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.
The center will be closed Monday, September 5th in observance of Labor Day

SEPTMBER 2022

Apple Harvest Luncheon
Thursday, September 22nd @ 12:00

Come out and enjoy all your favorite songs sung by talented local artist Bob Giannotti!
A flavorsome meal will be specially prepared by Matteis. Menu: Roasted pork, applesauce, sweet potatoes, green beans almondine, apple pie & ice cream.

Cost: $15.00pp
Sign up begins Thursday, Sept. 8th

Searching For Your Roots
Beginners Genealogy Class
(6 week course) 1:00pm – 2:30pm

Learn the fundamentals of searching, along with helpful ways to keep information safe while building your family tree! With 19 years of experience, Instructor Lisa Piccioli will help to provide us with the tools needed to be successful. She has completed courses with New England Genealogy Society, Boston College and Ancestry.com. After receiving a grant from the State of CT., Lisa has taught many informative classes and continues to share her knowledge.

Limited to 15 members  Cost: $10.00pp
Sign up begins September Fri. Sept 9th
Class dates: (Oct. 5th & 19th)  (Nov. 2nd & 16th)  (Dec. 7th & 21st)

FLU CLINIC AT THE CENTER
Friday, September 30th 10:00 - 12:00
Sponsored by Housatonic Valley Health District

Appointment scheduling links will be available September 1, 2022 by visiting www.hvhd.us
Flu vaccine questionnaires can be picked up at the center and brought with you to your appointment.

The Latest Breakthroughs in Cataract Care
Lunch & Learn

ARCHNA JOHAR, M.D., F.A.A.O
Cataract Specialist

Thursday, September 29th @ 11:30

Learn the latest breakthroughs in cataract care and discover how patients are enjoying the vision of their youth by attending our upcoming free medical lecture from leading cataract surgeon, Archna Johar, M.D. “ In addition to being named ‘Top Doctor’ by Castle Connolly in 2019, 2020, 2021 and 2022, Dr. Johar was also named ‘Exceptional Woman in Medicine’ in 2020, 2021 and 2022. Dr. Johar will be presenting the latest information on cataract development, cataract removal, new technology cataract lenses, visual recovery and patient outcomes. Her discussion will include new and innovative laser & lens implant technology that’s helping make cataract surgery safer, more precise, more convenient and more successful than ever before. She will share how today’s cataract patients are not simply having their vision restored, but their lives renewed with little or no dependence on prescription eyewear after surgery. Dr. Johar is a board-certified ophthalmologist and surgeon partner at Connecticut Eye Consultants in Southbury. Connecticut Eye Consultants is considered among the top comprehensive eye centers in the greater Northeast region of the U.S.

A light lunch will be served.  Sign up is required.
**PRIZE WINNING ACTIVITIES!**

**Left, Center, Right Game**
*Tuesday, September 6th from 11:00-12:00*
Stop in and test your luck! You could win a hot dog lunch gift certificate!

**Apples to Apples Game**
*Thursday, September 8th @ 12:30*
Have some laughs and join in on the fun with this easy to learn game! $10 prize for winner!

**BINGO!**
*Wed. September 7th 1:00-3:00*
Cost: $2.00. Light refreshments will be served. Please sign up and pay on the day of event.

**Wednesday, September 28th @ 1:00**
Cost: $5.00pp
A fun, new, innovative way to play bingo and have a chance to win a $25.00 gift card to many of our local businesses! Sign up now!

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**CENTER PROGRAMS**

**Blood Pressure Checks**
*Thursday, Sept. 1st & 15th from 10:45 – 12:45*
Sponsored by Housatonic Valley Health District.

**American Red Cross**

**Blood drive at the Oxford Senior Center**
*Saturday, September 3rd from 8:00 – 1:00pm*
Register by calling 1(800) REDCROSS or log into [www.redcrossblood.org](http://www.redcrossblood.org)

**Creative Autumn Wreath Class**
*Tuesday, September 13th @ 11:00*
Craft Instructor Kathy Molner will guide us through the fun process of creating this beautiful, decorative fall wreath. The only item you need to bring is a pair of scissors. A light lunch and beverages will be served to those who attend.
Space is limited so sign up now!
Cost: $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.

**Pedi-Care Foot Clinic with April Marshall**
*Tuesday, Sept. 13th from 9:00 – 2:00*
*Wednesday, Sept. 21st 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.

**Lunch & History Trivia**
*Monday, September 26th @ 11:30*
Test your history IQ and enjoy a tasty lunch of cavatelli with broccoli & sausage, salad & beverage.
Cost: $5.00pp Space is limited so sign up now.

