

November 2015

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

Wishing you and your family a peaceful and blessed Thanksgiving

The center will be closed Wed., Nov. 11th in observance of Veterans Day and closing at 1:00 Wed, Nov. 25 and closed Nov. 26th & 27th for the Thanksgiving holiday.

Five Wishes Presentation

Tuesday, Nov. 3rd @ 11:00

Presentation of the Five Wishes Program by VITAS Healthcare. You will receive a Five Wishes Document and the benefits of completing one will be explained to you. You choose whether it is something you want to use. Good information. Q & A. Self-sign up.

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. Our Oxford Senior Singers will sing patriotic songs after the Color Guard presentation. No sign up needed.

Balance and Hearing Loss Presentation

Thursday, November 5th @ 12:30

Dr. Zelda Shleifer of The Hearing, Balance and Speech Center will offer a presentation on Balance and Hearing Loss. The Hearing, Balance and Speech Center is owned and operated by Dr. Natan Bauman, the inventor of the most popular hearing aid on the market. He and his team of Audiologists and Hearing Instrument Specialists perform diagnostic hearing tests, balance tests and fit hearing aids. Self-sign up.

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 blessings in your life. • Cost: \$10.00 pp Payment is due at time of sign up.

Nutrition Presentation

Tuesday, Dec. 8th @ 11:00

“The Wonders of Coconut” presented by Judy Prager, Nutritionist. Learn about the benefits of coconut and how to eat and drink this food!

~ COMING IN DECEMBER ~

“Government Benefits, Buyer Beware”

Tuesday, Dec. 8th @ 1:00

Presented by attorney Steven L Rubin of the Drazen Law Group. Did you know that the government is cracking down on those who advise veterans about their benefits because of a large number of unqualified advisors and lack of oversight? Are you aware of Medicaid advisors who are not trained in the legal aspects of the application process? This presentation will give you tips on how to prevent this from happening to you or a loved one! Self-sign up.

Christmas Party at The Crowne Plaza

COMING IN
DECEMBER CONTINUED

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. • The Center will be closed this day. Oxford Senior

Singers – Holiday Performance

Tuesday, Dec. 15th @ 1:00 at the Senior Center

We guarantee you will get into the Christmas spirit when you sing along with our joyful choral group. All those familiar holiday tunes will boost your mood and get you ready to celebrate!

Oxford High School Football Team Visit

Thursday, Dec. 17th @ 11:30.

The high school football players will be at the center to share good will and holiday cheer with our members.

Come join in the 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.

Foxwood Casino - Tuesday, Nov. 24th

Includes: Motor Coach Transportation, \$10.00 Food Voucher or Free Buffet and \$15.00 slot play.

Cost: \$22.00 pp • Depart: 8:00 am Return: 6:00 pm

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.

Woodbury Common Premium Outlets, Woodbury, NY – Raylin Travel - Tuesday, Nov. 17th

This shopping center is home to 220 stores. It is one of the largest outlet centers in the world. There are also a number of food establishments for lunch and snacks. Travel time to the outlets is just over 1.5 hours.

This is a shared trip with Prospect senior center.

Depart: 9:30 Return approx. 4:00 Cost: \$45 pp Deadline is Nov. 13th.

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, Agawam, MA. \$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, Amish country guided tour, 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. Trip insurance included.

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)

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

Goodspeed Opera House – "It's A Wonderful Life"

Monday, Nov. 23rd The show and lunch at the Gelston House.

Terrific holiday entertainment! Cost: \$85.00 pp

Depart: 10:30 Return approx. 5:30 Sign up begins Nov. 5th.

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

November 2015

Hi Everyone!

Autumn is here and the majestic color display this year is absolutely breathtaking! I was in the Litchfield Hills yesterday with the sun beaming on all the reds, golds, and oranges and it was truly a brilliant display of nature's beauty. While I was driving down a country road. It was almost like being inside of a kaleidoscope. I often say that someday I would like to move down south to the warmer weather but one thing I know that I would miss is the Fall weather and its gorgeous colors. I guess I'll stay up North for a little while longer.

Quick on Autumn's heels is the cold winter weather when oil, gas, and electric bills skyrocket. There is help out there from a State and Federal Program for lower income families with the CT Energy Assistance Program also known as CEAP.

<u>Household Size</u>	<u>Household Income 60 years old +</u>
<u>(Includes everyone living in house)</u>	
1 person	\$23,340
2 people	\$31,460
3 people	\$39,580
4 people	\$47,700

Asset limits do apply: Homeowners \$10,000 Renters - \$7,000

If you would like more information or like to apply for this program, please contact Team, Inc. at 203-736-5420.

Wishing everyone a very Happy Thanksgiving! Gobble, Gobble!

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!*

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.

AT THE CENTER

- **Please Note:** To help alleviate congestion at the front desk there are self-sign-up sheets in the computer room for some programs.

Blood Pressure Check

Monday, Nov. 2nd & 16th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health



Chinese Brush Stroke 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.

Senior Community Café (TEAM Lunch)

Tuesday, Nov. 10th @ 12:00

Menu: All American Hamburger, tomato, pickle, coleslaw, baked beans, apple pie and milk. Please make your reservations in advance. Donation \$3.00

Craft with Eve

Thursday, Nov. 12th @ 10:00 am. This month's craft will be creative ginger bread houses of different sizes. Samples will be at front desk. • There is a \$4.00 fee for this craft. Please sign up at the front desk.

