

Oxford Senior Center Newsletter

October 2026



Happy Halloween! October brings pumpkins, ghosts and fall weather. We have a FULL schedule ahead for October and into the Holiday season. We hope to see you all soon!

MaryAnn

NEW TIME
Hotdog lunches on
Thursdays
will be moving to
12:30



We will be CLOSED Monday October 12

Newsletter News! PLEASE READ!!

Beginning in October the software that we use to create our newsletters is being discontinued by Microsoft. We are working on finding a viable solution but anticipate some bumps along the way before we get it working correctly. This change will probably cause some issues for us getting the Holiday news out in a timely manner. We will be relying on the website for the interim and appreciate your patience as we work through this challenge. Until we get things running smoothly we will also be utilizing our email and call distribution methods as well. If you would like to be removed from either of these lists please let us know..

For up to date information
visit our website:

oxfordseniorcenter.org

HAIR BY DONNA

In time for the Holidays
Additional Dates
October thru December

What's Happening....

LIVE MUSIC



Enjoy a morning of live music with
Singer & Song Writer
Corey Lewin
Oct 6 @ 11:30

Spellbound Acoustic

Live Music With
Duo Heatherlea Gelineau and
Michael Savino

Oct 20 @ 11:30

Halloween Party!

Lunch, Costume & Dance Party

Thur Oct 22 12:30 to 3:30

\$8.00

Chicken Thighs—2 ways (Herb Roasted & BBQ)

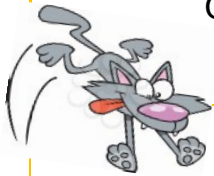
Mac & Cheese, Baked Beans, and Veggies.

Dessert and Apple Cider

Sign up required



Come do the Monster Mash with DJ Aaron from Pryme Tyme Entertainment



Whiskers is Back!

What is your cat telling you?

Oct 13 @ 11:00

Cats actually use a variety of ways to communicate both with humans and other animals. If you'd like to learn more about the signals cats use this presentation is for you.

Sign up is required.

INDOOR HERBS Thu Oct 15 @ 11:00

Join local horticultural specialist Lilly Kovesi for a presentation on growing herbs indoors for the winter. We will end the session with a planting to take home.

Sign up required for supply purposes.

All About Orchids Tues Oct 27 @ 11:00

Join Marion Van Ness for an informative session all about orchids
Sign up requested



VISIT the Oxford Middle School

Join the OMS kids
at the Middle School
Oct 29 10:00—11:30

Sign up required for security purposes

Meals and Munchies

Soup & Grilled Cheese

Tues Oct 6 @ 12:30

\$5.00

Creamy Tomato Soup
and Grilled Cheese

Deadline for sign up Sept 30

Cheeseburger & Pasta Salad

Thur Oct 8 \$5.00

2 seatings– please choose 1:

12:30 or 12:45

Deadline to sign up Sept 30

Seafood Salad or Egg Salad Sandwich

Tues Oct 13 @ 12:30

\$5.00

Choice of seafood salad or egg salad on a
roll served with coleslaw and chips.

Deadline for sign up Oct 8

Pizza and Salad

Tues Oct 20 @ 12:30

\$5.00

2 Slices of cheese pizza and salad, drink
and dessert

Deadline for sign up Oct 15

Penne w/ Marinara

Tues Oct 27 @ 12:30

\$5.00

Penne with marinara sauce served with sal-
ad and garlic bread

Deadline for sign up Oct 22

Sloppy Joes

Nov 3 @ 12:30

\$5.00

Classic Sloppy Joe sandwich consisting of
ground beef and onions in a tomato-based
sauce served on a hamburger bun. Served
with salad and chips.

Deadline for sign up Oct 29

Hotdogs will be served

on Thursdays:

OCT 1, 15, 29

@ 12:30

Sign up is now required.

\$4.00

Halloween Luncheon

Thur Oct 22

See details under

What's Happening



Exercise Programs

Line Dancing

Unfortunately our previous instructor encountered some health issues and is unable to continue classes. I am looking for a new instructor and will update everyone when I have more information.

