

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

OCTOBER 2016

The center will be closed Monday, October 10th in observance of Columbus Day

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

Monday, October 3rd @ 1:00

Important information that can make your life and those around you a little easier. Advanced care planning is a gift you can give to yourself and the people who surround you. Self-sign up.

Ballroom Dancing with George Maderski

Tuesday, October 4th @ 1:00 – 2:00

George Maderski began his dancing career at the age of six and has danced throughout the U.S., Canada, and Poland. He has taught ballroom dancing at the Fred Astaire and Arthur Murray dance studios throughout the New York City area, as well as on cruise ships. Beginners welcome and no partner needed. Sign up now!

“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 is an inspiring story of a survivor! Books will be available to purchase for \$12.95. Please sign up.

FLU CLINIC – offered by the Pomperaug District Department of Health

Thursday, October 13th, 10:30 – 12:00 No appointment necessary.

Available vaccines: Quadrivalent Flu Vaccine and High Dose Flu Vaccine. Insurances accepted are: Medicare Part B, ConnectiCare, Aetna, Cigna & Anthem BC&BS. Please bring your insurance card with you. UnitedHealthcare and other insurances are not accepted. If any questions, call 203-264-9616 ext. 0.

The Proper Use of Body Mechanics

Monday, October 17th @ 11:00

Learn to make use of your body mechanics to reduce risk of injury. Awareness can prevent an injury! Sponsored by Shady Knoll Health Care, Seymour. Self-sign up.

ITALIAN FEST AT THE CENTER

Thursday, October 20th @ 12:00

Celebrate Italian style with Mattei’s eggplant, lasagna, roasted chicken, tossed salad, garlic bread and dessert. Bob Lupi will be singing his heart out for us, Italian Style!! Cost: \$10.00pp Sign up now.



COMING IN NOVEMBER

Craft Fair at the Senior Center

A wide variety of *Handmade Items* will be available for sale. Raffle prizes, door prizes and hot dogs on Thursday. Fair will be open Thursday & Friday, November 3rd & 4th, 10 – 4. Vendor tables \$10 per table and a donation of a door prize. Open to the public so tell your family and friends all about it!

ADT Health Presentation

Tuesday, November 1st @ 11:00

In home solutions for monitoring personnel health in a variety of ways. Presented by Eric Berger
Self-sign up.

Veteran's Day Observance

Wednesday, November 9th at 11:00

The American Legion David S. Miles Post 174 will lead us in a salute to all veterans on this day of remembrance. Our Oxford Senior Singers will follow with a patriotic performance.

We will be offering pizza as lunch. Please sign up.

Thanksgiving Luncheon

Thursday, November 17th

Join your friends at the center in giving thanks for all the blessings big and small in your life. We will be having our traditional Thanksgiving food prepared for us by Granato Catering along with the melodies of Bob Giannotti and his guitar! Cost: \$10 pp. Sign up please.

Volunteer Luncheon

Tuesday, November 29th @ 12:00

We would like to take this opportunity to thank our wonderful volunteers! We very much appreciate all that you do for the center. This is a special lunch for those members who have worked at our front desk, volunteered in the kitchen, helped us with the newsletter mailings or in other ways, please sign yourself up. We must have a final count by November 22nd.

Motor Coach Trips



Mohegan Sun Casino

Tuesday, October 25th

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

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

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!

Senior Center Bus Trips

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

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. Cost: \$46.00 pp. **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 - October 2016

Hi Everyone!

"Hazy, Hot and Humid", is our mantra describing our summer weather this year and it is taking a long time to go away. Here it is, the beginning of Fall already and it is still hot. Perhaps, by the time you read this, Autumn will have arrived. Looking forward to some gorgeous and brilliant foliage. Enjoy!

