

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

December 2016

Closed Friday, December 23rd & Monday, December 26th in celebration of Christmas. We will also be closed for our offsite Christmas Party on December 8th.



As this year comes to an end I find myself reflecting on the wonderful events we have shared and anticipating the events yet to come. It brings a smile to my face when we all come together here at the Center for fun, sharing and support. Wishing you and your family the very best during this holiday season and peace throughout the next year!

My warmest regards,

Pat

Oxford Senior Singers Christmas Sing-A-Long

Tuesday, December 6th @ 1:00

Our choral group's Holiday Performance will get you into the Christmas spirit and get you ready to celebrate! You will find that their songs will work their magic in casting a spell of nostalgia as you sing along. Help us make this performance a cheerful, joyful, and special musical event.

Oxford High School Football Team

Thursday, December 15th @ 11:30

These boys always bring fresh energy into the center when they visit! Share in the Christmas cheer. Hot dogs and raffle prizes. Come along and join the fun. Who knows – maybe Santa will make a visit! HO,HO,HO..

2017 Membership Dues

Renew now so you don't miss a copy of our newsletter! Annual fees: \$3.00 Oxford Residents; \$7.00 Non-Residents. Oxford residents age 80 and over as well as non-residents who were Gold Members in 2006 are Gold Members. Membership is FREE for Gold Members, however, in order to continue your membership you must notify the office and verify your address and update emergency contacts if needed each and every year. Just give us a call!



Winter Storm Closing Notice

On days of inclement weather, if the Oxford Schools are closed, there will be NO transportation and NO classes. The Center will remain open as long as Town Hall is open, but in the event that the Town Hall is closed the Center will also be closed. Watch WFSB, Channel 3, Eyewitness News for the latest updates.

*The staff of the Senior Center wishes you a Very Merry Christmas!
May it bring you joy, happiness, peace and LOVE,
Heather, Joanne, Robert, Mike, Carmine, Joe, Lance and Tami*

COMING IN JANUARY



New Year's Celebration - Welcome 2017!

Thursday, January 12th @ 12:00

We will have the melodies of Larry Ace and his wife Doreen to help us welcome in 2017! Lunch will be catered by Oxford Hills Catering. This special menu will include Minestrone soup, top round roast beef au jus with brown gravy, scalloped potatoes, vegetable medley, rolls, butter, and bread pudding with fruit.

Cost: \$12.00 pp

National Hypnosis Day Observance

Wednesday, January 4th @ 12:00

A light sandwich lunch and a presentation on Hypnosis by Janice Cohen and Ruth Guedes. Please sign up at reception desk.

Pizza and Games with the Oxford High School Students

Tuesday, January 10th, 11:30 – 1:00.

Join in this intergenerational activity that will give you a burst of energy! We will have a variety of games available for all to play and pizza for lunch. This is the first time we are joining forces with this group of high school students and it promises to be a fun-filled time! Pizza is \$1.00 per slice so let us know how many you would like us to order for you when you sign up. Sign up at reception desk.

Lunch and Winter Safety Tips – sponsored by Lutheran Home of Southbury

Wednesday, January 11th @ 12:00

Soup, sandwiches and warm apple crisp for dessert, followed by a discussion of tips to keep you safe this winter. Come for some good food and information presented by Mary Jo Brennen. What better way to spend a cold winter afternoon? Self-sign up.

Motor Coach Trips

Mohegan Sun Casino

Tuesday, January 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

Trips to the Foxwoods Casino will run on February 28, May 23 & August 22, 2017.

Camp Ladore

June 19 – 26, 2017. Next year's theme will be "Hollywood". If interested let Heather know and she will fill you in with the details.

Bermuda Cruise on the Celebrity "Summit" from Cape Liberty, NJ

April 30 – May 7, 2017

Price includes: 7-night cruise accommodations based on double occupancy; Port & departure taxes; All meals, activities and entertainment aboard ship; trip cancellation insurance & portage of one bag per person. Prices do not include shore excursions, bar drink, gratuities aboard ship. Price ranges from \$1220 - \$1700 pp. Come to the center to pick up a flyer for all the exciting details of the trip!

TRAVEL by COLLETTE Tours

America's Music Cities, 8 days, 11 meals, Oct. 13-20, 2017. Highlights: historic RCA Studio B, Country Music Hall of Fame, Historic Distillery, Grand Ole Opry Show, Ryman Auditorium, Belle Meade Plantation, Graceland, French Quarter, Choice of French Quarter Walking Tour or Panoramic Tour of New Orleans, Swamp Tour and New Orleans School of Cooking. **Price \$2999 pp Double**

Hawaiian Adventure – 10 days, 13 meals, April 5 – 14, 2018. Highlights: Waikiki Beach, Pearl Harbor, Oahu's North Shore, Waimea Canyon, Kauai Coffee Estate, Fern Grotto, Iao Valley, Lahaina, Polynesian Luau. **Price \$5499 pp Double.**

Stop by the Center to pick up a flyer!

