

# ***Oxford Senior Center***

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

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

9:00AM - 5:00 PM Monday – Friday

**JUNE 2016**

***Make the Oxford Senior Center Your Place to Connect with Others***



## **Father's Day Celebration!**

Tuesday, June 14<sup>th</sup> @ 12:00

To Celebrate Father's Day we will have DAD's FOOD TRUCK here at the Center!! Lou will be serving liver & onions, hamburgers, salad, and dessert. So all you wonderful men who are father figures in someone's life come join us. No cost, but we need a final count by June 8<sup>th</sup> so mark your calendar.

## **Low Vision Presentation by the Lion's Club**

Wednesday, June 22<sup>nd</sup> @ 11:30

If you and someone else you know can use some help with low vision challenges this is a presentation you won't want to miss. The Lion's Club offers assistance and equipment for people who are dealing with the loss of vision. This is a service that can really help those who need it. **Self-sign up.**

## **Breathe in Life! - A Health & Wellness Program**

Friday, June 24<sup>th</sup> @ 11:30 – 1:30

You will begin your program with Karen Terebessy leading us in a chair yoga class and therapeutic breathing; then a farm to table lunch provided by Donna Derocco of Maplewood Senior Living Communities. After lunch you learn about essential oils with Kim Staffieri and receive a hand massage; and we will end with a fun game to stimulate your memory led by Tracy Brady of Visiting Angels Living Assistance Service. Cost: \$5 pp

## **Lunch and Learn – Summer Skin Care for Men and Women**

Wednesday, June 29<sup>th</sup> @ 12:00

Finally it's summer time and the harsh sun will be beaming down on your skin. This program will show you how to stay smart and protect your skin with practices to stay safe in the sun. Sponsored by The Lutheran Home Southbury, Mary Jo Brennen, Admissions & Marketing Liaison and Kathy Harwell, Director of Community Relations at The Hearth Assisted Living in Southbury. Come join them for a fun and informative event. Call the center to make your reservations. Space is limited.

## **COMING IN JULY!**

### **"Life Changers" presented by Bob Taylor**

Tuesday, July 5<sup>th</sup> @ 1:00

This will be a program in which the audience will be asked to come prepared to discuss a Life Changing Event which has taken place in their lives. We will then discuss the event, how it came about and what impact did it have in your life. Self-sign up. This program takes place after our Senior Community Café, TEAM Lunch. Why not sign up for both!



## **Independence Day Celebration**

Thursday, July 7<sup>th</sup> @ 12:00

The Old Time Fiddlers' Club will be here at the center to help us celebrate our country's birthday! Oxford Hills Catering will provide the food. Menu: Eggplant Rollatini, penne with broccoli, antipasto salad, Italian bread, and dessert. Cost: \$10.00 pp

## **Sciatica and Low Back Pain Presentation**

Monday, July 18<sup>th</sup> @ 11:00

Dr. Scott Hodes of Hodes Chiropractic located in Waterbury, CT will discuss: Natural Solutions to Low Back Pain and Sciatica. There will also be FREE- posture evaluations and chair massage therapy sessions available after the talk. Self-sign up.

### **(Motor Coach Trips)**

## **Foxwood Casino**

Tuesday, June 28<sup>th</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

## **Block Island Day Trip**

Thursday, Sept. 1<sup>st</sup>.

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 25<sup>th</sup>.    Depart: 7:45 am    Approx. return: 8:30 pm

## **4-Day Ocean City Maryland – Assateague Ponies \* Tangier Island in Chesapeake Bay**

October 2 – 5, 2016 (4 Days/ 3 Nights)

You will be heading for Maryland's popular Eastern Shore. You'll stay at the famous Dunes Manor Resort Hotel, located on the Ocean City Boardwalk with a private balcony overlooking the Atlantic Ocean. You will visit the Ward Museum of Waterfowl Art, Hilda Crockett's Chesapeake House, board the Assateague Island Discovery Boat and visit the Ocean City Lifesaving Museum. Included are 6 meals, transportation, room taxes and baggage handling fees, Tour escort, and tips for escort and bus driver. Stop at the center for a flyer with many more details! Cost: \$679 pp Double, \$639 pp Triple, \$859 pp Single.

### **(Senior Center Bus Trips)**

## **Copper City Bar & Grill, Ansonia**

Wednesday, July 13<sup>th</sup>

This is a fairly new restaurant so you will want to check it out! Lunch will include a mixed plate of appetizers to pass and choice of entrée - Black Jack Burger; Fish Tacos; Cobb Salad; Cape Cod Salad; Flatbread Pizzetta of the day; or Rigatoni. Included will be a soda or coffee/tea. Cost: \$18.00 pp includes tax, tip and transportation. Dessert or alcoholic drink will be separately billed. Sign up begins June Wednesday, June 15<sup>th</sup>.    Depart: 11:30      Approx. Return: 2:00

### 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.*

### 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.**

## **Municipal Agent News**

June 2016

Hi Everyone!

