

# ***Oxford Senior Center***

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 0 \*\* Please Note New Extension\*\*

On the Internet: [www.oxford-ct.gov](http://www.oxford-ct.gov)

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

## **September 2015**

The Senior Center will be closed Monday, September 7<sup>th</sup> in observance of Labor Day.

## **September is Senior Center Month- Let's Celebrate Together!**

### **Derby Melodeers**

Thursday, Sept. 10<sup>th</sup> @ 1:00

A great group and a great performance! Come out and show your support.

### **Apple Harvest Luncheon**

Thursday, Sept. 17<sup>th</sup> @ 12:00

Join us in celebrating “A Taste of Fall”! Mattei’s Deli & Catering will be preparing our meal of butternut squash soup, roast pork loin with apple chutney, smashed potatoes, roast corn medley, assorted rolls and apple crisp for dessert. Bob Lupi will be entertaining us so you are in for a toe tapping time! Cost: \$10.00 pp

### **“Fall into Fitness” – Flex, Fit & Fun on a new day!**

Saturday, 10:00 – 11:00 beginning Sept. 19<sup>th</sup>

Join us to work off some extra calories and boost your energy level before the holidays!

Pat Babbage will be leading this class that will work the body from head to toe using weights, bands and balls to strengthen and stretch. Work at your own level and modifications will be given.

If possible, please bring your own weights as our supply is limited. No floor work.

This session will be our trial to see if there is enough interest.

Sept. 19<sup>th</sup> – Nov. 21<sup>st</sup> (no class Oct. 10<sup>th</sup> & Nov. 7<sup>th</sup>).

The fee will be \$14.00 for 8 classes or a drop in cost of \$2.00 per class. Open to members only. Sign up now.

### **Soothe Your Spirit to Calm Your Mind – A Wellness Program**

Tuesday, Sept. 29<sup>th</sup>, 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.

### **Volunteer Lunch**

Tuesday, Oct. 20<sup>th</sup> @ 12:00

We would like to take this opportunity to thank our wonderful volunteers. This is a special lunch open to those members who have worked all those hours to help our center thrive. If you have worked at our front desk, volunteered in our kitchen, helped us with the newsletter mailings or in other ways, please sign up for this lunch.

**We must have a final count by October 13<sup>th</sup>.**

**Also Coming in October**

**AARP Fraud Watch Program**

Thursday, Oct. 1<sup>st</sup> @ 9:30

This program will present the “Con Artist Playbook” providing you with a glimpse into the mind of a scam artist. Members will learn the latest scams hitting communities along with prevention strategies to share with friends and family. Self-sign up.

**Comedy Central**

Thursday, Oct. 1<sup>st</sup> @ 12:30

Get your jokes ready to share! Right after our hot dog lunch. Always lots of laughs.

**Joan’s Lunch**

Wednesday, Oct. 14<sup>th</sup> @ 12:30

Joan and her kitchen angels will be cooking the following: Roast beef, baked potato, string bean casserole, autumn tossed green salad, rolls, and dessert. Cost: \$6.00 pp

Sign up begins Thursday, Sept. 24<sup>th</sup>.

**Flu Clinic offered by Pomperaug Distric Dept. of Health**

Thursday, Oct. 15<sup>th</sup>, 10:30 – 12:00

Pre-registration is not required. Available vaccines: Quadrivalent flu, High-Dose flu, Flublok flu, Pneumococcal vaccine (Pneumovax and Prevnar). Insurances accepted: Medicare (part B), ConnectiCare, Aetna, Cigna, and Anthem Blue Cross & Blue Shield. UnitedHealthcare and other insurances are not accepted. Please wear short sleeves or loose fitting sleeves. For further information call 203-264-9616 or [www.pddh.org](http://www.pddh.org).

**Italian Fest**

Thursday, Oct. 22<sup>nd</sup> @ 12:00

Tony Castle will be in the house! Italian fare food by Lou Granato. Menu: Antipasto with the works, pasta with meatballs, sausage & peppers, assorted breads and cannoli for dessert. Cost: \$10.00 pp.

