



Oxford Senior Center Newsletter

May/June 2024 Edition

10 Old Church Road, Oxford CT.

Hours: Monday– Thursday 9am-4pm

Fridays– 9am-3pm

203-881-5231

www.oxford-ct.gov



A Message from your Director..... A few notes for the upcoming summer and new programs being offered:

Trips and travel are slowly coming back to the center– Please see the TRIPS AND TRAVEL PAGE OF THE NEWSLETTER FOR DETAILS INCLUDING SIGN-UP. Flyers are available and posted at the Senior Center.

We are looking toward providing instructor-led craft classes soon at the center as well as expanding our Physical Fitness and Wellness offerings.

We have had many new folks joining us at the Senior Center and We Welcome Them ALL!!!!

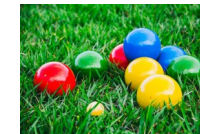
Pokeno

Join us for a fun game of
POKENO Thursday's after HOT
DOGS

Quilting Request



The Quilting Guild is looking for donations of material and batting. Material must be 100% cotton and 1/4, 1/2 or full yards. Much appreciated!!!



Calling all Bocce Players

We are hoping to organize and appoint a leader to the OSC Bocce Team for this upcoming season.

Please bring interests in joining or leading this group to the OSC Receptionist.

Bocce is scheduled Mondays and Wednesdays at 9am.

SETBACK



Interested in learning Setback join us Thursdays at
9:30 am at the center...

Bowling



Calling all BOWLERS!!!! A meeting will be held at the Center on Tuesday May 7th at 1:00 pm in the main hall at the Center. This will be an organizational meeting to discuss the details of organizing a OSC Bowling Team!!!!

Come share your thoughts...

COFFEE & CONVERSATION WITH SANDY

Will be held Monday, May 7th 2:00 pm in the Library & Monday June 17th at 10am in the Library

Come grab a cup of coffee and spend some time discussing positive vibes and future plans for the center in 2024!!!



WHO'S WHO at the center.....

Director of Senior Services/ Municipal Agent:
Sandy Arburr: Extension 3104

Assistant Director :
Vacancy

Transportation Coordinator:
Kim Mitchell

Drivers: Peg Hamila, Joe Bongiorno, Lance Kruger and
Michael Alberti

Please note the following holiday closings:

Monday, May 27th– Memorial Day



Time: 12 noon – 2pm Music by Kate O’Brien
Quiche, Fruit Salad and Dessert catered by Mattei’s
Cost: \$5 per person



**Come learn the game of
Poker for free with our fabulous instructor
Peg!!**

Please sign up at the reception desk so we know how many to prepare for– Thank you!



Time: 1:00

*** This above event is sponsored by The Commons of Newtown.**



Downsizing CT. Expo

DownSize CT. EXPO is a comprehensive resource for homeowners undergoing the downsizing process by bringing together experts in the five key areas of transition— Residential, Emotional, Legal, Medical and Financial— The EXPO offers invaluable advice, access to resources, and trusted partners to guide individuals through this challenging period. There will be a panel of experts to discuss this important topic.

Please sign up for this event beginning May 1st at the reception desk.








DECLUTTER
YOUR LIFE

Join us as The Commission and Volunteers at OSC kick off the nice weather with Grilled Hamburgers, Macaroni Salad, chips and dessert for us to enjoy!




Deadline for sign-up is Friday May 10th. Limit 25 people.



