



Oxford Senior Center Newsletter JULY 2023

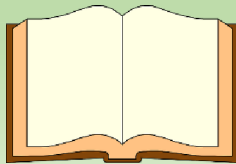
10 Old Church Road, Oxford, CT 06478 (203) 881-5231
Open Monday - Thursday 9:00-5:00 Friday 8:00 - 4:00



Our mission is to create a welcoming and inclusive environment where seniors can enjoy happy, rewarding experiences among friends. We offer events and activities designed to keep our senior community entertained, healthy, well-fed, and socially satisfied! We look forward to seeing you!

Welcome Sandy!

The Oxford Senior Center is very happy to welcome our new director of Senior Services: Sandra Arburr. Sandy is already known to many here from her time at Oxford Greens, and as a resident of Oxford herself. Please be sure to stop by to say hello to Sandy! On behalf of the entire team here at the center, thank you for your patience and assistance as we turn another page of progress and opportunity to better serve you!



Senior Center Summer Carnival

Thursday, July 27
12:00 - 2:00



Step right up and join us for an old-fashioned picnic right here at the Center. Spend some time outside playing summer games or relax inside with friends. We will have lots of activities and games of chance.

Enjoy your favorite picnic foods:

- Hot dogs
- Hamburgers
- Macaroni salad
- Potato salad
- Watermelon
- Snow cones

Only \$10 per person.

Sign up for residents: 7/11 nonresidents 7/14.

Want to be the first to know? Newsletters are available online at www.oxford-ct.gov
Let us know if you'd prefer to receive your copy by email, or by picking it up in person at the center.
Remember that to participate in any center activities, you must be a current member.



GAMES & ACTIVITIES!

Left, Center, Right Game

Thursday, July 13 from 11:00-12:00

Win a free hot dog and lots of laughs!

Apples to Apples Game

Thursday, July 6th @ 1:00 – 2:00

It's anyone's guess! \$10 prize for winner!

BINGO!

Wed. June 12 & 26 from 1:00-3:00

Cost: \$2.00 per card. Light refreshments will be served.

Please sign up and pay on the day of event.

BOCCE BALL

Bocce for all: M, W, F 9:00 AM May-Sept

Ladies: M & W 10:30

Center vs Town Hall Game Wed July 12 & 26!

CENTER PROGRAMS

Blood Pressure Checks Thursday, July 6, 13, 20, & 27 from 10:45 – 12:45

Sponsored by the Housatonic Valley Health District

HAIR BY DONNA July 11 & 25 from 10:30- 2:00.

\$10.00 haircuts in a private room at the center.

Call center for appointment. Pay Donna directly

Foot Clinic with Nurse April Marshall

Tues, July 18 & Wed July 19 from 9:00-2:00.

Please note: If you are a diabetic, a doctor's note will be needed.

Call center for appointment.

\$35.00 paid directly to April

Happy Hooker's Monthly Luncheon Monday,

July 17 Sitting Duck 12:00

Meet at the center at 11:30 am to carpool or meet at the restaurant at 11:45. Register at front desk.



Annie's Arts & Crafts

Ann Cummings continues to provide creative and fun projects for novice and experienced crafters! Classes are limited to 20 participants. Sign up early; spaces go fast!

July 11 Ladybugs & Flowers

July 18 Decoupage Vases

July 25 Diamond Art Window Clings

Pastel Painting

1st & 3rd Tuesday of the month 1:00 – 2:30

Cost: \$10 per class. All supplies included.

Please pay Eilene directly.

Acrylic & Watercolor Painting

2nd & 4th Tuesday of the month- @ 1:00 Please bring your own supplies and a project you are working on, and meet us in the main room at the Center.

Please register at front desk



Hot Dog Thursdays July 6, 13, & 20 @ 12:00

Joyce Niestemski will be grilling up her juicy Hummel's hot dogs for everyone to enjoy! Served with chips, drink & dessert for only **\$3.00!**

Center Café (Elaine Marcucio)

Wednesday, July 26

- Turkey Club w cole slaw
- Crab Cakes rice, cole slaw

Cost \$8:00 Please call the center to reserve your meal by **July 21st** (Pay Elaine day of meal)



CENTER EXERCISE CLASSES

Tai Chi with Diane Lewis will not take place until the fall See calendar for next dates

Poise & Posture and Latin Fusion will not take place in July & August

Flex, Fit & Fun with Bobbi

Mondays 10:30 – 11:15

\$2.00 per class Pay at desk

Yoga by Jeanne

Tuesday July 25, 9:30 – 10:15

\$5.00 pay instructor

Chair Yoga with Joann

Wednesdays July 5, 12 & 19, 9:30 – 10:15

No Chair Yoga July 26th

\$5.00 per class. Pay instructor

Strength & Balance with Bobbi

Wednesdays July 5, 12, & 26 @ 10:30

Cost: \$2.00 per class. Pay at front desk

Mat Pilates Fridays July 14, 21, & 28 @ 10:00

Instructor: Helene Korchin.