It's that time of year again! Yes, you guessed it; the annual open enrollment period for choosing or making changes to your medical insurance policy. If you are not satisfied with the one you have, now is the time to choose another. The annual open enrollment period for 2016-2017 is October 15th – thru December 7th. We all want to make educated choices on which policy to choose but, it is truly a gamble on our part. Most of us need help with this and we are bringing in help for you. Once again, we have invited John Somero an insurance specialist to our senior center to give us a presentation on all the 2017 changes to the Medicare Plans. John's presentation will take place on Thursday, October 6th at 10:00. As always, there are some changes this year so come join us for news of all the latest insurance developments. Bring your questions and we will try to get you answers to all your insurance inquiries.

Until next month...

Happy Halloween!

Joanne 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

Blood Pressure Check

Monday, Oct. 3rd & 17th @ 11:00 – 12:00
Sponsored by Pomperaug District Dept. of Health

The Happy Hookers of Oxford – Crochet Group

Mondays 1:00 – 3:00. Please a "J" size hook.
First project will be an infinity scarf.

Five Wishes Presentation by VITAS Healthcare

Tuesday, October 4th @ 11:00
Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Self-sign up.

Senior Community Café (TEAM Lunch)

Tuesday, October 4th @ 12:00
Menu: Hamburger on bun with baked beans, coleslaw, peaches and milk.
Make your reservation by the Friday before the lunch. Donation \$3.00. Checks payable to TEAM.

Medicare/Insurance Seminar

Thurs, October 6th @ 10:00
John Somero will be at the center to discuss Medicare choices and changes for 2017.

Foot Clinic

Tuesday, October 11th 10:00 – 2:30, Wednesday, October 19th 9:00 – 2:30.
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!

Sleep Disorders Presentation – Griffin Hospital Sleep Disorders Center

Tuesday, October 11th @ 11:30
Why we need sleep and how to improve your sleep. A subject we can all relate to! Self-sign up.

Coloring Book Fun with Joyce

Tuesday, October 11th @ 1:00
A great way to enjoy a relaxing and fun afternoon. Joyce will provide the supplies.

BINGO!

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

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 mwsansiger@griffinhealth.org for more information and to register.

Craft with Eye

Thursday, October 13th @ 10:00

This month's craft will be a scarecrow! A sample will be at the center. Join the fun. Self-sign up.

Monthly Birthday Social and Center Update

Monday, October 17th @ 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 – Seven Things Every Caregiver Spouse Should Know!

Tuesday, October 18th @ 11:30 in our Reading Room

This is a workshop led by attorneys Steven Rubin and Franklin Drazen from the Drazen Law Group. They will present important legal information and then open the floor for Q & A. Self-sign up.

Podiatrist – Dr. Rene J. Hymel, D.P.M.

Tuesday, October 18th @ 1:00

Dr. Rene J. Hymel associated with Griffin Hospital, was born and raised in New Orleans and has trained at Yale New Haven Health. He has vigorously pursued an in depth knowledge and understanding of the foot and ankle, its proper function, pathology, and the most up to date methods for treating conditions affecting the foot and ankle. Self-sign up.

Apples-to-Apples Game

Monday, October 24th @ 11:00

Exercise for your brain! Prize for the winner.

Hearing Screening

Tuesday, October 25th @ 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, October 25th @ 12:00

Menu: Turkey divan, rice, carrots, family grain bread, fresh fruit and milk.

Please make your reservation by the Friday before the lunch. Donation \$3.00 Checks payable to TEAM.

Movie Matinee – “Mother’s Day 2016”

Tuesday, October 25th @ 12:45

Starring Jennifer Aniston, Kate Hudson, Julia Roberts, Jason Sudeikis & Britt Robertson. A comedy about the lives of strong, loving and wildly imperfect women followed during the week before Mother's Day. Four families have one day to reconnect and embrace what's new and to prepare for some big surprises. Rated PG 13, running time 1hr 59 min.

The Prayer and Share group would like to share a scripture verse with you: Matthew 11:29 "Take my yoke upon you and learn from me, for I am gentle and humble in heart".

