

# ***Oxford Senior Center***

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 100

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

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

**FEBRUARY**  
**2016**

The Senior Center will be closed Monday, February 15<sup>th</sup> in honor of President's Day

## **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.

## **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!

## **Pastel Art Classes**

Tuesday, Feb. 2<sup>nd</sup> - 1:30 – 3:00. Instructor Eileen Smith.

This is a perfect way to start or return to a hobby that is relaxing and rewarding.

No experience necessary. Register at front desk now. • Cost: \$10.00 per class or 3 classes for \$25.00.

## **Love Me Tender, Love Me Sweet**

Thursday, Feb. 11<sup>th</sup> @ 12:00

As Elvis has put it - Love me Tender, Love me Sweet, Love me Tender, Love me true! Join us for a February celebration with Paula Pettinella singing and open your heart to love of all kinds. Lou Granato will be treating us with Chicken Cordon Bleu, Rice Pilaf Medley, Glazed Carrots, Tossed Salad, and Valentine Cupcakes for dessert.

Cost: \$10.00 pp

## **Light Lunch**

Monday, Feb. 29<sup>th</sup> @ 12:00

A light lunch of soup and sandwich, salad and dessert will be served before the Colonial Goodwife presentation provided by Chef Bain of the Watermark. Cost: \$5.00

## **“Colonial Goodwife” – Velya Jancz-Urban, Presenter**

Monday, Feb. 29<sup>th</sup> @ 1:00

You will enjoy Velya's entertainingly-informative presentation, The Not-So-Good Life of the Colonial Goodwife, even history buffs will learn a thing or two! In 2011, Velya-Jancz-Urban and her family bought a foreclosed farmhouse in Woodbury, unaware of what the house would reveal. Behind the walls, surprises and secrets waited to be exposed. This became the spark for the novel, *Acquiescence*. Moving into this 1770 farmhouse ignited Velya's interest in the colonial era and learning about the lives of Colonial women. Self-sign up.

## **AARP Tax Preparation**

Meet with the counselors by appointment only, starting Feb. 3<sup>rd</sup> @ 9:30-11:30

Remember to bring your 1) Social Security statement, 2) Pension forms (1099-R), 3) Bank and brokerage statements, 4) 1095 form if you had medical insurance last year - very important!

Call the center to make your appointment. Last appointment date, April 6<sup>th</sup>.

## **Coming in March**

**Monday Zumba begins March 7<sup>th</sup> @ 11:15 and Friday class remains @ 10:00 am.**

**Coming in March Continued...****Nova Scotia Trip Presentation**

Tuesday, March 8th @ 12:30

Presented by Tours of Distinction. Details about the trip will be offered. Your questions will be addressed.

**St. Patrick's Celebration**Thursday, March 10<sup>th</sup> @ 12:00

Shamrocks, leprechauns and laughter - everyone is Irish on this day! Ron Bonito will be entertaining our festive group and lunch will be provided by Mattei's Deli and Catering. Corn beef and cabbage, boiled mixed potatoes, carrots, rye bread, Irish soda bread and dessert. Cost: \$10.00 pp

**A Matter of Balance: Managing Concerns about Falls**Beginning Wednesday, March 23 and ending May 11<sup>th</sup>. Time: 2:00 – 4:00 pm at the Senior Center.

The program is provided at no cost to participants with funding from the CT Community Foundation and offered by the Pomperaug District Department of Health. Class size is limited and pre-registration is required. *A Matter of Balance* is designed to reduce the fear of falling and increase activity levels among older adults. This program can help people improve their quality of life and remain independent. Call the Pomperaug Health District 203-264-9616, Ext. 0 to register or have any questions.

**(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.*

**\* Stop by the Center and pick up a list of all our trips for 2016  
and flyers with details.**

**Foxwood Casino**Tuesday, Feb. 23<sup>rd</sup>

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

**Man of La Mancha at the Westchester Dinner Theatre**

Wednesday, April 6, 2016

Come "Dream the Impossible Dream" with his 5-time Tony award-winning musical. Don Quixote – the slayer of dragons, windmills and defender of ladies in distress – and his trusty sidekick, Sancho, remind us all to never give up – that miracles happen- and we can reach for the stars.

Cost \$ 85.00

Depart: 9:15 am

Approx. return: 5:15 pm

**Corsets & Top Hats, Newport, Rhode Island**Wednesday, May 18<sup>th</sup>

Our guide, Mrs. Caroline Astor, the Grande Dame of Newport and New York Society will board our coach and she will give us a 19<sup>th</sup> Century Newport city tour. We will visit the Marble House, summer cottage of Mrs. Vanderbilt, and dine in the Canfield House, a former gambling parlor where Gloria Vanderbilt's father often cheered on the roulette wheel, which is still on display. We will be greeted by Mrs. Genevieve Canfield. A \$20 deposit is required to reserve your seat.