MaryAnn

Flex, Fit, Fun & Weights Mondays @ 10:30 AM

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!

\$2.00 per class

Yoga with Jeanne Tuesdays at 9:30 AM

Join Jeanne for a relaxing, rejuvenating Yoga class. Yoga is known to increase flexibility, decrease stress, relax the mind, as well as alleviate chronic pain.

Cost of class is \$5 and paid to the instructor at time of class.



Strength & Fitness with Bobbi with weights Wednesdays @ 10:30 AM

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.

\$2.00 per class

Tai Chi Fridays @ 11:20

Taught by Theresa Waldron, PhD.

Start with a full body warm up , then move through balance exercises that also raise your heart rate while activating your core and mind.

\$2.00 per class

Video Classes (No Charge)

Monday 11:40—Standing Cardio

Tue 10:45– Indoor Walking (45 min)

Tue 1:45-Resistance Bands Chair (40 min)

Thur 10:00 - Indoor Walking (45 min)

Fri 9:15 - Zumba

Fri 10:45 - Chair Stretch (30 min)

DAILY BALANCE CLASSES

We held some test sessions in August and balance seems to be key on everyone's list so we've decided to add in some daily video classes for balance. Classes are free to attend.

We have a short 10-15 program on Monday, Tuesday and Friday and a full 30-35 minute workout on Wednesday and Thursday morning. See Calendar for specific times.

This and That

Hiking Group

The next group hike is scheduled for
October 22

At 10:00 am

Kellog Museum parking lot

500 Hawthorn Ave Derby

Sign Up to receive text confirmations

Book Club

Gales of November by John Bacon

Meeting: Tues Oct 27 @ 1:00

Sign up required for book count

Join the Rod Squad

Fishing Club

Meeting Wed Oct 14 @ 12:00

For up to date location and information on group outings check the Clubs page on the oxfordseniorcenter.org website.

Join Griffin Hospital

AGE WELL SERIES

Disaster Preparedness

Oct 8 @ 1:30 pm

Please sign up if attending



Thanksgiving Luncheon

Mon Nov 16 @ 12:30

At OXFORD HOUSE TAVERN

\$38.00

Buffet Lunch: Turkey, Mashed Potatoes, Stuffing, Veggie and Dessert.

Coffe, Tea, Soda and Gratuity included.

Cash Bar. Limit 50 people.

Deadline for sign up Nov 2

Oxford Senior Center

Craft Fair

We will be hosting a craft fair

Saturday October 17

9:00 - 4:00

Come Join the Fun!

We are still accepting
vendor applications.



Holiday Party



Testos in Monroe

Dec 3rd 11:30 pm - 3:30 pm

Family Style Menu : Bread, Garden Salad,
Penne Alla Vodka, Chicken Francaise, Roast
Beef with Gravy, Potato, Vegetable, and
Dessert.

Coffee, Tea and Soda included. Cash Bar.

\$45.00 per person

Sign up required.

Payment due at sign up.

This and That

The next **Elderly Commission Meeting** will take place on Oct 13 at 9:30.

Tech with Jess

2nd Wednesday from 11—12 pm

Jessica will be available to tackle your tech problems. Please bring all devices, passwords, etc. so that Jessica can assist you with your questions.

Please sign up for this workshop so Jessica can plan accordingly.

You can also make an appointment to see Jessica at the Oxford Public library!

**NEW
TIME!**

The Joy of Music

Classes on Tuesdays at 2:00 PM

The Joy of Music takes place weekly in the Senior Center Library. New participants are welcome. Teachers Marion and Peter Van Ness will help students learn how to read basic music notation and how to play simple tunes on a keyboard. Marion and Peter conclude each session by playing a tune on the piano and recorder and by inviting participants to sing along with provided lyrics. Please come and experience the joy of music!

Hair By Donna

Haircuts available at the Senior Center the **first and last Tuesday** of each month.

You must be a member to schedule an appointment.

Payment made to Donna directly.

Haircuts are \$10 each

Additional Dates: October—December 3rd Tuesdays!

