

Oxford Senior Center

10 Old Church Road, Oxford, CT 06478
(203) 881-5231 Reception / Reservations – Ext. 0
On the Internet: www.oxford-ct.gov
Hours: 9:00AM - 5:00 PM Monday – Friday

March 2016

The Senior Center will be closed Friday, March 25th for Good Friday.

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.

Performance by Oxford High School Students

Friday, March 11th @ 11:30

The cast of the Oxford High School play *South Pacific* will be at the center to perform for us. Don't miss this show! After the show we will have pizza. \$1.00 per slice. Tell us how many slices you would like when you sign up.

Windows of the Word of God by Pauline K. Manville

Thursday, March 17th @ 11:00 at the Senior Center

Pauline K. Manville of the Oxford Historical Society will be here to talk about the history and symbolism of stained glass windows featuring St. Peter's Episcopal Church in Oxford. A terrific program for all and especially for lovers of Art History, Genealogy and Local History. Self-sign up.

Lunch and Learn

Thursday, March 24th @ 12:00 Cost of lunch is \$7.00 pp

Enjoy a lunch of stuffed peppers with buttered noodles, salad and dessert prepared by Lou Granato followed by a presentation by Charlie Ripple. Charlie will be presenting the 5th chapter in his Petticoat Spies series.

Petticoat Spies Series – Miss Anne Jones- Presented by Charlie Ripple

Thursday, March 24th @ 1:00

Charlie introduces Miss Anne Jones, a teenage girl who risked life, limb, prison, torture, loss of property, and a ruined reputation to engage in the world of espionage. She had a shocking career as a Confederate spy and mistress of five Union Generals. She was charged, arrested and imprisoned. Her exploits infuriated Washington society, the War Dept. and reached the desk of President Abraham Lincoln. To learn the results of Miss Anne Jones' predicament please join us!

Coming in April

SHINGLES – What is it? What does it look like? How do you prevent it?

Lunch & Learn Sponsored by Masonic Care

Tuesday, April 5th @ 11:00

Complimentary lunch will be provided and you will learn how to recognize and treat Shingles. Self-sign up.

Lunch and Trivia

Thursday, April 7th @ 12:00

Lunch menu: Chicken-a-la-King, rice pilaf, biscuit and dessert prepared by Lou Granato. Following lunch we will have some laughs playing Trivia! \$7.00 pp for lunch.

AARP Driver Safety Class

Tuesday, April 12th, 1:00-5:00.

\$15 for AARP members, \$20.00 non-members. Checks only, no cash, payable to AARP. Pre-registration is required.

Through The Decades – The American Songbook with Bob Lupi

Thursday, April 21st @ 12:00

Lunch menu: Sliced sirloin of beef w/gravy, garlic mashed potatoes, green bean almondine, salad, rolls rice pudding. Meet your friends at the center and have a fun afternoon! Songs that will bring back memories. Cost: \$10 pp

(Motor Coach Trips)

Mohegan Sun Casino

Tuesday, March 22nd

Includes: Motor Coach Transportation, \$15.00 Wheel Play and \$15.00 food voucher or free buffet.

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

Man of La Mancha at the Westchester Dinner Theatre

Wednesday, April 6th Depart: 9:15 am Approx. return: 5:15 pm

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 pp \$20 deposit with balance due March 18th.

West Point Dress Parade & Tour

Saturday, April 30th Depart: 7:00 am Approx. return: 8:00 pm

This trip will include a combined bus and walking tour with a guide who will tell us the famous history of West Point, dinner in the Thayer Hotel at McArthur’s Restaurant, a quick stop up and on return to West Point, bleacher seating for the dress parade and motor coach transportation. Cost \$99 pp \$20 deposit with balance due Mar 21st.

Atlantic City Trip

May 15th -17th, 2 nights/3 days

Includes two nights at the Tropicana, \$30 slot play per person, 2 buffet vouchers per person, plus \$25 slot play at Resorts on 3rd day, motor coach transportation and driver gratuity. Depart Senior Center: 8:00 am Approx. return: 10:30 pm

Cost: \$215 pp Double/ \$286 pp Single/ \$210 pp Triple. \$20 deposit with balance due April 1st.

Alaska Cruise Document Meeting

Tuesday, May 10th @ 3:00

Corsets & Top Hats, Newport, Rhode Island

Wednesday, May 18th Depart: 9:15 am Approx. return: 5:15 pm

Our guide, Mrs. Caroline Astor, the Grande Dame of Newport and New York Society will board our coach and she will give us a 19th 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.

Cost: \$ 96 pp \$20 pp deposit with balance due April 11th.

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 pp deposit with balance due April 25th.

A Taste of Providence – Cooking Demo & Little Italy Tour

Tuesday, June 7th

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 Venda Ravioli’s Italian Food Emporium to find gourmet pastas, olive oil, cheese, expresso, gift baskets, cook books and more! \$20 pp deposit with balance due April 25th.