Please make your payment at time of 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.*

**Mohegan Sun Casino**

Tuesday, Sept. 22<sup>nd</sup>

Includes: Motor Coach Transportation, \$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



**Newport Playhouse – “The Odd Couple”**

Monday, September 21<sup>st</sup>.

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.

Depart: 8:00 am • Approx. Return: 7:00 pm

**The Big E – West Springfield, MA- “CT Day”**Wednesday, September 23<sup>rd</sup>

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. Price includes transportation, admission & driver gratuity.

Depart: 8:00 am • Approx. Return: 6:00 pm

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

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

**Atlantic City at the Tropicana**

November 4- 6, 2015

Tour includes: 3 days/2 meals/ 1 show, motor coach 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 \$292. 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 10<sup>th</sup> 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 15<sup>th</sup>. 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!

**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!

**(Senior Center Bus Trips)****Masonicare’s Lunch & Learn-Newtown**Thursday, September 10<sup>th</sup>

A free presentation on “Shingles” – What is it? What does it look like? What is the treatment? How do you prevent it? – held at Masonicare of Newtown, a complimentary lunch will also be provided. Please sign up.

### Thimble Islands

Friday, Sept. 25<sup>th</sup>

Relax and enjoy a 45 minute narrated cruise aboard The Sea Mist around the Thimble Islands. These three islands were used to quarry granite, farming, bootlegging and hiding Captain Kidd's treasure. Cost: \$10.00 pp. After the cruise you will have lunch on your own at The Lobster Shack. Depart: 9:15 Approx. Return: 2:00 Sign up begins Tuesday, Sept. 8<sup>th</sup>.

### Old Fashion Hayride at Castle Hill Farm – Newtown

Monday, Oct. 5<sup>th</sup> (rain date Tues, Oct. 6<sup>th</sup>)

Join in some fall fun and take a scenic interactive hayride on the Paproski Family farm. Feed the beautiful and gentle oxen and learn about the history and features of the farm. You will also be able to purchase farm fresh pumpkins and produce. We will start the day with lunch on your own at the Blue Colony Diner, then the hayride, followed by ice cream at the Ferris Creamery. Cost: \$3.00 pp for hayride. Not wheelchair accessible.

Sign up begins Monday, Sept. 14<sup>th</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 park on the left side of center (bocce court side) when going on trips.*

### Municipal Agent News

September 2015

Hi Everyone!

One element of summer that we can't say we didn't have this year is humidity. We have had our typical "Hazy, Hot and Humid" weather this year for sure. It has also been a dry summer with only a little rain. As I am writing this, it is currently pouring rain but it is much needed. Personally, I will take this hot weather for as long as I can stretch it out. Soon, it will be goodbye summer!

On August 14th the Social Security Administration celebrated the 80th Anniversary of the signing of the Social Security Act. Since 1935, Social Security has touched millions of lives and also provided an economic lifeline for many individuals and continues to do so.

According to the Social Security Administration, the State of Connecticut alone currently has 717,792 people receiving benefits and the economic impact translates to a total of \$921,685,000. (Million) per month paid to Connecticut beneficiaries! Originally, the 1935 law that we now think of as Social Security only paid retirement benefits to the primary worker. In 1939 Congress changed the law and added survivor benefits and benefits for the retiree's spouse and children. In 1956, disability benefits were added.

The first person to receive a single (one time only) lump sum S.S. payment was Ernest Ackerman in the amount of 17 cents. (Hope you didn't spend it all in one place, Ernie!) The first person to receive an ongoing monthly benefit was Ida May Fuller from Ludlow, VT. Since the first payment was made in 1937 to 2009, the S.S. program has paid out \$11.3 trillion and there have been 453.7 million different Social Security numbers issued since its inception. Happy 80th. Birthday Social Security! Let's Celebrate the Past and keep Building the Future!

On Monday October 1st we have an exciting program for you presented by AARP. Tia Murphy and John Steinger will be joining us to present the AARP Fraud Watch "Con Artist Playbook" giving us a glimpse into the mind of a scam artist. We will all learn the latest scams hitting our communities along with prevention strategies to share with our friends and family. This program looks exciting and informative. See you on Thursday, October 1st. at 9:30am.

