**Make the Oxford Senior Center Your Place to Connect with Others**

In order to participate in any of our activities at the center, you must be a member.

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

Monday – Thursday 9:00 am - 5:00 pm. Friday 8:00 am - 4:00 pm.

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**AUGUST 2022**

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**GRANDPARENT’S DAY**  
**Thursday, August 11th @ 12:00**

Our favorite furry friends from Critter Caravan will be coming to the center for some hands on fun! Pizza and ice cream will be served at no charge. Balloons and gifts will be given to all of our children. Please join us for this fun filled afternoon! Parents are welcome to attend. Sign up is required. We must have an accurate count of children along with their ages.

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**THE MIKE BRANDON BAND AT JACKSON COVE**  
**Thursday, August 25th @ 12:00**

Mike Brandon is an American singer, songwriter, and recording artist based in Oxford, CT. Mike and his band is nothing short of astonishing! They are well known for their renditions of various artists throughout the decades including The Beatles, The Doors, James Brown, Johnny Cash, Elvis, Chuck Berry and many more!  

**Lunch will be catered by Brookside.**  
Menu: Garden salad, sausage & peppers, prochetta, baked ziti, veggies & dessert  
Cost: $15.00pp

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**Lyme Disease Presentation**  
**Thursday, August 18th @ 11:00**

*Sponsored by Housatonic Valley Health District*

To learn more about Lyme Disease Prevention, please join Heidi Betcher, RN, BSN for this informative seminar. This program will incorporate education on tick-borne illnesses, prevention and treatment options. Bring any questions you may have on ticks and the illnesses they cause to humans. Sign up now.

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**AARP Driver Safety Course**  
**Tuesday, August 16th from 1:00 – 5:00**

Learn about skills and strategies you can use on the road every day. You could earn a discount on your auto insurance premium after completing the course.  
Cost: Member $20.00  Non Member $25.00

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**Taking the Mystery Out of Trusts**  
**Wednesday, September 14th @ 11:00**

A trust can be the centerpiece of a complete estate plan. However, most people find trusts confusing and even intimidating. There is an erroneous belief that trusts should only be used by the wealthy. In this presentation, Judge Domenick Calabrese will draw on his 20 years as a Connecticut Probate Judge and 26 years as a trusts and estates attorney to shed light on basic but important trust concepts. Subjects covered include how a trust works; the use of trusts for incapacity planning; trusts versus wills; trusts in estate plans; the importance of funding trusts (it’s not as difficult as it sounds); asset protection with trusts; preserving family wealth; and avoiding probate. Judge Calabrese will explain trusts in plain English using real-life examples to illustrate trust concepts and will take questions from the audience. Please sign up for this presentation.
**PRIZE WINNING ACTIVITIES!**

**Left, Center, Right Game**
**Tuesday, August 2nd from 11:00-12:00**
Join in on the fun and test your luck! You could win a hot dog lunch gift certificate!

**Apples to Apples Game**
**Thursday, August 4th @ 12:30**
Have some laughs and join in on the fun with this easy to learn game! $10.00 prize for the winner!

**BINGO!**
**Wed. August 17th & 24th from 1:00-3:00**
Light refreshments will be served. Cost: $2.00pp
Please sign up and pay on the day of event.

**Bingo Ice Cream Social**
**Wednesday, August 17th @ 2:00**
*Sponsored by River Glen Health Care of Southbury. Refreshing ice cream sundaes will be offered to all who attend bingo!*

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**CENTER PROGRAMS**

**Blood Pressure Checks**
**Thursday, August 4th & 18th from 10:45 – 12:45**
Sponsored by Housatonic Valley Health District.

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**Pedi-Care Foot Clinic with April Marshall**
**Tuesday, August 9th from 9:00 – 2:00**
**Wednesday, August 17th from 9:00 – 2:00**
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 Pedi-Care Services. If you are diabetic, a doctor’s note will be needed. Pedi-Care fee is $35 for a half hour visit and is not covered by insurance. Please make checks payable to Pedi-Care. Schedule your appointment today.

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**Traditions, Roots and Branches**
**Tuesday, August 16th @ 11:30**
Join us as we continue our journey across the globe. This month we will visit Japan. Learn some fun and interesting facts about this beautiful country! You will first enjoy a tasty sampling of traditional foods with a short presentation to follow. After that, members will have the opportunity to share memorable stories. This event will be held in our library at the center.
Cost: $5.00pp Please register with the receptionist.

