

Oxford Senior Center

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 0

On the Internet: www.oxford-ct.gov

Hours: 9:00AM - 5:00 PM Monday – Friday

AUGUST 2015

Light Lunch and Entertainment – WAMS Singers

Thursday, August 6th @ 12:00

Those wonderfully talented young singers will be back at our Center! 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

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.

GRANDPARENTS' DAY CELEBRATION

Wednesday, August 26th @ 12:00

Critter Caravan will be back at the Center with all the animals we love to pet and learn all about. They will provide hands-on fun for your grandchildren and yourself with an assortment of small mammals and reptiles. Pizza lunch will be served so please sign up and let us know how many are coming. This is always a wonderful day!

COMING IN SEPTEMBER

How to Avert a Financial Crises during Long Term Care Planning

Tuesday, September 1st @ 1:00

Eldercare Attorney, Steven Rubin from the Drazen Law Group will be discussing Asset Protection and Medicaid for long term planning. Presentation followed by Q & A. • Self-sign up please.

Lunch and Learn

Tues. Sept. 8th @ 12:00

The Hearth at Southbury Senior Living is hosting a lunch at the center and an opportunity to play some trivia, learn about The Hearth and win door prizes! Limited to 25 members. Self-sign up please.

Joan's Clambake

Wednesday, Sept. 9th @ 12:30

Joan's annual clambake will include: Lobster tail, stuffed clams, Italian sausage, corn on the cob, potato salad, coleslaw, rolls and dessert. \$17.00 pp Sign up begins August 12th.

Apple Harvest Luncheon

Thursday, September 17th @ 12:00

Join us in celebrating "A Taste of Fall"! Mattei's Deli & Catering will be preparing our meal and Bob Lupi will be entertaining us. Menu: Butternut squash soup, roast pork loin with apple chutney, smashed potatoes, roast corn medley, assorted rolls, and apple crisp. • Cost: \$10.00 pp

Petticoat Spies – Chapter 4Thursday, Sept. 24th @ 1:00

Charlie Rippel will be presenting a fascinating historical story on the life of Elizebeth Van Lew 1818-1900, a southern lady who was a Yankee spy. She was a spinster socialite who defied southern authority for decades and who historians refer to as “Crazy Bet”. She was the most productive agent in the civil war. Self-sign up please.

Soothe Your Spirit to Calm Your MindA Wellness Program - Tuesday, Sept. 29th, 11:30 – 3:00

This program will offer methods of dealing with stress and relaxing your mind. Enhance your personal well-being by learning how to de-stress and calm your mind. Presenters include: Pat Babbage, Director of our Center and Personal Trainer; Karin Terebessy, our devoted Yoga Instructor; and Tracey Brady, Community Relations Director for Visiting Angels.

You will be asked to do some simple stretches to warm up the body followed by a 30 minutes chair yoga session and “Making Scents of Stress” – an aromatherapy program. A cooking demonstration and healthy lunch will follow at 1:00. After lunch we will play some memory enhancing games. Please wear comfortable loose fitting clothes. It’s a full day of wellness for your mind and body! Treat yourself! • Cost is \$7.00 pp. Please sign up.

(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.

Foxwood Casino * Tuesday, August 25th

Includes: Motor Coach Transportation, \$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**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 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. Dinner stop on own on our trip home. Cost: \$76. pp. •

Depart: 8:00 am Approx. Return: 10:30 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. Full payment due by September 1st. • Depart: 8:00 am Approx. Return: 7:00 pm

The Big E – West Springfield, MA- “CT Day” * 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

Platter’s Tribute Show at the Log Cabin, Holyoke, MA * Thursday, October 8th

Join us at the Log Cabin for a nostalgic afternoon of music, starring the incomparable Tony Funches – former lead vocalist of Herb Reed’s “Original Platters”. Enjoy a lunch that will include: salad w/ creamy house dressing, pan seared chicken, mushrooms with Marsala wine sauce, baked scrod w/ lemon seasoned bread crumbs, greens beans w/ carrots & roasted corn, orzo rice pilaf, strawberry shortcake and coffee/tea. • Cost: \$80.00 pp Depart: 9:45 Approx. Return: 5:15

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 occupancy; \$533 single; \$409 triple.

Alaska Cruise Tour – Norwegian Sun * June 16-27, 2016

Experience Alaska by land and sea on this 12-day adventure featuring Denali National Park and cruising aboard NCL's Norwegian Sun. For more information stop by the center and pick up a flyer!

Atlantic City at the Tropicana * November 4- 6, 2015

Tour includes: 3 days/2 meals/ 1 show, motorcoach transportation, 2 nights at Tropicana, \$30 slot bonus at Tropicana, two buffet meals at Tropicana, tickets to the show at Tropicana, baggage handling, taxes and gratuities. \$235 pp, double/triple occup. Single \$297 . Depart from Senior Center at 8:15 am. \$50 deposit due at sign up.