****Newsletters are available online at www.oxford-ct.gov**

Mon	Tue	Wed	Thu	Fri
3.	4.	5.	6.	7.
9:30 Chair Yoga w/ Jeanne 10:30 Flex & Fit w/ Bobbi 12:30 Mahjong 1:00 Happy Hookers	Quarry Walk Shopping 9:30 Yoga w/ Jeanne 10:30 Indoor Walking 10:30 Hair by Donna 1:00 Healthy Brain Series 1:00 Pinwheel Craft 2:00 Joy of Music	10:30 Strength & Balance w/ Bobbi 1:00 BINGO 1:00 Tech w/ Jessica 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 10-12 Blood Pressure Clinic 12:00 Hot Dog Lunch 1:00 Pokeno 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
10.	11.	12.	13.	14.
9:30 Chair Yoga w/ Jeanne 10:30 Flex & Fit w/ Bobbi 12:30 Mahjong 1:00 Happy Hookers	Quarry Walk Shopping 9:00 Dancing Feet 9:30 Elderly Commission 9:30 Yoga w/ Jeanne 10:30 Indoor Walking 1:00 Healthy Brain Series 1:00 Acrylic Watercolors 2:00 Joy of Music	10:30 Strength & Balance w/ Bobbi 11:30 Bell Choir 1:00 Quilting Guild 1:00 Apples to Apples 1-3 Tech w Jessica	9:30 Setback 10:00 Indoor Walking 12:00 Fathers Day Celebration 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle FLAG DAY 
17.	18.	19.	20.	21.
9:30 Chair Yoga w/ Jeanne 10:00 Conversation w/ Sandy 10:30 Flex & Fit w/ Bobbi 12:30 Mahjong 12:00 Hookers Lunch 1:00 Happy Hookers	Quarry Walk Shopping 9:30 Yoga w/ Jeanne 10:15 Indoor Walking 11:00 Breakfast Sandwich Day 1:00 Pinwheel Craft 1:00 Healthy Brain Series 2:00 Joy of Music	9:00 Dancing Feet 10:30 Strength & Balance w/ Bobbi 1:00 BINGO 1:00 Tech w/ Jessica 1-3 Mahjong Class 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 10-12 Blood Pressure Clinic 12:00 Hot Dog Lunch 1:00 Pokeno 1:00 Flower Arranging 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
24.	25.	26.	27.	28.
9:30 Chair Yoga w/ Jeanne 10:30 Flex & Fit w/ Bobbi 12:30 Mahjong 1:00 Happy Hookers	Quarry Walk Shopping 9:30 Yoga w/ Jeanne 10:30 Indoor Walking 10:30 Hair by Donna 1:00 Acrylic watercolors 1:00 Healthy Brain Series 2:00 Joy of Music	10:30 Strength & Balance w/ Bobbi 11:30 Bell Choir 1:00 Left Right Center 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 12:00 Hot Dog Lunch 1:00 Pokeno 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
				



May 2024				
Mon	Tue	Wed	Thu	Fri
		1.	2.	3
		10:12 Learn Poker w/ Peg 10:30 Strength & Balance w/ Bobbi 1:00 BINGO 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 10-12 Blood Pressure Clinic 12:00 Hot Dog Lunch 12:30 Pokeno 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
6.	7.	8.	9.	10.
9:30 Chair Yoga w/ Jeanne 10:30 Flex & Fit w/ Bobbi 12:30 Mahjong 1:00 Cinco de Mayo Margarita Bar 1:00 Happy Hookers	Quarry Walk Shopping 9:30 Yoga w/ Jeanne 10:15 Indoor Walking 12:00 Taco Tuesday 1:00 Bowling Meeting 10:30 Hair by Donna 2:00 Coffee & Conversation w/ Sandy 2:00 Joy of Music	10:30 Strength & Balance w/ Bobbi 11:30 Bell Choir Performance 1:00 Apples to Apples 1:00 Tech w/ Jessica 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 12:00 Mothers Day Celebration 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
13.	14.	15.	16.	17.
9:30 Chair Yoga w/ Jeanne 10:30 Flex & Fit w/ Bobbi 12:30 Mahjong 1:00 Mobile Craft 1:00 Happy Hookers	Quarry Walk Shopping 9:00 Dancing Feet 9:30 Elderly Commission 9:30 Yoga w/ Jeanne 10:15 Indoor Walking 12:00 Burger Tuesday 1:00 Acrylic Watercolor 2:00 Joy of Music	9:00 Dancing Feet 10:30 Strength & Balance w/ Bobbi 1:00 BINGO 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 10-12 Blood Pressure Clinic 12:00 Hot Dog Lunch 1:00 Pokeno 1-3:30 Flower Arranging 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
20.	21.	22.	23.	24.
9:30 Chair Yoga w/ Jeanne 10:30 Flex & Fit w/ Bobbi 12:00 Hookers Luncheon 12:30 Mahjong 1:00 Happy Hookers	Quarry Walk Shopping 9:30 Yoga w/ Jeanne 10:30 Indoor Walking 1:00 Mobile Craft 1:00 Downsizing Event 2:00 Joy of Music	10:30 Strength & Balance w/ Bobbi 11:30 Bell Choir 1:00 Left Right Center Game 1:00 Tech w/ Jessica 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 12:00 Memorial Day Hot Dog Lunch & movie 1:00 Pokeno 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle
27.	28.	29.	30.	31.
CENTER COSED FOR 	Walmart Shopping 9:30 Yoga w/ Jeanne 10:00 Indoor Walking 10:30 Hair by Donna 1:00 Acrylic Watercolor 1:00 Healthy Brain Series 2:00 Joy of Music	10:30 Strength & Balance w/ Bobbi 11:30 Bell Choir 1:00 Quilting Guild	9:30 Setback 10:00 Indoor Walking 12:00 Hot Dog Lunch and Monthly Birthday Party 1:00 Pokeno 1:00 Ladies Poker	9:15 Beginner Zumba 10:00 Mat Pilates 11:00 Stepless Step & Body Sculpt 11:00 Men's Poker 12:00 Pinochle