**Monthly Birthday Social**
**Thursday, August 18 @ 12:30**
Join us every month as we celebrate our members’ birthdays. We will sing Happy Birthday and enjoy a delicious sheet cake from a local bakery along with coffee, tea, or a beverage. A name will be pulled and one lucky person will win the $10.00 birthday drawing!

**How to Grow Garlic**
**Tuesday, August 23rd from 2:00-4:00**
Dorothy DiCecco is a former University of Connecticut Associate Professor and an expert on the ins and outs of growing garlic. She has presented this program at the annual Garlic Festival in Bethlehem for the past 15 years. Dorothy will provide many illustrations, pictures, examples and information about garlic, and its history, anatomy, cultivation and medical values. Please join us for this interesting and fun program.

**Pot Luck Lunch – “Battle of the Chefs”**
**Tuesday, August 30th @ 12:00**
Joyce Niestemski and Lou Granato will battle it out for “Top Chef of the Center!” A surprise hot meal will be prepared by both. Please join us for this fun event! Space is limited so sign up now! Cost: $8.00pp

**RECOGNIZING CONNECTICUT’S NATIVE AMERICAN LEGACY BENEATH OUR FEET**
**Wednesday, August 31st @ 11:30**
*(Rescheduled from Thursday, July 21st)*
Oxford senior citizen, Don Mayers, will present a synopsis of tips and techniques which will enable anyone to recognize and appreciate artifacts left behind by those indigenous inhabitants of our local countryside. This presentation will emphasize how to recognize the CLUES still remaining on the surface of our landscape.
Emphasis will be on SURFACE evidence ONLY, as any removal of buried artifacts is counterproductive and must be left to trained archaeologists. Many lithic and non-lithic artifacts will be available for examination and attendees are encouraged to bring in relics which they may have recovered in CT. Please sign up at front desk.
**Movie Matinee: Fatherhood (Drama)**

**Wednesday, August 31st @ 1:00**

(2021) PG 13  1hr 49m

Kevin Hart stars in a heartwarming true story about a widowed dad who copes with doubts, fears, heartache and dirty diapers as he sets out to raise his daughter on his own. Root beer floats will be served during the show!

**Bell Choir** - Wed. August 10th & 24th @ 11:30

**Billiards** - Mon.- Thurs. 9-5  Fridays 8-4

**Bocce** – Open during normal business hours

**Canasta Group** - Thursdays @ 12:30

**Craft Group** - Tuesdays @ 1:00

**Choral Group** – Will resume in September.

**Happy Hookers Group** – Mondays @ 1:00

**Indoor Walking**- Tues. @10:30 Thurs. @ 10 (No walking Thursday, August 25th)

**Ladies Poker** – Thursdays @ 1:00

**Mahjong**– Mondays @ 12:30

**Men’s Afternoon Poker** – Fridays @ 1:00

**Pinochle** – Fridays @ 12:00

**Quilting Guild**- Wednesdays at 1:00

**Stitch, Grumble & Gripe**- 2nd Tues. @ 1:00

**Wii Bowling**- Call the center if interested.

**Hot Dog Lunch**

**Thursdays, August 4th & 18th @ 12:00**

Joyce Niestenski will be cooking Hummel’s hot dogs for everyone to enjoy! Chips, drink & dessert will complete your meal. **Cost: $3.00pp**

**Somethin’s Cookin’!**

**Wednesday, August 17th @ 12:00**

Stop in and give our monthly hot lunch program a try! Enjoy a tasty homemade hot meal prepared by Elaine Marcucio. This month’s menu: Eye of the round, mashed potato, vegetable, garden salad, roll & butter along with beverage and dessert.  **Sign up now!**

**Cost: $8.00pp.  Payment due at time of signup.**

**Center Café Lunch Program**

**Wednesday, August 31st @ 12:00**

**MENU:** Orders needed by previous Friday

$6- Salad with choice of Grilled Chicken or Shrimp

$6- Turkey Club served with coleslaw

$6- Crab cakes served over rice with side of coleslaw

Pay the day of the luncheon.

**New England Young At Heart Meal Service**

To place an order call Elaine at 203-463-8339 or leave your name and order on her voicemail or email. justlikemomcooks@gmail.com

**Checks payable to Community Connection Network**

Young at Heart offers homemade meals for $6 to senior center members. All meals are prepared by Elaine Marcucio and can be picked up every **WEDNESDAY** from 12:30 -1:00 at the Oxford Senior Center.

