

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

May 2016



The Center will be closed Mon. May 30th in observation of Memorial Day

Hearing Loss and Dementia. Are they linked?

Tuesday, May 17th @ 11:30

Come and learn about the results of this fascinating 20 year study conducted at John Hopkins University. Carol Maksimow and Judy Dunnell of Hearing Aid Specialist of CT will present this informational seminar.

Discussion will include: Understanding hearing loss and the dementia connection; Hearing changes as we age – The Facts! & Hearing loss and hearing healthcare in 2016. Self-sign up.

Home Energy Solutions – You could qualify for a free home energy assessment.

Thursday, May 19th @ 11:15

Ryan Craig from Wesson Energy will be at the center to discuss how you may save money on your home energy costs. He will answer questions about how to make your home more energy efficient. 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. Or just enjoy the show – no dinner required. 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 pp. Just the show \$20 pp in advance or \$25 at the door. **Don't delay because we need to have a final count ASAP.**

Memorial Day Commemoration Program

Thursday, May 26th @ 11:30

The American Legion – David S. Miles Post #174 representatives and one of our in-house historians, Charlie Rippel, will be here to help us make this a special day. Charlie will give a brief talk about a Chaplain, Father Joe Callahan, who was awarded the Congressional Medal of Honor for acts of courage above and beyond the call to duty. As we honor our nations war dead, from all wars, we are reminded of the courage, duty and sacrifice involved in preserving this great nation we live in. Please join us for this program.



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)

Mohegan Sun Casino

Tuesday, May 24th

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

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 serving 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, espresso, gift baskets, cook books, etc. Pick up a flyer for more information.

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

Long Island Sound Lighthouse Cruise

Tuesday, July 12th

Start the morning off with a narrated Lighthouse Cruise on the L.I. Sound given by a lighthouse historian. The tour will last about 2 hours aboard the comfortable high-speed Sea Jet Catamaran that can cruise up to 30 knots (35 mph). This boat offers 3 decks: one open and two enclosed. From your seat you will view 8 lighthouses, 2 forts, and more. Enjoy an early dinner at Go Fish, which features: a raw bar, a wine bar, a sushi bar and coffee bar. Choose one entrée from: Baked Atlantic Cod w/ lemon herb butter, or Grilled Fillet of Salmon w/ pineapple salsa, or Pan Roasted Breast of Chicken w/ mushroom marsala pan sauce, green salad, coffee/tea, dessert. After dinner, spend some free-time in Olde Mystic Village. Cost: \$95 pp with all taxes and gratuities.

Depart: 10:00 am Approx. return: 8:45 pm

Lobster Bash at Quidnessett Country Club, Kingston, RI, Starring Bobby Justin

Tuesday, July 19th

Landmark’s Lobster Bash lunch and show, starring Bobby Justin. The Country Club overlooks the beautiful Narragansett Bay with breathtaking views, and spacious ballrooms with a deck overlooking the Bay and golf course. Bobby Justin is best known for his renowned Tom Jones sounds and has performed throughout the U.S. and Canada. Upon arrival there will be a welcome reception which will include Clam Cakes, New England Clam Chowder, Fruit Platter and Cheese & Crackers. The luncheon includes Steamers w/ butter, Fresh Lobster OR Petite Filet Mignon, Corn on the Cob, Oven Roasted Potatoes, Rolls, Lemon & Cream Layer Cake w/ Raspberry Sauce, Coffee/Tea. Cost: \$90 pp with Lobster / \$84 pp with Petite Filet Mignon

Depart: 8:30 Approx. return: 6:30

Westchester Dinner Theatre, The Million Dollar Quartet

Wednesday, August 10th

The smash hit musical inspired by the recording session in Memphis in 1956 that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis & Carl Perkins for the first and only time. Featuring a score that includes "Blue Suede Shoes", "Fever", "That's All Right", "Great Balls of Fire", "Walk The Line", etc.

Cost: \$85 pp Depart: 9:15 Approx. return: 5:30

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)

Goodspeed Opera House & Lunch at the Gelston House

Tuesday, June 7th

"Anything Goes" a Cole Porter Musical. Set sail on a "de-lovely" cruise through some of Cole Porter's most famous songs. Hum along with an easy-to-love score packed with hits including "I Get a Kick Out of You", "You're the Top", "Blow, Gabriel, Blow" and more! Cost: \$89.00 for lunch, show and transportation. Sign up begins May 10th.