Until next month...

*Joanne M. Jelenik*

*Municipal Agent for the Elderly*



**Movie – Longest Ride**Tuesday, Sept. 22<sup>nd</sup> @ 12:30

Starring Alan Alda, Scott Eastwood (yes Clint's son!), Britt Robertson, Jack Huston & Oona Chaplin. Rated PG-13 Two couples separated by time and age have little in common until a series of unexpected events are set in motion and their lives become intertwined. As conflicting paths and ideals test their relationship, they make a fateful connection with Ira, whose memories of his own decades-long romance with his beloved wife deeply inspire the young couple.

Based on the novel, "The Longest Ride", by Nicholas Sparks.

**Foot Clinic**

Wednesday, Sept. 18th 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 is \$30 for a half hour visit and is not covered by insurance. Checks are made payable to Pedi-Care. Take advantage of this great service! There will be No clinic in October, but will return November 25th, 9:00 – 12:00.

**Bingo**Wednesday, Sept. 16<sup>th</sup> @ 12:30 – 3:30 Special prizes offered by The Watermark at East Hill! • Cost: \$2.00**Craft with Eve**

Thursday, Sept. 24<sup>th</sup> @ 9:30 am Eve is getting ready for Halloween! You will be making a "Monster" container where you can store your candy or any other treats. Self-sign up in our computer room.

**Hearing Screening**Tuesday, Sept. 29<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.

**Let's Talk About It**Thursday, Sept. 24<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**

*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

**Walking Group**

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

**Continental Breakfast**

Wednesday @ 9:30

**Craft Group**

Thursday @ 9:30

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

**Pocket Billiard**

Monday - Friday

**Mahjongg**

Monday @ 12:30

**Quilting**

Wednesday @ 9:30

**Hot Dog Lunch (No hot dogs Sept. 17<sup>th</sup>)**

Thursday @ 12:00 Cost: \$1.50

**Municipal Agent**

Thursday @ 10:30

**Choral Practice**

Thursday @ 10:30

**Wii Bowling Game**

Thursday @ 1:00

**Bocce**

Mon., Wed., Fri. @ 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 \*\* Note new time\*\*

Monday @ **9:30 – 10:15** 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 – September 21<sup>st</sup> @ 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, 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,

Eve Detzer	1	Josephine Mastrorocco	12	Ronald Lungarini	23
Dorothy Laezzo	1	John Brobeil	13	Nancy Santore	23
Elizabeth Quarters	2	Pat Kalnay	14	Ann Antidormi	24
Madeline Porell	3	Harriet Rich	14	Richard Savoyski	25
Joyce Upson	3	Edward Macconnie	15	Arlene Skiba	25
Stanley Beras	4	Paul Stocking	15	Ronald Kopchak	26
Albert Nimons	4	Kathy Doran	16	Les Wheeler	26
Lorraine Sheeler	4	Linda Hastava	17	Betty Jacobs	27
Horace Behrle	5	Tess Assard	18	Bill Weed	27
Geraldine DeLuca	5	Sheila Kerzner	18	Regina Blizman	28
Michael Tangredi	5	Janice Medvecky	18	Thomas Keefe	28
James Chamberlain	6	Bonnie Chevarella	19	Jean Uhelsky	28
Bessie Pawlak	6	Brian Fitzpatrick	19	Joe Cutrona	29
Mary Zaleski	6	George Hamila	19	Jean DeBisschop	29
Ronnie Fornabaio	7	Muriel Kruger	19	Joseph Marino	29
R. David Chemlen	8	Greta Rheingold	19	Judy Fischer	30
Mary Dowling	8	Richard Zepko	19	Karen Kurimsky	30
Andrea Flach	8	Diane Berritto	20		
Curtis Pillsbury	8	Michael Pinkosky	20		
Julia Steinis	8	Robert McCarney	21		
Tonni Grande	10	Alex Zibluk	21		
Joseph Gaetano	11	Anne Barbera	23		
Gloria Hall	11	Louis Basani	23		
Peggy Nelson	11	Gerard Levesque	23		

*Happy  
Birthday!!!*