Come Fly With Me, the Music of Frank Sinatra, at the Castle of Knights, Chicopee MA

Tuesday, November 10th Depart: 9:30 Approx. Return – 5:30

Cost \$77 pp includes, transportation, show, lunch taxes and gratuities. Pick up a flyer at the Senior Center for more information.

Fireplace Feast at the historic Salem Cross Inn, MA

Sunday, November 15th Depart: 10:15 Approx. Return: 6:00

Cost \$99 pp includes the 1700's style feast, prepared on the open hearth in colonial style, transportation taxes and gratuities. While dinner is cooking, enjoy a horse drawn wagon or sleigh ride!

(Senior Center Bus Trips)

The Maritime Aquarium at Norwalk * Monday, Aug. 24th

This is your chance to see the beautiful butterfly exhibit since it will be gone after Labor Day! Admission includes the special exhibit called "Flutter Zone" where you can walk among the butterflies, the IMAX Movie "Flight of the Butterflies" and the Aquarium. Bring your own lunch and we will eat in a room reserved just for us. Cost: \$15.00 pp. Sign up starts Friday, Aug. 7th. • Depart: 9:15 Approx. Return: 2:30

Lunch at Lenny & Joe's Fish Tale – New Haven * Monday, Sept. 14th

This New Haven location is the sister restaurant to the originals in Madison and Westbrook and has a large patio overlooking the harbor. The lobster roll is the best-seller, but it has plenty of competition on the extensive menu of two-way fried fish or seafood, greaseless fried fish, charbroiled items and baked casseroles. All dinners are served with a choice of two sides.

Depart: 11:00 Approx. Return: 2:00 Sign up begins Monday, Aug. 24th

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

Municipal Agent News - August 2015

Hi Everyone!

We are right in the midst of our Hazy, Hot and Humid days of summer. Some of us complain that it's too hot but I am sitting here reminding myself how cold it was this past winter and at the time dreamt of these hot days of summer. So I am not going to complain! At least not this very minute. Besides, next month we will be going into the beginning of Fall and I don't even want to think of that right now! So let's enjoy our hot summer weather!

For some years now there have been discussions on End-Of-Life care and counseling. Approximately 55 million Medicare beneficiaries could make such talks far more common since three-quarters of the people who die each year in the U.S. are 65 and older making Medicare the largest insurer at the end-of-life according to the Kaiser Family Foundation. Medicare recently said that it plans to pay doctors to counsel patients about end-of-life care which Medicare is referring to as Advance Care Planning. The policy change will take effect January 1, 2016. The counseling aims to discern the type of treatment patients want in their last days, with options ranging from care that's more focused on comfort than extending life.

Supporters say counseling would give patients more control and free families from tortuous decisions. Patients may want less invasive care if they believe they will soon die even though predicting death is not possible. Advance Care Planning is something we all talk about but usually do nothing about. How many of us say that we are going to make a living will and don't? Perhaps now that our Doctors are going to counsel us, we will be more informed to make these end-of-life decisions ourselves and relieve our families from having to make these decisions for us.

Enjoy your summer! Until next month... *Joanne Jelenik, Municipal Agent for the Elderly*

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.*
- *Oxford’s St. Peter’s Church members are thoughtfully sending birthday cards to our members each month. Thank you to those who are thinking of others on their special day!*

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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.*

Blood Pressure Check

Monday, Aug. 3rd & 17th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health

Left, Center, Right

Tuesday, Aug. 4th @ 11:00

Monthly Birthday Social and Center Update

Monday, Aug. 10th @ 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!

Nutritional Presentation

Tuesday, Aug. 11th @ 11:00

Nutritionist, Judy Prager, will be here to discuss Food Safety. She has important tips we all should know about. We will meet in the Reading Room. Self-sign up please.

Senior Community Café (TEAM Lunch)

Tuesday, Aug. 11th @ 12:00

Menu: Escarole & beans soup, crab cake w/ tartar sauce, confetti brown rice, rye bread, fresh fruit and milk.
Please make your reservations in advance. Donation \$3.00

Prayer and Share

Wednesday, Aug 12th @ 1:00

Be still before the Lord and wait patiently for Him. Psalm 37:7
We meet in the Reading Room and all are welcome.

