

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

January
2017

The center will be closed January 2nd for New Year's
&
January 16th in observance of Martin Luther King Jr. Day.

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!

You must be a member to participate in the programs and events at the Senior Center.

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.

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. Please sign up at reception desk.

Oxford High School Chorus

Winter Concert at the Senior Center

Monday, January 30th @ 12:30

Join us to hear the beautiful voices of the High School Choir. These wonderful kids will raise the roof with their booming voices. Always a special treat you don't want to miss!



COMING IN FEBRUARY

Acupuncture Presentation and Demonstration

Wednesday, February 1st @ 11:30

Jim Fitzpatrick L.Ac. A private practitioner of Acupuncture and Traditional Chinese Medicine will share with you how acupuncture can be used for safe and effective care. He will offer explanations of acupuncture and Chinese medicine from a western, biomedical perspective, as a foundation for your health, happiness and peace of mind. Self-sign up.

Beating the Winter Blues with Essential Oils

Wednesday, February 8th @ 12:30

Have you ever noticed that when you're enjoying the aroma of fresh cut flowers you actually feel calmer and more at peace? That's because the essential oils within a variety of plants, trees, and flowers have a powerful effect on our brain and nervous system and support us in shifting to a more positive state of mind.

Join Kim Staffieri, RN, Reiki Master and Essential Oil Educator will be offering an experiential workshop on how essential oils can help you beat the dark days of winter Aromatherapy hand massages will also be offered to those interested. Self-sign up.

The Heart Hop!

Thursday, February 9th @ 12:00

February is heart month so let's rev up your heartbeat with the sounds of music by "Back into Time", DJ Pat Santucci. With 45 years in the music business "DJ Pat" will provide great music from the 40's to 70's. See you at the "Heart Hop"! Lunch will be prepared by Lou Granato including stuffed peppers, buttered noodles, glazed carrots, garden salad, rolls, and cherry cobbler for dessert. *"See you At The Heart Hop!"* Cost: \$10.00

Motor Coach Trips

***** Please read these important changes for casino trips. *****

Due to the popularity of these trips and our effort to be fair to all our members, beginning January 2017, you will be able to sign up for the monthly casino trip for the following month the day after the current month's trip has occurred and not before. For example, you will be able to sign up for the February 28th trip to Foxwoods on January 25th and not before. Also, payment will be due at the time of sign up.

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. *****A \$50.00 deposit is due by Feb. 1st in order to book.*****

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.**

Senior Center Bus Trips

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

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, except for Casino trips where payment is due upon sign up. Payment will NOT be accepted PRIOR to the sign up date.*

Municipal Agent News - January 2016

Hi Everyone!

Happy, Happy New Year!

It doesn't matter if you had a good, mediocre, or bad year in 2016; as the New Yorkers say, "forget about it". We are now starting off with a brand new year; clean slate. So, now is the time for me to "*wish*" everyone a *Happy, Healthy and Prosperous New Year!*

Previously we discussed some of the Social Security changes for 2017. We all know that we are getting a .3 percent raise in our monthly benefits which averages, (depending on which article you are reading), \$4 or \$5 per month. We also discussed how this cost of living increase will probably be eaten up by higher Medicare Part B premiums which will increase by \$4.10 for the majority of beneficiaries. Those that are new to Medicare will pay a monthly premium of \$134. High earners will pay up to \$428.60 a month for Part B. The Part B annual *deductible* is \$183 (up from \$166 in 2016) and \$1,316 for the Part A hospital *deductible* (up from \$1,288). The amount of earnings subject to Social security tax in 2017 will increase to \$127,200 up from \$118,500 in 2016. This tax hike will affect about 12 million of the 173 million people paying social security.

What we didn't discuss previously is how the full retirement age is going to increase. People born between 1943 and 1954, full retirement is 66 years of age. In 2017, people born in 1955, the full retirement age **will increase** to 66 years **and 2 months**. This increase will continue each year, until it reaches 67 years for those born in 1960 or later. To reach the Social Security Agency's goal as stated above, for the **next five years, 2 months** will be added **each year** until they reach the full retirement age of 67 years.

Phew! That's *all the changes* in a nut shell, (that I know about), for social Security. If you have any questions on these social security changes, call me at 203-888-2090 and I will be happy to discuss them with you.

Once again, *Happy 2017!*

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. 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

Blood Pressure Check

No Blood Pressure Clinic this Month.



The Happy Hookers of Oxford – Crochet Group

Mondays 1:00 – 3:00.

The Happy Hookers will be making hats for cancer patients of all ages. They would welcome donations of yarn for this project. If you would like to make hats but prefer to work at home, there will be a basket at the Center for dropping off hats. It is suggested that you use soft yarn and that you keep your cancer projects separate from any other. It would be appreciated if the hats could be dropped off in a sealed gallon size bag, to prevent exposure to germs. Some yarn will be available if needed. Please join us on Mondays. Thank you!

Left, Center, Right Game

Tuesday, January 3rd @ 11:00. You could win a hot dog gift certificate!

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 the reception desk.

Drug Take Back Program - sponsored by the Oxford Resident State Troopers Office.

