

Oxford Senior Center

10 Old Church Road, Oxford, CT 06478
(203) 881-5231 Reception / Reservations – Ext. 0
www.oxford-ct.gov
9:00AM - 5:00 PM Monday – Friday

Make the Oxford Senior Center Your Place to Connect with Others

SEPTEMBER 2016

The center will be closed Labor Day, September 5th.



September is National Senior Center Month. Celebrate **LIFE** at your Senior Center

L – Learning: Expand your knowledge

I – Independence: Live on your terms.

F – Friends: Enjoy life, laughter and feeling connected.

E – Energy: Discover health and vitality.

Caribbean Beach Blast!

Thursday, September 29th @ 12:00

Catered by Todd Orner of Oxford Hills Catering. Menu: Caribbean pulled pork, Cuban rice & beans, island corn, Jamaican green salad with fruit & dessert!

Entertainment provided by Chris Merwin. We are extending the summer so come join us! Cost: \$10.00 pp

CDC Diabetes Prevent Program

Mary Swansiger, BSN, MPH, CDE. Outreach Coordinator of The Griffin Hospital Community Outreach & Parish Nursing department has received a grant to offer a program to assist participants in reducing their body weight by 7% and increasing physical activities to 150 mins. per week to help prevent Type 2 Diabetes. The program includes: Nutrition and healthy eating, fitness instruction, tips for healthy eating out, stress management, keys to positive thinking and staying motivated, and monthly support for a year. We are happy to offer the program here at our center beginning Wed. October 12th, 1:00 – 2:00. The program runs for 16 weekly sessions, followed by monthly support for a year. You will need to make a commitment and qualify for the program. Call Mary Swansiger at (203)732-1137 or mswansiger@griffinhealth.org for more information and to register.

“A Child Lost” – A presentation by the author, Janina Nawarskas of Wolcott, CT

Wednesday, October 5th @ 11:30

A Child Lost is a memoir that describes the author’s early years living in Lithuania with her mother, father and brother until the perils of WWII exploded and shattered her life. The family had to flee from the German soldiers and she was separated from her family. The story has a dual purpose, which is to portray the ugliness of war, the toll it places on the innocent victims caught in the middle and how it changes the feelings of an individual as one transforms from friend to enemy in the horror of war. This an inspiring story of a survivor! Books will be available to purchase \$12.95. Please sign up.

Our Craft Fair is Coming!! Thu. & Fri. November 3 & 4th, 10:00 – 4:00. Vendor tables available for \$10 each. Open to all, spread the word. Speak to Pat or Heather to reserve your table.

Motor Coach Trips



Mohegan Sun Casino

Tuesday, September 27th

Includes: Motor Coach Transportation, \$15.00 wheel play and \$15.00 food voucher or free buffet.

Cost: \$22.00 pp Depart: 8:00 am Return: 6:00 pm

Buddy Jewell, Nashville Recording Star, at Chez Josef

Friday, September 23rd

Buddy Jewell was voted the very first winner of the USA Network's hit TV show "Nashville Star". In 2011 he won Country Gospel Music Association's "Entertainer of the Year" and "Crossover Artist of the Year" awards.

Lunch will be at Chez Josef, an elegant banquet hall under new management with executive chef Ouimet.

Menu features: cheese and crackers, coffee/tea on arrival. Yankee pot roast, stuffed filet of sole, chicken Florentine, salad, twice baked stuffed potato, carrots & sugar snap peas, dessert, beverage. Cost: \$81.00 pp.

Depart: 8:30 am Return approx: 6:15 pm

Empire City Casino – Yonkers, NY

Tuesday, Nov. 1st

New Member Exclusive – Join the Empire Club and receive \$20 Free Play. Sign up and start playing today!!

Triple Tuesday – Empire Club Members earn up to 15 Empire Points playing slot machines to receive up to \$15

Free Play as follows: Earn 5 Empire points to receive your first \$5 Free Play voucher; Earn another 5 Empire points to receive your second \$5 Free Play voucher; Earn another 5 Empire points to receive your third \$5 Free play voucher. Free play can be redeemed at any Promotions Kiosk. Limit three earned free Play offers for a

Maximum of \$15 Free Play per member each date. You must have proper photo ID in order to sign up for a player's club card, obtain food or free play vouchers or collect a winning jackpot. Cost: \$30.00 pp

Depart 8:00 am Return approx: 6:30 pm

Camp Ladore

June 19 – 26, 2017. Next year's theme will be "Hollywood". If interested let Heather know and she will fill you in with the details.

