

**FLEX, FIT & FUN ** NO CLASS JUNE 3rd****

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 Michael Alberti, Carmine Onofrio, Rosalie Hullette, Joe Bongiorno

**MONTHLY MEETINGS**

Monthly Birthday Social & Center Update – June 9 @ 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, Dee Voccola, Joan Weed, Martha Makl, Rose Lemond, Maryann Shail, Betty Jacobs, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Gloria Trella, Lorraine Seeley, Dick Seeley, Helena Rotzal, Shirley Shoenhaus, Mary Lee Bachhuber, Liz Cotnoir

# ~ JUNE BIRTHDAYS ~



| | |
|---|---|
| Patrick Conway | 1 |
| Eleanor Flach | 1 |
| Michael Spinelli | 1 |
| Joann Macko | 3 |
| Terri Sherkus | 3 |
| Florence Tymosko | 3 |
| Joseph Dempsey | 4 |
| Carmina Palarino | 4 |
| Medardo (Babe) Carralero | 6 |
| Thomas Kavanagh | 6 |
| Sharon Lenahan | 6 |
| Andrea Molett | 6 |
| Michalena Sampieri | 6 |
| James Boyers | 7 |
| Joyce Bulinski | 7 |
| Mary Rozum | 7 |
| Johanna Tangredi | 7 |
| Elizabeth Ward | 7 |
| Dominick Bellucci | 8 |
| Gloria Luneau | 8 |
| Michael Chirichella | 9 |
| Jeanne Shuster | 9 |
| Marlow Tinari | 9 |
| Tom Giambra | 10 |
| Diana Mayer | 11 |
| Marilyn Geci | 12 |
| Frances Rizzo | 12 |
| Linda Soto | 13 |
| Kay Marino | 14 |
| Everett Bowen | 17 |
| Samuel DeFeo | 18 |
| Joan Gill | 18 |
| Robert Kezelevich | 18 |
| Marcia Wright | 18 |
| Gerard Brochu | 19 |
| Kathy Johnson | 19 |
| Bea Heyde | 20 |
| Margaret Carvalho | 21 |
| Stephen Haydu | 21 |
| Sylvia Schaub | 21 |
| Selim Siljamaki | 21 |
| Michael Green | 22 |
| Shirley Bowen | 23 |
| Linda Zibluk | 23 |
| Louis Mazzucco | 24 |
| June Petrolle | 24 |
| Alice Bertola | 25 |
| Jacqueline Bush | 26 |
| Tony Fazio | 26 |
| Janet Konicki | 26 |
| Harry Larson | 26 |
| Greta Turecek | 26 |
| Marie Cifatte | 27 |
| Barbara Hanggi | 27 |
| Rose Marie Rolleri | 27 |
| Helen Dinyovszky | 28 |
| Joyce Niestemski | 28 |

*Happy Birthday!!!*