No Pilates 7/7

Cost: \$2.00 per class



Coming in July August & September:

Mystic Seaport and Aquarium

Ferry to Port Jefferson NY

Hudson River Fall Cruise

(Always open to suggestions!)

MOTOR COACH TRIPS & EXCURSIONS

Flyers for all trips are available at the center A minimum of 40 passengers needed to travel

MGM Grand, Springfield, MA

Tuesday, July 25th Cost : \$30.00pp

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

SPACE STILL AVAILABLE! SIGN UP NOW!

Indian Princess

TRIP # 1- July 18th, 2023 SOLD OUT

TRIP # 2- July 20th, 2023 SOLD OUT



Buddy & Elvis Tribute Show

Wed. August 9th, 2023 SOLD OUT

This fantastic tribute show will surely have you singing along!

COST: \$127. PP

WATERFIRE & NEWPORT GETAWAY

New Dates: September 9-10th

\$406 pp Double (\$496 Double, (496 Single \$385 Triple)

Join us for this one of a kind weekend getaway enjoying the best of fine dining and spectacular luminary display! Space still available, sign up soon!

“ATLANTIC CITY GETAWAY” October 10-12, 2023

Caesars Hotel - 3 Days/2 Nights –

With The Corvettes Doo Wop Review and Kenny & Dolly Tribute. Only \$298pp Double. \$288pp Triple. \$398pp Single.

SOLD OUT

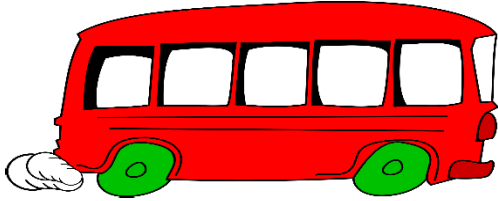
CAMP LADORE- Waymart, PA

July 24-28 \$275pp Dbl \$391pp Single

Miniature golf course, bocce, shuffleboard, heated pool, hot tub, crafts, bingo, pedal cars, pontoon boat rides, paddleboats, fishing, zip line, canoeing, corn hole, pickle ball, horseshoes, entertainment, line dancing, yoga, talent show, games, and much, much more! All meals are included!! Drive on own. Sign up now!

SENIOR CENTER TRANSPORTATION

SERVICES:



If you need a ride to a medical appointment, call Sandy Brown (Community Car) at 203-881-0406. If the Community Car is not available, call the Oxford Senior Center.

Our free transportation service is available for Oxford residents over the age of 60 or disabled adult residents who cannot drive and do not have a family member available to drive them. We have 2 handicap accessible vehicles and can provide rides for medical appointments, shopping, and other needs (subject to availability).

We offer transportation services Monday - Thursday with scheduled pick-up times beginning at 9:00 am and the last available pick up time at 3:30 pm.

Rides must be requested 7 business days in advance by calling the transportation line at 203-881-5231 x 3101 or emailing transport@oxford-ct.gov. Please leave a detailed message with your name, phone number and email address, the date and time of your appointment, destination with address and if you require a handicap accessible vehicle.

Grocery Shopping Tuesdays: 9:30 am - 12:00 pm. Market 32, ShopRite or Walmart. Limit your purchases to five bags. **Please note:** Pick up times are approximate within fifteen minutes. We appreciate your patience as we try to accommodate many riders for this weekly service.

ANY SAME DAY CANCELLATIONS - PLEASE DO NOT LEAVE A VOICEMAIL MESSAGE ON THE TRANSPORTATION LINE. CALL EXTENSION "0"

Municipal Agent News

Happy 4th Of July!

Now that Summer is here, I could physically taste the fresh fruits and vegetables that New England is famous for and many are grown right here in Oxford. The Connecticut Department of Agriculture and the Senior Farmers' Market Nutrition Program team up to identify individuals or entities which shall distribute the Senior Farmers' Market Card to eligible participants. This year your Oxford Senior Center along with Crestview Senior Housing is participating in this program. The Connecticut Farmers' Market Senior Nutrition Program shall supply Connecticut grown fresh produce and honey to eligible participants through the distribution of electronic benefit cards redeemable only at authorized Connecticut farmers markets. Eligibility requirements are: You must be 60 years of age and a resident of Oxford. You can only obtain one card per person and proof of income eligibility must be shown. (Most recent Income Tax Return etc) Please note that the annual income shown are incomes for the entire household not per individual. 2023 Income limits:

Household size 1 annual Income \$26,973.
Household size 2 annual income \$36,482,
Household size 3 annual income \$45,991,
Household size 4 annual income \$55,500,
Household size 5 annual income \$65,009,
Household size 6 annual income \$74,518.

If you are eligible and would like to participate in this Farmers' market program please contact me at 203-888-2090 so we can get you signed up and eating your healthy fresh veggies! Until next month...

Happy Independence Day!
Joanne M. Jelenik
Municipal Agent for the Elderly

TRIPS

Reflections of Italy - Collette Tours

October 9 - 18, 2023
10 Days, 12 Meals, \$4199 pp Dbl

We are ambassadors for Christ, as though
God were pleading through us.