Bermuda Cruise on the Celebrity "Summit" from Cape Liberty, NJ

April 30 – May 7, 2017 *Book before Sept. 30th and take advantage of the "Go Big" promotions!!*

Price includes: 7-night cruise accommodations based on double occup; Port & departure taxes; All meals, activities and entertainment aboard ship; trip cancellation insurance & portage of one bag per person. Prices do not include shore excursions, bar drink, gratuities aboard ship. Price ranges from \$1220 - \$1700 pp. Come to the center to pick up a flyer for all the exciting details of the trip!

TRAVEL Presentations at the Center by COLLETTE Tours

America's Music Cities, 8 days, 11 meals, Oct. 13-20, 2017. Highlights: historic RCA Studio b, Country Music Hall of Fame, Historic Distillery, Grand Ole Opry Show, Ryman Auditorium, Belle Meade Plantation, Graceland, French Quarter, Choice of French Quarter Walking Tour or Panoramic Tour of New Orleans, Swamp Tour and New Orleans School of Cooking. **Presentation at Center: October 6th @ 12:30**

Price \$2999 pp Double

Hawaiian Adventure – 10 days, 13 meals, April 5 – 14, 2018. Highlights: Waikki Beach, Pearl Harbor, Oahu's North Shore, Waimea Canyon, Kauai Coffee Estate, Fern Grotto, Iao Valley, Lahaina, Polynesian Luau.

Presentation at Center: October 27th @ 12:30 Price \$5499 pp Double.

Senior Center Bus Trips

Highland Greens Golf Trip - Prospect

Wednesday, September 28th

Meet some new friends and enjoy a game of Golf! Lunch available on site on your own. Sign up now!

Depart: 9:15 Return 1:00 pm Cost: \$9.00 pp Cart rental: \$7.00

Fascia's Chocolate Factory - Waterbury

Thursday, October 13th

Join us for a one hour demonstration and tasting at the chocolate factory. You will be sitting during the demo.

We will then head to San Marino's Restaurant for lunch on your own. You may order anything off the menu but we ask that at least two people buddy up together per check...Thank you

Depart: 10:00 Approx. Return: 2:30 *Sign up begins Thurs. September 22nd.*

The Great American Songbook With a Taste of Italy, Starring Angelo Ruggiero

Thursday, November 10th

An afternoon of fun, food and entertainment at the elegant Grand Oak Villa in Oakville, CT. Angelo blows onto the stage like a hurricane! A real dynamo, Angelo sings a blend of the great standards of Tony Bennett, Bobby Darin, Frank Sinatra, Dean Martin, Nat King Cole, Engelbert Humperdink along with the great sounds of the 50's & 60's.

Menu: Coffee & snacks upon arrival, garden salad, rolls & butter, penne pasta, roasted potatoes & mixed vegetables, chicken parmesan & pork loin w/gravy, Italian rum cake, coffee, tea or decaf. Cost: \$46.00 pp

Sign up begins Friday, September 9th..... mark your calendar! You may also drive on your own.

Senior Center Bus Trip Policy:

- *Members can sign up themselves and one other member only. Sign up can be made by phone or in person on the sign up date and thereafter until the bus is full.*
- *You have 5 business days to make payment for trip. Payment will NOT be accepted PRIOR to the sign up date.*

Municipal Agent News - September 2016

Hi Everyone!

I hope that by the time that you are reading this, it is much cooler rather than this heat wave and humidity that we are experiencing at the time of this writing. Many people are having breathing problems and I sincerely hope everyone weathered this heat phenomena. We will probably be looking for some of this heat in a few months. Too bad we can't bottle it!

A majority of seniors have a social security online account where they can occasionally go to view their own accounts. In August, the Social Security Administration added a new step to protect your privacy as a "My Social Security" user. This new requirement is the result of an executive order for federal agencies to provide more secure authentication for their online services. Now we are required to use more than one authentication technique. When you sign in with your user name and password, they will ask you to add your text-enabled cell phone number. The reason is that each time you log into your account with your username and password, they will send you a one-time security code you must also enter to log in successfully to your account.

