

**DECEMBER
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

Merry Christmas to all!

The Center will be closed Thursday, December 3rd for our Christmas Party at the Crowne Plaza.
Center will be closed on December 24th & 25th in celebration of Christmas.

Winter Storm Closing Notice

On days of inclement weather, if the Oxford Schools are closed due to weather, there will be NO transportation and NO classes. The Center will remain open as long as Town Hall is open, but in the event that Town Hall is closed the Center will also be closed. Watch WFSB, Channel 3, Eyewitness News for the latest updates.

Merry Christmas with Kayla

Thursday, Dec. 9th @ 12:00

Enjoy many festive holiday classics with our talented and entertaining Kayla! Kayla Kusy, a Naugatuck High School Senior, with the voice of an Angel, will certainly lift your holiday spirits this season!

Lunch catered by Oxford Hills Catering. Menu: Cavatelli with broccoli & sausage, salad, rolls & dessert.

Cost \$7.00 pp

Hamburger Lunch

Tuesday, Dec. 15th @ 12:00

Hamburger or Cheeseburger, chips & dessert. Please place your order well ahead of time so we have an accurate count! \$3.00 pp

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.

Hot dogs will be served. Come join in the fun!

Hot Cocoa with Home Care Connecticut In-Home Assistance

Tuesday, Dec, 29th @ 11:00 am

Presentation by Kimberly Vertrees, Community Liason with Connecticut In-Home Assistance. Come and enjoy a hot cup of cocoa with fixings and learn about options available for in home care. What's covered and what's

not. Q & A.

Self-sign up.

2016 MEMBERSHIP DUES

Renew now so you don't miss a copy of our newsletter!

\$3.00 Oxford Resident; \$7.00 Non-Resident annual fee. Oxford residents age 80 and over and non-residents who were Gold Members in 2006 are Gold Members. Membership is FREE for Gold Members, however, in order to continue your membership you must notify the office and verify your address and update emergency contacts if needed each year. Just give us a call!

COMING IN JANUARY

“World Hypnotist Day” * Monday, Jan 4th @ 1:00

Our very own certified hypnotist, Janice Cohen from Oxford, will give a presentation on hypnosis and how it works. She will then hypnotize anyone interested in stress reduction. Behavior change comes quickly and dramatically once the subconscious mind is brought to awareness. It can help you overcome inner conflict and bring about success, inner peace and happiness. Join us and find out what other goals hypnosis can help you to attain! Self-sign up.

Bubbles, Bangles & Beads! A New Year's Celebration * Thursday, Jan 7th @ 12:00

Let's start 2016 off with a celebration with your senior center friends. You can wear your bangles and beads and we will supply the bubbles! Gary Landgren will be entertaining us with his Honky Tonk Piano! “The Honky Tonk Piano Man” is a nickname that has followed Gary around for over 20 years. It's a style that includes ragtime, swing and early jazz elements all rolled into a very informal and lively presentation. Meal will be provided by Oxford Hills Catering. Menu: Roast pork with gravy, orzo rice pilaf with diced sautéed veggies, green beans, Caesar salad, rolls & butter and dessert. Cost: \$10.00

Lunch & Learn – Presented by Visiting Angels & Maplewood at Stony Hill * Tuesday, Jan. 12th @ 12:00

Lunch provided by Maplewood at Stony Hill. Declutter your home! Derrdre Dolan Nesline, a move manager/declutter professional, will present the fine art of decluttering, organizing and rightsizing your home. Deirdre will speak about getting rid of “stuff” and how to “keep it moving” out of your home. The presentation will put a positive focus on what can be an overwhelming and sometimes emotional task. Self-sign up.

Dispelling the Myths of Hospice – Presented by VITAS Healthcare * Tuesday, Jan. 19th @ 11:30

If you or a loved one were facing a life-limiting illness, would you know what options are available to you and your family? One of the challenges that all hospice caregivers face is to help dispel the myths and reassure patients and families about the realities of competent and compassionate end-of-life care. Join us to learn the truth! Self-sign up.

Craft with Eve * Thursday, Jan. 21st @ 10:00

Create a delightful and unique Igloo for yourself, a grandchild or someone else. Sample will be at the center. Sign up at front desk. \$4.00 pp.

Joan's Lunch * Wednesday, Jan. 27th @ 12:30

Menu: Butternut squash bisque soup, Kielbasa with sauerkraut, scallop potatoes, salad, bread and dessert. Cost \$6.00. Sign up begins Wednesday, Jan. 6th.

(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.*



No Casino Trip this Month

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! **Only a few cabins left!**

Atlantic Canada Cruise Tour

Nova Scotia & Prince Edward Island, July 4 – 10, 2016 - 7 days/9 meals.

Tour includes Motorcoach transportation, 1 night private cabin on The Nova Star ship, 5 nights hotel accommodations, 9 meals, guided tours of Nova Scotia, Halifax, Prince Edward Island, tickets to the Royal Nova Scotia International Tattoo, taxes, baggage handling, full time Tours of Distinction escort, and gratuities for escort, driver and local guides. Cost: \$1667.00 pp Double, \$2292.00 Single and \$1617 Triple. Single rooms are extremely limited. Deposit of \$250.00 pp due by January 15, 2016. Full payment due May 15, 2016.

(Senior Center Bus Trips)**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 *December 2015**

Hi Everyone!

