

# ***Oxford Senior Center***

10 Old Church Road, Oxford, CT 06478  
(203) 881-5231 Reception / Reservations – Ext. 0

[www.oxford-ct.gov](http://www.oxford-ct.gov)

9:00AM - 5:00 PM Monday – Friday

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

## ***NOVEMBER 2016***

*In observance of Veteran's Day we will be closed Friday, Nov. 11<sup>th</sup>.*

*The center will be closing at 1:00 on Wed. Nov. 23 and closed Nov. 24 & 25<sup>th</sup> in celebration of Thanksgiving.*

***The staff wishes you and your family a very happy and peaceful Thanksgiving!***



### **Craft Fair at the Senior Center**

A wide variety of *Handmade Items* will be available for sale. Raffle prizes, door prizes, baked goods and hot dogs on Thursday. Fair will be open Thursday & Friday, November 3<sup>rd</sup> & 4<sup>th</sup>, 10 – 4.

Open to the public so tell your family and friends all about it!

### **Volunteer Luncheon**

Tuesday, November 29<sup>th</sup> @ 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, and helped us with the newsletter mailings or in other ways. Please sign yourself up. We must have a final count by November 22<sup>nd</sup>.



### **Oxford Senior Singers Christmas Sing-A-Long**

Tuesday, December 6<sup>th</sup> @ 1:00

Our choral group's Holiday Performance will get you into the Christmas spirit and get you ready to celebrate! You will find that their songs will work their magic in casting a spell of nostalgia as you sing along.

### **CHRISTMAS PARTY at the Stone Barn at Whitney Farm Golf Course**

Thursday, December 8<sup>th</sup>, 12:00 – 4:00. 175 Shelton Road. Rte. 110, Monroe.

Paula Pettinella will be singing for us again this year. The entrée choices are Prime Rib, Stuffed Filet of Sole, Chicken Picata, or Pasta Primavera with crudité at each table; zucchini, squash and red peppers, oven roasted potatoes; brownie; soda, coffee, and tea. This is always a very festive and special occasion!

Tables of 10 only. Please have all the names in your group together before making your reservation. Give us your entrée choice and payment upon signing up. Cost: \$25 pp The Center will be closed this day.

### **Oxford High School Football Team**

Thursday, December 15<sup>th</sup> @ 11:30

These boys always bring fresh energy into the center when they visit! Share in the Christmas cheer. Hot dogs and raffle prizes. Come along and join the fun!

## ***Motor Coach Trips***



### **Mohegan Sun Casino**

Tuesday, November 22<sup>nd</sup>

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

### **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 occupancy; 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 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. **Price \$2999 pp Double**

**Hawaiian Adventure – 10 days, 13 meals, April 5 – 14, 2018.** Highlights: Waikiki Beach, Pearl Harbor, Oahu's North Shore, Waimea Canyon, Kauai Coffee Estate, Fern Grotto, Iao Valley, Lahaina, Polynesian Luau. **Price \$5499 pp Double.**

**Stop by the Center to pick up a flyer!**

## ***Senior Center Bus Trips***

### **Goodspeed Musicals and Gelston House Lunch, East Haddam**

Monday, November 21<sup>st</sup>.

**CHASING RAINBOWS – The Road To Oz.** An awkward girl with a gold voice blossoms into Judy Garland in the inspirational new musical about the bumpy road to "Oz". Songs like "I Can't Give You Anything But Love", "You Made Me Love You" and "Over the Rainbow" sweeten the story of Judy striving to hold onto her family. Lunch before the show at the Gelston House. Cost: \$89 pp includes lunch, show & transportation. Sign up begins November 7<sup>th</sup>. Depart: 10:30 am      Return approx.: 6:00 pm

#### ***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**  
**November 2016**

Hi Everyone!

It's Autumn with all its majestic beauty in full bloom. We had some beautiful reds, golds, and oranges gracing our trees this year. With the lack of rain this summer, I actually thought the color would not be abundant but luckily, we did experience some pretty autumn foliage.