Senior Center Bus Trips

Mark Twain House, Hartford and Lunch at the Chowder Pot, East Hartford

Monday, December 12th

The Mark Twain House & Museum, a National Historic Landmark in Hartford, was the home of America's greatest author, Samuel Clemens (a.k.a. Mark Twain) and his family from 1874 to 1891. It is also where Twain lived when he wrote his most important works, including *Adventures of Huckleberry Finn*, *The Adventures of Tom Sawyer*, *The Prince and The Pauper* and *A Connecticut Yankee in King Arthur's Court*. A stunning example of Picturesque Gothic architecture, the 25-room home features a dramatic grand hall, a lush glass conservatory, a grand library and the handsome billiard room where Twain wrote his famous books. *National Geographic* named it "one of the ten best historic homes in the world," and *TIME* magazine dubbed it "Downton Abbey's American Cousin." Cost: \$14.00 pp

First you will have lunch at the Chowder Pot and then head over to the museum for a guided tour. Meal choice off the lunch menu.

Depart: 10:30 Return approx.: 5:30 Sign up begins Monday, December 5th

Knights of Columbus Museum – New Haven

Monday, January 23rd

Exhibition of the *Creches of Germany - Tradition & Faith*

We will take a self-guided tour of the exhibit beginning at 10:30. No fee for admission to museum.

We will stop at the Valley Dinner for lunch on your own.

Depart: 9:30 am Approx. Return: 2:00 pm Sign up begins Tuesday, December 20th.

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.***

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**.



Municipal Agent News
December 2016

Hi Everyone!

I'm sure everyone is busy getting ready for the holiday season. It is almost unthinkable that we are even discussing this topic. Shouldn't we have or need at least 2 more months before the holidays are upon us? There is definitely something to the saying "*time stands still for no one*". Enjoy your baking, gift buying, wrapping and other holiday preparations. Thankfully, it's only once a year!

Good News! It was recently announced that Social Security recipients will get a cost-of-living raise for 2017. Bad News! Recipients will only get a .3 percent increase. This increase will effect more than 70 million people. The average monthly social security payment is approximately \$1,238. This .3 percent increase adds up to a monthly increase of less than \$4 per month. This small increase will probably be wiped out by the expected increase in Medicare Part B premiums which are deducted from your monthly social security payments.

There was no social security increase in 2016 and next year's increase will also be small due to the low inflation rate this year. The cost-of-living adjustment is based on a broad measure of prices generated by the Bureau of Labor statistics. It measures prices changes in food, housing, clothing, transportation, etc. If prices go up, benefits go up. In 2016 gasoline prices have fallen by more than 6 percent which will affect next year's increase. About 173 million workers will pay social security taxes next year with about 12 million of them facing higher taxes due to the current cap of paying on the first \$118,500 of their annual wage is being increased to \$127,200 next year. Hopefully, next year's increase will be more than this year's!

May all your Holidays be Merry and Bright!

Until next year...

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!**

AT THE CENTER

BALLROOM DANCING – December is Tango month!!! Beginners welcome. Good for your brain, it can help to delay and eliminate dementia. So fire up your neurons and get dancing!! No fee. Tuesdays @ 1:00. (Time will be 2:30 on Dec. 6th and 20th)

Coloring Book Fun with Joyce

Monday, December 5th @ 1:00

A great way to enjoy a relaxing and fun afternoon. Joyce will provide the supplies.

Blood Pressure Check

Monday, Dec. 5th & 19th @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

The Happy Hookers of Oxford – Crochet Group

Mondays 1:00 – 3:00. Please bring a “J” size hook.

“Get Moving!” – Nutrition Presentation by Judy Prager, RDN, CDN, LDN, Nutrition Consultant

Tuesday, December 6th @ 11:00

How exercise fits into your healthy diet. Self-sign up.

Senior Community Café (TEAM Lunch)

Tuesday, December 6th @ 12:00

Menu: Lentil soup, pasta & tuna salad, beet salad, lettuce & cucumber, garlic breadstick, pineapple & milk. Make your reservation by the Friday before the lunch. Donation \$3.00. Checks payable to TEAM.



Monthly Birthday Social and Center Update

Monday, December 12th @ 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, December 13th 10:00-2:30 and December 28th 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!

Budgeting – Presentation by Diane Ostuni of Help Unlimited

Tuesday, December 13th @ 11:00

A presentation on the importance of money management and the peace of mind a balanced budget brings. Diane will also help you with confusing forms of any kind and answer your questions. Self-sign up. Light refreshments will be served.

Apples-to-Apples Game

Monday, December 19th @ 11:00

Exercise for your brain! Prize for the winner.

Ask a Lawyer – “Keeping the predators at bay: saving my life savings”

Tuesday, December 20th @ 11:30 in our Reading Room

This is a workshop led by attorneys Steven Rubin and Franklin Drazen from the Drazen Law Group. They will present important legal information and then open the floor for Q & A. Self-sign up.

