

# ***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

**JULY 2016**

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

***The Center will be closed Monday, July 4th***



## **“Life Changers” presented by Bob Taylor**

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

Bob is back and will lead us in a workshop that will explore life events that we all experience from time to time. This will be a program in which the participants will have an opportunity 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!**

## **Diabetes 101 – Griffin Hospital Outreach and Parish Nursing Department**

Wednesday, August 3<sup>rd</sup> @ 11:30

Did you know that many people are actually diabetic but are undiagnosed for 6 to 10 years? Left untreated diabetes can lead to long term complications including heart disease, stroke, neuropathy & kidney failure. Mary Swansiger, BSN, MPH, Certified Diabetes Educator, from Griffin Hospital will be coming to the center to talk about diabetes, the symptoms, risk factors, treatment options, as well as prevention. Come and learn about your risk for diabetes and how to prevent it. Self-sign up



## **Summer Fun**

Thursday, August 18<sup>th</sup>, 12:00

Let's all have some summer fun right here at the center. We will be entertained by the musical sounds of Paula Pettinella and food will be catered by DiGiovanni Catering. Menu will include: Porchetta, mixed vegetables (zucchini, carrots, green & red peppers), roasted potatoes, and a special Ice Cream dessert. The Ice Cream Truck will be at the center and you can buy the ice cream of your choice! Luncheon cost: \$10 pp

## **AARP Drivers Safety Class**

Tuesday, August 23<sup>rd</sup>, 1:00 – 5:00

Pre-registration requested. Cost is \$15.00 for AARP members and \$20.00 for non-members. Checks only. Check with your insurance to see if you qualify for a discount!

### **Crestview Ridge Senior Housing Fundraiser**

They are offering a trip to Mohegan Sun Casino on Saturday, August 20<sup>th</sup>. Price is \$35.00 pp which includes motor coach transportation, \$15 Wheel play, \$15 food voucher or buffet and driver's gratuity. Call Elaine at 203-556-1179 to make your reservation. Depart: Oxford Senior Center 8:30 am Return: 6:00 pm.



### ***Motor Coach Trips***

#### **Mohegan Sun Casino**

Tuesday, July 26<sup>th</sup>

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

#### **Saratoga Race Track**

Thursday, August 25<sup>th</sup>

Sponsored by Good Shepherd Men's Club & Oxford Senior Center. Price includes transportation, admission, grandstand reserved seating, program, hot dog, soda and driver gratuity. Cost: \$79.00 pp Sign up now!

Depart Oxford Senior Center: 8:00 Approx. return: 10:30 pm

#### **Buddy Jewell, Nashville Recording Star, at Chez Josef**

Friday, September 23<sup>rd</sup>

Buddy Jewell was voted the very first winner of the USA Network's hit TV show "Nashville Star". In 2011 he won Country Gospel Music Association's "Entertainer of the Year" and "Crossover Artist of the Year" awards. Lunch will be at Chez Josef, an elegant banquet hall under new management with executive chef Ouimet.

Menu features: cheese and crackers, coffee/tea on arrival. Yankee pot roast, stuffed filet of sole, chicken Florentine, salad, twice baked stuffed potato, carrots & sugar snap peas, dessert, beverage. Cost: \$81.00 pp.

Depart: 8:30 Approx. return: 6:16

#### **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**

#### **Goodspeed Opera House and Gelston House, East Haddam**

Wednesday, August 17<sup>th</sup>

#### **Bye Bye Birdie - A Musical Comedy**

Kids, parents and show folk collide in the Goodspeed debut of the hip-swiveling musical comedy set at the dawn of the sensational '60s. Birdie is off to boot camp and Kim wins the chance to give Birdie one last kiss before leaving! Cost: \$89 pp Includes lunch, show & transp.

Sign up begins July 14<sup>th</sup> Depart: 10:30 Approx. return: 6:00

### 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.*

### Municipal Agent News

July 2016

Hi Everyone!

Happy 4th of July! Now that Summer is in full swing, I'm sure we are all having cookouts, family gatherings going on vacations or just enjoying the summer in our own backyards. I love the beautiful flowers and working in my small garden. It's peaceful and that's what it is all about. Enjoy!

The most popular program that the State of Connecticut has for seniors is the Medicare Savings Program. This is the program that reimburses you for your Part B premium and more. The new MSP income rates are out. If your income level is below these levels you will probably qualify. The QMB Medicare Savings program pays your Part B Medicare premium, along with all Medicare deductibles and co-insurance. Your monthly income must be below \$2,088.90 for singles and \$2,816 .85 for couples. SLMB is the program that pays your Part B premium only. The income level for SLMB is \$2,286.90 for a single person and \$3,083.85 for a couple. The last Medicare Savings Program is ALMB. This program also pays for your Part B premium only and is subject to available program funding. The Income level for ALMB is \$2,435.40 for a single person and \$3,284.10 for a couple. If you have any questions you can contact me at 203-888-2090 or your Area Agency on Aging to speak to a CHOICES counselor. Call 1-800-994-9422 or dial 2-1-1 to speak to a representative 24 hours a day.

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](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.**

### AT THE CENTER

#### Pastel Painting

Tuesdays @ 1:30 Instructor Eileen Smith. Beginners welcome. \$10 per class or 3 for \$25.

#### Left, Center, Right Game

Tuesday, July 5<sup>th</sup> @ 11:30. You could win a hot dog gift certificate!

#### Senior Community Café (TEAM Lunch)

Tuesday, July 5<sup>th</sup> @ 12:00

Menu: Lemon chicken, rice pilaf, carrots, pumpernickel bread, apple juice, chocolate chip cookie and milk. Make your reservation in advance. Donation \$3.00 Checks payable to TEAM.