May /June 2024 Special Happenings

Healthy Brain Series



Join us for a free 5-part Series:
Tuesday's 1:00pm – 2:00pm

May 28th, 2024-Session 1: Activities to 'challenge' your mind
June 4th-Session 2: Importance of diet and nutrition
June 11th -Session 3: Finding meaningful engagement as you age
June 18th -Session 4: Importance of sleep and your brain
June 25th -Session 5: Lessons for living longer from people who lived the longest

**Participants are encouraged to attend all five sessions*

PRESENTER:
Julie Ramia, Dementia Specialist
Hartford HealthCare Center for Healthy Aging

REGISTRATION REQUIRED:
Please call the Senior Center at 203-881-5231




Special Memorial Day Hot Dog Thursday...

Join us on Thursday May 23rd for a SPECIAL HOT DOG THURSDAY Celebrating Memorial Day Lunch is FREE for Veteran's 1:00 Showing of the Movie "Memorial Day"

Fathers Day Celebration

Come down and celebrate Fathers Day at The OSC with Lunch and Comedy & Magic By Eugene Thompson
Date: Thursday, June 13th
Lunch Time: 12:00 Noon/ Show at 12:30
Cost: \$5 per person
Event will be catered by Jersey Mikes's Choice of Sub's at time of sign-up
Turkey/Roast Beef/ Italian
Side salads, chips and dessert!!
Sign-up Begins Monday, May 13th





Flower arranging

Join us on May 16th and June 20th from 1:30-3 for a FREE floral arranging class.
Class includes instruction, materials and light refreshments.
Classes are limited to The first 15 participants.
Sign up at the Reception Desk
Events sponsored by our friends at The Watermark East Hill in Southbury

Brought to you by our Commission and wonderful OSC Volunteers.
Date: Tuesday, June 18th at 11:00 am
Menu: Bacon, Egg, Cheese on a toasted English Muffin with a side of fruit .
Cost: \$5 per person
Sign up begins May 28th for Oxford Residents
May 31st for general membership

Breakfast Sandwich Tuesday



Parks&Rec Trips



Flyers for Parks and Recreation Trips for 2024 are posted and available at the Oxford Senior Center. Reservations for Trips offered through Parks and Recreation need to be made through the Parks and Recreations Department and /or online. If interested in a Trip offered through Parks and Recreation and unsure how to sign up???? Inquire at the Senior Center....

PLEASE NOTE THE FOLLOWING TRIPS REQUIRE A LARGE AMOUNT OF WALKING ON UNEVEN GOUND:

- Newport Flower Show
- Savor the Flavor– Providence
- A taste of Italian New York

Oxford Park & Recreation presents:

Tanglewood
BOSTON SYMPHONY ORCHESTRA

Yo Yo Ma

August 18, 2024 Sunday Matinee

Escape to Extraordinary

Travel to the beautiful grounds of TANGLEWOOD in Lenox, MA to enjoy reserved **Shed Seats**.

We're in for a delightful Sunday Matinee at Tanglewood, the summer home of the Boston Symphony Orchestra. Earl Lee conductor will present Schumann Cello Concerto featuring Yo-Yo Ma & Beethoven Symphony No 7. Time prior to the performance to grab a bite to eat at one of the cafes on the Tanglewood campus and wander the beautiful grounds.

