

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

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

October 2015

The center will be closed Monday, October 12th in observance of Columbus Day.

Flu Clinic offered by Pomperaug Distric Dept. of Health

Thursday, Oct. 15th, 10:30 – 12:00

Pre-registration is not required. Available vaccines: Quadrivalent flu, High-Dose 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.

Italian Festival Luncheon

Thursday, Oct. 22nd @ 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.

COMING IN NOVEMBER

Chinese Brush Stroke Painting Class

Beginning Tuesday, Nov. 3rd – 4 weeks – 1:00 – 2:30

Ready to try something new!! This simple art form is absorbing & calming, spiritual & steeped in history. The tradition offers something for everyone. It's often referred to as "writing a picture" because the pictures you paint will be in your own "handwriting" unique to you! No experience needed so give it a try. Eileen Smith will be our instructor. Four weeks for \$15.00. Sign up at front desk.

Veteran's Day Program

Thurs. Nov. 5th @ 11:30

Members of The American Legion, David S. Miles Post #174 will be here to lead us in observance of Veteran's Day and remembering those who sacrificed so much for our freedom. No sign up needed.

Oral Hygiene Presentation – Free Oral Cancer Screening

Friday, Nov. 6th @ 11:30

The University Of New Haven School Of Dental Hygiene will be at the center to discuss the important subject of oral hygiene. They will offer free oral cancer screening while here and are offering free dental cleanings at their clinic. Everyone attending the presentation will be given a dental goodie bag! Self-sign up.

Thanksgiving Luncheon

Thurs. Nov. 19th @ 12:00

Chef Jim Bain of the Watermark at East Hill will be preparing our delicious traditional Thanksgiving meal. Bob Mel will liven up the center with his terrific singing. Enjoy a meal with your friends at the senior center and take time to say thanks for the blessing in your life.
Cost: \$10.00 pp Payment is due at time of sign up.

Christmas Party at The Crowne Plaza

1284 Strongtown Rd., Southbury

Thursday, December 3rd @ 12:00 – 4:00

Entertainment by Paula Pettinella, our Christmas Angel.

Our annual Christmas celebration is always a very festive and special day!

Choice of Entrée: Chicken Francaise, Filet of White Fish with bread crumbs cooked with white wine and Roasted Sirloin, cheese and cracker platter on each table, tossed garden greens salad, warm rolls, chef's selection of vegetable and potato, fruit cup with sherbet, and coffee/tea. Cost: \$24.00 pp ~ Tables of 10. **In an effort to avoid additional phone calls and confusion, please have all the names in your group together before signing up. Give us your entrée choice and 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, Oct. 27th

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



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.

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

Tuesday, November 10th

How can you beat the sound of Frank Sinatra!

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

While dinner is cooking, enjoy a horse drawn wagon or sleigh ride!

Cost \$99 pp includes the 1700's style feast, prepared on the open hearth in colonial style, transportation taxes and gratuities.

In the "Holiday" Mood

Thursday, Dec. 10th

What better way to ring in the season than with the talented and versatile group known as **Eight To The Bar**. Drawing its musical influences from American roots music – Swing, Boogie-Woogie, Rhythm & Blues, Soul and Motown! We'll dine at the region's premier banquet facility, Chez Josef. \$72 pp includes lunch, show, transportation, taxes and gratuities. Depart: 10:00 am Approx. Return 5:15 pm Pick up a flyer!

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)

Connecticut Post Mall – Boston Post Road, Milford

Monday, Oct. 19th

An opportunity to do some Christmas Shopping or browsing. Lunch on your own at the mall. Depart: 10:00
Return approx. 2:30 • Sign up begins Oct. 6th.

Christmas Tree Shops & Olive Garden Restaurant – Boston Post Road

Monday, Nov. 9th

You will be dropped off at the Christmas tree shops for shopping and then brought to the Olive Garden for lunch on your own at 12:00. • Depart: 10:00 - Return approx. 2:00 • Sign up begins Oct. 14th.

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 October 2015

Hi Everyone!

Well, it's officially Autumn and we must say goodbye to our sunny, hot and humid weather that we all experienced this year. I sincerely hope each and everyone one of you had a wonderful summer!

Not only are we in for some changes regarding the weather, but there are some changes probably coming down the pike in the form of an increase in some people's Medicare part B premiums for 2016. As it stands now, approximately 25% or roughly 50 million elderly Americans who depend on Medicare could see their Part B premiums jump by 52% or more next year. The other 75% (most of you) are protected by something called the "hold harmless rule." Medicare premiums have historically grown faster than the cost of living or (COLA) adjustments added to their S.S. payment. Sometimes this causes your benefit checks to decrease from one year to the next. To prevent this decrease the "hold harmless rule" was put into place. It works when the S.S. benefits are adjusted for increases in the cost of living and Medicare Part B premiums are adjusted to reflect rising costs. If the Medicare premium increase is greater than the S.S. benefit (COLA), the "hold harmless rule" ensures that most Social Security beneficiaries will not have their benefit reduced. Due to the fact that there has been no inflation for 2015, rumor has it that the Social Security and the Medicare Trustees Report suggest that there will probably not be a COLA in our Social Security benefits for 2016. Any increases in the Part B premiums will not be paid by those that are "held harmless" but by those that are not. For instance, high income earners with a Modified adjusted gross income (MAGI) greater than \$85,000 filing as individuals or \$170,000 for couples. Others are those that do not have Medicare Part B premiums deducted from their Social Security benefits. Unless Congress or the Health and Human Services intervenes, it is possible for high earners, along with an estimated 15 million seniors to see their premiums jump from \$104.90 per month to \$159.30 or higher. Please do not be alarmed, this will probably not affect most of our seniors. The final decision as to the actual increase in premium will be made by the Department of Health and Human Resources this fall.

