

Oxford Senior Center

10 Old Church Road, Oxford, CT 06478

(203) 881-5231

Reception / Reservations – Ext. 100

On the Internet: www.oxford-ct.gov

Hours: 9:00AM - 5:00 PM Monday – Friday

January 2014

**THE CENTER WILL BE CLOSED JANUARY 1ST FOR NEW YEAR'S AND
JANUARY 20TH FOR MARTIN LUTHER KING, JR.**

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 and it will open the page where newsletters and other center information are listed.

Winter Storm Closings Notice

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

New Year's Celebration

Thursday, January 9th @ 12:00

Let's get together and welcome in the new year of 2014 at the Center with Bob Mel singing and enjoying a delicious meal catered by Mattie's.

Menu: Ziti with meat sauce & grated cheese, eggplant parmesan, roasted country herb chicken, tossed salad w/ Italian dressing, bread & butter, bread pudding w/ vanilla ice cream for dessert, and beverage.

Cost: \$10.00

Casino Day -Vegas Spectacular!

Thursday, January 23rd @ 12:00

This is always a fun filled event that you won't want to miss. Lou Granato will be setting up the food and we will have Philly cheese steak, shrimp salad, soup, potato salad and dessert. Games include blackjack, poker, Left Center Right, Bingo, and Number Wheel. Package includes 50 chips per person and all food and beverages. Prizes will be awarded

to top winners!

Cost: \$10.00 pp

2014 MEMBERSHIP DUES

Renew now so you don't miss a copy of our newsletter!

\$3.00 Oxford Resident, \$5.00 Surrounding towns of Beacon Falls, Middlebury, Naugatuck, Seymour & Southbury; \$7.00 All other towns/cities.

Membership is FREE for Gold Member, however, in order to continue your membership you must notify the office and verify your address each year and update emergency contact. Who is a Gold Member? Oxford residents age 80 and over. If your 80th birthday is in 2014, you are

GOLD! Also included are seniors from other towns who were Gold Members in 2006.

Do you enjoy singing? Please join our choral group which meets Thursdays at 10:30. Call the Center if you have any questions.

(Motor Coach Trips)

Mohegan Sun Casino

Tuesday, January 28, 2013

Includes \$15.00 Food Voucher and \$15.00 Free Bets

Cost: \$22.00 pp Sign up now!

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

Connecticut Flower & Garden Show

Thursday, February 20, 2014

Theme is "Backyard Paradise" at the CT Convention Center

Price includes transportation, admission & driver's gratuity

Depart Center: 8:30 am Return approx.: 5:30 pm

Cost: \$35.00 pp

Pennsylvania Dutch Country – Sight & Sound Theatre

“MOSES” at the Millennium Theatre - Two Trips!

May 19 – 20, 2014 and June 2 -3, 2014

First Day: Our first stop will be in the “Christmas City” of Bethlehem, PA to visit the Sands Casino (all will be given a \$30 bonus to try their luck). Then on to Hershey Farms Inn in Strasburg, PA for a sit-down dinner at the Inn followed by the Lancaster County Comedy Show.

Second Day: Breakfast at the Inn then to the Theatre to see MOSES. After the show a stop at the Kitchen Kettle gift shops, the Intercourse Cannery and the Amish Quilt Shop. We will stop for dinner (on own) at the Shady Maple smorgasbord before returning home.

Departing Oxford Senior Center: 7:00 am

Cost: \$265.00 pp based on double occupancy; \$320 pp single rate; \$250 pp triple rate.

(Senior Center Bus Trips)

Please read the following and hopefully, it will clear up any confusion regarding Senior Center Bus trips:

- *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 call the center if you have any questions.*

Please take a moment and read these “FRIENDLY REMINDERS “

Parking when on trips: Please do not park in the handicapped spaces. The front spaces should be left open for people coming to the center throughout the day, so

please park to the side of the center.

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 in 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.

Stop by the senior center to see if an event or program has been added since our newsletter was printed. Sometimes we have an opportunity to present a program that cannot be confirmed before our newsletter goes to print. Take a look at the bulletin board and sign up at the front desk!

Coming in February so save the date!