Each time you sign in, you will complete two steps:

- Step 1 Enter your username and password
- Step 2 Enter the security code they text to your cell phone

They are now using more than one method to make sure that you are the actual owner of your account. If you do not have your own social security account go to ssa.gov/myaccount to sign up. This is just one more step to secure your identity!

Wishing everyone a Happy Labor Day!

Until next month...

Joanne M. Jelenik

Municipal Agent for the Elderly

Please take a moment and read these “FRIENDLY REMINDERS “

- Payments for in-house events are due at the time of sign up. Your payment and reservation can be made in person or by mailing your check with a note indicating what you are signing up for. A receipt will be made out and held for you at the center. In order to participate in any of our activities at the center, you must be a member.
- MEALS ON WHEELS PROGRAM – (MOW) Contact the Senior Center and/or Municipal Agent for more information or referral. Also you can call TEAM, Inc. at 203-736-5420 Ext. 227.
- Oxford’s St. Peter’s Church members are thoughtfully sending birthday cards to our members each month. Thank you to those who are thinking of others on their special day!
- Newsletters are available online at www.oxford-ct.gov. At the top of the page click on Town Government, then Other Departments. Scroll down through the list of departments to the Senior Center. Click on Senior Center.

AT THE CENTER

Pastel Painting

Tuesdays @ 1:30 Instructor Eileen Smith. Beginners welcome. \$10 per class or 3 for \$25.

Ladies Poker

Thursdays @ 1:00

Nutrition Program

Tuesday, September 6th @ 10:30

Judy Prager will be presented a discussion on “Portion Control”. Mark your calendar! Self-sign up.

Left, Center, Right Game

Tuesday, September 6th @ 11:30. You could win a hot dog gift certificate!

Blood Pressure Check

Monday, Sept. 12th @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

***NEW* Crochet Group – led by Bev Krenesky**

Mondays 1:00 – 3:00

First project will be an infinity scarf. Please bring a “J” size hook. Some yarn is available or bring your own. Self-sign up.

Apples-to-Apples Game

Monday, September 12th @ 11:00

Exercise for your brain! Prize for the winner.

“Breakfast Talk” – Sponsored by Senior Bridge Outreach Program

Tuesday, September 13th @ 10:30

Please join us for a small intimate discussion with Lisa Navarra, LCSW (Licensed Clinical Social Worker) from Senior Bridge for a talk on mental and emotional health issues. She will discuss the increasingly common illnesses of depression and anxiety as well as grief and loss, including losing ones’ own independence. There will be a discussion around ways to cope and ways to address these issues along with many different treatment options.

Light breakfast served. Senior Bridge Home Health Care of Madison. “Helping people achieve lifelong well-being.”

Senior Community Café (TEAM Lunch)

Tuesday, Sept. 13th @ 12:00

Menu: Vegetable soup, stuffed chicken w/ supreme sauce, sweet potato, peas, wheat bread, cranberry juice, carrot cake and milk. Make your reservation in advance. Donation \$3.00. Checks payable to TEAM.

Coloring Book Fun with Joyce is back!

Tuesday, September 13th @ 1:00

A great way to enjoy a relaxing and fun afternoon. Joyce will provide the supplies.

The Prayer and Share group would like to share a scripture verse with you:

"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest." Matthew 11:28

Foot Clinic

Tuesday, Sept. 13th 10-2:30; Wed. Sept. 28th 9-2:00.

Make an appointment 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 specially trained registered nurses working with Pedi-Care Services. The nurse will give you an opportunity to verbalize problems. If you are diabetic a doctor's note will be needed. Forms are at the Senior Center. Fee is \$30 for a half hour visit and is not covered by insurance. Checks are made payable to Pedi-Care. Take advantage of this great service!

Monthly Birthday Social and Center Update

Monday, Sept. 19th @ 1:00

Come and share some birthday cake with fellow members and get the latest updates on senior center news. Members who have a birthday during this month and attend the social have a chance to win \$10.00!

Ask a Lawyer – Protecting the Family Home

Tuesday, September 20th @ 11:30

During this workshop led by attorneys Steven Rubin and Franklin Drazen from the Drazen Law Group. Self-sign up.

Craft with Eye

Thursday, September 22, @ 10:00

This month's craft will be a *Kitchen Towel Teddy Bear*. Join the fun. Self-sign up.

Let's Talk About It

Thursday, September 22nd @ 10:30. Led by Municipal Agent, Joanne Jelenik.