Meals are cooked fresh weekly and delivered frozen for your convenience. Menu is on the back of inserted calendar. Meals must be ordered no later than the Friday before delivery date.

**EXERCISE CLASSES**

**Tai Chi with Diane Lewis**

**Mondays, from 9:15 – 10:00AM**

Tai Chi is the perfect activity to maintain your health for the rest of your life. Certified instructor Diane Lewis will share her talents, teaching techniques, and lovely personality. Classes will continue as long as we have sufficient participants. Please pay Diane directly. Cost: $5.00 per class

**Flex, Fit & Fun with Bobbi!**

**Mondays @ 10:30 – 11:15**

Join Certified Fitness Instructor Bobbi Komaromi for a 45 minute fun filled class that will leave you feeling happy, healthy and renewed! This class incorporates weights, bands, balls and balance! All levels welcome, work at your own pace!  **Cost: $2.00 per class**

**Yoga By Jeanne**

**Tuesdays 9:30 – 10:15**

Jeanne Dziewulski began her formal study and practice of yoga in 2003. She went on to become a certified yoga teacher from Kripalu: her teaching style is slow, deep and gentle, emphasizing concentration on breath.  **Cost: $5.00 per class. Please pay Jeanne directly.**

**Chair Yoga with Joann**

**Wednesdays at 9:30 – 10:15**

Certified instructor Joann Williams will cover safe movements in yoga and work on developing strength, balance and flexibility, all without the stress of getting up and down off the floor. This is a fun, safe and approachable way for you to take a chair and ease into yoga. All levels and abilities are welcome.

**Cost: $5.00 per class. Please pay Joann directly.**

**Strength & Balance with Bobbi**

**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! Cost: $2.00 per class.

**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. Cost: $2.00 per class.

**Ballroom Dance**
**This month... Merengue**
**Fridays at 2:00**
George Maderski, “Theatrical & Cabaret Ballroom Dance Champion,” would love for you to join him here at the center. This one hour class will feature a different ballroom dance every four weeks, focusing on balance, posture and technique. Ballroom dancing has shown to be most effective in warding off or slowing down Alzheimer’s and dementia in seniors. By constantly making snap decisions and non-repetitive movements, the neurons in your brain become reactivated, causing mental rejuvenation. Aside from these wonderful health benefits, Ballroom Dancing is FUN! $5.00 per class paid directly to George.

**Poise and Posture with Gabby**
**CLASSES WILL RESUME IN SEPTEMBER**

**Latin Fusion with Gabby**
**Broadway Dance Class**
**CLASSES WILL RESUME IN SEPTEMBER**

**Arts & Crafts**

**Stitch, Grumble & Gripe**
**2nd Tuesday of the month @ 1:00**
If you enjoy any type of needle work, such as applique, embroidery, plastic canvas, cross-stitch or needlepoint, then this fun group is what you’ve been waiting for! Please join us and bring your own project to work on.

**Pastel Painting**
**1st & 3rd Tuesday of the month 1:00 – 2:30**
Instructor: Eileen Smith. All levels of expertise are welcome. Try something different, expand your mind and enjoy a relaxing hobby. Cost: $10 per class. All supplies included. Please pay Eileen directly.

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**Municipal Agent News**
**August 2022**

Hi Everyone!

Welcome Summer!

I hope everyone enjoyed their 4th. of July festivities. It was a beautiful day. The nice long days and warm nights are definitely long awaited. We went from cool weather to hot but that’s all right since we are in our summer weather pattern. We need rain, the grass is browning out already and it’s the middle of July as I am sitting here writing this Newsletter for you. Hopefully, by the time you are reading this, we will have had some much needed rain to rectify this problem but not too much to hamper our summer plans. Get outside and enjoy but don't overdo and stay cool!

I mentioned last month that I would continue our series on scams. We will return to our series on scams at another time since a current topic came up that I would like to discuss with you this month. **Update: At Home COVID-19 Tests for People who are Blind/Low Vision can receive free COVID-19 Tests.** Last month, the Biden Administration launched an initiative to expand the availability of at home testing options that are more accessible for people who are blind or have low vision.

