

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

**JULY
2015**

The center will be closed Friday, July 3rd in observation of Independence Day.

Patriotic Celebration

Thursday, July 2nd @ 12:00

Chef Jim Bain of the Watermark and HHR DJ Services with Hank Rotzall and Bill Murray. Menu: Mixed BBQ Boneless Chicken Breast, Smoked BBQ Brisket, green salad, coleslaw, macaroni salad, roasted potatoes, green beans and strawberry shortcake.

Cost: \$10.00 pp

The Oxford Senior Singers Performance

Thursday, July 9th @ 1:00

Our fabulous choral group will be performing their Patriotic set of songs in observance of our Nation's Birthday. Join us for some harmonic fun!

Foot Clinic

Wednesday, July 15th, by appointment beginning at 9:30 am

Make an appointment to have your toe nails trimmed, filed and cleaned, reduction of thickend nails, smoothing of corns and callouses, massaging, applying lotion and powdering of feet, skin cancer assessment and general assessment of feet and lower legs by specially trained registered nurses working with Pedi-Care Services LLC.

The nurse will give you an opportunity to verbalize problems, both personal and medical.

Fee: \$30 for a half hour visit and is not covered by insurance. If you are diabetic a doctor's order will be needed. Forms at the Senior Center. Call for your appointment.

The Art of Grilling

Wednesday, July 29th, 10:00 am – 12:00 noon

At Brookdale Woodbridge (formerly Emeritus at Woodbridge).

Chef Tim Cornish who led our men's cooking classes, will be sharing his years of experience in a fun and informative grilling demonstration. He will demonstrate the proper techniques to ensure a successful and satisfying cookout and meal. All attendees will feast on the items prepared immediately following the event!

You can drive on your own, or if there is enough interest, we will provide transportation. No fee, but call the Center to make your reservation now.

Light Lunch and Entertainment – WAM Singers

Thursday, August 6th @ 12:00

Those wonderful young ladies will be back to sing for us! You don't want to miss their performance. Light summer lunch will be served with a variety of sandwiches on a roll, chips and fruit salad prepared by Oxford Hills Catering. • Cost: \$7.00 pp

COMING IN AUGUST

Chair Reiki Presentation and Demonstration

Wednesday, August 12th @ 11:30

Ann Cummings will discuss what Reiki is and the benefits it can provide for well-being and healing. She will demonstrate how chair Reiki is performed and answer all your questions. Self-sign up please.

John Signorelli plays Guitar

Thursday, August 20th @ 11:30

John will serenade us during our hot dog lunch with songs you will all recognize and have enjoyed throughout the years!

AARP Driver Safety Class

Tuesday, August 25th, 1:00 – 5:00

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

(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, July 28th

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



Lady Bea River Cruise – South Hadley, MA

Thursday, August 13th

Travel by motor coach to MA 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 Restaurant (Champney's) for a sit-down plated lunch with a 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 • 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. • Depart: 8:00 am Approx. Return: 7:00 pm

Newport Playhouse – “The Odd Couple”

Monday, September 21st.

This classic comedy is the story of a clean freak and a slob deciding to room together with hilarious results! Cost of \$110.00 pp includes show, After Theatre Cabaret, Lobster fest buffet, and transportation.

\$20 deposit at sign up with balance due August 3rd. • Depart: 8:00 am • Approx. Return: 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 • Approx. Return: 6:00 pm

Penn Dutch Show Stopper – Lancaster, PA

June 1 – 3, 2016 • 3 Days/4 Meals

Featuring Sight & Sound's "Samson", Sands Casino, Crowne Plaza Hotel, Shady Maple Restaurant, Kitchen Kettle Village, Landis Valley Village & Farm Museum, living village of Penn Dutch & German Mennonite Culture and shopping time at the Rockvale Village Outlets. Tour includes: motor coach transportation, 2 nights lodging, 4 meals, tour escort, luggage handling (1 bag pp) and taxes and gratuities.

Price: \$443 pp, double occ; \$533 single; \$409 triple.