This group is open to all members to discuss issues with others who may have similar problems such as living alone, facing your fears, coping with loss, being mistreated by family or friends, or just feeling overwhelmed by daily responsibilities. Any questions call Joanne at 203-888-2090.

Petticoat Spies # 7

Thursday, September 22nd @ 1:00

This is the last in this series presented by Charlie Rippel. Charlie will be presenting the story of Loreta Janeta Velesuez, born in Cuba in 1840, the daughter of a Spanish aristocratic family. Civil unrest forced the family to move to New Orleans, LA and Loreta married a Union officer, who resigned the Union army to become a Confederate officer. Self-sign up.

Pizza Lunch

Monday, Sept. 26th @ 12:00 - \$1.00 slice Please sign up and let us know the number of slices.

Jeopardy Game sponsored by Grand Care Companions

Monday Sept. 26th @ 1:00

Hearing Screening

Tuesday, Sept. 27th @ 9:30 – 11:30

Hearing Aid Specialists of CT will have someone at the center to examine your ears for wax, screen your hearing and explain the results. This is a great opportunity whether you think you have a hearing loss or would just like to have a baseline screening for your records. Questions are welcome. You must make an appointment by calling the center.

Senior Community Café (TEAM Lunch)

Tuesday, September 27th @ 12:00

Menu: Meatloaf w/ gravy, mashed potatoes, fresh zucchini, wheat bread, apple juice, fruited jello and milk.

Donation \$3.00 Checks payable to TEAM.

Movie Matinee

Tuesday, September 27th @ 12:45

“Miracle from Heaven” with Jennifer Garner, Kylie Rogers, Martin Henderson. When Christy discovers her daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter. After Anna has an accident, a miracle unfolds in the wake of her dramatic rescue. Rated PG, running time 1h 49min.

Angels Among Us

Wednesday, September 28th @ 11:30 / Presentation about how we are surrounded by angels. Some you see and some you don't! Explore this interesting subject with Matthew Hughes. Self-sign up

BINGO!

Wednesday, September 28th @ 12:30 – 3:30 Cost \$2:00.

COMING IN OCTOBER

Advanced Car Planning followed by Ice Cream Social provided by Griffin Hospital Outreach

Mon. October 3rd @ 1:00 Please sign up.

Five Wishes Presentation by VITAS Healthcare – Tues, October 4th @ 11:00

Medicare/Insurance Seminar - Thurs, October 6th @ 10:00

John Somero will be at the center to discuss Medicare choices and changes for 2017.

REGULAR WEEKLY EVENTS ** New Price – Hot Dog Lunch \$2.00 **

Bocce – Mon, Wed, Fri 9:30 Walking Group – Mon, Tues 10:30, Fri 9:30 ****NO Walking 9/13****

Pocket Billiard – All Week Rummikub - Mon -Fri 10:00 Ladies Poker – Thurs. 1:00

Mahjongg – Mon 12:30 Poker - Mon, Fri 1:00 Wii Bowling – Thurs 1:00

Quilting – Wed 9:30 Craft Group – Thurs 9:30 Pinochle – Fri 1:00

Municipal Agent – Thurs 10:30 Choral Practice – Thurs 9:30 Hot Dog Lunch – Thurs 12:00
(Resumes 9/15) **Cost: \$2.00 (No Hot Dogs 9/8 & 29)**
Chili Dogs 9/22 & 10/6

EXERCISE CLASSES

SENIOR ZUMBA Mondays @ 11:15 and Friday @ 10:00!

Friday @ 10:00 – 11:00 Instructor: Gabriella Fabry (Check calendar for summer cancellations)

This class is especially designed for older adults. No experience needed, just your love of music to motivate and move. Low impact, easy-to-follow fitness. \$2.00 per class.

FLEX, FIT & FUN Wednesday @ 10:30 – 11:15 Instructor: Pat Babbage

This conditioning class uses weights, bands, and balls to strengthen and stretch the entire body from head to toes and fingers. Work at your own level and modifications will be given. Please bring your own weights as our supply is limited. No floor work. Join us for some fun and work towards increasing your bone density, strengthening the muscles around arthritic joints, increase circulation, and improve your overall endurance.

RESTORATIVE YOGA Monday @ 9:30 – 10:15 Instructor: Karin Terebessy - Yoga Alliance Certified

No prior yoga experience necessary. A great way to start your day!

