

Oxford Senior Center

10 Old Church Road, Oxford, CT 06478
(203) 881-5231 Reception / Reservations – Ext. 0

www.oxford-ct.gov

9:00AM - 5:00 PM Monday – Friday



Make the Oxford Senior Center Your Place to Connect with Others

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 almandine, salad, rolls rice pudding. Meet your friends at the center and have a fun afternoon! Songs that will bring back memories. Cost: \$10 pp

Jeopardy

Tuesday, April 19th @ 11:00

Come and play the fun game of Jeopardy with Bobbie Kulas from Grand Care Companions. Jeopardy is one of America's favorite quiz show created by Merv Griffin and now hosted by Alex Trebek. Don't forget that your responses must be in the form of a question! Self-sign up.

Interested in Playing Golf?



Please contact Heather at Ext. 104 if you are interested in joining an informal group to play golf locally.

Mother's Day Luncheon

Thursday, May 5th @ 12:00

Stacey Ference of Savour Catering will be preparing our special Mother's Day luncheon for all the women who are mothers or want to honor their own mothers. Menu: Sliced Beef Brisket w/ Forest mushroom gravy, warm potato salad and petite green beans w/ white wine vinaigrette & shaved genoa salami, Caesar salad and buttermilk biscuits w/ jam & fresh berries and whipped cream. No cost but we need a final count by April 27th.

"A Little Bit of This and A Little Bit of That" – a great way to welcome Spring!

Thursday, May 12th @ 1:00

A sing a long led by Allan Feldman, vocalist and home care consultant with Home Instead Senior Care. Self-sign up.

The Bucky Lewis Comedy Show at The Strand Theater and Dinner at Jimmie's Place

Sunday, May 22nd

Join us for dinner at 4:30 or 6:00 and Showtime at 7:30 pm. The Bucky Lewis Show is a hilarious high powered interactive music and comedy show that is dynamic and uplifting. His funny cast of characters has delighted comedy audiences for years and his guitar work and songs have everyone singing along with him. A native of N.H., his northern, blue collar comedy delights the audience especially when he brings audience members on stage for spontaneous fun. Before the show enjoy dinner at Jimmie's Place just a walk away from the Strand. Dinner choices are lobster bisque or garden salad, Prime Rib, Shrimp and Scallop Fra Diavolo, Chicken Marsala or Stuffed Salmon Newburg. This is a fund raiser for the Oxford Senior Center and the Prospect Senior Center. There will be a 50/50 raffle offered. Make your dinner selection when you make your reservation. No transportation provided. Cost: \$45.00 pp. **Don't delay because we need to have a final count ASAP.**



Memorial Day Observance Luncheon

Thursday, May 26th @ 12:00

Join us on this day for honoring not only fallen members of the American Armed Forces, but all those who have died. We will have at the center for the first time the Four Strings Ukulele Band of Southern Connecticut. A special treat! Lunch will be provided by Oxford Hills Catering. Menu: Todd's "Almost Famous" Chicken Francais, orzo rice pilaf, vegetable medley, tossed salad, rolls, dessert. Cost: \$10 pp

(Motor Coach Trips)

Foxwoods Casino

Tuesday, April 26th

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



WEST POINT DRESS PARADE & TOUR

Saturday, April 30th

We will get to watch the spectacular dress parade which is performed only a few times a year and enjoy a delicious buffet at McArthur's Restaurant at the famous Thayer Hotel. Included is a guided, combined bus and walking tour where we will learn about the cadet experience, the role West Point played in the Revolution and the famous people that have graduated and will continue to graduate into leadership roles for our country.

Cost: \$99 pp Depart: 7:00 am Approx. return: 8:00 pm

Alaska Cruise Document Meeting

Tuesday, May 10th @ 3:00

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.

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 Full payment 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 Spirito's Restaurant, owned and operated by brothers David and Gregory Spirito, who have been service authentic Italian Cuisine for 30 years. 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, etc. Pick up a flyer for more information... Balance due April 25th.

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

Tanglewood Boston Pops

Sunday, July 10th 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, eat & enjoy the grounds. Cost: \$92 pp \$20 deposit with balance due June 1st. Depart: 10:30 Approx. return: 7:00

Block Island Day Trip

Thursday, Sept. 1st.

Spend your day on an island just a 12 mile ferry ride. Once there we'll enjoy a luncheon at The National Hotel with its famous wrap-around porch overlooking the harbor and Atlantic Ocean. Menu: New England clam chowder, pan seared chicken breasts, blue lump crab cakes, rice, vegetable, bread & butter, soft drink, dessert, coffee or tea. Following lunch, we'll climb aboard our shuttle bus for an Island Tour. Our professional guide will entertain us with "tales & tidbits" of island residents, both present & past. After the tour, we will have time on our own to explore or just browse. Cost: \$95 pp \$20 deposit with balance due July 25th. Depart: 7:45 am Approx. return: 8:30 pm

(Senior Center Bus Trips)

New Britain Museum of American Art – Guided tour w/ lunch at the museum café.

Monday, April 11th - a few seats available! Call Center for additional information.

San Marino Restaurant and the Red, White & Blue Thrift Shop – Waterbury

Wednesday, May 11th

Lunch is a choice of Eggplant Parmigiana (\$19), Chicken Marsala (\$20), Stuffed Filet of Sole (\$22), Veal Italiano (\$23). The price includes your entrée, garden salad, vegetables, family style pasta, coffee/tea, and pitcher of soda. Give us your choice upon making your reservation. After lunch we will go to the thrift shop to leisurely browse the racks and shelves to see what bargains we can find!

Depart: 11:00

Approx. return: 3:30

Sign up begins April 13th.

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

April 2016

Hi Everyone!