(Senior Center Bus Trips)

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

Surf's Up!! Time to Go to the Beach

Turk's Seafood Restaurant and a walk on the Beach – West Haven

Monday, July 27th

Join us for a day of sun and fun! Lunch on your own at Turk's and then stroll the beach or just sit and enjoy the view! A menu will be available to view at our front desk. Depart: 11:00 Approx Return: 4:00 • Sign up begins Friday, July 10th

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 Includes lunch, show and transportation. • Depart: 10:30 am Approx. Return: 6:00

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 July 2015

Hi Everyone!

Happy 4th. Of July! The summer just officially started, yet I feel like it's flying by. I guess we'll just have to hurry up and enjoy this beautiful time of year. It's time for picnics, parades, working outside, planting flowers, and summer vacations. Just the thought of all this makes me smile. Enjoy!

Along with the beautiful weather, comes the bad weather. Hopefully we won't have any but just in case we have to prepare. June 1st. was the opening date of the Hurricane Season. I recently read an article issued by the State of CT offering the following preparedness tips and I thought I would share the info with you. We should all prepare an emergency kit to have on hand. Recommended items to include in a basic emergency kit are:

- One gallon of water per person per day for at least 3 days
- At least a 3 day supply of non-perishable food

- Battery powered radio
- Flashlight and extra batteries
- First aid kit
- A whistle to signal for help
- Moist towelettes, garbage bags and plastic ties
- A manual can opener for food
- Local maps
- Cell phones with chargers, inverter or solar charger

Don't have a cell phone? Did you know that you can get an emergency only cell phone right here at our Senior Center? Yes, we have them with chargers. These are only for making 911 calls during any emergency. If you need one, come in and ask for one and it's yours.

Next, we should make an ICE (in case of emergency) plan with your family. We should all subscribe to the State of Connecticut alert services so we can get up to date emergency information. To subscribe go to www.ct.gov/ctalert to register for emergency alerts. If you would like more information on hurricane preparedness, visit www.ct.gov/hurricane or www.ready.gov. Hope we never have to use this information but it is better to be prepared than not.

Enjoy your summer!

Until next month...

Joanne Jelenik, Municipal Agent for the Elderly

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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, July 6th & 20th @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

Prayer and Share

Wednesday, July 8th @ 1:00

“I remember you in my prayers at all times”. Romans 1:9-10

We meet in the Reading Room and all are welcome.

Craft with Eve

Thursday, July 9th @ 9:30 am

Eve will help you create a unique candle holder. Check at the front desk for a sample of the craft!

Self-sign up in our computer room.

Left, Center, Right

Monday, July 7th @ 11:00

Red Cross Blood Drive

Saturday, July 11th, 8:00 – 1:00

Call for appointment at 1-800-733-2767 or online at redcrossblood.org.

Monthly Birthday Social and Center Update

Monday, July 13th @ 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, July 14th @ 12:00

Menu: Menu: Hamburger Au Jus, steak fries, coleslaw, watermelon, milk.

Please make your reservations in advance. Donation \$3.00

Movie- McFarland USATuesday, July 14th @ 12:30

Starring Kevin Costner, Maria Bello, Saylor Elsie Fisher, Natalia Cordova-Buckley

Based on a true story, in 1987, novice runners in an economically challenged California farm town give their all to build a cross-country team under the direction of Coach Jim White. With grit and determination, the unlikely band of runners overcome the odds to forge a championship team and a legacy. Along the way the coach realizes that his family has finally found a place to call home.

Rated PG - running time 2 hours

BingoWednesday, July 15th @ 12:30 – 3:30

Cost: \$2.00

SNAP Program RegistrationThursday, July 16th @ 10:00

Samantha Layer, Outreach Specialist, will be at the center to register members for the SNAP Program or answer questions.

Apples-to-Apples GameMonday, July 20th @ 11:00

Exercise for your brain! Prize for the winner

Learn To Play Rummikub

Wednesday, July 22 @ 1:00

Heather will be teaching this fun game to all who want to learn. Self-sign up please.