**The Oxford Garden Club Presents...**
*“Oxford Main Street Project”*
*Tuesday, September 27th from 2:00-4:00*
The Oxford Main Street Project is an exciting four-phase community development project. It will provide the community and visitors to the Town of Oxford with world-class trout fishing, hands-on education that highlights the importance of the wetlands habitat to our eco-system and environment. It will also include hiking trails, walking and bicycling paths, shopping and culinary experiences along Oxford Road. The Little River Nature Preserve will preserve and protect our wetlands and educate this generation and future generations on the critical importance of the wetlands to our environment.
Sound Healing Class  
Wednesday, September 28th @ 9:30

The use of sound bowls are an ancienct practice designed to calm the nervous system, reduce stress, relieve tension and promote healing. Please join Jesse Komaromi as she demonstrates her incredible techniques while creating many harmonic sounds that will soothe and relax your mind, and boost your overall well-being.

Monthly Birthday Social  
Thursday, September 29th @ 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!

Movie Matinee: ELVIS  
Wednesday, September 21st @ 1:00
As one of the most iconic rock stars of all time, Elvis Presley rose to the top of the music charts like a rocket. With a life that seemed destined for great things, Elvis was influenced by a magnificent multitude of inspirational factors that diverged greatly from anything the American public had ever seen before. Behind the hit songs, Elvis struggled like any other person and worked with a controversial figure to achieve his goals in the industry.  
(2022) PG 13  159 minutes

Bell Choir- Wed. Sept. 14th & 28th @ 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 – Thurs. @ 10:45 Staring Sept. 15th  
Happy Hookers Group – Mondays @ 1:00  
Indoor Walking- Tues. @ 10:30 Thurs. @ 10  
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, September 1st, 8th & 15th @ 12:00
Joyce Niestemski will be cooking Hummel’s hot dogs for everyone to enjoy! Chips, drink & dessert will complete your meal. **Cost: $3.00pp**

Center Café Lunch Program  
Wednesday, September 7th @ 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.

Somethin’s Cookin!  
Wednesday, September 28th @ 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.**

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 but 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 Dziewulska 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**  
**No Class Sept. 28th**

**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**  
**No Class Sept. 16th**

**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**

**Fridays at 2:00 (No Class Sept. 2nd & 9th)**
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, Posture & Body Awareness**

**Thursdays @ 9:00**
Did you know that the way that you carry yourself has a direct effect on your health? Gabby will educate you on identifying, correcting, and practicing healthy postural awareness through stretching and designed core exercises. Please join us for this educational and beneficial program. No charge.

**Latin Fusion with Gabby**

**Broadway Dance Class**

**Fridays @ 9:00**
Gabriella Takacs Fabry, a National Champion from Hungary and U.S Latin dance finalist, brings her talent and energy to the center. She will focus on techniques and choreography from musicals such as *Singing In the Rain* and *Cabaret*. Come out and learn these light routines. It’s sure to be a fun, safe and healthy experience! Thanks to a generous grant from an anonymous benefactor, this class, along with Poise, Posture & Body Awareness, will be offered at no charge to all members who wish to participate. This workout will be a medium plus activity level class. No charge.

**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: Eilene 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 Eilene directly.

**Municipal Agent News**

September 2022

Hi Everyone!

‘Talk about HOT! I can’t remember it being so hot for so many consecutive days in a row. This is seriously detrimental to all seniors even if you don’t have any disabling health problems. All I can say is try to stay cool and stay in the house during the hottest part of the day! This too shall pass! Keep those air conditioners running and stay hydrated!’
The Agency on Aging is asking us this month to remind all seniors to look into the Medicare Savings Program. They feel that many seniors are missing out on this wonderful program.

Medicare costs can add up. To receive Extra Help with Prescription Drug Coverage and save money on Medicare Premiums, the Medicare Savings Program may be for you. There is a simple application to complete to see if you qualify.

To qualify, you must fall under the gross monthly income guidelines:

For a single person your income must be below $ 2,786.

For a couple your income must be below $ 3,754.

(Income guidelines usually change every March)

Contact the **Choices Program at the Agency on Aging of South Central CT** for information and application assistance. Their telephone number is 203-785-8533 option 3. All assistance from the Agency on Aging is free and unbiased; they do not sell insurance nor endorse any insurance companies or plans. Or you can call me, I am also a Certified Choices Counselor and would be happy to assist you.

I can’t believe I am saying this but, **Wishing Everyone a Happy Labor Day!**

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.**

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**“David” Sight & Sound, Lancaster, PA**

Sept. 14th-16th

$731pp Dbl  $672 Triple  $934 Single

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**THE BIG E**

Wednesday, Sept. 21st (CT Day)

Cost: $57.00pp

Depart: 9:00am  Return Approx. 7:30pm

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**ARGIA (Schooner Cruise)**

Tuesday, September 20th

Enjoy a private cruise past Historic Mystic Seaport with time allotted to explore nearby shops. Dinner stop on own at the Sea View Snack Bar.

Cost: $45.00pp  Sign up now.

Depart: 7:30am  Return Approx: 4:00pm

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**Oktoberfest at the Log Cabin, Holyoke Ma.**

Wednesday, October 12, 2022

Stop by the center to pick up a flyer!