Spring has sprung! There is lots of talk out there that this past winter will go down in history as having broken all kinds of records regarding its warm weather. It could possibly be known as, "the winter that wasn't". Believe me, I don't know anyone who is complaining. On the contrary, it was a nice change for our New England winter weather with hardly any snow. Now, onto **Spring**, let's enjoy!

Are you new to Medicare? Are you about to turn 65 years of age? Do you understand your Medicare benefits and options? You are invited to a special presentation that will cover the following: transitioning to Medicare and what you need to know, the Medicare Enrollment periods, Medicare Parts A and B along with what it costs and what it covers. Medicare Supplemental Insurance, Medicare part D (Prescription Drugs), the Donut Hole and other Medicare options. This free informational presentation is intended for seniors that are new to the Medicare program or would like to learn more about Medicare. Individuals that are interested in learning more about Medicare are welcome to attend this special event on April 13th, 10:00 am, at the Agency on Aging of South Central CT, 1 Long Wharf Drive, New Haven, CT. It looks to be an enlightening presentation.

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.

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, April 4th & 18th @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

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.

Apples-to-Apples Game

Monday, April 11th @ 11:00

Exercise for your brain! Prize for the winner

Senior Community Café (TEAM Lunch)

Tuesday, April 12th @ 12:00

Menu: Split pea soup w/ crackers, turkey sloppy joe on bun, green beans, fresh fruit and milk. Make your reservation in advance. Donation \$3.00 Checks payable to TEAM.

AARP Driver Safety Class

Tues., April 12th, 1:00-5:00. \$15 for AARP members, \$20 non-members. Checks only, payable to AARP. Pre-registration is required.

Prayer and Share

Wednesday, April 13th @ 1:00 "If you forgive the faults of others, your heavenly Father will forgive you yours" Matthew 6:14. What does the next verse say? Come and share. We meet in the Reading Room and all are welcome!

Bingo

Wednesday, April 13th @ 12:30 – 3:30

Cost: \$2.00



Craft with Eye

Thurs, April 14th @ 10:00

Unique jewelry making! Make a necklace or bracelet. Samples will be at the front desk. Self-sign up.

Monthly Birthday Social and Center Update

Monday, April 18th @ 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! This month's cake is donated by VITAS Innovative Hospice Care.

Left, Center, Right Game

Monday, April 18th @ 11:30. You could win a hot dog gift certificate!

Joan's Homemade Lunch

Wednesday, April 20th @ 12:30

Menu: Jagerschnitzl with mushroom gravy, noodles, Harvard beets, salad, bread and one of Joan's delicious desserts.

Cost: \$6.00 pp Sign up begins Tuesday, April 5th.

Hearing Screening

Tuesday, April 26th @ 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)

Tuesday, April 26th @ 12:00

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

Donation \$3.00 Checks payable to TEAM

Movie – Aloha

Tuesday, April 26th @ 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.

Foot Clinic

Tuesday, Wednesday, April 27th, 9:00 – 2:00; Tuesday, May 10th, 10:30 – 2:00; Wednesday, May 25th 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!

Let's Talk About It

Thursday, April 28th @ 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.

REGULAR WEEKLY EVENTS

BOCCE Mon, Wed, Fri 9:30. Come and join the fun!

Walking Group

Mon, Tues 10:30, Fri 9:30

Poker

Monday & Friday 1:00

Quilting

Wednesday 9:30

Pocket Billiard

Monday – Friday

Mahjonn

Monday 12:30

Craft Group

Thursday 9:30

Rummikub

Monday – Friday 10:00

Continental Breakfast

Wednesday 9:30

Choral Practice

Thursday 10:30

Hot Dog Lunch

Thursday 12:00 Cost \$1.50

(No Hot Dogs 4/7 & 21)

Municipal Agent

Thursday 10:30

Wii Bowling

Thursday 1:00

EXERCISE CLASSES

SENIOR ZUMBA 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



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

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 Hulette, 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, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson, Ruth Brobeil, Paul Westbrook, Vic Noll, Ellie Hoffman, John Ellis

APRIL BIRTHDAYS

Mary Lee Bachhuber	1	Peter Berg	13	Peter Labowsky	21
Cathy Youscak	1	Sandra Lenahan	13	Margaret Fitzgerald	22
Janice Catalano	3	Albert Marchetti	13	Margaret Lucas	22
Peter Ahern	4	Carol Esposito	14	Bruce Baker	24
Marilyn Hunchak	4	Dorothy Palys	14	Bob Bulinski	24
Barbara Colonel	5	Betty Cyr	15	Joyce Eades	24
Jean Brown	6	Florence Klezovich	15	Roger Kiehl	24
Patricia O'Connell	6	Joyce Cox	16	Frances Wols	24
Josey Quinn	6	Sophie Belko	17	Ellen Ottoson	25
Linda Sembler	6	Mary Ann Kalinowski	17	Ron Martin	26
Sandra Smerekanicz	6	Chris Sowers	17	Joseph Pineau	26
John Tomulonis	6	Giulio Bengivengo	18	Paul Thibeault	26
Martha Vizzo	6	Rollande Brochu	18	Nancy Bednarcik	27
Emma Florescu	7	Mary Prauda	18	Joan Belinsky	27
Doris Cooper	9	Robert Reden	19	Larry Dalby	27
Beverly Ligouri	9	John DePalmer	20	Agnes McLeod	28
Frederick Volpe	9	Joe Marsilio	20	Ruth Ann Pisani	28
Robert Hulette	10	Jack Saulenas	20	Marilyn Hluska	29
Joyce Morello	10	Lewis Tucker	20	MaryAnne Kurbikoff	29
Susan Bradon	12	Kathryn Boyers	21	Jo Ann DiMaria	30