### **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

**Craft with Eve** – Sorry no class this month.

### **Red Cross Blood Drive**

Saturday, July 9<sup>th</sup>, 8:00 – 1:00. Call 1-800-RED CROSS, 1-800-733-2767 for an appointment. Save up to 15 minutes at your donation by visiting [redcrossblood.org/rapidpass](http://redcrossblood.org/rapidpass) to get started!

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

Monday, July 11<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, July 12<sup>th</sup>, 10:00 – 2:30; Wednesday, July 27<sup>th</sup>, 9 - 2 and Tuesday, Aug. 9<sup>th</sup>, 10-2; Wed. Aug. 27<sup>th</sup>, 9 - 2

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, July 14<sup>th</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.

### **Blood Pressure Check**

Monday, July 18<sup>th</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

### **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.

### **Ask a Lawyer - Protecting the Family Home for your Spouse**

Tuesday, July 19<sup>th</sup> @ 10:00

During this workshop led by attorneys Steven Rubin and Franklin Drazen from the Drazen Law Group participants will learn about the different options they can use to protect one of their largest assets, their home. Participants will learn about planning options that can ensure their home is protected for long term care, lawsuits, predators and creditors. Self-sign up.

**Senior Community Café (TEAM Lunch)**

Tuesday, July 19<sup>th</sup> @ 12:00

Menu: Italian wedding soup, crackers, grilled chicken Caesar salad, garlic breadstick fruit cocktail and milk.  
Donation \$3.00 Checks payable to TEAM.

**Movie Matinee**

Tuesday, July 19<sup>th</sup> @ 12:45

“Choice” starring Benjamin Walker, Teresa Palmer, Maggie Grace, Alexandra Daddario and Tom Welling.  
When a feisty medical student moves in next door to a perennial ladies’ man, they embark on a surprising romantic journey neither imagined possible. Rated PG-13, running time 1:05 hr.

**BINGO!**

Wednesday, July 20<sup>th</sup> @ 12:30 – 3:30 Cost \$2:00

**Apples-to-Apples Game**

Monday, July 25<sup>th</sup> @ 11:00

Exercise for your brain! Prize for the winner.

**The Prayer and Share group will no longer meet, but would like to share a scripture verse with you:**

.... Pray for one another that you may find healing. James 5:16

**Hearing Screening**

Tuesday, July 26<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.

**Bingo sponsored by Senior Care of Middlebury**

Wednesday, July 27<sup>th</sup> @ 12:30

Prizes and treats. Come join the fun.



**REGULAR WEEKLY EVENTS**

**Bocce** - Mon, Wed, Fri. 9:30

**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**

No Practice for July & August

**Hot Dog Lunch**

Thursday 12:00 Cost \$1.50  
(No Hot Dogs 7/7)

**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! **\*\* Sorry, no classes July 1, 8, 15, & 18. \*\***

Friday @ 10:00 – 11:00 Instructor: Gabriella Fabry (Check calendar for summer cancellations)

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 \*\*Sorry, no Class July 20<sup>th</sup>\*\***

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 classes in JULY & AUGUST -- classes resume on Sept. 10th)**

### **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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# JULY BIRTHDAYS

Lillian	Danowski	1	Betty	Beecher	11	Robert	Martovich	20
John	Dean	1	Carol	Edwards	11	Barbara	Berg	21
Carl	Noll	1	Ann	Gibbons	11	Benta	Ferreira	21
Constance	Tevebaugh	1	Eleanor	Karlak	11	Irene	Cullen	22
Cynthia	Gaillard	2	Carolanne	Reidy	11	Mildred	Kevit	22
Beverly	Stoddard	2	Edward	Bryant	12	Diane	Peidl	22
Joan	Downey	3	Pat	Clark	12	Jim	Burt	23
Jo-Ann	Lisee	3	Barbara K.	Downs	12	Ronald	Weston	24
Shirley	Orfino	4	Harold	Smith	12	Harry	Yost	24
Clarence	Arsenault	5	Maryellen	Weisz	12	Anne	Schmelzle	25
Judith	Renkewith	5	Martha	Insalaco	13	Edward	Stockman	25
Bernice	Scoville	5	Diane	Peterson	13	Carol	Taylor	25
Inez	Carlson	7	Ellen	Shepherd	13	Edith	Baselice	27
Patricia	Gramigna	7	Marie	Bracci	14	Mary	Czulewicz	27
Joy	Guliuza	7	Carol	Buckley	14	Hank	Farrell	27
Julie	Schmidt	7	Sylvia	George	14	John	Hosking	27
Armando	Facchini	8	Rose	Giovacchino	15	Alice	Ell	28
Jean	Michalak	8	Rita	Vicdomino	15	Irene	Hupprich	28
Carol	Guardiano	9	Mary Ellen	Mangione	16	Barbara	Martovich	28
Phil	Guilmette	9	Lyndon	Mayers	16	Joy	Sirowich	28
Liz	Sanchez	9	Kathleen	Pazman	17	Grace	Allen	29
Robert	Walsh	9	Margaret	Zalenski	17	Evelyn	Johns	29
MaryAnn	Borgesano	10	Bob	Daley	18	Robert	Tokarz	29
John	Enquist	10	Joanne	Jelenik	18	Roseanne	Fox	30
Eleanor	Hoffman	10	Bernard	Lintzner	18	Barbara	Schenck	30
Mary Jane	Ives	10	Edith	Behrle	20	Donald	Tymosko	30
Robert	Jelenik	10	Mary	Critchett	20	James	Copsey	31
Mary	Skurat	10	Ed	Doiron	20	Nancy	Kropo	31
Frederick	Baselice	11	Judith	Flood	20	Gloria	Trella	31