I would like to address a scam that is going around and one that I've personally received more than once. Several seniors have also come to me concerning this issue and we will call it the "U.S. Tax scam." A few weeks ago, I received the following phone message on my answering machine, "This message is intended to contact you. My name is Kevin Mason. I am contacting you regarding enforcement executed by the U.S. Treasury. Ignoring this, you may be brought before a Federal Magistrate or a Federal Judge for a criminal offense. I'd advise that you cooperate with us and help us help you." Then it went on to give their phone number to call 347-390-0682. It's ironic that on October 7<sup>th</sup> there was an article in the local newspaper regarding this very scam. "70 arrested in India-based U.S. tax scam" "New Delhi- Indian police have arrested 70 people and are questioning hundreds more after uncovering a massive scam to cheat thousands of Americans out of millions of dollars by posing as U.S. tax authorities and demanding unpaid taxes, a police officer said Thursday. Those who called back and believed the threats would fork out thousands of dollars to "settle" their case, Mumbai police said. The scam brought in more than \$150,000 a day or made almost \$55 million in one year. Those arrested so far include several of the alleged ringleaders, as well as people accused of providing equipment and setting up the fake call centers. The criminal charges filed include extortion, impersonation and violations of India's information technology laws." So, if you receive one of these messages, please disregard and delete the message immediately. Remember, the Internal Revenue Service will **never** call you on the telephone. If they want to reach you regarding a legitimate issue, they will send you a letter in the mail. **DO NOT FALL FOR THESE SCAMS!**

Don't forget Open Enrollment for your insurance needs ends December 7th.

I would like to wish everyone a very Happy Thanksgiving! Gobble, Gobble!

*Joanne Jelenik*

*Municipal Agent for the Elderly*



Please take a moment and read these "FRIENDLY REMINDERS "

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| <ul style="list-style-type: none"><li>• <b>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.</b></li></ul> |
| <ul style="list-style-type: none"><li>• <b>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.</b></li></ul>   |
| <ul style="list-style-type: none"><li>• <b>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!</b></li></ul>  |

**Newsletters are available online at [www.oxford-ct.gov](http://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**

### **ADT Health Presentation**

Tuesday, November 1<sup>st</sup> @ 11:00

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

### **Coloring Book Fun with Joyce**

Tuesday, November 1<sup>st</sup> @ 1:00

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

### **Ask a Pharmacist – Matt Carrano, RPh, from Market 32 Pharmacy**

Wednesday, Nov. 2<sup>nd</sup> & 16<sup>th</sup> @ 12:30 – 1:30. Join this informal discussion on a variety of topics such as Oral Vitamin B12 Therapy and How OTC Pain Medications and Your Blood Pressure. Feel free to bring your lunch!  
Self-sign up.

### **Blood Pressure Check**

Monday, Nov. 7<sup>th</sup> & 21<sup>st</sup> @ 11:00 – 12:00

Sponsored by Pomperaug District Dept. of Health

### **The Happy Hookers of Oxford – Crochet Group**

Mondays 1:00 – 3:00. Please bring a “J” size hook.

### **Senior Community Café (TEAM Lunch)**

Tuesday, November 8<sup>th</sup> @ 12:00

Menu: Chicken w/ lemon sauce, brown rice pilaf, spinach, marble bread, fresh fruit and milk.  
Make your reservation by the Friday before the lunch. Donation \$3.00. Checks payable to TEAM.

### **Foot Clinic**

Tuesday, November 8<sup>th</sup> 10:00 – 2:30. December 13<sup>th</sup> 10:00-2:30 and December 28<sup>th</sup> 9:00 – 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!

### **Veteran's Day Observance**

Wednesday, November 9<sup>th</sup> 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.



### **Craft with Eve**

Thursday, November 10<sup>th</sup> @ 10:00

This month's craft will be an adorable penguin or snowman thermometer and a pair of winter themed earrings. A sample will be at the center. Join the fun! Self-sign up.

**Ask a Lawyer –“How to avoid losing your home and still qualify for Medicaid”**

Tuesday, November 15<sup>th</sup> @ 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.

**Light Lunch and a Movie**

Friday, November 18<sup>th</sup> @ 12:00

The movie is “The Edwards Twins Live in Hollywood” which was taped at the historical El Portal Theater in Hollywood. See this very special night with all your favorite superstars that has made The Edwards Twins world famous for more than 30 years! Cost: \$3.00 Menu: Tomato Soup and Combo Sandwich

**Apples-to-Apples Game**



Monday, November 21<sup>st</sup> @ 11:00

Exercise for your brain! Prize for the winner.

**Left, Center, Right Game**

Tuesday, November 22<sup>nd</sup> @ 11:00. You could win a hot dog gift certificate!

**Senior Community Café (TEAM Lunch)**

Tuesday, November 22<sup>nd</sup> @ 12:00

Menu: a special lunch of Roast Turkey w/ giblet gravy, savory stuffing, sweet potatoes, seasoned peas, carrots & corn, cranberry sauce, corn bread, pumpkin pie and milk.

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

**Movie Matinee – Love & Friendship**

Tuesday, November 22<sup>nd</sup> @ 12:45

In the 1970’s, beautiful young widow Lady Susan Vernon has come to Churchill, the estate of her in-laws, to wait out colorful rumors about her dalliances that are circulating through polite society. While there, she decides to secure a husband for herself and her reluctant daughter Frederica. This cheerful comedy-romance is rated PG with a running time of 1:34 min. Starring: Kate Beckinsale, Chloe Sevigny, Xavier Samuel, Emma Greenwell and Justin Edwards.