For anyone unable to make it to the center Donna is available for in home services.

Call for appointments and pricing 203-929-5341

Foot Clinic 2ND TUESDAY

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 by a specially trained registered nurse working with Dancing Feet LLC. **If you are diabetic, a doctor's note will be needed.** Pedi-Care fee is \$45 for a 20-minute visit and is not covered by insurance.

Please make checks payable to **Dancing Feet, LLC**

Call 860-605-8283 now to schedule your appointment

FLU Vaccine Clinic

Oct 8 from

9:00—11:00

Housatonic Valley Health will be on-site for flu vaccines

Sign up requested



Mahjong

Mondays @ 12:30

New players are welcome to join

Men's Poker

Wednesdays and Fridays @ 11:00

Ladies Poker

Thursdays @ 1:00

Happy Hookers

Mondays @1:00 pm

Quilting Guild

Wednesdays @ 1:00 pm



Bingo is held every

Wednesday at 1:00 pm.

\$2.00 for 6 cards

Apples to Apples

Tuesday Oct 13 @ 1:30

Don Mayers leads the group with

a delightful game of

Apples to Apples

Winners will receive OSC coupons

Tile Painting with Bobbi

Oct 26 @ 1:15

Join us for an afternoon of artistic

adventure with our favorite

instructor Bobbi

\$10.00

Paint with Sophia

Oct 8 @ 11:00—Pick your favorite
spooky design and let's paint!

Oct 29 @ 11:00—Paint a Gnome

Art with Heart

Oct 5 & Oct 19 @ 10:30

Join our Tai Chi instructor Theresa
for a short empowering presentation
followed by an expressive watercolor
painting.

Sign up required

Spooky Movie Afternoons

Join us for some holiday classics Fridays @ 1:00

October 2 -Hotel Transylvania (Animated)

October 9 - Practical Magic (Nicole Kidman, Sandra Bullock)

October 16 –Little Shop of Horrors (Rick Moranis, Steve Martin)

October 23 –Sleepy Hollow (Johnny Depp, Christina Ricci)

October 30-It's the Great Pumpkin Charlie Brown! (animated)

Upcoming Dates to Note:

Craft Fair- October 17

Halloween Party– Oct 22

Thanksgiving @ Oxford Tavern-Nov 16

Christmas Party @ Testos - Dec 3



SUNSHINE UPDATES

If you want someone to be remembered, please call the Senior Center and leave a message for Laura Pizone. She will send well wishes from the OSC Membership.

October Birthdays

Andrews, Betty	Oct 01	Kwaks, RoseAnne	Oct 13
Savino, Gennaro	Oct 01	Pollack, Karen	Oct 14
Yakimovich, Janis	Oct 01	Flach, Arleen	Oct 15
Chapla, Paula	Oct 01	Soter, William	Oct 15
Rossi, Virginia	Oct 02	Prince, Paulette	Oct 15
Rubino, Philip	Oct 02	Kondor, Beverly	Oct 16
Greatorex, Carol	Oct 03	Mitchell, Deb	Oct 16
Burrows, Barbara	Oct 03	Hardaswick, Shannon	Oct 17
Chmielewski, Renea	Oct 04	Miller, John	Oct 18
Stebar, Marilyn	Oct 04	Lynch, Kathleen	Oct 18
Bandanza, Maureen	Oct 04	Russo, Eileen	Oct 19
Restagno, Ross	Oct 04	Vargas, Jeffrey	Oct 21
Vargas, Linda Lou	Oct 06	DiMantova, Irene	Oct 22
Belanger, Nancy	Oct 07	Hanna, Beverly	Oct 22
Bourque, Brenda	Oct 07	Armitage, William	Oct 22
Bycenski, Edward	Oct 07	Lester, Bruce	Oct 22
Stebar, Ronald	Oct 08	Garbien, Peggy	Oct 22
MacConnie, Betty	Oct 08	Supersano, Alan	Oct 22
Kowalchik, Tom	Oct 08	Schaub, Fred	Oct 24
Cweklinsky, Victor	Oct 08	Stockman, Susan	Oct 25
Vornkahl, Dianne	Oct 08	Young, Barbara	Oct 25
Uhelsky, Jean	Oct 09	Korn, Frank	Oct 27
De Fazio, Elaine	Oct 09	Eckhardt, Harvey	Oct 30
Bowen, Brian	Oct 09	Brooke, Cynthia	Oct 30
Casini, Frank	Oct 09	Williams, Robert	Oct 30
Sheehan, Gregory	Oct 10	Pellett, John	Oct 31
Testone, Susan	Oct 10		
Raimo, Sherri	Oct 10		
Bottomley, Carolyn	Oct 11		
Gottfried, Margaret	Oct 11		