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

Atlantic Canada Cruise Tour

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

Tour includes Motor coach 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 pp Double, \$2292 Single and \$1617 Triple. Single rooms are extremely limited. Deposit of \$250 pp due at sign up. Full payment due May 15, 2016. Presentation by Tours of Distinction will be held on March 8th at 12:30.

Tanglewood Boston Pops ** Don't delay – we MUST have an accurate count ASAP!!**

Sunday, July 10th Depart: 10:30 Approx. return: 7:00

Travel to the beautiful grounds of Tanglewood in Lenox, MA to enjoy reserved Shed Seats. The versatile Seth MacFarlane joins Keith Lockhart and the Boston Pops in a swingin' symphonic serenade of classic songs from the 40's & 50's. Prior to performance grab a bite to eat & enjoy the grounds. Cost: \$92 pp \$20 deposit with balance due June 1st.

(Senior Center Bus Trips)

New Britain Museum of American Art

Monday, April 11th Depart: 9:30 Approx. return: 2:00

This museum, founded in 1903, is the first museum in the country dedicated to American art and holds over 1,700 works dating from the 19th century. The permanent collection includes colonial portraits, works from the Hudson River School, American Impressionists and the Ash Can School. The collection includes works by John Singleton Copley, Marcus Jansen, Frederic Church, Thomas Cole, Rockwell Kent, Georgia O'Keeffe, N.C. Wyeth, Andrew Wyeth and Sol LeWitt. Enjoy a 1 hour guided tour of the American Masters. Lunch will be on your own at the museum café.

Cost: \$15.00 pp Sign up begins Tuesday, March 15th.

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 ~ March 2016

Hi Everyone!

I'm sure you've heard the saying, "in like a lamb, out like a lion"? It looks like a good phrase for our current winter. When we were having our nice weather a few months ago, I kept feeling that at some point this winter we were going to have to pay. Pay day is happening right now in the form of "snow". Fortunately, warm weather is just around the corner. I can hardly wait! Think Spring!!

It's that time of year again; Tax Relief time. Applications for tax relief through the Elderly and Disabled Homeowners Programs are now available. In order to be eligible for this program, you must be the homeowner, 65 years of age by December 31, 2015, and a Connecticut resident for one year prior to filing. You must also reside in the house. Persons who are totally disabled and receiving Social Security benefits, regardless of age, are also eligible for tax relief.

The maximum income limits for this State of Connecticut program are \$42,900 for a married couple and \$35,200 for single individuals. For married couples, income from both husband and wife must be counted in establishing qualifying income. These income limits include social security benefits and proof of income must be submitted with your application. Anyone who has questions can call the Assessor's Office at 203-888-2543 for more information on this program. The deadline for filing is May 15th.

Happy St. Patrick's Day to All!

An old Irish Blessing

May love and laughter light your days, and warm your heart and home.

May good and faithful friends be yours wherever you may roam.

May peace and plenty bless your world with joy that long endures.

May all life's passing seasons bring the best to you and yours!

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.**

AT THE CENTER

Self- sign up sheets are located in the Computer Room.

AARP Tax Preparation

Meet with the counselors by appointment only, starting Feb. 3rd @ 9:30-11:30 to April 6th.

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.

Pastel Art Classes

Tuesday, 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. Cost: \$10.00 per class or 3 classes for \$25.00.

Blood Pressure Check

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

Sponsored by Pomperaug District Dept. of Health

Nova Scotia & Prince Edward Island Presentation by Tours of Distinction

Tuesday, March 8th @ 12:30

Find out more about this wonderful trip and get a chance to ask your questions!

Foot Clinic

Tuesday, March 8th 10:30 – 2:00 and Wednesday, March 23 9:00 – 2:00.

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!

“Have your voice heard – the State wants to hear from Seniors”

Wednesday, March 9th @ 11:30

Self-sign up.

This is your chance to let the State know what you want and what you need as seniors planning for the future. Jennifer Aniskovich is a non-profit advisor doing research on what is needed for the seniors now and in the future. Tell her what you think! She will be bringing cookies and will be holding a raffle to give away a \$50 gift card to a local grocery store.

Prayer and Share

Wednesday, March 9th @ 1:00

I stand at the door and knock. Rev.3:20

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

St. Patrick's Celebration

Thursday, March 10th @ 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

Apples-to-Apples Game

Monday, March 14th @ 11:00

Exercise for your brain! Prize for the winner

Nutrition Program – Whole Wheat White?

Tuesday, March 15th @ 11:00 (rescheduled from last month)

It is 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. Presented by Judy Prager, R.D. sponsored by TEAM. Self-sign up.

Senior Community Café (TEAM Lunch)

Tuesday, March 15th @ 12:00

Menu: OJ, broccoli quiche, zucchini & tomatoes, hash browns, WW Bread, frosted chocolate cake and milk. Make your reservation in advance. Donation \$3.00 Checks payable to TEAM.