Apples-to-Apples Game

Monday, Aug 17th @ 11:00

Exercise for your brain! Prize for the winner

Senior Community Café (TEAM Lunch) and Movie

Tuesday, Aug. 18th @ 12:00

Menu: Hamburger Au Jus, steak fries, coleslaw, watermelon, and milk.
Make your reservation in advance. Donation \$3.00

Movie - Woman in Gold

Tuesday, Aug. 18th @ 12:30

Starring Helen Mirren, Ryan Reynolds, Jonathan Pryce, Katie Holmes, Max Irons.
A Jewish refugee Maria Altmann is forced to flee Vienna during WWII. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: Lady in Gold, a portrait of her beloved Aunt Adele. Based on a true story. Rated PG-13

Foot Clinic

Wednesday, Aug. 19th by appointment, beginning at 9:30 am

Make an appointment to have your toe nails trimmed, filed and cleaned, reduction of thickened nails, smoothing of corns and callouses, massaging, applying lotion and powdering of feet, skin cancer assessment along with general assessment of feet and lower legs by specially trained registered nurses working with Pedi-Care Services . The nurse will give you an opportunity to verbalize problems. If you are diabetic a doctor’s offer will be needed. Forms are at the Senior Center.

Fee: \$30 for a half hour visit and is not covered by insurance. Take advantage of this great service.

Bingo

Wednesday, Aug. 19th @ 12:30 – 3:30

Special prizes will offered by Grand Care Companions of Naugatuck and The Watermark at East Hill!

Cost: \$2.00

Craft with Eve

Thursday, Aug. 20th @ **9:30 am** Eve will lead you in making a beautiful shell and driftwood hanging wood chime! The materials will be provided but if you have some light-weight shells that are special to you, bring them to class. Sample will be at front desk. Self-sign up in our computer room.

Costco Renewals

Thursday, Aug. 20th @ 11:00

The representative from Costco will be at the center to offer membership renewals or new memberships. Special discounts will be given to all who renew.

Alaska Cruise Presentation

Thursday, August 20th @ 1:00

Bob Marx of Landmark Tours & Cruises will be at the center to answer your questions and give you all the details of the Trip to Alaska planned for June 2016.

Hearing Screening

Tuesday, Aug. 25th @ 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.

Let’s Talk About It

Thursday, Aug. 20th @ 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 up 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 Aug. 6th)

Thursday @ 12:00

Cost: \$1.50

Municipal Agent

Thursday @ 10:30

Bocce

Monday, Wednesday, Friday @ 9:30

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 *NO CLASS AUG. 26TH

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.

August Trivia

The U.S. Postal Service became independent on August 12, 1970

The Social Security act was passed by Congress on August 14, 1935

George Washington created the Purple Heart medal on August 7, 1782

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 Hulette, Joe Bongiorno

MONTHLY MEETINGS

Monthly Birthday Social & Center Update – August 10th @ 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, Mary Lee Bachhuber, Dennis Kelleher, Jan Weston, John Brobeil, Paul Westbrook

Margaret Cimelus	1	Katherine Everlith	14	Walter Weigl	24
Nicholas Dota	1	William Giancarli	14	Donald Barry	25
Fred Homscheid	1	Margaret Jennings	14	James Davis	26
Lenor Lyder	1	John Konicki	14	Janet Narcisco	26
Rita Rowe	3	Grace Law	14	Paul Robert	26
Walter Yodis	3	William Naylor	14	Raymond Schietinger	27
Rita Crofut	4	Ruth Olenchuk	14	Dominick Anzidei	28
Nancy Pinkosky	4	Katherine Mazzucco	15	Diane Lendroth	28
Carol Schoonmaker	4	Shirley Weymer	15	Ann Rudolf	28
Diana Larson	5	Arlene Fazio	17	Mary Spak	28
Judy Lewonczyk	5	Christine Miller	17	Dorothy Boland	29
Grace Mobilio	5	Thomas Mott	17	Ruth Brobeil	29
Barbara Nimons	5	Ann Neustrand	17	Robert Gardner	29
Jan Serra	5	Eleanor Blaze	18	Eileen McCusker	29
Helen Scully	6	Rani Martin	18	Pat Pappin	29
Gail Schlitter	7	Marion Sriubas	18	Angela Alfano	30
Carol Cutrona	8	Dorothy Voccola	18	Thelma Gingras	31
Douglas Eklund	8	Pam Zeller	18	Richard Kalinowski	31
Patsy Giannelli	8	Mary Buchsbaum	19	Barbara Reichert	31
Maria Pyterak	8	Peggy Dunleavy	19	Joelle White	31
Pat Hinman	9	Gregory Wright	19		
Paul Block	10	Peggy Angelicola	20		
John Fornabaio	10	Robert Peck	20		
Virginia Barnes	11	Sylvia Mondo	21		
Phyllis Basani	11	Kathy Morton	21		
Eugene Bulakites	11	Daniel Bishop	22		
E. Patricia Totilo	11	Arthur Miller	22		
Joan Yelding-Behuniak	11	Dan Brandon	23		
Della Briggs	12	Robert Fogarty	23		
Susan Jamroz	12	Catherine Belanger	24		
Delores (Dell) Martin	12	Candice Davis	24		
Victor Noll	12	Regina Huber	24		
Joan Dembek	14	Lorraine Sepanek	24		

*Happy
Birthday!!!*