We just can't seem to get our weather right this year! Our winter was mild when it should have been cold. Our Spring has been cold when it should be mild and April showers in May turned into a weeklong rain event. In May they were also talking of a possible freeze warning during the night. Will we ever get back to our "normal" New England weather? I guess we will just have to wait and see.

I'm sure a lot of you read in the newspapers or have seen on the evening news the fact that United Health Care will be leaving Connecticut in 2017. I received numerous telephone calls and several seniors have approached me concerning this issue. The Connecticut Mirror reported, “United Healthcare will stop offering plans through Connecticut's Health insurance exchange after this year, continuing the company's departure from the state-level marketplaces created by the federal health law”.

United Healthcare is one of the four insurers that currently offer coverage to individuals through the state's exchange, Access Health CT. The other three remaining plans are Anthem Blue Cross and Blue Shield, ConnectiCare, and Healthy CT.

Please note that I mentioned the state of Connecticut's **insurance exchange** in the above mentioned paragraphs. This has nothing to do with seniors or their supplemental insurance. Rest assured, there is no reason to be concerned. Seniors will continue to be covered by Medicare or United Healthcare as their Medicare or their supplemental. There **WILL NOT be any change** for us seniors. The only change will be for those aged 60 or under who are purchasing United Healthcare for themselves and/or their families through the State of Connecticut Access Health plan.

Until next month...

Wishing a Happy Father's Day to all Dad's, Grandfather's, Godfather's etc.!

*Joanne Jelenik*

*Municipal Agent for the Elderly*

### AT THE CENTER

#### Blood Pressure Check

Monday, June 6 & 20<sup>th</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

### **Left, Center, Right Game**

Monday, June 6<sup>th</sup> @ 11:30. You could win a hot dog gift certificate!

### **Shopping on a Budget - Nutrition Presentation by Judy Prager**

Tuesday, June 7<sup>th</sup> @ 11:00

We can all use some tips on how to shop to save money and eat healthy at the same time!

### **Senior Community Café (TEAM Lunch)**

Tuesday, June 7<sup>th</sup> @ 12:00

Menu: Meatloaf with gravy, mashed potatoes, roman veggie blend, dinner roll, peaches and milk. Make your reservation in advance. Donation \$3.00 Checks payable to TEAM.

### **Prayer and Share**

Wednesday, June 8<sup>th</sup> @ 1:00

“If we confess our sins, he is faithful and just to forgive us our sins”. Join us for 1 hour! All are invited.

This will be the last session of Prayer and Share, so if you have wanted to attend please come this month.

### **Craft with Eve**

Thurs, June 9<sup>th</sup> @ 10:00

A bird house that you customize by painting and decorating. A sample will be at the Center. Self-sign up.

### **Monthly Birthday Social and Center Update**

Monday, June 13<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!

### **Coloring Book Fun with Joyce**

Monday, June 13<sup>th</sup> @ 1:30

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.

### **Foot Clinic**

Tuesday, June 14<sup>th</sup>, 10:30 – 2:00; Wednesday, June 22<sup>nd</sup>, 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!

### **Bingo**

Wednesday, June 15<sup>th</sup> @ 12:30 – 3:30 Cost \$2:00



### **Apples-to-Apples Game**

Monday, June 20<sup>th</sup> @ 11:00

Exercise for your brain! Prize for the winner.

### **“Ask A Lawyer” – It’s a Family Affair**

Tuesday, June 21<sup>st</sup> @ 10:00

Attorneys Steven Rubin and Franklin Drazen from the Drazen Law Group will be speaking on the third Tuesday of each month. This month he will be talking about How to Integrate the Children into the Planning Process: What is their role? Self-sign up.

### **Senior Community Café (TEAM Lunch)**

Tuesday, June 21<sup>st</sup> @ 12:00

Menu: Grape juice, pasta with sausage & broccoli rabe, carrots, dinner roll, tapioca pudding and milk. Please make your reservations in advance. Donation \$3.00 Checks payable to TEAM.

### **Let's Talk About It**

Thursday, June 23<sup>rd</sup> @ 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.

### **Petticoat Spies Series - #6**

Thursday, June 23<sup>rd</sup> @ 1:00

This presentation by Charlie Rippel will introduce you to Union Spy, Pauline Cushman. She was awarded the rank of Major due to her spying actions. She was captured and faced execution, but as an actress she talked and worked her way free in several difficult situations.

**Self-sign up.**

### **Hearing Screening**

Tuesday, June 28<sup>th</sup> @ 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.

### **Senior Community Café (TEAM Lunch)**

Tuesday, June 28<sup>th</sup> @ 12:00

Menu: Hot open turkey sandwich on rye bread with gravy, sweet potato fries, veggie blend, fresh fruit and milk. Donation \$3.00 Checks payable to TEAM.