Fall also brings, yes, get ready for **OPEN ENROLLMENT starting October 15th** and running to December 8th. Once again, I have invited our Insurance Specialist, John Somero to come to the Senior Center Wednesday, October 29th at 10:00 A.M., to update us on the latest and greatest news concerning our medical insurance choices. So if you are not happy with your insurance or just want to see what's new, please join us. Everyone, bring your questions!

Happy Halloween!

Until next month...

Joanne Jelenik, Municipal Agent for the Elderly

Blood Pressure Check
Monday, October 6th & 20th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health



Senior Community Café Lunch (TEAM) and Movie

Tuesday, October 7th @ 12:00

Lunch Menu: Sliced pork w/ gravy, roasted garlic mashed potatoes, Italian vegetable blend, pumpernickel bread, and fresh apple. • Cost: \$3.00. Please make your reservation in advance.

Movie: Winter's Tale with Colin Farrell, Russell Crowe, Jennifer Connelly, Jessica Brown & William Hurt.

Peter Lake is a master thief, who never expected to have his own heart stolen by a beautiful woman. But their love is star-crossed and Peter has been marked for death by his one-time mentor. Peter needs a miracle, but only time will tell if he can find one. PG-13, Drama, Romance

Living Trusts & Elder Law

Wednesday, October 8th @ 11:30

Elder law Attorney Michael Giardina Important information and an opportunity to ask questions. Please sign up.

Positive Thinking Enrich your life through positive thinking!

Tuesday, Oct. 7th and Monday, Oct. 27th @ 1:00

Bob Taylor will facilitate an interactive workshop on positive thinking and how it can be used to enrich your daily life. Topics of discussion will include: positive thinking – the mind connection, the circles of concern and influence – you are what you think - make time for you and live “In the Now”. Don't miss this opportunity, register now.

Prayer and Share

Wednesday, October 8th @ 1:00 – 2:00

Where 2 or 3 are gathered in my name, There am I in Their midst. Matthew 18:20
 All are welcome. We meet in the Reading Room.

Beacon Brook Health Care Center

Tuesday, October 14th @ 11:00

Presentation on Trigger Points and Myofascial Pain. The trigger point is simply defined as focal area of tenderness in muscle or soft tissue. The term “trigger” describes the tendency of these tender areas to produce pain in the surrounding areas of the body when pressure is applied to them. These trigger points may be felt as a tight band or “knot” under the skin. Other symptoms that may occur are fatigue, stiffness and sleep disturbance. • Sign up please.

Senior Community Café (TEAM Lunches)

Tuesday, October 14th @ 12:00

Please make your reservation in advance.

Menu: Philly Cheese steak Meat w/ onions & peppers, wheat roll, mandarin oranges.

Donation: \$3.00 • Sign up please.

Medicare Open Enrollment Presentation

Tuesday, October 14th @ 1:00

John Somero will be at the center to present all the changes to the Medicare supplement plans and answer your questions. This is important information you should have. Please sign up.

Bingo

Wednesday, October 15th @ 12:30 – 3:30 • Cost: \$2.00

Book Club

Monday, October 20th @ 11:00

An informal group discussion led by Mary Kennedy. All are welcome.

Monthly Birthday Social and Center Update

Monday, Oct. 19th @ 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!

Volunteer Appreciation Lunch

Tuesday, Oct. 20th @ 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 13th.

Bingo

Wednesday, Oct. 21st @ 12:30 – 3:30 Special prize offered by The Watermark at East Hill. • Cost: \$2.00

Craft with Eve

Thursday, Oct. 22nd @ 10:00 am. This month's craft will be a "Flower Pot Scarecrow"!

Please sign up in our computer room. • Sample will be at Center.

Let's Talk About It

Thursday, Oct. 22nd @ 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.

Apples-to-Apples Game

Monday, Oct. 26th @ 11:00 • Exercise for your brain! Prize for the winner

Hearing Screening

Tuesday, Oct. 27th @ 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, Oct 27th @ 12:00

Menu: Baked stuffed shells, bean blend, tossed salad garlic bread, fresh fruit and milk. Make your reservation in advance. Donation \$3.00

Movie – The Second Best Exotic Marigold Hotel

Tuesday, Oct 27th @ 12:30

Starring Richard Gere, Judi Dench, Maggie Smith, Bill Nighty, Dev Patel & Celia Imrie.