**Monthly Birthday Social and Center Update**

Monday, November 28<sup>th</sup> @ 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!

**Hearing Screening**

Tuesday, November 29<sup>th</sup> @ 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.

**The Prayer and Share group would like to share a scripture verse with you:** Matthew 11:30 “For my yoke is easy and my burden is light”.

**BINGO!**

Wednesday, November 30<sup>th</sup> @ 12:30 – 3:30 Cost \$2:00.

**“Get Moving!” - Nutrition Program by Judy Prager, RDN, CDN, LDN, Nutrition Consultant**

Tuesday, December 6<sup>th</sup> @ 11:00

How exercise fits into your healthy diet. Self-sign up.

## **REGULAR WEEKLY EVENTS**

Ballroom Dancing – Tues. 1:00      Walking Group – Mon, Tues 10:30, Fri 9:30  
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 10:30      Hot Dog Lunch – Thurs 12:00  
Cost: \$2.00 (No Hot Dogs 17<sup>th</sup> & 24<sup>th</sup>)

## **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 **\*\* No Class Nov. 9<sup>th</sup> & 16<sup>th</sup>**  
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 – Please note that this month the meeting will be Tuesday, November 1<sup>st</sup> @ 9:30.

### **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, Helen Athans, Peggy Nelson, Barbara Gilmore, Arthur Miller, Harold Cosgrove, Peter Dinyovszky, Marge Lucas, Gene Bulakitis, Harriet Rich, John Ellis, Fran Bruce, Mary Lee Bachhuber.

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## NOVEMBER BIRTHDAYS

**Sam Barate is 100 years old on November 30<sup>th</sup>!!**

**Sign up & join us for cake!**

Nicolette Dell Olio	1	Marjorie Madhani	8	Joy Tranquilli	16	Ivan Cukale	23
Maria Gill	1	Janice Cohen	9	Elsie Valeski	16	Philip Ercoli	23
Carol Sullivan	1	Frank Gregorio	9	Nancy Caterino	17	Betty Nipoti	24
Gloria Brown	2	Arlene Raino	10	Marjorie Fitzgerald	17	Gerald Hastava	25
Jeanne Keating	2	Edna Cruz	11	Charles Hummel	17	Karin Schidat	25
Arthur Rider	2	Philomena D'Amaro	11	Anne Rickards	17	Richard Sriubas	25
Joseph Rogalis	2	Lorraine Horbal	11	Delores Ruela	17	Ginny Guilmette	26
Muriel Sabetta	2	Carola Marte	11	Russell Bacon	18	Barbara Mayers	26
Elaine Barrett	3	Noreen Noll	11	Mary MacEachern	18	Ella Savage	26
Andy Bucci	3	Eilene Smith	11	Martha Makl	18	Alberta Weigl	26
Rosemary Slie	3	Elizabeth Giancarli	12	Kathleen Maloney	18	Marion Kindle	27
Cyndy Zbras	3	Karen Oko	12	John Rogers	18	Alice Martini	27
Linda Frederick	4	Anthony Guardiano	13	Karen Blake	19	Joseph Montanaro	27
Barbara Laezzo	4	Janet Peck	13	Helen Cesarczyk	19	Joan Murphy	27
Frank Sherkus	4	Betsy Entwisle	14	Ora Conklin	19	Theresa Casella	28
Helen Athans	5	Peter Shost	14	Richard Kurimsky	19	Stuart Haisley	28
Geraldine Felner	5	Peg Daley	15	Lucille Palmucci	19	Loretta Dempsey	29
Ronald Frederick	5	Virginia Hylwa	15	Arnold Pearlman	19	Mary Harkey	29
Barb Nemec	5	Raymond Jacobs	15	Tom Bloxam	20	Russell Peterson	29
Richard Normand	5	Carol Penney	15	Arthur Hlywa	20	Joan Walsh	29
Delores Popowski	5	Sharon Tantimonaco	15	James Lyons	20	Margaret (Sam) Barate	30
Douglas Stein	5	Tony DeFazio	16	Faye Checkley	22	Constance Koskelowski	30
John Doczynski	7	John Ellis	16	Charles Livolsi	22	Carol Mayers	30
Mary Russell	7	Edith Seyler	16	Marsha Pettengill	22	Ricardo Witham	30
Catherine Sorriero	7	Joan Thomas	16	Lolly Volpe	22		
Sheila Zito	7	Frank Tomis	16	Patricia Wiesniak	22		