Upcoming Trips.....

Date	Details	Cost Per Person
Oct 10	Medieval Times Feast and Jousting	\$148
Oct 15	Oktoberfest	\$132
Nov 17	Branson Country Christmas and Veterans Show	\$139
Dec 1	Lyndhurst Mansion TarryTown, NY & lunch at the	\$160
Dec 8	A Very Soulful Christmas	\$143
	ANNIE—Goodspeed & Gelston House Lunch	\$150

In the works for 2027

Overnight to Atlantic City with Matinee Show

2 Night trip to Block Island / Newport

Week trip to Mackinac Island

More to come...

- ♦ All trips are open to the general public.
- ♦ Membership and Oxford residency is not required.
- ♦ Payment by check is due upon sign up.
- ♦ Trips depart from 10 Old Church Rd.
- ♦ Flyers are available for all trips. For more information please contact the senior center at 203-881-5231



October

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
10:30 Flex & Fit 11:00 Quarry Walk 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:30 Yoga 10:30 Short Balance 10:45 Indoor Walking 12:30 Luncheon 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:45 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	9:30 Better Balance 10:00 Indoor Walking 12:30 Hot Dog Lunch-eon 1:00 Ladies Poker 1:00 Dominoes	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle 1:00 Movie
5	6	7	8	9
10:30 Flex & Fit 11:00 Quarry Walk 10:30 Art w/ Heart 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:30 Yoga 10:00 Hair by Donna 10:30 Short Balance 10:45 Indoor Walking 11:30 Live Music 12:30 Luncheon 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:45 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	9:00 Flu Clinic 9:30 Better Balance 10:00 Indoor Walking 11:00 Paint w/ Sophia 12:30 Luncheon 1:00 Ladies Poker 1:00 Dominoes 1:30 Griffin Age Well	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle 1:00 Movie
12	13	14	15	16
closed	9:00 Dancing Feet 9:30 Elderly Commission Meeting 9:30 Yoga 10:30 Short Balance 10:45 Indoor Walking 11:00 Whiskers 12:30 Luncheon 1:30 Apples 2 Apples 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:45 Better Balance 10:30 Strength & Fit 11:00 Tech with Jessica 11:00 Men's Poker 12:00 Fishing Club 1:00 BINGO 1:00 Quilting Guild	9:30 Better Balance 10:00 Indoor Walking 10:00 Blood Pressure Clinic 11:00 Indoor Herbs 11:00 Healthy Chat 12:30 Hot Dog Lunch-eon 1:00 Ladies Poker 1:00 Dominoes	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle 1:00 Movie
19	20	21	22	23
10:30 Flex & Fit 11:00 Quarry Walk 10:30 Art w/ Heart 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:30 Yoga 10:00 Hair by Donna 10:30 Short Balance 10:45 Indoor Walking 11:30 Live Music 12:30 Luncheon 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:45 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	9:30 Better Balance 10:00 Indoor Walking 12:30 Halloween Party 1:00 Ladies Poker 1:00 Dominoes ** Hiking Group - Osborndale	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle 1:00 Movie
26	27	28	29	30
10:30 Flex & Fit 11:00 Quarry Walk 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers 1:15 Paint w/ Bobbi	9:30 Yoga 10:00 Hair by Donna 10:30 Short Balance 10:45 Indoor Walking 11:00 Orchids 12:30 Luncheon 1:00 Book Club 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:45 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	9:30 Better Balance 10:00 Indoor Walking 11:00 Paint w/ Sophia 12:30 Hot Dog Lunch-eon 1:00 Ladies Poker 1:00 Dominoes 1:00 Walmart Shopping *10:00 OMS offsite visit	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle 1:00 Movie