Senior Community Café (TEAM Lunch)

Tuesday, December 20th @ 12:00

SPECIAL LUNCH of Beef Wellington, twice baked potato, peas & mushrooms, snowflake dinner roll, candy cane cookie and milk. Please make your reservation by the Friday before the lunch. Donation \$3.00 Checks payable to TEAM.

Movie Matinee: "Mr. Church"

Tuesday, December 20th @ 12:30

Starring Eddie Murphy, Britt Robertson, Natascha McElhome, Xabier Samuel and Lucy Fry this is a story of the creation of a genuine loving family in an unusual way. Based on a true story.

Rated PG-13, running time 1:44 min.

Hearing Screening

No Screenings this month.

The Prayer and Share group would like to share a scripture verse with you: For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. John 3:16.

Holiday Bonus B I N G O !

Wednesday, December 21st @ 12:30 – 3:30 Cost \$2:00.

Don't miss this special BINGO day!

Left, Center, Right Game

Tuesday, December 27th @ 11:00. You could win a hot dog gift certificate!

REGULAR WEEKLY EVENTS

Ballroom Dancing – Tues. 1:00

Walking Group – Mon, Tues 10:30, Fri 9:30

Pocket Billiard – All Week

Rummikub - Mon -Fri 10:00

Ladies Poker – Thurs. 1:00

Mahjongg – Mon 12:30

Poker - Mon, Fri 1:00

Wii Bowling – Thurs 1:00

Quilting – Wed 9:30

Craft Group – Thurs 9:30

Pinochle – Fri 1:00

Municipal Agent – Thurs 10:30

Choral Practice – Thurs 10:30

Hot Dog Lunch – Thurs 12:00

Cost: \$2.00 (No Hot Dogs Dec. 8th)

EXERCISE CLASSES

SENIOR ZUMBA Mondays @ 11:15 and Friday @ 10:00! ****NO CLASS Mon. Dec. 12th****

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 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. 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.

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 –Please note that this month the meeting will be Tuesday, December 13th @ 9:30.

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. Please call the Center at least 2 business days in advance. Scheduling office hours: 8:30 am – 12:00, Mon thru Fri. Voicemail after hours and weekends will be checked the next business day. Any emergency or same day cancellations AFTER 12:00 NOON – DO NOT leave voicemail – please call extension “0”.

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, Jean Michalak, Howard Allen, Rosa Carralero, Helen Athans, Peggy Nelson, Barbara Gilmore, Arthur Miller, Harold Cosgrove, Peter Dinyovszky, Marge Lucas, Harriet Rich, John Ellis, Fran Bruce, Mary Lee Bachhuber, Ruth Mott

DECEMBER BIRTHDAYS

Bernadette Dionne	1	Robert Geci	7	Bernadette Greatorex	14	Joan Stanko	20
Mary Geloso	1	Barbara Hayes	7	Ines Davino	15	Albert Falcha	21
Mabel Kezelevich	1	Joseph Sherman	7	Gary Blow	16	Lena Giordano	21
Janice Macura	1	Sharon Stocking	7	Pat Andreana	17	Rita Monahan	21
Veronica Sharnick	1	Edith McKane	8	Barbara Anzellotti	17	John Macura	22
Janet Weston	1	Susan Mullen	8	Richard Benham	17	Andrew Passifiume	23
Robert Bednarcik	2	MaryAnn Drayton Rogers	8	Marisa Gertz	17	Carol Picheco	26
Mike Caterino	2	Theresa Tallberg	8	Connie Lieder	17	Harue (Rae) Bailey	27
Paul Kurbikoff	2	Judith Jablonski	9	Carl Palarino	17	MaryEllen Slywka	27
Donna Alberti	3	Ann Cotter	10	Pat Miller	18	Peg Billingslea	28
Genevieve Malota	3	Fred Ortoli	10	Carole Lee Berlin	19	Carmine Ciardullo	28
Lee McLellan	3	Helena Rotzal	10	Frank Blaze	19	Donna Griffin	29
Joan Pierpont	3	Albert Tomascak	10	Carol Born	19	Thomas Konecny	29
Jayne Champion	4	Jayne Pearlman	11	Agnes Russell	19	William Schmidt	29
Camille Frate	4	Gary Zaremski	11	Dyanne Chang	20	Linda Vignola	29
Rosemary Westhaver	4	Bruno Manes	12	Rudy Danowski	20	Lou Anne Evon	30
Milton DeGeorge	5	Marilyn Pruchnicki	12	Madeline Fodera	20	Sabina Franco	30
Kathy O'Connell	5	Jack Thorpe	13	Peg Hamila	20	Lynn Ortoli	30
A.M. Renkewith	5	Warren Upson	13	Jean A Howard	20	Louise Burr	31
Ugo Zullo	5	Harold Cosgrove	14	Geri McDonald	20	Anne Smith	31