COST: \$ 130

Depart: 10:30am Oxford Town Hall
Estimated Return: 7:00pm Oxford

Reservations
Oxford Parks & Recreation 203-888-2543

This package is subject to our full terms and conditions which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.

FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave., Bloomfield, CT 06002
860-243-4439 • 860-243-4439
www.friendshiptours.net

Oxford Parks & Recreation Presents:

NEWPORT FLOWER SHOW

Theme: "At Home"

Rosecliff Mansion
Sunday, June 23, 2024
Newport, RI

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Begin by touring the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore the Shopper's Marketplace with incredible views!

Spend the rest of your day in downtown Newport....Lots of wonderful shopping and restaurants on Bowen's and Bannister's Wharf!

COST: \$125 per person

Depart: 7:45am Oxford Town Hall
Estimated Return: 7:00pm Oxford

Reservations
Oxford Park & Recreation 203-888-2543

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CONNECTICUT DEPARTMENT OF LABOR VETERANS SERVICES



OVERVIEW

The Connecticut Department of Labor Veterans Services provides employment services assistance to eligible veterans and spouses. Services may include, but are not limited to, the following:

- | | | | |
|-------------------|--------------------|-----------------------|-------------------|
| Resume Assistance | Job Leads | Job Search Strategies | Interviewing Tips |
| Peer Support | Locating Resources | Case Management | Career Planning |

HOW DO I SCHEDULE AN APPOINTMENT?

Veterans and eligible spouses who are interested in scheduling an appointment, and or receiving services, should complete the following tasks in order:

- 1) Register for a free CTHires account by accessing the following link: www.cthires.com Select individual registration and be sure to review questions thoroughly and enter all military information completely.
- 2) Call or email one of the Veterans’ Outreach Program Specialists listed below:

Jarett Esposito
(203) 859-3412
jarett.esposito@ct.gov

Nicole Dykstra
(203) 455-2598
nicole.dykstra@ct.gov

CT Dept. of Labor Veterans Services
2 Lafayette Square
Bridgeport, CT 06604

To learn more, visit our webpage at: <https://portal.ct.gov/dol/Divisions/Veterans-Services>



COMMUNITY RESOURCES NEWS....

What is a MUNICIPAL AGENT????

Please call the center at
203-881-5231 for any
Inquiries on resources within our area...

Municipal Agent: Sandra Arburr,
Senior Services Director

**Applications are currently being
accepted for the 2023-2024 heating
season**

IMPORTANT DATES TO REMEMBER

ENERGY ASSISTANCE PROGRAM



APPLICATIONS AVAILABLE
AT THE SENIOR CENTER.
Call for details!

April 1st, 2024, Deadline for fuel
authorizations or deliveries

May 31st, 2024, The last day that a
household can apply to establish its
eligibility for benefits

June 17th, 2024,
Last day to submit
deliverable fuel bills



Medical closet

DID YOU KNOW????

The OSC has a Medical loan closet on site!!!

If you are in need of or willing to donate items please
contact the receptionist at 203-881-5231 for more
information regarding rentals and donations.

The cost is free we just ask that you return the item
when you are done so that someone else may have the
opportunity to borrow.

We also have adult products available free of charge....



Coming Soon 2024 Farmer Market

Coupons—Brochures available at the Center.

Program runs from June, 1st 2024– November, 30th
2024

ArrayRx is...

- ✓ **FREE** to join
- ✓ **Accepted at 98% of CT pharmacies**
- ✓ **Sponsored by the State of CT**
- ✓ **Going to save YOU money!**
- ✓ **Available at ArrayRxCard.com**

ArrayRx
DISCOUNT CARD



Rx



Renters Rebate Program

If you are 65 or older or totally disabled and your annual income is \$43,800 or less if single, and \$53,400 or less if married, you are eligible for a rebate from the State of Connecticut. **The filing period is April 1 - October 1, 2024.** For information regarding the Renter's Rebate Program or if you would like to apply for the program, contact the Assessor's Office at Town Hall. The Assessor's Office can be reached at 203-888-2543 extension 3068 Monday thru Thursday 9:00 am - 5:00 pm and Friday's 8-4



Oxford Parks & Recreation Presents:

The
**Cheesecake
Factory**



Charles Riverboat Cruise

Saturday, July 20, 2024

It's all aboard for a great day in Boston!