\$15.00 for 4 class session (\$3.75/class) or \$5.00 per class drop in cost.

TAI CHI Tuesday @ 9:15 to 10:15 Instructor: Stephen Kurimai

These classes encourage balance, subtle flexibility, body-awareness in more active walking and standing movements sets. \$15.00 for 8 class session or \$3.00 per class drop in cost.

WHO'S WHO

Patricia Babbage: Director Senior Services – ext. 103

Heather Haney: Assistant Director – ext. 104 Joanne Jelenik: Municipal Agent – ext. 105 or 203-888-2090 (home)

Joyce Niestemski: Chairman - Elderly Commission

Transportation & Scheduling – ext. 101 Tami Bogart. Drivers: Michael Alberti, Carmine Onofrio, Joe Bongiorno, Lance Kruger

Elderly Commission –Second Tuesday of each month. Next meeting will be September 13th @ 9:30 am.

TRANSPORTATION (Senior Center - 881-5231 – Ext. 101)

For Oxford residents (Seniors & Disabled) only. We will do our best to accommodate you, but time, destination and vehicle availability may affect our ability to meet your needs.

Medical Appointments: Call **Sandy Brown (Community Car) at 203-881-0406**. If the community car is not available, call the Senior Center. Please call the Center at least 2 business days in advance. Scheduling office hours: 8:30 am – 12:00, Mon thru Fri. Voicemail after hours and weekends will be checked the next business day. Any emergency or same day cancellations AFTER 12:00 NOON – Do NOT leave voicemail – please call extension “0”.

Grocery Shopping-Tuesday: Shop Rite in Southbury. Please be considerate of our drivers and limit your purchases to five bags total. Please call at least 2 business days in advance to schedule a ride for shopping.

SUNSHINE UPDATES

If you want someone to be remembered, please call Ellie Hoffman at the center and she will send a card from the Oxford Senior Center. Keep in your prayers, Martha Makl, Rose Lemond, John Shail, Jean Michalak, Howard Allen, Rosa Carralero, Carol Krushinski, Helen Athans, Peggy Nelson, Barbara Gilmore, Arthur Miller, Harold Cosgrove, Kathleen O’Neil, and Jackie Bush.

SEPTEMBER BIRTHDAYS

Eve Detzer	1	Curtis Pillsbury	8	Linda Hastava	17	Dianne Giovanetti	24
Dorothy Laezzo	1	Julia Steinis	8	Sheila Kerzner	18	Philip Orfino	24
Diane Dumont	2	Patricia McDonell	9	Bonnie Chevarella	19	Arlene Skiba	25
Elizabeth Quarters	2	Rosemary Green	10	James Cummings	19	Sherry Blakeman	26
Madeline Porell	3	Caroline Lydon	10	Brian Fitzpatrick	19	Ronald Kopchak	26
Joyce Upson	3	Joseph Gaetano	11	Jane Gray	19	Les Wheeler	26
Stanley Beras	4	Gloria Hall	11	George Hamila	19	Betty Jacobs	27
Albert Nimons	4	Peggy Nelson	11	Muriel Kruger	19	Alfred Yagovane	27
Lorraine Sheeler	4	Joan Zinsky	11	Greta Rheingold	19	Regina Blizman	28
Horace Behrle	5	Josephine Mastrorocco	12	Diane Berritto	20	Helga Botelho	28
Geraldine DeLuca	5	John Brobeil	13	Lorraine Dalby	20	Helen Savage	28
Joyce Macaуда	5	Harriet Rich	14	Michael Pinkosky	20	Virginia Sobolisky	28
Verna Perrott	5	Rocco Sciplini	14	Robert McCarney	21	Jean Uhelsky	28
Michael Tangredi	5	Edward Macconnie	15	Alex Zibluk	21	Jean DeBisschop	29
Bessie Pawlak	6	Robert Nishti	15	Anne Barbera	23	Joseph Marino	29
Mary Zaleski	6	Paul Stocking	15	Louis Basani	23	Peter Zbras	29
Rosebelle Lemond	7	Patricia Kovzel	16	Gerard Levesque	23	Karen Kurimsky	30
R. David Chemlen	8	Connie Wiebe	16	Ronald Lungarini	23		
Mary Dowling	8	Ann Ferguson	17	Nancy Santore	23		