Cost: \$ 96.00 pp

Depart: 7:15 am

Approx. return: 6:30 pm

**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. \$100 deposit with balance due April 19<sup>th</sup>.

### A Taste of Providence – Cooking Demo & Little Italy Tour - Tuesday, June 7<sup>th</sup>

This little city has come a long way with a newly designed waterfront area, downtown district which is on the National Register of Historic Places and award-winning restaurants. USA Today named it “one of the Top Ten Little Italy in America.” We will visit Scialo Brothers Italian Bakery to take a mini tour and get a “Taste of Providence” at Geppetto’s where we will have lunch. The chef delights and entertains the group with table side demonstration of techniques used in grilling the perfect pizza. He’ll prepare, serve and answer food related questions while we enjoy a 5-course luncheon.

Following lunch we will meet our Professional Guide who will step aboard our coach for a 90 minute tour. Before leaving we will stroll across the plaza to Vanda Ravioli’s Italian Food Emporium to find gourmet pastas, olive oil, cheese, espresso, gift baskets, cook books and more! A \$20.00 deposit is required to reserve your seat.

Cost: \$79.00 pp Depart: 7:15 am Approx. return: 5:30 pm

### 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 at sign up. Full payment due May 15, 2016.

## (Senior Center Bus Trips)

### Lunch at the Curtis House - Woodbury

Wednesday, March 2<sup>nd</sup>

Lunch on your own at The Curtis House Connecticut’s Oldest Inn in Woodbury. Cozy and warm, the atmosphere is wonderful! Sign up begins: Monday, Feb 8<sup>th</sup> Depart: 11:30 • Return approx.: 2:00

### CT Flower & Garden Show at the Convention

Center in Hartford

Thursday, Feb. 18th

This year’s theme is “IN THE SPOTLIGHT”. Lunch on your own at the Show. Ticket cost is \$14.00 pp Depart: 9:15 Return approx: 5:00 • Sign up begins Feb. 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 • February 2016

Hi Everyone!

“Lucky” is the key word for our weather this winter. So far, that is. I keep having a feeling that somewhere along the line, we are going to have to pay for this mild winter weather. I hope I am wrong but, we will see how Mother Nature decides to treat us for the rest of the winter. Please be nice to Oxford, Mother Nature!

Every once in a while, I take the opportunity to introduce or reintroduce myself to all of our new members who are joining our senior center that I don’t know and likewise who don’t know me. My name is Joanne Jelenik and I am the Town of Oxford’s Municipal Agent for the Elderly. I can assist you with information concerning Energy Assistance, Home Care and Visiting Nurse Association information, Food Assistance for food Stamps, our local Seymour- Oxford Food Bank, Medical Transportation, Meals -On-Wheels, Medicare and Supplemental Medical Insurance, Medicare Part D Prescription Drug Insurance, Elderly Housing Assistance, Renter’s Rebate, State of Connecticut Property Tax Rebate, State of Connecticut Medicare Savings Program, Social Security and Veteran’s questions and or referrals to name a few.

If I can be of assistance to you, please do not hesitate to contact me at 203-888-2090 for questions or to make an appointment to see me at the Senior Center. • Wishing everyone a very Happy Valentine’s Day!

Until next month...

*Joanne M. 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](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.*

**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, Feb. 1<sup>st</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

**Senior Community Café (TEAM Lunch)**

Tuesday, Feb. 2<sup>nd</sup> @ 12:00

Lunch: Beef stew w/ bowtie noodles, diced squash, dinner roll, fresh fruit and milk.

Make your reservation in advance. Donation \$3.00 Checks payable to TEAM.

**Left, Center, Right Game**

Monday, Feb. 8<sup>th</sup> @ 11:00. You could win a hot dog gift certificate!

**Monthly Birthday Social and Center Update**

Monday, Feb. 8<sup>th</sup> @ 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!

**Foot Clinic**

Tuesday, Feb. 9<sup>th</sup> beginning at 10:30 and Feb. 24<sup>th</sup> beginning at 9:00 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!

**Prayer and Share**

Wednesday, Feb. 10<sup>th</sup> @ 1:00

Those who wait on the Lord shall renew their strength, they will soar as with eagle's wings. Isaiah 40:31

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

**Nutrition Program – Whole Wheat White?**

Tuesday, Feb. 16<sup>th</sup> @ 11:00

Is it true? Is there such a thing as whole grain white bread? Learn about what foods have fiber added to them, what these fibers are and if they are healthy for us to eat. Presentation by Judy Prager, Registered Dietitian, sponsored by TEAM. Self-sign up.

**Senior Community Café (TEAM Lunch)**

Tuesday, Feb. 16<sup>th</sup> @ 12:00

Menu: Breaded veal cutlet w/ gravy, smashed potato, green beans, bread, cherry pie, and milk. Please make your reservations in advance. Donation \$3.00 Checks payable to TEAM.