Narrated Cruise on the legendary Charles River. Highlights: sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats & rowers...and much more.

Prior to our cruise enjoy lunch at The **Cheesecake Factory** a unique, upscale casual dining, lavish décor, high energy atmosphere. Delicious menu: choice of entrée, beverage. For dessert, dive into Original, Chocolate Mousse or Dulce de Leche Caramel cheesecake. Entrée choice that day!

COST : \$ 165

Depart: 7:45am Oxford Town Hall
Estimated Return: 7:00pm Oxford

Reservations

Oxford Parks & Recreation 203-888-2543



Ride the Riverboat on The Charles!



This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshipstours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



Oxford Parks & Recreation presents:

**Providence
Rhode
Island**
**Trattoria Zooma with
Pizza Demo**
Venda's Food Emporium
Scialo's Bakery
Tour of Providence



Saturday, September 14, 2024

Welcome to Federal Hill—Providence's Little Italy. It is a great place to stroll and visit the Italian food emporiums and bakeries. Enjoy a slice of Italy as you watch the great fountain in DePasquale Square.

We then continue to **Trattoria Zooma**, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef delights and entertains you with his **tablesides demonstration** of the techniques used in pizza making.

Our **5 course family-style meal** includes: salad, margherita pizza, potato gnocchi, penne pasta, and Chicken Marsala, with Cannoli & Coffee.

Following lunch we will stroll over to **Venda's Ravioli Emporium** to shop for fine Italian foods, olive oil, and cheeses. We will also have time to visit **Scialo Bros. Bakery**, well known for their fine bread & pastries. Bring home some of their delicious baked goods.

We'll complete our day with a riding **Tour of Providence** with our local step on guide.

Cost: \$160 per person

Depart: 8:15am Oxford Town Hall, 486 Oxford Rd
Estimated Return: 6:00pm Oxford

Reservations: Oxford Parks & Recreation
203-888-2543 x3069



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2024 SEASON



GOODSPEED OPERA HOUSE

SOUTH PACIFIC—Thursday, August 7th
Cost: \$100 per person
Signup for Oxford Residents is Monday, July 1st
General membership Wednesday, July 3rd.

Maggie– Thursday, October 3rd
Cost: \$108 per person
Signup for Oxford Residents is Monday, September 2nd
General membership Wednesday, September 4th

A Christmas Story– December 18th
Cost: \$108 per person
Signup for Oxford Residents is Monday, October 28th
General membership Wednesday, October 30th

PAYMENT IS DUE AT TIME OF SIGN-UP. EACH PLAY IS LIMITED TO 20 TICKETS. PRICE FOR ALL PLAYS INCLUDES TRANSPORTATION, TICKET TO THE PLAY AND A LOVELY LUNCH AT THE GELSTON HOUSE

Oxford Senior Center presents:

CONNECTICUT LIGHTHOUSE CRUISE

Tuesday, July 30, 2024
Get a new perspective on the history of Southern New England and Long Island with your narrated sightseeing from the water -- aboard a comfortable, climate-controlled, high-speed vessel! Several Lighthouses can be seen along with upscale mansions that line the shore.

Reservations: Oxford Senior Center

Departure: 8:15am Oxford Senior Center, 10 Old Church Rd
(Please arrive by 8am sharp for departure)

Estimated Return: 6:00pm Oxford
Sign up begins May 1st 9-12 (Computer Room)
Cost per person \$146.00
Due at time of sign up. Limit 50 passengers



Lunch at The Steak Loft in Olde Mistick Village. Menu: Salad, Choice of Stuffed Chicken Breast, Potato Crusted Cod, or Seafood Stuffed Shrimp (2)
Dessert & Coffee

ENTRÉE CHOICE AT TIME OF SIGN UP
Time to browse through
Olde Mystick Village prior to lunch.

SENIOR CENTER INFORMATION

Membership

Please take note in order to participate in any of our activities at the center, you must be a member. Oxford Residents \$10 annual -Out of Towners \$20 annual. If you are an oxford resident and aged 80 or over membership is FREE!
NEW!! Veterans are FREE!!!