Craft with Eve

Thursday, February 6th @ 1:00

This will be a surprise craft. Look for a sample at the front desk as soon as Eve unveils it!

Yale Peabody Museum Presentation

Tuesday, February 11th @ 11:30

Tom Owsiany, chairman of the Yale Peabody Museum of Natural History, outreach committee will be at the center with some very interesting artifacts and information. This is a unique opportunity to have the museum come to us! Sign up now.

Live, Laugh and Love

Our Valentine's Day celebration!

Thursday, February 13th @ 12:00

“Life is just a bowl of cherries, so live and laugh, and laugh at love, love a laugh, laugh and love.” – Bob Fosse

Come on down to hear Bob Lupi and Julio perform and eat a lunch catered by Stacey Ferenze of Savour Catering. Menu will be posted at the center.

Cost: \$10.00 pp

AT THE CENTER

REIKI by Augusta Ozdemirer

Reiki therapy is an ancient spiritual healing method. Augusta will come to the center but please call the center to make an appointment. Cost: \$40.00 per session 45 – 60 min.

Blood Pressure Check

Tuesday, January 7 & 21, between 1:00 - 2:00 pm

Sponsored by Pomperaug District Dept. of Health

It's always a good idea to have your blood pressure monitored and ask questions.

Senior Community Café (TEAM Lunches)

Tuesday @ 12:00 January 7th & 21st

Final count is called in the day before. Call the center for menu.

Donation: \$3.00 Sign up is necessary. Menus posted at Center.

“Ask a Therapist”- Beacon Brook Physical Therapy, Naugatuck

Tuesday, January 7th @ 1:00

Physical therapists will be here to answer your questions! They will be able to answer your questions about arthritic pain, balance issues, knee pain, fall prevention, etc.

This is your chance for free advice! Make your reservation today.

Prayer and Share

Wednesday, January 8th @ 1:00 – 2:00

All are welcome to share their thoughts in this uplifting and open discussion group. We meet in Reading Room.

Book Club

Monday, January 13th @ 11:00

Informal group discussion led by Mary Kennedy. All are welcome.

Monthly Membership Birthday Social

Monday, January 13th @ 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!

Left, Center, Right Game

Tuesday, January 14th @ 11:00

Bingo

Wednesday, January 15th @ 12:30 – 3:30

Cost: \$2.00

Craft with Eve

Thursday, January 16th @ 1:00

Create a one of a kind snowman and bulletin board. Put your imagination to work.

Please sign up now. Limited spaces.

Light lunch

Friday, January 17th @ 12:00

Fried dough with variety of toppings prepared by Lou Granato.

\$5.00 Make your reservation now.

Apples-to-Apples Game

Tuesday, January 21st@ 1:00

Exercise for your brain! Prize for the winner!

Positive Thinking

Enrich your life through positive thinking!

Monday, January 27th @ 1:00

Bob Taylor will facilitate an interactive workshop on positive thinking and how it can be used to enrich your daily life. Topics of discussion will include: positive thinking – the mind connection, the circles of concern and influence – you are what you think - make time for you and live “In the Now”. Don’t miss this opportunity, register now.

Free Hearing Screening

Provided by Hearing Aid Specialists of CT

Tuesday, January 28th @ 9:30 – 11:30

Hearing Aid Specialist of CT will have someone at the center to examine your ear 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.

Lunch and Movie

Tuesday, January 28th @ 12:00

Lunch: Sausage and pepper grinders & dessert.

Cost: \$4.00pp

Movie: Heart of the Country, Jana Kramer, Gerald McRaney, Randy Wayne, Anne Hawthorne, Shaun Sipos

Faith and Luke have it all. Faith is a beautiful singer and Luke is an up-and-coming businessman. When their life together is shattered and she is forced to return home to the family she turned her back on years ago, she must find the strength to love again.

Joan's Lunch

Wednesday, January 29th @ 12:30

Menu: Lasagna soup, Joan's Super Salad bar, (this is not your normal salad bar), homemade bread with rice pudding for dessert.

Cost: \$6.00 Sign up begins January 8th.