TRANSPORTATION SERVICES



****If you need a ride to a medical appointment call Sandy Brown (Community Car) at 203-881-0406. If the Community Car is not available, then call the Oxford Senior Center.**

DIAL-A-RIDE TRANSPORTATION:

For Oxford seniors and disabled residents only. We will do our best to accommodate you. However, time, destination and vehicle availability may affect our ability to meet your needs.

*Our transportation service is available for Oxford residents over the age of 60 or disabled adult residents who **ARE UNABLE** to drive and do not have a family member available to drive them. We have 2 handicap accessible vehicles and can provide rides for medical appointments, shopping, and other needs **(subject to availability)**.*

We offer transportation services Monday - Thursday with scheduled pick-up times beginning at 9:00 AM and the last available pick-up time at approximately 3:00 PM, depending on the area.

To allow staff to manage the schedules, reservations are required at least 10 days in advance for medical appointments and 5 days for transportation to the center by calling the transportation line at 203-881-5231 x 3101 or emailing transport@oxford-ct.gov. Please leave a detailed message with your name, phone number and email address, the date and time of your appointment, approximate length of appointment, destination with address and if you require a handicap accessible vehicle.

PLEASE DO NOT LEAVE ANY SAME DAY CANCELLATIONS ON THE TRANSPORTATION LINE.
DIAL "O" FOR THE CENTER RECEPTIONIST.

DID YOU KNOW.....The OSC has a medical loan shed on site!!!

If you are in need of items please contact the receptionist at 203-881-5231 for more information regarding rentals and donations. **You will need to schedule an appointment to pick up any items.** The cost is free, we just ask that you return the item when you are done so that someone else may have the opportunity to borrow the item. We also have adult products available free of charge.

We are currently not accepting donations at this time as our shed is full.



Municipal Agent Ellen Fox

The Municipal Agent for the Elderly Program was established in 1972 by the Connecticut State Legislature in order to assure that elderly persons in each of Connecticut's 169 towns have an officially appointed town representative for the elderly. Municipal Agents assist the elderly by providing information and referral services, distributing information, assisting them in learning about community resources, and helping them apply for benefits. **Please call Ellen for any inquiries on resources within our area ~ 203-888-2543 ext. 3020**

SENIOR CENTER INFORMATION

Who's Who at the Center:

Director:

Mary Ann McAuliffe

Assistant Director:

Sophia Morales

Office Assistants:

Kelly Weymer (morning)

Kim Mitchell (afternoon)

Drivers:

Joe Bongiorno, Michael Alberti,
Peg Hamila, Mike Eisenbach and
Jessica Morosko

10 Old Church Road

Monday - Thursday 9:00 AM - 3:30 PM

Fridays 9:00 AM - 3:00 PM

203-881-5231

www.oxfordseniorcenter.org

SHOPPING SCHEDULE:

With the increase in shoppers we are going to try to modify the schedule. There will be two trips to Quarry Walk weekly. Shoppers can **choose 1 trip per week.**

You must call to reserve your spot.

You may choose one of the following:

Monday @ 11:00 or Wednesday @ 9:00

Pick up times will vary depending on who's attending

The last Thursday of the month we take a trip to Walmart @ 1:00

All are welcome to join,
sign up is required.

Reminder: Each residence is limited to a maximum of 3 bags.

VOLUNTEERS WANTED

We are accepting applications for volunteers for the front office. Must be able to commit to one 3 hour shift per week (9:00-12:00); have pleasant phone manner and lots of patience. Duties will include answering the phones, greeting members upon entering the building, assist with event sign up and help with the coffee station. Must be able to multitask and work in a fast paced environment. Customer service experience a plus.

See staff for details and application