SUNSHINE UPDATES

If you want someone to be remembered, please call the Senior Center and leave a message for Laura Pizone. She will send well wishes from the Oxford Senior Center membership.



Reminder...



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.

DIAL –A-RIDE TRANSPORTATION:

Senior Center – 203-881-5231 – Ext. 3101

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.

Our free transportation service is available for Oxford residents over the age of 60 or disabled adult residents who ARE UNABLE to 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 approx. 3:30 pm. (depending on area)

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 32or 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.

PLEASE DO NOT LEAVE ANY SAME DAY CANCELLATIONS ON THE TRANSPORTATION LINE- DIAL “O” FOR THE CENTER RECEPTIONIST. A big WELCOME to Kim Mitchell our New Transportation Coordinator!!!!

The Elderly Commission Meets the 2nd Tuesday monthly at 9:30

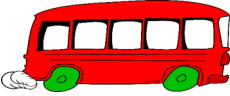
Happy Birthday to our May and June babies If your birthday falls during the month and you would like to enter our birthday drawing, please call the center and leave us your name and phone number. At the monthly birthday celebration one name will be pulled and the lucky winner will receive a \$10.00 check in the mail! We will notify the winner!



THIS IS A GENTLE REMINDER THAT FOOD SERVED AT THE CENTER NEEDS TO BE CONSUMED AT THE CENTER.

PER LOCAL HEALTH GUIDANCE WE ARE UNABLE TO ALLOW FOOD SERVED AT THE OSC TO LEAVE THE PREMISES OR TO BE CONSIDERED “TAKEOUT”.

We Thank you in advance for understanding and adhering to this policy.



MONTHLY HAPPENINGS

Foot Clinic 2ND TUESDAY & 3RD WEDNESDAY

Make an appointment with April 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 a specially trained registered nurse working with Dancing Feet LLC. **If you are diabetic, a doctor’s note will be needed.** Pedi-Care fee is \$40 for a half hour visit and is not covered by insurance. Please make checks payable to **DANCING FEET LLC.**

Call 203-881-5231 now to schedule your appointment.



Hair By Donna

Haircuts available at the Senior Center– Call to schedule your appointment. Payment to Donna directly.

Haircuts are \$10 each
1ST AND 4TH TUESDAY’S



Bingo is held the 1st and 3rd Wednesdays

Billiards– Mon-Thursday 9-4

Friday 9-3(billiard room)

Bocce– Mon/Wed/Fri at 9am (weather permitting)

Happy Hookers Mondays at 1:00(main hall)

Indoor Walking-Tuesdays 10:30 & Thursdays 10:00 (main hall)

Ladies Poker– Thursdays 1:00(poker room)

Mahjong– Mondays 12:30(poker room/library)

Men’s Poker– Fridays 11 am(poker room)

Pinocle– Fridays 12:00 (library)

Quilting Guild Wednesdays 1:00(Craft/Quilt rm)

Hookers Luncheon 3rd Monday of the month

Please note: Times are set unless otherwise noted on the Monthly Calendar.



The Joy of Music with Peter and Marion Van Ness Classes Tuesdays at 2:00 PM

Due to its wild popularity, we will continue this exciting experience where participants enjoy music by learning to play simple tunes on a keyboard (e.g., piano), or a flute (e.g., recorder). Accompaniment of these tunes by percussive instruments like drums will be explored if requested. Also, elements of music theory will be introduced as needed for participants to play more advanced pieces. Finally, the instructors will play keyboard and flute music to assist participants with identifying rhythmic patterns and to introduce them to the joy of ensemble playing. Please join us!



HOT DOG THURSDAYS

Joyce Niestemski & Friends.... will be cooking Hummel hot dogs for everyone to enjoy! Chips, drink & dessert will complete your meal.

Cost: \$3.00pp

Note: Hot dogs are not served in conjunction with special events that fall on Thursday’s.