Poetry Corner

Wednesday, January 29th @ 2:00

If you are interested in reading, writing, listening or sharing your favorite poems with others please join us for this informal gathering. This is a great activity to expand your mind!

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Please make sure you let the receptionist know when signing up for a program IF you need to be picked up at your home.

REGULAR WEEKLY EVENTS

Pocket Billiards

Monday – Friday

Mahjongg

Monday @ 12:30

Wii Game

Thursday @ 1:30

Wii is always available to any members as long as the main room is available.

Walking Group

Monday, Tuesday, Friday @ 10:30

Continental Breakfast

Wednesday @ 9:30

Poker

Monday and Friday @ 1:00 (If we are closed on Monday, poker will be played on Tuesday)

Quilting

Wednesday @ 9:30

Craft Group

Thursday @ 9:30

Municipal Agent

Thursday @ 10:30

Hot Dog Lunch

Thursday 12:00 – 1:00

Cost: \$1.50 (No hot dogs Jan. 9 & 23)

STRONG BODY, STRONG MIND

SENIOR ZUMBA

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. Give it a try!

\$2.00 per class.

Flex, Fit & Fun

Wednesday @ 10:30 – 11:15 Instructor: Pat Babbage

This is a conditioning class using 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 if possible, 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.

RESTORATIVE YOGA

Monday 9:20 – 10:20 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 and body-awareness in more active walking and standing movements sets.

\$15.00 for 8 class session or \$3.00 per class drop in cost

PASTEL PAINTING

(Beginners to Advance)

Tuesday, 1:30 – 3:00 Instructor: Eilene Smith

This class is a perfect way to start a hobby you will come to love, create a lasting heirloom or just relax. The instructor loves to share her talent! \$50.00 for 6 class session or \$10.00 per class drop in cost. Sign up anytime.

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)
Walt Gadsky Chairman - Elderly Commission
Transportation Scheduling – Ext. 101
Dianna O’Connor, Michael Alberti, Carmine Onofrio, Rosalie Hullette, Starr Jasne.

MONTHLY MEETINGS

Monthly Membership Birthday Social – Jan. 13th @ 1:00

If a scheduled Monday meeting falls on a holiday, it will be held the following week.
Elderly Commission –Meetings are held on the 1st 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 Betty Jacobs (Community Carpool) at 888-9674. 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 –Shoprite 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 Seniors. Please keep the following people in your thoughts: Sylvia Adams, Kathryn Duszak, William Carnes, Mary Galt, Rosemarie Greco, Ginny Kenney, Grace Whittle, Pat Ploch, Mary Atwater, Shirley Green, Dave Martin, Maurice Gerb, Dorothy Roggenback, Shirley Petrillo, Jean Ladyko, Jean DuPaul, Dee Voccola, Ellie Hoffman, Jennie Donzella, Jeannette Laird, Connie Koskelowski.

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Join us for the monthly Membership Meeting / Birthday Social and you could win a gift! You must be a member and attend the meeting to be eligible.

December Birthday Winner: Kathy O’Connell

JANUARY BIRTHDAYS

Helen Carnes	1
Vahan Hovey	1
Valerie Page	1
Lawrence Petroski	1
Barbara Turley	1
Sandy Chemlen	2
Donna Kingston	2
Virginia Keane	3
Joan Savoy	3
John Zito	3
Giles Hennessy	5
Richard Larson	5
Alice Hollett	6
John McLeod	7
Gerald Davino	8
Edward Gaal	8
Joyce Hummel	8
Ellin Sunshine	8
Irene Dziadik	9
Pat Najjar	9
Helen Zielinski	9
Lou Granato	10
Sandra Benam	11
Rita Casey	12
Carol Sheehan	12
Catherine Cervera	14
Janice Lyons	14
Mary Ruesch	14
Dave Cifatte	15
Jane Saulenas	17
Roy Everlith	18
David Nelson	18
Anne Chapleau	19
Loretta Ward	19
John Preneta	20
Michael Perone	21
Barb Montefusco	22
Emily Inzitari	23
Arthur Koeller	23
Susan Westbrook	23
Jim Voccola	25
Walt Hupprich	27
Lorraine D'Amico	31
Barbara Enquist	31