**Origins and Meaning of Angels in our Lives**

Monday Feb. 22nd @ 11:00 Presented by Matt Hughes Self-sign up.

**Joan's Homemade Lunch**

Wednesday, Feb. 24th @ 12:30

This month's menu will be: Glazed baked ham, hash brown casserole, apple sauce, baked beans, cole slaw, and dessert. Cost: \$6.00 pp Sign up begins Tuesday, Feb. 9th.

**Movie -Aloha**

Tuesday, Feb. 16<sup>th</sup> @ 12:45

Starring Bradley Cooper, Emma Stone, Rachel McAdams, Bill Murray & John Krasinski. A celebrated military contractor returns to the site of his greatest career triumphs – the U.S. Space program in Honolulu, Hawaii – and reconnects with a long ago love while unexpectedly falling for the hard charging Air Force watchdog assigned to him.

Rated PG-13. Running time 1:45.

**Bingo**

Wednesday, Feb. 17<sup>th</sup> @ 12:30 – 3:30

Special prize offered by The Watermark at East Hill. Cost: \$2.00

**Craft with Eve**

Thurs, February 25<sup>th</sup> @ 10:00

Use your imagination with this *Versatile Marble Craft*. It can be used for many different purposes. You choose! A sample will be at the front desk. Self-sign up.

**Hearing Screening**

Tuesday, Feb. 23<sup>rd</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.

**Apples-to-Apples Game**

Tuesday, Feb. 23<sup>rd</sup> @ 11:00 • Exercise for your brain! Prize for the winner

**REGULAR WEEKLY EVENTS****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

**Mahjonn**

Monday @ 12:30

**Continental Breakfast**

Wednesday @ 9:30

**Quilting**

Wednesday @ 9:30

**Craft Group**

Thursday @ 9:30

**Hot Dog Lunch (NO Hot Dogs Feb. 11<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 (2:00 Feb. 11<sup>th</sup>)

Wii is always available to members if the main room is available.

*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.*

## **EXERCISE CLASSES**

### **Zumba On Mondays @ 11:15 and Friday @ 10:00 !**

**Monday classes will begin March 7<sup>th</sup>**

#### **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.

**Saturday Classes 10:00 – 11:00 \$2 per class or \$14 for 8 classes.**

#### **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.

#### **Chair Reiki**

Friday, 9:00 – 12:00 at the Center

Reiki is a form of energy healing that can help alleviate physical, emotional, mental and spiritual stress. It's a way to 'tune-up' your energy to its healthiest state allowing for healing to take place. Reiki can help reduce chronic pain and emotional stress.

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)
Joyce Niestemski	Chairman - Elderly Commission
Transportation	Scheduling – ext. 101
Drivers	Michael Alberti, Carmine Onofrio, Rosalie Hullette, Joe Bongiorno

*We would like to extend a warm welcome to our NEW Elderly Commission members:  
Joyce Niestemski, Connie Koskelowski and Marilyn Serus.*

### MONTHLY MEETINGS

Monthly Birthday Social & Center Update – February 8<sup>th</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: Shop Rite 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, Bill Schmidt, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson.



John Shail	1	Joseph Hanggi	15	Kathy Shingara	25
John Ploski	2	Robert Lupi	15	Barbara Fogarty	26
Shirley Tucker	2	Ellen Preneta	15	Marie Freeman	26
Jerry Turecek	2	Fran Bruce	16	William Hartshorn	26
Henry Ward	2	Walter Jamroz	16	Carolyn Walker	26
Charles Rippel	3	Lorraine Kingston	16	Gail Zullo	26
Wendell Seyler	3	Denis Kelleher	17	Anna Allen	28
Walter Gadsby	4	Janet Kopec	17	Robert DiMantova	28
Shirley Hurd	4	Joan Spinelli	17	Margaret DePalmer	29
Helen Jurgens	4	Lucy Birdsell	18	Sr. Beth Preston	29
Violet Vakousky	4	Antonietta Dzwonkowski	18		
Elizabeth Coogan	5	Marilyn Halpert	19		
Edward Dana	5	Kathleen Silk	19		
Sandra Greiner	5	Norman Hayden	20		
Judy Lungarini	5	Jean Jelenik	20		
Fred Reichert	7	Lorraine Heath	21		
Richard Gramigna	8	Robert Ives	21		
Michele Taylor	8	John Madsen	21		
Roger Anderson	10	Elaine Rose	21		
Erica Ritchie	10	James Cox	22		
Joseph Scavone	10	George DePalma	22		
John Turley	12	Milton Gavigan	22		
Elvira Noll	13	Howard McCaffrey	22		
Kay Birkmaier	14	Virginia Rossi	22		
Marty Bryant	14	John DeGennaro	23		
Edward Gawitt	14	Laura Maksymiw	23		
Kenneth Spry	14	Linda Traver	24		
Barbara Drugonis	15	Richard Chmielewski	25		

***HAPPY  
BIRTHDAY!!!!***