**Blood Pressure Clinic
10am-12pm 1st and 3rd
Thursday’s of the month**

Left/Right/Center

4th Wednesday 1:00 pm(main hall)

Apples to Apples

2nd Wednesday 1:00 pm

(library)

Setback

Thursday’s 9:30 am (library)

Acrylic Watercolor

2nd , 4th & 5th (if applicable) Tuesday of the month at 1:00

Please bring your own supplies and current project and join us in the computer room at the center.



**BELL CHOIR-Meets the 2nd and 4th
Wednesday’s of the month 11:30am-12pm in
the Center library. Call Lois Ercoli at
203-758-1087 for more information.**



**Blood Drive Dates for 2024– Held at the Municipal Annex Building
(Old Oxford Center School)**

Tuesday, May 14th 11-4

Wednesday, July 10th 10-3

Thursday, September 12th 10-3

Wednesday, November 20th 10-3

Wednesday, January 15th 2025 10-3

BLOOD DRIVES ARE NOW CENTRALIZED FOR THE TOWN

THE OXFORD SENIOR CENTER PRESENTS....

The Ultimate Cher Experience



**STARRING LISA CARTER AT THE
GRAND OAK VILLA, Oakville CT.**

Thursday, October 10th, 2024

Menu: Cheese, Crackers, & Pepperoni
upon arrival

Family Style Meal: Garden Salad,
Pasta with Homemade House Sauce,
Chicken Parmesan & Sliced Roast Beef
with Gravy, Roasted Potato,
Vegetable. Dessert, Soda & Coffee.
Carafes of Red & White Wine on every
table

COST: \$124 per person– Due upon Sign Up
Sign up begins at the Oxford Senior Center

*Departure: 10:30am Oxford Senior
Center, 10 Old Church Rd (**Please arrive
no later that 10:15 am for departure**)

Estimated Return: 4:00pm Oxford

Departure time subject to change.

Get ready to go on a musical journey of Cher's spectacular career. Lisa Carter promises to bring in the elaborate costumes and wigs, banter and comedy to this magical show. Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers’ great hits. Don't miss this tribute show bringing in The Glitz, The Glam, the Music and the Mackie...all wrapped up in one rhinestoned and feathered extravaganza!!!

**Sign up begins at the Oxford
Senior Center Monday, July 1st
9-12 (Computer Room)**

Oxford Senior Center presents:

CULINARY INSTITUTE OF AMERICA

Caterina de Medici Restaurant

Hyde Park, NY

Wednesday November 13, 2024

The Culinary Institute of America (CIA) has dedicated itself to providing the finest culinary training in the world for over 60 years. Located in St Andrew-on-Hudson in Hyde Park, NY, the CIA has a student body of over 1900 representing every state and many foreign countries. Upon arrival go behind the scenes of the CIA and get an inside look into our world of food.

Participate in an interactive demonstration where you’ll explore the science of taste. Tour Roth Hall, the building where culinary magic happens, and be transported to exceptional moments in food history. Connect with CIA students in an exclusive Q&A session. If you love food and want to learn about the mystique of the world-famous CIA, you’ll love this!

Full course luncheon at their Caterina de Medici Restaurant, a truly authentic regional Italian cuisine prepared by CIA students under the instruction of world-class faculty. The restaurant has a sophisticated dining room overlooking a stunning herb and rose garden. Dining at this grand Tuscan-style villa is a culinary escape to another world along the banks of the Hudson River.

PRESET MENU OF APPETIZER, ENTREE & DESSERT

**Sign up begins Monday, August 5th at the
Oxford Senior Center
9-12 in the Computer Room**

Departure: 8:30am Oxford Senior
Center, 10 Old Church Rd (**Please
arrive at the center no later than
8am for departure**)

Estimated Return: 5:00pm Oxford



TRAVEL REMINDERS:

1. Please arrive 1/2 hour before departure to assure smooth boarding and departure for all travelers..
2. Times are estimated and may fluctuate.
3. Once final count has been given to Friendship Tours no refunds will be honored unless traveler can find their own replacement.
4. Seating on Motorcoach will be first come first serve basis– please be courteous of your fellow travelers.

OXFORD SENIOR CENTER PRESENTS:



At The TROPICANA

Trip includes: Deluxe motorcoach, 2 nights
hotel/ casino Bonus: \$30 pp Slot,/ \$50
Food Voucher & Show, Friendship Tours
Escort, Driver & Tour Director Gratuity

Enjoy a 2 night stay at the Tropicana Atlantic City located on the famous boardwalk. Tropicana is home to the Quarter, a retail and Restaurant complex. There is always something exciting happening including an iMAX Theater and over a dozen restaurants to chose from.