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**Atlantic City Getaway at Caesars**

Oct. 25th-27th

Includes transportation, 2 nights accommodations at Caesars World Class Resort and much more! Everyone gets $50 back in SLOT Bonus, $50 in meal vouchers and two shows at Caesars Casino including Abba “Dancing Dream” & Patsy Cline & Classic Country Show.

$289.00pp Dbl.

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**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

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**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)

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**April 17 – 24, 2023**

California Dreamin’- Collette Tours

8 Days  12 Meals

$2999.00pp Dbl.

(Trip Presentation at center Thurs. Sept. 8th @ 11:00)

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**October 9 – 18, 2023**

Reflections of Italy – Collette Tours

10 Days  12 Meals

$4199.00pp Dbl.

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**SENIOR CENTER BUS TRIPS**

**Super Walmart – Naugatuck**

Tuesday, September 6th

Depart Center: 9:30  Return Approx. 12:30

Sign up now! (Limited to 20 members)

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**Lessard Lanes Bowling & Mini Golf – Plainville**

Monday, September 12th

Depart Center: 10:00  Return Approx. 2:00

Fun & lunch on your own.

Sign up now! (Limited to 20 members)

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**Port Jefferson – New York**

Thursday, September 15th

Depart: 9:15  Return Approx. 6:30

Cost: $25.00 round trip Ferry ticket

Sign up now! (Limited to 20 members)

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**Charcoal Chef – Woodbury**

Monday, September 19th

Depart: 11:30  Return Approx. 1:30

Lunch on own at this quaint, well known eatery!

Sign up now! (Limited to 20 members)
Goodspeed Opera House – 42nd Street
Wed. October 12th
Cost: $97.00pp.
Trip includes center orchestra seating and 3 course meal at the Gelston House. Beverages are not included in price. (Sign up begins Monday, Sept. 12th.)
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 Niestemski: Chairman - Elderly Commission
Drivers: Rosalie Hullette, Michael Albert, 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 Marin, Maurice Gerb, Ellie Hoffman, Gerard Levesque, Patricia Gadsby, Grace Mele, Ellen Preneta, and Betsy Epstein.

If your birthday falls during the month of September and you would like to enter our birthday drawing, please call the center and leave us your name and phone number. On September 29th one name will be pulled and the lucky winner will receive $10.00! We will notify the winner!

SEPTEMBER BIRTHDAYS
1   Dolores Conway
1   Isabel Petersen
2   Elizabeth Duncan
2   Roger Foster
2   Anne Sadowski
2   Elston Stevens
3   Suzanne Cassanelli
3   Madeline Porell
3   Joyce Upson
4   Cathy Cwilichoski
4   Albert Nimens
4   Lorraine Sheeler
5   Horace Behrle
5   Linda Colwell
5   Joyce Macauda
5   Thomas Silvia
6   Rhoda Berger
6   James Chamberlain
6   Joshua Chen
6   Bessie Pawlak
6   Mary Zaleski
8   Julia Steinis
9   Anthony Barsevich
9   Patricia DeFelice
10  Mary Ann Hall
10  Caroline Lydon
11  Beverly Ashelford
11  Gloria Hall
11  Patricia Hermance
11  Peggy Nelson
13  John Brobeil
13  Mary Ann Juliano
15  Edward MacConnie
16  Patricia Kovzel
17  Ann Ferguson
17  Linda Hastava
18  Sharon Donovan
18  Sheila Kerzner
18  Janice Medvecky
18  Bonnie Chevarella
18  James Cummings
19  Brian Fitzpatrick
19  Muriel Kruger
19  Silvana Makarewicz
19  Greta Rheingold
20  Diane Berritto
20  Lorraine Dalby
20  Judith Koenig
20  Michael Pinkosky
20  Kenneth Cimelus
21  Jo-Ann Gautrau
21  Robert McCarney
21  Bruce Daab
22  Linda Lindner
23  Beverly Albrow
23  Louis Basani
23  Christine Lesko
23  Gerard Levesque
23  Ronald Lungarini
24  Bernard Cayer
24  Ronald Stockman
25  Richard Savoyski
25  Harry Tuttle
26  Sherry Blakeman
26  Les Wheeler
27  Mary Allaire
27  James Lukowski
27  Helga Botelho
28  Jim Frank
28  Helen Savage
28  Virginia Sobolisky
28  Anne Stanky
28  Jean Uhelsky
29  Lorraine Swindon
30  Billie Brooks
30  Katherine Cisero
30  Judy Fischer
30  William Jennings
30  Karen Kurimsky
30  Pat Parnoff
30  Jane Pellegrini
30  Barbara Regan
LOT’S OF SUN & FUN AT OUR SIZZLIN SUMMER PARTY AT JACKSON COVE!

Many special thanks to our Kitchen Angels who worked so hard in the heat that day to make our event a memorable one!

Scripture to feed your soul:

His anger lasts only a moment, His goodness for a lifetime. Tears may flow in the night, but joy comes in the morning”
(Psalm 30:5)

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.