### **Movie Matinee**

Tuesday, June 28<sup>th</sup> @ 12:45

**JOY**, starring Jennifer Lawrence, Bradley Cooper, Elisabeth Rohn, Robert DeNiro & Isabella Rosselini  
Joy grows from an innocent young girl to family matriarch and head of a business dynasty. Based on a true story. Rated PG-13, running time 2:04 hr.

### **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 6/30)**

#### **Municipal Agent**

Thursday 10:30

#### **Wii Bowling**

Thursday 1:00

#### **Pinochle**

Friday 1:00

## **HELP!**

We are looking for volunteers who are interested in becoming part of a committee to prepare for our Craft Fair in November 4 & 5. We also need members who are willing to help us make crafts for the Fair. Let Ellie Noll, Pat or Heather know if you are interested.

## **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 conditioning class uses 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 as 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. June 4<sup>th</sup>)**

### **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 Tami Bogart. Drivers: Michael Alberti, Carmine Onofrio, Joe Bongiorno, Lance Kruger

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 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, John Ellis, Barbara Gilmore, and Jim Caruso.

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### JUNE BIRTHDAYS

<b>Patrick Conway</b>	<b>1</b>	<b>Mary Texira</b>	<b>8</b>	<b>Bea Heyde</b>	<b>20</b>
<b>Eleanor Flach</b>	<b>1</b>	<b>Jacqueline Pineau</b>	<b>9</b>	<b>Margaret Carvalho</b>	<b>21</b>
<b>June Kaiser</b>	<b>1</b>	<b>Jeanne Shuster</b>	<b>9</b>	<b>Stephen Haydu</b>	<b>21</b>
<b>Michael Spinelli</b>	<b>1</b>	<b>Ronald Skurat</b>	<b>9</b>	<b>Joanne Ritter</b>	<b>21</b>
<b>Christine Volo</b>	<b>1</b>	<b>Marlow Tinari</b>	<b>9</b>	<b>Sylvia Schaub</b>	<b>21</b>
<b>Richard Volo</b>	<b>1</b>	<b>Tom Giambra</b>	<b>10</b>	<b>Michael Green</b>	<b>22</b>
<b>Joann Macko</b>	<b>3</b>	<b>Diana Mayer</b>	<b>11</b>	<b>Louis Mazzucco</b>	<b>24</b>
<b>Terri Sherkus</b>	<b>3</b>	<b>Sandi Swan</b>	<b>11</b>	<b>June Petrolle</b>	<b>24</b>
<b>Florence Tymosko</b>	<b>3</b>	<b>Jan Mudry</b>	<b>12</b>	<b>Alice Bertola</b>	<b>25</b>
<b>Joseph Dempsey</b>	<b>4</b>	<b>Kay Marino</b>	<b>14</b>	<b>Jacqueline Bush</b>	<b>26</b>
<b>Carmina Palarino</b>	<b>4</b>	<b>Gene Schenck</b>	<b>14</b>	<b>Janet Konicki</b>	<b>26</b>
<b>Babe Carralero</b>	<b>6</b>	<b>Andrew Slinka</b>	<b>14</b>	<b>Harry Larson</b>	<b>26</b>
<b>Andrea Molett</b>	<b>6</b>	<b>Wendy Cimelus</b>	<b>16</b>	<b>Greta Turecek</b>	<b>26</b>
<b>Michalena Sampieri</b>	<b>6</b>	<b>Ronald Albaitis</b>	<b>17</b>	<b>Justine Tuz</b>	<b>26</b>
<b>James Boyers</b>	<b>7</b>	<b>Eileen Moore</b>	<b>17</b>	<b>Marie Cifatte</b>	<b>27</b>
<b>Joyce Bulinski</b>	<b>7</b>	<b>Samuel DeFeo</b>	<b>18</b>	<b>Barbara Hanggi</b>	<b>27</b>
<b>Robert Lashin</b>	<b>7</b>	<b>Robert Kezelevich</b>	<b>18</b>	<b>Rose Marie Rolleri</b>	<b>27</b>
<b>Mary Rozum</b>	<b>7</b>	<b>Eva Lintzner</b>	<b>18</b>	<b>Helen Dinyovszky</b>	<b>28</b>
<b>Johanna Tangredi</b>	<b>7</b>	<b>Marcia Wright</b>	<b>18</b>	<b>Joyce Niestemski</b>	<b>28</b>
<b>Dominick Bellucci</b>	<b>8</b>	<b>Gerard Brochu</b>	<b>19</b>	<b>Roy Threatt</b>	<b>29</b>
<b>Ronald Huber</b>		<b>Kathy Johnson</b>	<b>19</b>	<b>Richard Kosinski</b>	<b>30</b>

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OXFORD SENIOR CITIZENS  
10 OLD CHURCH ROAD  
OXFORD, CT 06478

PRE-SORT  
NON PROFIT  
U.S.POSTAGE

**PAID**

SOUTHBURY, CT  
PERMIT No. 711