Pay homage to the iconic female vocalists of yesterday and today. Three Powerhouse singers perform fresh arrangements of classic and Contemporary country hits in this elegant and authentic journey celebrating the evolution of country music’s humble beginnings to the giants of today’s music industry. Relive classics like Patsy Cline’s “Crazy”, Tammy Wynette’s “Stand by Your Man”, and Loretta Lynn’s “Coal Miner’s Daughter” as well as new favorites like Martina McBride’s “Independence Day” and Carrie Underwood’s “His Last Name”. This high-energy, multi-media show is a celebration of those legendary ladies of country music.

COST: \$419 pp double / triple;
\$529 pp single Based on 40



CASINO BONUS

\$30 Slot Play, \$50 Food Voucher &
Matinee Show

MATINEE SHOW - OCTOBER 24:

“Rhinestone Cowgirls” Legendary Ladies of
Country Music

Sign up begins May 1st at the Oxford Senior
Center.
Deposit of \$50 upon sign up– balance due by
August 31st.

DEPARTURE: Oxford Senior Center, 10 Old Church Rd, Ox-
ford (More details will be available for departure and re-
turn times as we get closer to the trip date)

CANCELLATION POLICY: If a passenger cancels from deposit
to September 11, 2024 fee of \$25 pp; September 12 to Oc-
tober 9, 2024 fee of \$75 pp; no refunds if cancelled on
October 10, 2024 or later unless a substitute is provided.



Weekly Exercise Classes offered

Please note: Proper footwear is
required for all exercise classes that
require footwear. NO SANDALS/FLIP
FLOPS OR OPEN TOED SHOES ARE
ALLOWED. THANK YOU.



Flex, Fit, Fun & Weights Mondays @ 10:30

Join Certified Fitness Instructor Bobbi
Komaromi for a 45-minute fun filled
class that will leave you feeling happy,
healthy and renewed! This class incor-
porates weights, bands, balls and bal-
ance! All levels welcome, work at your
own pace!



Yoga with Jeanne/ Chair Yoga with Jeanne

Chair Yoga Mondays at 9:30 Yoga- Tuesdays at 9:30

Join Jeanne for a relaxing, rejuvenating
Yoga class. Yoga is known to increase
flexibility, decrease stress, relax the
mind, as well as alleviate chronic pain.
Cost of class is \$5 and paid to instructor
at time of class.

Strength & Balance with Bobbi with weights Wednesdays @ 10:30

This is a fun filled musical class
that combines stretching and
fitness variations, as well as low
impact cardio moves to burn
calories and improve balance.
Join us for a good time and a
great workout!

EXERCISE CLASSES

Cost: \$2.00 per class
Unless otherwise indicated

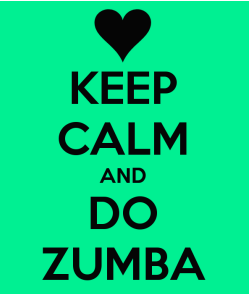
Mat Pilates Fridays @ 10:00

Instructor: Helene Korchin. Gentle,
low-impact, yet serious strength
workout that research shows can
help ease low back pain, reduce
body fat, improve flexibility, and
increase core body muscles. The
method is based on modern
principles of exercise science and
rehabilitation. Please bring your own
mat.

Stepless Step and Body Sculpt Friday's@ 11:00am

"Stepless Step" Aerobic Class
and Body Sculpting is a com-
bined cardio and strengthening
workout but without the classic
step platform. In this class, you
will perform the same moves as
conventional step aerobics on a
marked floor pattern. Body
Sculpting, using light weights,
follow the aerobic portion of
the class to help strengthen and
tone, providing a complete and
balanced workout.

Please be courteous and
refrain from entering
the main hall during
exercise programs...
Thank you!!



Friday's at 9:15 join us in the main
hall for a 1/2 hour BEGINNERS
ZUMBA on the BIG screen!!!

WEDNESDAY, OCTOBER 23– FRIDAY OCTOBER 25TH