Understanding your Veteran Benefits

Wednesday, October 26th, 11:00 – 12:15 in the Library

This discussion is sponsored by VITAS Innovative Hospice Care. Sean Emond, VITAS' veteran administration representative will be here for a Veteran's Table Talk about benefits that are available to veterans. Self-sign up.

Joan's Lunch

Wednesday, October 26th @ 12:30. Menu: Drunken Chicken, vegetable mac n' cheese, vegetable, salad, bread, butter and dessert. Cost: \$6.00. Sign up begins October 7th.

Left, Center, Right Game

Tuesday, October 31st @ 11:00. You could win a hot dog gift certificate!

REGULAR WEEKLY EVENTS

Bocce – Mon, Wed, Fri 9:30

Walking Group – Mon, Tues 10:30, Fri 9:30

Pocket Billiard – All Week

Rummikub - Mon -Fri 10:00

Ladies Poker – Thurs. 1:00

Mahjonng – 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 10:30

Hot Dog Lunch – Thurs 12:00

Cost: \$2.00 (No Hot Dogs 13th & 20th)

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** **Class Change – Tues, Oct. 18th at 11:00 instead of Wednesday. Just this week only!!**

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. 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 October 11th@ 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, Vahan Hovey.



OCTOBER BIRTHDAYS

Elizabeth Andrews	1	Victor Cweklinsky	8	Diane Kelleher	15	Troy Adcox	23
Pura Provenzano	1	Tom Kowalchik	8	Delores Moore	15	Robert Slie	23
Mary Wade	1	Betty Macconnie	8	Joan Bishop	16	Peter Dinyovszky	24
David Chirgwin	2	Ronald Stebar	8	Diane Cooper	16	Susan Fedor	24
Jean Dilisio	2	Elaine DeFazio	9	Lillian Giovacchino	16	Pat Haydu	24
Virginia Rossi	2	Robert Frazer	9	Josephine Lewis	16	Fred Schaub	24
Marie Urso	2	Shirley Fredericks	9	David Shlian	16	Susan Cooper	25
Beryl Capewell-Valerio	3	Donald Hotchkiss	9	Rene Caisse	18	Bill Kapfer	25
Carol Greatorex	3	Andrea Niamtu	9	Pauline Gondek	18	Michael Blizman	26
Barbara Merwin	3	John Uhelsky	9	John Miller	18	Darlene Perugini	26
Renea Chmielewski	4	Joan Ford	10	Curt Cooper	19	Dolores Dean	27
Lucille Conway	4	Shirley Guliuzza	10	Eleanor Furtado	19	Louise Della Corte	27
Joe Feltovich	4	MaryEllen Joneyk	10	Pauline Manville	19	William Mayers	27
Marilyn Stebar	4	Ann Marie Marsilio	10	Anthony Raccio	20	Gerry Eckhardt	29
Michael Angelicola	6	Gregory Sheehan	10	Ann Boyd	21	Buddy Kingston	29
Linda Doczynski	6	Shirley Gaetano	11	Angela Mahoney	21	Tom Clark	30
Gary Maloney	6	Shirley Ibelle	11	Ann Mele	21	John Downey	30
Nancy Metcalf	6	Michael Mudry	11	Ruth Mott	21	Harvey Eckhardt	30
Irene Uhelsky	6	Cynthia Jachimowski	12	Janice Normand	21	Arthur Keating	30
Rosa Carralero	7	Bruce Thomas	12	Sandy Averaimo	22	Betty DeGennaro	31
Elizabeth Cotnoir	7	Robert Harkey	14	Clara Cusson	22	Phyllis Lupi	31
Mary Petersen	7	Thomas Della Corte	15	Irene DiMantova	22	Rosalie Pouyat	31
Daniel Slywka	7	Arleen Flach	15	Beverly Hanna	22		