Depart: 10:30 Approx. return: 6:00

Essex Steam Train & Riverboat

Tuesday, June 21st

Journey through the heart of the scenic CT River Valley aboard the only steam train and riverboat ride in the U.S. Trip includes: A three course meal in the 1920's Pullman luxury, a 1 ¼ hr. cruise aboard the Mississippi style riverboat, *Becky Thatcher*, and a steam train ride back to Essex. Unfortunately, since this is an old train it is not wheelchair accessible. Cost: \$49.95 includes all taxes, gratuities and non-alcoholic beverages.

Depart: 9:15 Approx. return: 5:30 Sign up begins May 17th.

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 (bosce court side) when going on trips.*

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.**

Make the Oxford Senior Center Your Place to Connect with Others

Municipal Agent News
May 2016

Hi Everyone!

We had such a mild winter but now when spring should be here, we are having a shot of winter just to remind us what we missed. Thankfully, the snow just about disappears the same day it falls. By the time you are reading this, we should be back to really nice May weather. Yes, to warm days and warmer nights!!

A few months ago we talked about the guidelines for the State of Connecticut Elderly and Totally Disabled "Homeowners" Tax Relief Program. (Reminder- the filing deadline for the Homeowners Program is May 15, 2016). The filing period for the State of Connecticut "Renter's" Rebate Program began on April 1, 2016. Income guidelines for the Renter's Rebate Program for Single applicants is \$35,200 and for married couples \$42,900. Income from both husband and wife must be counted in establishing qualifying income for married couples. Please be aware that the Renters Rebate application period has been expanded from April 1st through October 1, 2016. Anyone who would like more information or would like to apply for this program can call the Assessor's Office at 203-888-2543.

Wishing all Mothers, Grandmothers, Godmothers, etc. a very Happy Mother's Day!

Until next month...

Joanne Jelenik

Municipal Agent for the Elderly

AT THE CENTER

Interested in Playing Golf?

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

Pastel Art Classes

Tuesdays, 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, May 2 & 16th @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

Apples-to-Apples Game

Monday, May 9th @ 11:00

Exercise for your brain! Prize for the winner

Foot Clinic

Tuesday, May 10th, 10:30 – 2:00; Wednesday, May 25th 9:00 – 2:00; June 14th, 10:30 – 2:00; June 22nd 9:30 -2:30.

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!

Senior Community Café (TEAM Lunch)

Tuesday, May 10th @ 12:00

Menu: Apple juice, hot open turkey sandwich w/ gravy, sweet potato fries, blended broccoli, cranberry sauce, wheat bread, oatmeal cookie and milk. Make your reservation in advance. Donation \$3.00 Checks payable to TEAM.

Alaska Cruise Document Meeting

Tuesday, May 10th @ 3:00

Prayer and Share

Wednesday, May 11th @ 1:00 The good shepherd lays down his life for the sheep. John 10:11
Come and share. We meet in the Reading Room and all are welcome!

Craft with Eve

Thurs, May 12th @ 10:00

Tree of Life. Colorful tree painted on canvas with button adornment. You can bring your own buttons. Sample will be at the front desk. Self-sign up.

“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.

Red Cross Blood Drive

Saturday, May 14th 8:00 – 1:00 Call 11-800-733-2767 to make an appointment.

Monthly Birthday Social and Center Update

Monday, May 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!

Coloring Book Fun with Joyce

Monday, May 16th @ 1:00

Join in the new way adults are entertaining themselves and relaxing by coloring!! We will provide supplies, but feel free to bring your own. Self-sign up.

Joan's BBQ

Wednesday, May 18th @ 12:30

Menu includes: BBQ pork, homemade pasta salad w/ shrimp, potato salad, baked beans, coleslaw and dessert.

Cost: \$6.00 pp Sign up begins Friday, May 6th.

Let's Talk About It

Thursday, May 19th @ 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.

Music in Motion – OHS student performance

Friday, May 20th @ 3:00 – 4:00

Gabi Fabry, our Zumba instructor, will be bringing her high school musical group for a performance.