Tours of Distinction Presentation of an Atlantic Canada Cruise Tour

Thursday, Nov. 12th @ 1:30

The tour will include Nova Scotia & Prince Edward Island with the Royal Nova Scotia International TATOO show in Halifax. 2016 departure dates of June 29th and July 1st. All details will be explained at the presentation. Self-sign up.

Monthly Birthday Social and Center Update

Monday, Nov. 16th @ 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) and Movie

Tuesday, Nov. 17th @ 12:00

Menu: Carrot soup, unstuffed cabbage casserole., oven roasted potatoes, sliced beets, multigrain bread, orange and milk. • Make your reservation in advance. Donation \$3.00

Movie – Do You Believe Tuesday, Nov. 17th @ 12:30

Staring Mira Sorvino, Sean Astin, Cybill Shepherd, Delroy Lindo & Lee Majors

Plot: A dozen different souls are all moving in different directions, all longing for something more. Their lives unexpectedly intersect and they each discover there is power in the Cross even if they don't believe it yet. A local pastor is shaken to the core by visible faith and reminded that true belief always requires action. PG-13.

BingoWednesday, Nov. 18th @ 12:30 – 3:30. Special prize offered by The Watermark at East Hill. Cost: \$2.00**Prayer and Share** Wednesday, Nov. 18th @ 1:00

“... but without faith it is impossible to please God” Hebrews 11:6. Do you have faith? Come and be a part of this small group. We meet in the Reading Room and all are welcome.

Let's Talk About ItThursday, Nov. 19th @ 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.

The Element of ChangeFriday, Nov. 20th @ 1:00

Bob Taylor will be leading a discussion regarding the Impact of Change in our Lives. Learn strategies to deal with change. Change is inevitable: How you react to it determines the outcome! Self-sign up please.

Apples-to-Apples GameMonday, Nov. 23rd @ 11:00

Exercise for your brain! Prize for the winner

Hearing ScreeningTuesday, Nov 24th @ 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.

Left, Center, Right GameTuesday, Nov. 24th @ 11:00. You could win a hot dog!**Foot Clinic**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!

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 - 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

Walking Group

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

Continental Breakfast

Wednesday @ 9:30

Craft Group

Thursday @ 9:30

Municipal Agent

Thursday @ 10:30

Pocket Billiard

Monday - Friday

Mahjongg

Monday @ 12:30

Quilting

Wednesday @ 9:30

Hot Dog Lunch (No hot dogs Nov.19th)

Thursday @ 12:00 Cost: \$1.50

Choral Practice

Thursday @ 10:30

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 **No Class November 11th -Center closed

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. for 4 class session (\$3.75/class) or \$5. 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 **No Class November 7th

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 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

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 – November 16th @ 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, Shirley Petrillo, Martha Makl, Rose Lemond, Betty Jacobs, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Lorraine Seeley, Mary Lee Bachhuber, Bill Schmidt, Sandy Averaimo, Arthur Rider, Howard Allen.

Nicolette Dell Olio	1	Mildred Spak	9	Kathleen Maloney	18
Patricia Elumba	1	Arlene Raino	10	Helen Cesarczyk	19
Maria Gill	1	• Nancy Boyne	11	Ora Conklin	19
Carol Sullivan	1	Philomena D'Amaro	11	Richard Kurimsky	19
Jeanne Keating	2	Carol Krushinski	11	Lucille Palmucci	19
Chuck Martin	2	Carola Marte	11	Arthur Hlywa	20
Arthur Rider	2	Noreen Noll	11	James Lyons	20
Muriel Sabetta	2	Eilene Smith	11	Faye Checkley	22
Marline Abas	3	Elizabeth Giancarli	12	Charles Livolsi	22
Elaine Barrett	3	Karen Oko	12	Marsha Pettengill	22
Andy Bucci	3	• Anthony Guardiano	13	Lolly Volpe	22
Rosemary Slie	3	Janet Peck	13	Patricia Wiesniak	22
Cyndy Zbras	3	Betsy Entwisle	14	Ivan Cukale	23
Connie Hudner	4	Loretta Potz	14	• Philip Ercoli	23
Barbara Laezzo	4	Peter Shost	14	Gerald Hastava	25
• Frank Sherkus	4	Peg Daley	15	Karin Schidat	25
Helen Athans	5	Virginia Hylwa	15	Richard Sriubas	25
Geraldine Felner	5	Raymond Jacobs	15	Carl Carlson	26
Richard Normand	5	Dolores Kager	15	Ginny Guilmette	26
Douglas Stein	5	• Sharon Tantimonaco	15	Ella Savage	26
John Doczynski	7	John Ellis	16	John Trzyna	26
Robert Pool	7	• Edith Seyler	16	Alberta Weigl	26
Mary Russell	7	Frank Tomis	16	Joseph Montanaro	27
Catherine Sorriero	7	Joy Tranquilli	16	Joan Murphy	27
Sheila Zito	7	• Elsie Valeski	16	Pam Eckhardt	28
Diana Loch	8	Nancy Caterino	16	Stuart Haisley	28
Marjorie Madhani	8	Karen Gardner	17	Ann DelToro	29
Janice Cohen	9	Charles Hummel	17	• Loretta Dempsey	29
Noreen Parsons	9	Delores Ruela	17	Mary Harkey	29
Jerry Scully	9	Russell Bacon	17	Russell Peterson	29
		Russell Bacon	18	Joan Walsh	29
		Mary MacEachern	18	• Margaret Barate	30
		• Martha Maki	18	• Constance Koskelowski	30

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