Due to very limited supplies when the program began, each order included only two test kits. People were asked to order these tests only if they did not have options for using the traditional kits. Starting July 8, 2022 the program is expanding. People will now receive **12 test kits** with each order. In addition, anyone who is blind or has low vision is encouraged to order the more accessible tests. If you placed an order before July 7, 2022 and received two kits, you can place a second order now. (Names and addresses are not saved after your order is shipped. so additional tests cannot be sent automatically to people who ordered earlier.)

You can find more information about this initiative at acl.gov/covidtests/accessible or by calling the Disability Information and Access Line 1-888-677-1199 Monday thru Friday from 9 a.m. to 8 p.m.

Enjoy the rest of your summer!

Until next month...
Joanne M. Jelenik
Municipal Agent for the Elderly

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**MOTOR COACH TRIPS & EXCURSIONS**
**MARK YOUR CALENDARS!**

Flyers & additional information for all trips are available at the center.

**August 8th – 12th** – Camp Ladore, Waymart, PA  
$250.00pp Dbl (Drive on own)

**August 22nd - 24th** – Boothbay Harbor, Maine  
$499pp Dbl  
$731pp Dbl  
$672 Triple  
$934 Single
Oct. 25th-27th Atlantic City Getaway at Caesars
Includes transportation, 2 nights accommodations at Caesars World Class Resort and much more! Everyone gets $50 back in SLOT Bonus, $50 in three meal vouchers and two shows at Caesars Casino including Abba “Dancing Dream” & Patsy Cline & Classic Country Show. $289.00pp Dbl.

National Parks of America – Collette Tours

August 20th -31st, 2022
$5,099Dbl $6,699 Single $5,049 Triple
(Document Meeting Aug. 4th @ 10:00)

America’s Music Cities – Collette Tours, Featuring New Orleans, Memphis & Nashville
October 16-23, 2022
Cost: $3,299 Dbl $3,999 Single $3,269 Triple

Panama, Aruba & Costa Rica cruise from NY - With Landmark Tours & Cruises
November 6-21, 2022
Inside $2579-Ocean view $2899- Balcony $3389
(Document Meeting Sept. 27th @ 11:00)

Coming April 2023
California Dreamin’
8 Days 12 Meals
$2999.00pp Dbl.

Coming in October 2023
Reflections of Italy
10 Days 12 Meals
$4199.00pp Dbl.

SENIOR CENTER BUS TRIPS

Tribute to the Life of Kenny Rogers
Sonny Place - Somers, CT -- Tuesday, August 9th
Dave Karl from Tennessee will move you in this touching Tribute to the amazing Life & Times of Kenny Rogers. Trip includes transportation, all you can eat picnic BBQ luncheon at a huge outdoor pavilion, an afternoon of lively entertainment, all taxes & gratuities. Cost: $69.00 Depart: 10:00 Return approx. 3:30
Sign up now! (Limited to 20 members)

Anne Of Green Gables at Goodspeed Opera House
Wed. August 10th
Cost: $97.00pp. Sign up now.
Trip includes center orchestra seating and 3 course meal at the Gelston House. Beverages are not included in price. Depart: 10:30 Return: Approx. 5:30

DIAL –A-RIDE TRANSPORTATION:
Senior Center – 203-881-5231 – 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. Call at least 2 business days in advance.
- Scheduling hours: Normal business hours, Mon. thru Fri. Voicemail after hours & weekends will be checked the next business day. ANY SAME DAY CANCELLATIONS – PLEASE DO NOT leave a voicemail – call extension “0”.
- Grocery Shopping-Tuesday: Please be considerate of our drivers and limit your purchases to five bags. Please call at least 2 business days in advance to schedule a ride for shopping.

WHO’S WHO
Heather Haney: Director - Ext. 3104
Susan Kovacs: Assistant Director – Ext 3103
Joanne Jelenik: Municipal Agent - Ext. 3105 or 203-888-2090 (home)
Transportation Coordinator- Ext. 3101
Joyce Niestemska: Chairman - Elderly Commission
Drivers: Rosalie Hulte, Michael Alberti, Lance Kruger and Joe Bongiorno
Elderly Commission meets – 2nd Tues. monthly @ 9:30

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 Loretta Ward, Phil Guilmette, Kay Marino, Maurice Gerb, Ellie Hoffman, Gerard Levesque, Patricia Gadsky, Grace Mele, Kay Birkmaier, Ellen Preneta, Betsy Epstein & Cynthia O’Connell.