Beginning Thursday, January 6th

This is the legal and safe way to dispose of medications that have expired or are no longer needed. Members can discard their unwanted or unused medicines in a special box on Thursdays at the Center. Liquids are okay, but no needles. The State Troopers office will pick them up and dispose of them. Do not flush prescription medicines or OTC products down the sink or toilet!

Monthly Birthday Social and Center Update

Monday, January 9th @ 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, January 9th @ 1:30

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

Foot Clinic

Tuesday, January 10th, 9:00 – 2:30 and Wednesday, January 25th, 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!

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 interesting, helpful information.

What better way to spend a cold winter afternoon? Self-sign up.

Ask a Lawyer

“Home Care, Nursing Home, Assisted Living: What’s The Best Choice and How Do We Pay for It?”

Tuesday, January 17th @ 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, January 17th @ 12:00

Menu: Meatloaf w/ gravy, mashed potatoes, roman blend veggie, multigrain dinner roll, peaches & milk.

Make your reservation by the Friday before the lunch. Donation \$3.00. Checks payable to TEAM.

B I N G O !

Wednesday, January 18th @ 12:30 – 3:30 Cost \$2:00.

Ask A Pharmacist – Market 32 Pharmacist, Leslie Kerwin AND Drug Take Back Program

Tuesday, January 24th @ 11:00

This month's topic will be “**Medication Safety**”. Informal discussion with Q & A.

The Drug Take Back Program will also be discussed and any questions answered.

Hearing Screenings – Hearing Aid Specialist of CT

Tuesday, January 24th, 9:30 – 11:30

A specialist will 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 call the senior center.

The Prayer and Share group would like to share a scripture verse with you: "This is the day the Lord has made; let us be glad and rejoice in it" Psalm 118:24 REJOICE 2017

Joan's Lunch

Wednesday, January 25th @ 12:30

Menu: Baked ham with sauce, hash brown casserole, cole slaw with pineapple, baked beans, and homemade dessert. Cost: \$6.00 pp Sign up begins Friday, January 6th.

Craft with Eve

Thursday, January 26th @ 1:00 *** Note Time Change***
Nome Fairy House. Look for a sample at the Center! Self-sign up.



Apples-to-Apples Game

Monday, January 30th @ 11:00
Exercise for your brain! Prize for the winner.

Senior Community Café (TEAM Lunch)

Tuesday, January 31st @ 12:00
Grape juice, linguini w/ clam sauce, fresh zucchini, multigrain dinner roll, tapioca pudding and milk. Please make your reservation by the Friday before the lunch. Donation \$3.00 Checks payable to TEAM.

Movie Matinee: "Florence Foster Jenkins"

Tuesday, January 31st @ 12:30 Running time 1 hr. 50 min.
Starring Meryl Streep, Hugh Grant and Simon Helberg. The true story about the legendary New York heiress and socialite who obsessively pursued her dream of becoming a great opera singer. The voice in her head was beautiful, but to everyone else it was hilariously awful. Her husband and manager was determined to protect her from the truth, but when Florence decided to give a public concert at Carnegie Hall in 1944, he knew he faced his greatest challenge. Rated PG-13

REGULAR WEEKLY EVENTS

Ballroom Dancing – Tues. 1:00 Walking Group – Mon, Tues 10:30, Fri 9:30
(No Class Jan. 10th & 2:30 on Jan. 31st)

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 Jan. 12th)

EXERCISE CLASSES

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

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.

BALLROOM DANCING

Tuesday @ 1:00 Professional Dance Instructor: George Maderski,
Beginners welcome and no partner needed.

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, January 10th @ 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: 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, Harriet Rich, Fran Bruce, Ruth Mott, Walt Jamroz, Mary Rozum

JANUARY BIRTHDAYS

Cathy Argonese	1	Mary Tosolini	7	Prudence Hayden	14	Michael Perone	21
Helen Carnes	1	Gerald Davino	8	Ruth McCaffrey	14	Barb Montefusco	22
Vahan Hovey	1	Edward Gaal	8	Edna Smith	16	Emily Inzitari	23
Valerie Page	1	Patricia Najjar	9	Ann Clairmont	17	Linda Olsen	23
Carol Della Rocco	2	Helen Zielinski	9	Regina Sevigny	17	Joan Livolsi	24
Donna Kingston	2	Shirley Keane	10	Roy Everlith	18	David Nash	24
Art Carotenuto	3	Peter Wols	10	James Zibluk	18	Shirley Goumas	25
Sandy Chemlen	3	Sandra Benham	11	Charles Guliuzza	19	Martin Rheingold	25
Virginia Keane	3	Alice Allan	12	Arlene Kearney	19	Walt Hupprich	27
Joan Savoy	3	Janet Levesque	12	Anthony SanAngelo	19	Chris Sabatini	27
John Zito	3	Barbara Varanay	12	James Siler	19	Nancylee Madorno	28
Maryann Dodge	5	Margaret Crowther	13	Loretta Ward	19	Anthony Montanaro	28
Giles Hennessy	5	Susan DeScheen	13	Carol Schenck	20	Joan Waldorf	28
Diane Ahern	7	Eugene Gosk	13	Claude Traver	20	Dennis Galemba	29
John McLeod	7	Catherine Cervera	14	Pauline Krofssik	21		