

# ***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

## **AUGUST 2016**

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

### **AARP Drivers Safety Class**

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

Pre-registration required. Cost is \$15.00 for AARP members and \$20.00 for non-members.

Checks only. No cash please. Check with your insurance company to see if you qualify for a discount!

### **Annual Picnic at Jackson Cove**

Thursday, September 8<sup>th</sup>, 12:00 – 3:00 pm (Rain date – Sept. 15<sup>th</sup>)

Join us for this fun day outside by the river with music and picnic lunch. Entertainment will be provided by the Ukulele Band of Southern CT and Dad's Truck will bring the food. We will have hamburgers, hot dogs and all the fixings, with an assortment of salads. Mike Carpinello's Ice Cream Truck "Super Softy" will be there to purchase your dessert! \$3 traditional novelty bars, \$3 soft serve vanilla, chocolate or swirl, dipped or sprinkled, waffle cones, banana boats & much more! There is picnic bench seating, but feel free to bring your own more comfortable chair.

Cost: \$10.00 pp



### **Joan's Clambake**

Wednesday, September 14<sup>th</sup> @ 12:30

Joan's annual clambake will include: Lobster tail, stuffed clams, Italian sausage, corn on the cob, potato salad, coleslaw, rolls and dessert. \$17.00 pp Sign up begins August 12<sup>th</sup>.



### **Caribbean Beach Blast!**

Thursday, September 29<sup>th</sup> @ 12:00

Catered by Todd Orner of Oxford Hills Catering. Menu: Caribbean pulled pork, Cuban rice & beans, island corn, Jamaican green salad with fruit & dessert!

Entertainment provided by Chris Merwin

Cost: \$10.00pp Sign up now!

### **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 am Approx. return: 6:15 pm



## ***Motor Coach Trips***

**Due to low registration on Foxwood trip, we will only be going to the Mohegan Sun Casino through November.**

### **Mohegan Sun Casino**

Tuesday, August 23<sup>rd</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

### **The Big E- West Springfield, MA (Connecticut Day)**

Wednesday, September 21<sup>st</sup>

The **Big E**, also known as The Eastern States Exposition, is billed as "New England's **Great State Fair**". It is the largest agricultural event on the eastern seaboard and the fifth-largest fair in the nation. Always a fun-filled day! Take in the many sights, sounds, tastes, entertainment and exhibits of New England!

Cost: \$40.00pp      Price includes admission, transportation & driver gratuity

Depart: 8:00 am      Return approx. 6:00 pm

### **Vermont Getaway**

October 18 – 20, 2016 \* 3 Days includes 4 Meals

Discover beautiful Vermont during the autumn season through the scenic countryside featuring the Middlebury Inn and Chocolatorium in Arlington. Also included in the trip is a visit to The Hildene Estate, the summer home of Mary Todd and President Lincoln and sanctuary to birds and wildlife native to Vermont. We will also visit the Cabot Creamery to see and taste the art of Vermont Cheese, the Alpine Village of Stowe, and a tour and tasting at the Ben & Jerry's Ice Cream headquarters. Visits to the Bowl Mill & Vermont Country Store, and performance at the Friesians of Majesty. Price includes round trip motor coach, 2 nights at the Middlebury Inn, 2 dinners and 2 breakfasts, all taxes, gratuities and luggage handling (1 bag pp). Trip insurance is available. Price: \$577 pp Double, \$757 Single, \$527 Triple. Deposit of \$100 pp due at registration. Balance due September 5<sup>th</sup>. Sign up now!

### **Senior Center Bus Trips**

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

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

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

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 now!      Depart: 10:30 am      Approx. return: 6:00 pm

### **LUNCH & LAUGHS**

#### **Italian Pavilion Restaurant- Derby & Aldi Market**

Wednesday, August 31<sup>st</sup>

Enjoy lunch on your own and order any choice off the menu! Separate checks are available upon request before placing your order. We will make a brief (30-45 minutes) stop at Aldi's Market before returning home.

Depart: 11:30 am      Return approx.: 2:30      Sign up begins August 10<sup>th</sup>.