Happy Holidays! Did I really say Holidays? Where did 2015 go? I can't believe that we are actually at the end of another year and in one month we will be ringing in a new year. Before we do that, we have a whole month of shopping, (don't forget Black Friday), wrapping, baking, decorating, visiting and (we can't forget), partying. December is one of the most exciting months of the year. *Tis the Season, Enjoy!*

Last Chance, Open Enrollment ends December 7th. If you do not have "credible" insurance and you don't enroll when you are first eligible, you could be assessed a "Late Enrollment Penalty" of 1% of the National base beneficiary premium (\$34.10 in 2016) for every month you were without "credible" coverage if and when you decide to enroll in the future. This penalty includes a higher monthly premium and a possible delay in coverage since you may have to wait until the next open enrollment period. This higher premium will be in effect for as long as you have Medicare Part D and it does not go down or go away. If you do have credible insurance, you will not be penalized when you do join a Medicare Part D program. I sincerely hope everyone had time to evaluate and enroll in a Medicare Prescription Drug Plan that will best cover your individual prescription needs.

Wishing a Healthy & Happy Holiday to One and All!

Until next year...

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.*

Holiday Movie Matinee

Tuesday, Dec, 15th @ 1:45

“Miracle on 34th Street”, that wonderful and magical classic that will bring back good memories.

Blood Pressure Check

Monday, Dec. 7th & 21st @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

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!

Senior Community Café (TEAM Lunch)

Tuesday, Dec. 8th @ 12:00

Menu: Breaded veal cutlet w/ gravy, smashed potato, green beans, wheat bread, fresh fruit and milk. Please make your reservations in advance. Donation \$3.00

“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.

Prayer and Share

Wednesday, Dec. 9th @ 2:00

“JESUS is the Reason for the Season”

Come and be a part of this small group. We meet in the Reading Room and all are welcome.

Left, Center, Right Game

Tuesday, Dec. 14th @ 11:00. You could win a hot dog!

Monthly Birthday Social and Center Update

Monday, Dec. 14th @ 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!

Holiday Bonus Bingo!!

Wednesday, Dec. 16th @ 12:30 – 3:30. Double your winnings! Special prize offered by The Watermark at East Hill.

Cost: \$2.00

Apples-to-Apples Game

Monday, Dec. 21st @ 11:00

Exercise for your brain! Prize for the winner

Senior Community Café (TEAM Lunch) and Movie

Tuesday, Dec. 22nd @ 12:00

Special Lunch: Beef Wellington, twice baked potato, peas & mushrooms, snowflake dinner roll, candy cane cookie and milk. • Make your reservation in advance. Donation \$3.00

Movie – Paul Blart: Mall Cop 2

Tuesday, Dec. 22nd @ 12:30

Starring Kevin James, Raini Rodriguez, Neal McDonough, DB Woodside, Gary Valentine
After six years of keeping our malls safe, Paul Blart has earned a well-deserved vacation. So he heads off to Las Vegas with his teenage daughter before she leaves to go to college. But safety never takes a holiday, and when duty calls, Blart answers.

Rated – PG Running time: 1.34 hrs.

Hearing Screening

Tuesday, Dec. 22nd @ 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.

Foot Clinic

Wednesday, Dec. 23rd 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 note 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

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

Thursday @ 12:00 Cost: \$1.50

Municipal Agent

Thursday @ 10:30

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

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.

SATURDAY FLEX, FIT & FUN will continue!

Saturday, 10:00 – 11:00

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.

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

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 Hulette, Joe Bongiorno

MONTHLY MEETINGS

Monthly Birthday Social & Center Update – December 14th @ 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, Bill Schmidt, Howard Allen.

Richard Cooper	1	Noreen Keller	7	Perri Kentner	19	Luann Evon	30
Mary Geloso	1	Sharon Stocking	7	Agnes Russell	19	Dorothy Hotchkiss	30
Mabel Kezelevich	1	Yvonne Crowley	8	Dyanne Chang	20	Lynn Ortoli	30
Janice Macura	1	Edith McKane	8	Yvonne Daley	20	Louise Burr	31
Veronica Sharnick	1	MaryAnn Drayton Rogers	8	Peg Hamila	20	James O'Connell	31
Janet Weston	1	Theresa Tallberg	8	Jean A Howard	20		
Robert Bednarcik	2	Judith Jablonski	9	Joan Stanko	20		
Mike Caterino	2	Ann Cotter	10	Albert Falcha	21		
Paul Kurbikoff	2	Fred Ortoli	10	Lena Giordano	21		
Donna Alberti	3	Helena Rotzal	10	Marie Nulty	21		
Virginia Maloney	3	Bruno Manes	12	John Macura	22		
Genevieve Malota	3	Marilyn Pruchnicki	12	Tara Goldman	23		
Lee McLellan	3	Jack Thorpe	13	Harue (Rae) Bailey	27		
Joan Pierpont	3	Warren Upson	13	Marietta O'Connor	27		
Camille Frate	4	Harold Cosgrove	14	MaryEllen Slywka	27		
Barbara Tobias	4	Bernadette Greatorex	14	Charles Steig	27		
Rosemary Westhaver	4	Ines Davino	15	Peg Billingslea	28		
Kathy O'Connell	5	Richard Benham	17	Jean Burns	28		
A.M. Renkewith	5	Connie Lieder	17	Carmine Ciardullo	28		
Ugo Zullo	5	Carl Palarino	17	Joanne Nykaz	28		
Thomas Picheco	6	Carole Lee Berlin	19	Thomas Konecny	29		
Robert Geci	7	Frank Blaze	19	William Schmidt	29		
Barbara Hayes	7	Carol Born	19	Linda Vignola	29		

*Happy
Birthday!!!*