It will include some singing, dancing and instrumental pieces. Self-sign up.

Left, Center, Right Game

Monday, May 23rd @ 11:30. You could win a hot dog gift certificate!

Senior Community Café (TEAM Lunch)

Tuesday, May 24th @ 12:00

Menu: O.J., broccoli quiche, zucchini & tomatoes, hash browns, whole wheat bread, frosted chocolate cake and milk.

Please make your reservations in advance. Donation \$3.00 Checks payable to TEAM

Movie – Bridge of Spies

Tuesday, May 24th @ 12:45

Starring Tom Hanks, Mark Rylance, Alan Aldo, Amy Ryan, Eve Hewson. Directed by Steven Spielberg

An insurance lawyer is thrust into the center of the Cold War when he agrees to represent a Soviet spy captured in N.Y, committed to ensuring the man receives a fair trial no matter his politics. Fueled by a love for his country, he agrees to negotiate a prison exchange between the U.S. and the Soviet Union.

Rated PG-13 Running time: 2.21 hours.

Bingo

Wednesday, May 25th @ 12:30 – 3:30 Cost \$2:00



Hearing Screening

Tuesday, May 31st @ 9:30 – 11:30

Hearing Aid Specialists of CT will have someone at the center to examine your ears 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.

HELP!

We are looking for volunteers who are interested in becoming part of a committee to prepare for our Craft Fair in November. We also need members who are willing to help us make crafts for the Fair over the next several months. Let Ellie Noll, Pat or Heather know if you are interested!!

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

Mahjongg

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 5/5 & 26)

Municipal Agent

Thursday 10:30

Wii Bowling

Thursday 1:00

Pinochle

Friday 1:00

EXERCISE CLASSES

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

Friday @ 10:00 – 11:00 Instructor: Gabriella 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 Sat. May 7th & 14th)

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, and 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 Senior Center. Keep in your prayers, Martha Makl, Rose Lemond, John Shail, Richard Seeley, Dick Brown, Jean Michalak, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson, Paul Westbrook, Ellie Hoffman, John Ellis, and Frank Tomis

MAY BIRTHDAYS

Beverly Blakeman	1	Richard Chaisson	8	Carol DePalma	15	Judith Adcox	23
Anna Gelfand	2	Barbara Gilloren	8	Evelyn McCarthy	15	Nancy Goodwin	23
Melvin Turner	2	Ann Marie Onofrio	8	Frank Zalenski	15	Donald Sheeler	23
Marie Vida	2	Michael Kukiel	9	Mary Cauchon	17	Gerald Tichy	23
Howard Allen	3	Jeanette Laird	9	Dorothy Scavone	17	Mary Falcha	24
Virginia Dota	3	Albert Mobilio	9	Audrey Yost	17	Ernest Tyers	25
Sophie Solberg	3	Diane Molleur	9	Chester Kryspin	18	Frances Allegrini	26
Pat Weil	3	Joan Phillips	9	Cherie Weiss	18	Sandra Davis	26
Cheryl Carroll	4	Francis (Bud) Plude	9	Richard Brown	19	Kathleen King	26
Paul Carvalho	4	Barbara Hayes	10	William Coogan	19	Harriet Clark	28
Joan Kitik	4	Patricia Ellis	11	Ann Cumming	19	David Boyd	29
Jackie Hupprich	5	Lucille Bacon	12	Edward Pollack	19	Barbara Plude	29
Linda Lee	5	Rick Lendroth	12	Michael Briggs	20	Maryanne Shail	29
Sylvia Naylor	5	Alice Frazer	13	Norma Dorsey	20	Henrietta DiFederico	30
Dottie Smith	5	Patricia Gadsby	13	Helen, Loretta Ives	20	Virginia Kiehl	30
Joseph D'Amaro	6	Elias Gaillard	13	Florence Reden	20	Calvin Walker	30
A. Maurice Gerb	6	Rita Wilson	13	Barbar Synos	20	Arthur Belanger	31
Thomas Giacchi	6	Pauline Hubbell	14	Shirley Garcia	22	Bob Galla	31
Rosalie Hulette	6	Jan McLellan	14	Ida Litscher	22		
Richard Brown	7	Joseph Mossa	14	Lydia Sewitsky	22		