Scripture to feed your soul:

“And you will know the truth, and the truth will set you free.”
(John 8:32)

If your birthday falls during the month of August and you would like to enter our birthday drawing, please call the center and leave us your name and phone number. On August 18th one name will be pulled and the lucky winner will receive $10.00! We will notify the winner!
AUGUST BIRTHDAYS

2 Christine Brohme
2 Helen Curtis
4 Nancy Pinkosky 14 John Konicki 23 Diane Warhola
4 Joan Kayser 14 Grace Law 24 Fred Baumer
5 Janetta Grant 14 Thomas Roccisano 24 Catherine Belanger
5 Diana Larson 14 Maria Tatalias 24 Nancy Cauli
5 Barbara Nimons 15 Norma Anderson 24 Robert Franko
6 George Maderski 15 Judith Grindrod 24 Lorraine Pucci
6 Helen Scully 15 Maria Hassame 24 Walter Weigl
6 Dorothy Hutchinson 15 Katherine Mazzucco 25 Roberta O'Dell
6 Jane Harrison 16 Douglas Day 25 Sandra Regan
7 Elizabeth Lindholm 16 Beverly Kollar 25 Tom Timlin
8 Arthur Chadwick 16 Arthur O'Neil 26 Paul Robert
8 Douglas Eklund 16 Joseph Swidon 26 Helen Ruest
8 Robert Fritzsche 16 Thomas Wadas 27 Diane Fragoso
8 Ray Savoyski 17 Carl Atz 27 Arun Madhani
8 Joyce Staudinger 17 Mary Fritz 27 Jean Romano
9 Pat Hinman 17 Donald Hutchinson 27 Raymond Schietinger
9 Laura Kempton 17 Christine Miller 28 Dominick Anzidei
10 Diane Baumer 17 Vincent Ribeiro 28 Carmela Fortin
10 Karen Dellorso 18 Eleanor Blaze 28 Cynthia O'Connell
10 Ronald Morosko 18 Laura Britto 29 Ruth Brobeil
10 Barbara Galli 18 Michael Ceraso 29 Pat Papcin
11 Linda Laudano 18 Art Daigle 29 Ellen Turschmann
11 Phyllis Basani 18 Rani Martin 31 Dennis Frendt
12 Della Briggs 18 Denise Matthews 31 Gertrude Griswold
12 Susan Jamroz 18 Marion Sribas 31 Sharon McEvoy
12 Kathy McGrath 18 Arlene Tomer 31 Patricia Romanos
12 Victor Noll 19 Pamela Roman
13 Lois Brozek 19 Gregory Wright
13 Frank Bunosso 20 Elaine Brandon
13 Robert Hughes 20 Jim Carroll
13 Mary Maham 20 Robert Peck
13 Linda Pol 21 David Bouffard
13 Diane Strode 21 Marie Fitzgerald
13 Charles Tomer 21 Sylvia Mondo
14 Joan Dembek 21 Tony Montefusco
14 William Giancarli 21 Susan Ranno
14 Margaret Jennings 22 Daniel Bishop

Watch Raffle Winner!
The lucky winner of the beautiful Gevril watch was Ellie Noll! Congratulations Ellie!! Wear it in good health and enjoy! A very special thank you goes out to our anonymous member who so graciously donated this gorgeous piece.

Baby Shower for Tyler Hicks (Senior Center custodian) and his wife Shannon.
Monday, August 29th @ 1:30
Cake, ice cream and punch will be served.
The crochet, craft, and quilting groups are making handmade baby items for the shower. If you want to make something, please let us know. We are not giving purchased items but we will also give a cash gift. Those who want to contribute to a cash gift, please leave your name and donation at the front desk. Thank you for helping us celebrate this happy occasion!
Matunuck Oyster Farm
Wakefield, RI
Tuesday, August 30, 2022

Sign-up now at Oxford Senior Center

Highlights:
✓ Guided Tour Of Oyster Farm
✓ Champagne and Oysters
✓ Lunch(on your own) at Champlin’s
✓ Free Time in Wickford Village
✓ Deluxe Motor Coach Transportation

$94.00 pp.
Bus departs at 8:30

Annual Fall Craft Fair
The Oxford Senior Center will sponsor a Craft Fair in November on Friday, Nov 4th and Saturday, Nov 5th. If you are interested in selling your craft, please register at the front desk and they will give you the information and application form. All items must be handmade. No kits, no imports, no commercial products, no food, or plants, except as props. Each crafter will have an 8 ft x 6 ft space and a table and two chairs will be supplied. One space will cost $15 which is due with your application.