### **Highland Greens Golf Trip- Prospect**

Wednesday, September 28<sup>th</sup>

Meet some new friends and enjoy a game of Golf!

Depart: 9:15 am                      Return 1:00 pm

Cost: \$9.00pp                      Cart rental: \$7.00

Lunch available on site or your own. Sign up now!

### **The Great American Songbook With a Taste of Italy**

#### **Starring Angelo Ruggiero**

Thursday, November 10, 2016

An afternoon of fun, food and entertainment at the elegant Grand Oak Villa in Oakville, CT. Angelo blows onto the stage like a hurricane! A real dynamo, Angelo sings a blend of the great standards of Tony Bennett, Bobby Darin, Frank Sinatra, Dean Martin, Nat King Cole, Engelbert Humperdink along with the great sounds of the 50's & 60's.

Menu: Coffee & snacks upon arrival, garden salad, rolls & butter, penne pasta, roasted potatoes & mixed vegetables, chicken parmesan & pork loin w/gravy, Italian rum cake, coffee, tea or decaf. Cost: \$46.00

***Sign up begins Friday, September 9<sup>th</sup> ..... mark your calendar!***

#### **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 – August 2016**

Hi Everyone!

Hope you are enjoying your summer. The weather has been absolutely beautiful if not a little dry. Recently we have been getting showers which is helping those with their burnt out grass problems. Luckily, mine was just starting to dry out so it wasn't too bad. Enjoy the rest of your summer. Before you know it we will be talking about "F-A-L-L" weather.... then the "W" word.... NO!!!

Hot off the press: the *Renewal Form* for Medicare Savings Programs (QMB, SLMB, and ALMB). I know, we just discussed this a few months ago when I received the new income figures. Just yesterday. I also received the new forms that are going out for redetermination. They are slightly different; most of you probably won't even notice the difference. The one big change is the State of Connecticut Department of Social Services ***FastLink Application Cover Sheet***. You must fill out this cover sheet and send this back with your application. Also the address must be displayed in the window of the return envelope. If you misplace your window envelope, send it to:

DSS ConneCT Scanning Center  
PO Box 1320  
Manchester, CT 06045-9968

If you misplace your Application Cover Sheet, contact me, I have made copies to have on hand, along with the renewal form and the first time Application for Medicare Savings Programs (QMB, SLMB, and ALMB). I will gladly send them to you or you can stop by my office to pick them up.

Until next month...

*Joanne M. 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.

**Blood Pressure Check**

Monday, August 1 & 15<sup>th</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

**The Prayer and Share group would like to share a scripture verse with you:**

.... Cast all your cares on Him because He cares for you. 1 Peter 5:7

**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

**Senior Community Café (TEAM Lunch)**

Tuesday, August 9<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.

**Craft with Eve**

Thursday, August 11<sup>th</sup> @ 10:00

This month Eve will be making a Star shaped memo holder. Join the fun. Self-sign up.

**Foot Clinic**

Tuesday, Aug. 9<sup>th</sup>, 10-2; Wednesday, Aug. 24<sup>th</sup>, 9 – 2; Tues. Sept. 13<sup>th</sup> 10-2:30; Wed. Sept. 28<sup>th</sup> 9-2:00.

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!

**Ask a Lawyer – Avoiding the Stress & Expense of Probate**

Tuesday, August 16<sup>th</sup> @ 10:00

During this workshop led by attorneys Steven Rubin and Franklin Drazen from the Drazen Law Group Self-sign up.

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

Tuesday, August 16<sup>th</sup> @ 11:30. You could win a hot dog gift certificate!

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

Monday, August 22<sup>nd</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!

### **Hearing Screening**

Tuesday, August 23<sup>rd</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.

### **B I N G O !**

Wednesday, August 24<sup>th</sup> @ 12:30 – 3:30 Cost \$2:00

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

**THURSDAY, AUGUST 25<sup>TH</sup> @ 12:00**

Menu: Turkey w/ gravy, mashed potatoes, peas & onions, cornbread, apple juice, coffee cake and milk.  
Donation \$3.00 Checks payable to TEAM.