Soon to be married, Sonny has his eye on a promising property now that his first venture, The Best Exotic Marigold Hotel for the Elderly and Beautiful, has only a single remaining vacancy, posing a rooming predicament for fresh arrivals Guy and Lavinia. Watch the development of relationships and perils of life with the enjoyable and funny cast. A Comedy/Drama Rated PG Running time 2:02

Foot Clinic

There is no foot clinic in October. Next clinic will be Wednesday, Nov. 25th 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!

Hamburger LunchWednesday, October 28th @ 12:00

Hamburger or Cheeseburger make your choice when you make your reservation. • Cost: \$3.00 Sign up at front desk.

How to Make a Floral CenterpieceWed. Oct. 28th @ 1:00

Sponsored by The Lutheran Home of Southbury and The Hearth. Learn how to assemble your own floral centerpiece.

Refreshments will be served. Self-sign up.

Medicare PresentationThurs. Oct. 29th @ 10:00

Medicare, Supplemental Insurance, MediGap! Do you find it all confusing and frustrating? John Somero will be here to help by giving you the information needed to make an informed decision. Self-sign up please.

“Gary-Oke”Thursday, Oct. 29th @ 12:30

Join us for some fun with Gary Maloney and his digital karaoke! It can be your chance to be a star! No sign up necessary.

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.*

Pinochle ** NEW**
Friday @ 1:00

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

Mahjongg

Monday @ 12:30

Continental Breakfast

Wednesday @ 9:30

Quilting

Wednesday @ 9:30

Craft Group

Thursday @ 9:30

Hot Dog Lunch (No hot dogs Oct. 15th & 22nd)

Thursday @ 12:00 Cost: \$1.50

Municipal Agent

Thursday @ 10:30

Choral Practice

Thursday @ 10:30

Wii Bowling Game

Thursday @ 1:00

Bocce

Monday, Wednesday, Friday @ 9:30

*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 @ 9:30 – 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.

“Fall into Fitness”

Saturday, 10:00 – 11:00

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. 19th – Nov. 21st (no class Oct. 10th & Nov. 7th). The fee will be \$14.00 for 8 classes or a drop in cost of \$2.00 per class. Open to members only.

Chair Reiki * New at the Center*

Friday, 9:00 – 12:00 at the Center

Beginning Friday, October 9th, Ann Cummings will be taking appointments for chair Reiki. Cost is \$10 for 15 minutes. Sign up at front desk.

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 – October 19th @ 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, Dorothy Roggenback, Shirley Petrillo, Martha Makl, Rose Lemond, Betty Jacobs, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Lorraine Seeley, Mary Lee Bachhuber, Paul Westbrook, Bill Schmidt, Sandy Averaimo, Arthur Rider, Jackie Hupprich

Elizabeth Andrews	1	Shirley Fredericks	9	Paul Westbrook	20	Arthur Keating	30
Pura Provenzano	1	Andrea Niamtu	9	Ann Mele	21	Colette LaBarBera	30
Susan Reed	1	John Uhelsky	9	Ruth Mott	21	Bill Trzyna	30
Mary Wade	1	Shirley Guliuzza	10	Janice Normand	21	Sandy Casablanca	31
David Chirgwin	2	MaryEllen Joncyk	10	Sandy Averaimo	22	Betty DeGennaro	31
Jean Dilisio	2	Ann Marie Marsilio	10	Clara Cusson	22	Phyllis Lupi	31
Virginia Rossi	2	Gregory Sheehan	10	Irene DiMantova	22		
Marie Urso	2	Shirley Gaetano	11	Beverly Hanna	22		
Beryl Capewell-Valerio	3	Shirley Ibelle	11				
James Gibbons	3	Lorraine Seeley	12	Robert Slie	23		
Carol Greatorex	3	Marie Seno	13				
Barbara Merwin	3	Thomas Della Corte	15	Peter Dinyovszky	24		
Renea Chmielewski	4	Arleen Flach	15	Susan Fedor	24		
Lucille Conway	4	Diane Kelleher	15	Pat Haydu	24		
Joe Feltovich	4	Delores Moore	15	Fred Schaub	24		
Marilyn Stebar	4	Joan Bishop	16	Susan Cooper	25		
Michael Angelicola	6	Diane Cooper	16	Michael Blizman	26		
Linda Doczynski	6	Marge Davies	16	Karen Dains	26		
James Entwisle	6	Lillian Giovacchino	16	Rosaria Forto	26		
Gary Maloney	6	Josephine Lewis	16	Thomas Karlac	26		
Nancy Metcalf	6	Barbara Gunn	17	Dolores Dean	27		
Irene Uhelsky	6	Pauline Gondek	18	Louise Della Corte	27		
Rosa Carralero	7	Patricia Hoysradt	18	William Mayers	27		
Elizabeth Cotnoir	7	Curt Cooper	19	Bernadine Dube	28		
Daniel Slywka	7	Eleanor Furtado	19	Gerry Eckhardt	29		
Carol Keefe	8	Pauline Manville	19	Buddy Kingston	29		
Betty Macconnie	8	Bob Osborne	19	John Downey	30		
Ronald Stebar	8	William Grumman	20	Harvey Eckhardt	30		
Robert Frazer	9						

*Happy
Birthday!!!*