Movie – The Intern

Tuesday, March 15th @ 12:45

Starring Robert DeNiro and Anne Hathaway. Rated PG-13. Running time 1:45.

Plot: Ben Whittaker is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

Bingo

Wednesday, March 16th @ 12:30 – 3:30

Cost: \$2.00

Monthly Birthday Social and Center Update

Monday, March 21st @ 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)

Tuesday, March 22nd @ 12:00 Donation \$3.00 Checks payable to TEAM.

Menu Beef stew, noodles, baked acorn squash, small biscuit, peaches and milk. Please make your reservations in advance.

A Matter of Balance: Managing Concerns about Falls

Wednesday, March 23rd through May 11th. 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.

Craft with Eve

Thurs, March 24th @ 10:00

Spring Ribbon Wreath! A sample will be at the front desk. Self-sign up.

Left, Center, Right Game

Monday, March 28th @ 11:00. You could win a hot dog gift certificate!

Hearing Screening

Tuesday, March 29th @ 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.

Joan's Homemade Lunch

Wednesday, March 30th @ 12:30

Menu: Chicken Cacciatore, Ziti, Antipasto salad, bread and one of Joan's delicious desserts. Cost: \$6.00 pp Sign up begins Monday, March 7th.

Let's Talk About It

Thursday, March 31st @ 10:30. Led by Municipal Agent, Joanne Jelenik

This group is 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.

Coloring Book Fun in the Afternoon

Thursday, March 31st @ 1:00

Stay after hot dog lunch and join in the new craze of adult coloring books. It's fun, relaxing and creative. You don't have to "stay in the lines"! Self-sign up.

REGULAR WEEKLY EVENTS

Pinochle

Friday @ 1:00

Poker

Monday & Friday @ 1:00 (If closed on Monday we will play 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 – Looking for new members!

Wednesday @ 9:30

Craft Group

Thursday @ 9:30

Hot Dog Lunch (NO Hot Dogs March 10 & 24)

Thursday @ 12:00 Cost: \$1.50

Municipal Agent

Thursday @ 10:30

Choral Practice

Thursday @ 10:30

Wii Bowling Game

Thursday @ 1:00 (2:00 Mar. 10 & 14)

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

EXERCISE CLASSES

SENIOR ZUMBA * Zumba on Mondays @ 11:15 and Friday @ 10:00!

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 Flex, Fit & Fun Class 10:00 – 11:00 \$2 per class or \$14 for 8 classes (No Class 3/26)

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, 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

Joyce Niestemski: Chairman - Elderly Commission

Transportation & Scheduling – ext. 101

Joanne Jelenik : Municipal Agent – ext. 105 or 203-888-2090 (home)

Drivers: Michael Alberti, Carmine Onofrio, Rosalie Hullette, Joe Bongiorno

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: 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 Martha Makl, Rose Lemond, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Bill Schmidt, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson, Ruth Brobeil, Paul Westbrook, Vic Noll.

MARCH BIRTHDAYS

Walter Birdsell	1	Helen Reich	17
Grace Gordon	1	Andrea Schiffer	17
Elaine Lungarini	1	Deanna Mossa	18
Rosanne Sembler	2	Evelyn Nash	18
Mary Sledzieski	3	Mary Damulis	20
Bill Guillotte Jr.	4	Robert Sharnick	20
Helen Kovalsky	4	Judy-Jo Barbash	21
Ruth Majoros	4	James Caruso	21
Gladys Malasankas	4	Patricia Drew	21
Patricia Kryspin	5	Marilyn Serus	21
Jane Kudasik	5	Florence Doiron	22
Nickolas Zavidniak	5	Will Harris	23
Marguerite Candelli	7	Jane Blaze	24
Kicki Larson	7	Mary Tichy	24
Joe Majoros	7	Helen Hassett	25
Charlene DeGeorge	8	Nicholas Aprea	26
Robert Fortin	8	Karen Baker	26
Sally Haisley	8	Jean Cukale	26
Ann Ives	8	Angela Green	26
Madeline Shortell	10	Joan Lawlor	26
John Simich	11	Anthony Vida	28
Madeline Doherty	12	Kathleen Kycia	29
Fred Schlitter	12	Annette Tremallo	29
Rose Giambra	14	Margaret Baluch	30
Dorothy Rippel	15	Joan Brown	30
Lois Ercoli	16	Patricia Gribben	30
Ann LoPresti	16	Ruth Bloxam	31
Lauren Chirgwin	17	Jeanette Bogen	31
John Sr. Downs	17	Janet Katrenya	31

Janel Woodbury 31
Sandra Burkbuckler 6

Happy Birthday!!!!!!



OXFORD SENIOR CITIZENS
10 OLD CHURCH ROAD
OXFORD, CT 06478

PRE-SORT
NON PROFIT
U.S.POSTAGE
PAID
SOUTHBURY, CT
PERMIT No. 711