### **Movie Matinee**

**THURSDAY, AUGUST 25<sup>TH</sup> @ 12:45**

“My Big Fat Greek Wedding 2” Rated PG-13, running time 1h 34 min

Parenting and marriage is becoming tougher and tougher for Toula (Nia Vardalos) and her husband Ian. Not only has their relationship lost some of its spark, but they're also dealing with a rebellious teenage daughter who clashes with Greek traditions. On top of that, Toula must contend with aging parents and the endless needs of cousins and friends. When a shocking family secret comes to light, the entire Portokalos clan makes plans to come together for an even bigger wedding than before.

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

Thursday, August 25<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.

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

Monday, August 29<sup>th</sup> @ 11:00

Exercise for your brain! Prize for the winner.

### **“Breakfast Talk” – Sponsored by Senior Bridge Outreach Program**

Tuesday, September 13<sup>th</sup> @ 10:00

Please join us for a small intimate discussion with Lisa Navarra, LCSW (Licensed Clinical Social Worker) from Senior Bridge for a talk on mental and emotional health issues. She will discuss the increasingly common illnesses of depression and anxiety as well as grief and loss, including losing ones' own independence. There will be a discussion around ways to cope and ways to address these issues along with many different treatment options.

Light breakfast will be served.

Senior Bridge of Madison, CT

Helping people achieve lifelong well-being

## 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

**Mahjongg**

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 8/18 & 8/25)

**Municipal Agent**

Thursday 10:30

**Wii Bowling**

Thursday 1:00

**Pinochle**

Friday 1:00

**\*Special Chili hot dogs  
available on August 11<sup>th</sup>**

**Ping pong table available upon  
request**



## EXERCISE CLASSES

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

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 August 10<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. 17<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 –No meeting for month of August. Next meeting will be September 6<sup>th</sup> @ 9:30 am.

## 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, Jean Michalak, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson, Barbara Gilmore, Shirley Gaetano, Arthur Miller, Harold Cosgrove and Kathleen O'Neil.

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## **AUGUST BIRTHDAYS**

Nicholas Dota	1	Ray Savoyski	8	Clem Della Rocco	16	Dan Brandon	23
Henry Hiltz	1	Pat Hinman	9	Christine Miller	17	Robert Fogarty	23
Fred Homscheid	1	Laura Kempton	9	Thomas Mott	17	Catherine Belanger	24
Scott Hudkins	1	Vincent Milazzo	10	Vincent Ribeiro	17	Regina Huber	24
Lenore Lyder	1	Phyllis Basani	11	Eleanor Blaze	18	Walter Weigl	24
Patrick Lydon	2	Eugene Bulakites	11	Rani Martin	18	Donald Barry	25
Christine Hill	3	Patricia Totilo	11	Marion Sriubas	18	Janet Narcisco	26
Rita Rowe	3	Della Briggs	12	Dorothy Voccola	18	Raymond Schietinger	27
Ed Yodis	3	Susan Jamroz	12	Pam Zeller	18	Karen Warycha	27
Rita Crofut	4	Delores (Dell) Martin	12	Mary Buchsbaum	19	Dominick Anzidei	28
Nancy Pinkosky	4	Victor Noll	12	Doris Burns	19	Carmela Fortin	28
Carol Schoonmaker	4	Frank Bunosso	13	Andree Charchenko	19	Diane Lendroth	28
Diana Larson	5	Joan Dembek	14	Peggy Dunleavy	19	Cynthia O'Connell	28
Grace Mobilio	5	Katherine Everlith	14	Gregory Wright	19	Ann Rudolf	28
Barbara Nimons	5	William Giancarli	14	Peggy Angelicola	20	Dorothy Boland	29
Helen Scully	6	John Konicki	14	Robert Peck	20	Ruth Brobeil	29
Gail Schlitter	7	Grace Law	14	Tony Montefusco	21	Pat Papcin	29
Douglas Eklund	8	William Naylor	14	Daniel Bishop	22	Angela Alfano	30
Patsy Giannelli	8	Katherine Mazzucco	15	Arthur Miller	22	Richard Kalinowski	31
Barbara Rosa	8	Shirley Weymer	15	Carmella Vallelunga	22	Barbara Reichert	31
						Joelle White	31