Hearing ScreeningTuesday, July 28th @ 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 MovieTuesday, July 28th @ 12:00

Menu: Shrimp Bisque, Chef Salad w/ turkey, ham & cheese, French dressing, wheat breadstick, fresh fruit, and milk. Make your reservation now. Donation \$3.00

Let's Talk About ItThursday, July 30th @ 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

*Interested in learning how to quilt? Want to brush on your skills?
Our quilting group welcomes new members. They meet Wednesday at 9:30.*

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

Mahjonn

Monday @ 12:30

Continental Breakfast

Wednesday @ 9:30

Quilting

Wednesday @ 9:30

Craft Group

Thursday @ 9:30

Hot Dog Lunch (No hot dogs July 2nd)

Thursday @ 12:00

Cost: \$1.50

Municipal Agent

Thursday @ 10:30

Bocce

Monday, Wednesday, Friday @ 9:430

Wii Bowling Game

Thursday @ 1:00

Wii is always available to 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 • (NO CLASS JULY 27th)

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	Michael Alberti, Carmine Onofrio, Rosalie Hullette, Joe Bongiorno

MONTHLY MEETINGS

Monthly Birthday Social & Center Update – July 13th @ 1:00

Elderly Commission – Meetings are held on the 2nd Tuesday of the month @ 9:30 am at the Senior Center.

No meetings are held July and August.

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, Dorothy Roggenback, Shirley Petrillo, Dee Voccola, Martha Makl, Rose Lemond, Betty Jacobs, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Gloria Trella, Lorraine Seeley, Helena Rotzal, Jim Voccola, Liz Cotnoir, Mary Lee Bachhuber, Dennis Kelleher, Jan Weston, John Brobeil.

Elizabeth Andrews	1	Frederick Baselice	11	Diane Peidl	22
Lillian Danowski	1	Carol Edwards	11	Ann Barcia	24
John Dean	1	Ann Gibbons	11	Ronald Weston	24
Fred Frank	1	Eleanor Karlak	11	Harry Yost	24
Delores Geha	1	Carolanne Reidy	11	Victor Padilla	25
Carl Noll	1	Edward Bryant	12	Anne Schmelzle	25
Constance Tevebaugh	1	Barbara K. Downs	12	Edward Stockman	25
Lee Dayton	3	Harold Smith	12	Edith Baselice	27
Joan Downey	3	Maryellen Weisz	12	Hank Farrell	27
Clarence Aresnault	5	Martha Insalaco	13	John Hosking	27
Mary Buckley	5	Diane Peterson	13	Mary Kennedy	27
Judith Renkewith	5	Marie Bracci	14	Brenda Kymmer	27
Bernice Scoville	5	Sylvia George	14	Alice Ell	28
Joseph Bourque	7	Rose Giovacchino	15	Irene Hupprich	28
Inez Carlson	7	Antonetta LeCaste	15	Barbara Martovich	28
Patricia Gramigna	7	Joann Chamberlain	16	Grace Allen	29
Joy Guliuzza	7	Mary Ellen Mangione	16	Evelyn Johns	29
Julie Schmidt	7	Robert Totilo	17	Frank Munno	29
Rita Spruck	7	Margaret Zalenski	17	Anita Shortell	29
Armando Facchini	8	Bob Daly	18	Robert Tokarz	29
Jean Michalak	8	Joanne Jelenik	18	Roseanne Fox	30
Carol Guardiano	9	Dorothy Roggenback	18	Betty Musto	30
Phil Guilmette	9	Edith Behrle	20	Donald Tymosko	30
MaryAnn Borgesano	10	Ed Doiron	20	James Copsey	31
John Enquist	10	Judith Flood	20	Nancy Kropo	31
Eleanor Hoffman	10	Robert Martovich	20	Gloria Trella	31
Mary Jane Ives	10	Barbara Berg	21		
Robert Jelenik	10	Benta Ferreira	21		
Mary Skurat	10	Irene Cullen	22		
		Mildred Kevit	22		

*Happy
Birthday!!!*