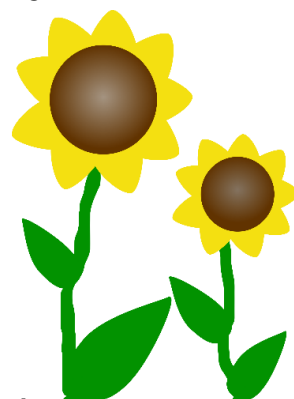
"2 Corinthians 5:20"



SUNSHINE UPDATES

If you want someone to be remembered, please call the center and leave a message for Laura Pizone. She will send a card from the Oxford Senior Center. Keep in your prayers:

- Brian Bowen
- Phil Guilmette
- Kay Marino
- Maurice Gerb
- Ellie Hoffman
- Grace Mele
- Ellen Preneta
- Helen Curtis
- Ann Marie Geffert
- Betsy Epstein
- Tom Giacchi



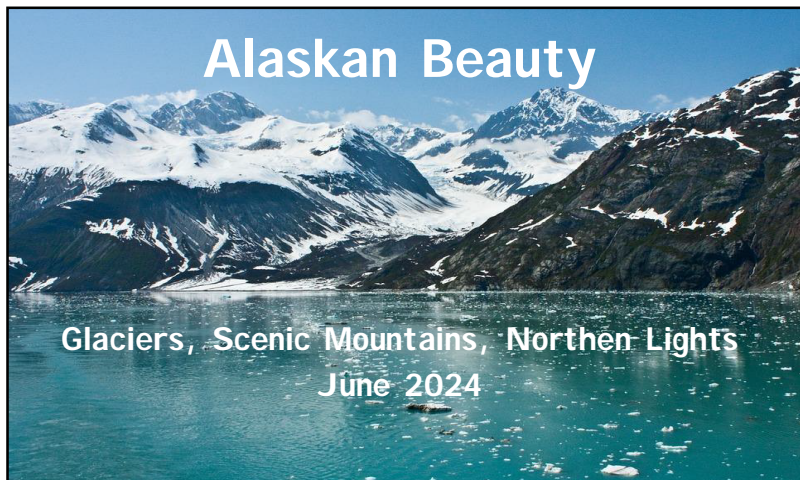
Caribbean and Bermuda Cruise — Landmark

April 7 - 19, 2024
Starting at \$2379 pp Dbl
Stop in for the Flyer



Alaskan Beauty

Glaciers, Scenic Mountains, Northern Lights
June 2024



Movie Matinee The Whale. (Rated R) July 20, 1:00 PM

Brandon Frazier gives an award-winning performance as a reclusive English teacher, living alone in the wake of a tragedy, as he attempts to reconnect with his teenage daughter for one last chance at redemption



EXCITING CENTER BUS

TRIPS

IT'S JULY IN OXFORD!

Summer Concert Series Tuesday's @ Jackson's Cove July 11th & 25th

Sponsored by Oxford Parks and Rec. Free concerts are held throughout July and August for all to enjoy! Pack a snack and drink, grab a lawn chair and meet us at the Center at 5:30 to drive to the Cove. You may also drive on own. No beach passes are required for concerts!



BEACH BUNCH & RICH FARM!

Monday, July 17th

Beach 10:00-12:00 Rich Farm 1:00-1:45

Weather permitting, we will head over to the beach at Jackson's Cove for a brown bag lunch and relaxation with friends. Afterwards, we will head up to Rich Farm for some of their famous ice cream!

Let's hope for a nice sunny day!

Chrissandra's Country Store & Workshop

July 10, 10:00-12:00 Painting, Pies, & Shopping.
\$14.00 includes art supplies, local pizza and pie!
Sign up now! Limited to 20 bus leaves center 9:45
or meet 316 Oxford Rd



June Captains Cove Trip



Our very kind Quilting Guild sewed 11 very special quilts for graduates of the Chapel Haven in Hamden. Thank You!!

GOODSPEED MUSICALS PRESENTS:

Summer Stock 8/10/2023

\$104.00 includes lunch at the Gelston House.

Forget your troubles, c'mon get happy! Jane Falbury, is a farm owner whose actress sister, Abigail arrives at the family farm with her theater troupe. They need a place to rehearse. Jane and her housekeeper, Esme reluctantly agree to let them use their barn. Based on the film starring Judy Garland & Gene Kelly.

Bus leaves center 10:30 AM and returns approximately 6:00 PM.

Resident Sign Up: 7/10

Non Res 7/13



The Charter Oak Gang Returns: Bella's Tea Party! Tuesday, July 25th 12:00-2:00

This month's plan for those kid's keeping us young will be in the form of a proper tea party and performance by Bella and friends! Bring your favorite tea cup. We will have finger sandwiches and treats.

Hats and gloves optional

Please contact the center to sign up.

Cost will be \$3.00 Sign up at desk



Members of the Happy Hookers were very busy lately! Together, they created more than 140 'book worms' for Quaker Farms reading program!

