

Oxford Senior Center Newsletter

August 2026

The summer fun continues into the dogs days of summer. We'll end the summer months with some great music by local artists; celebrate family with Grandparents Day and try your luck at Jukebox Bingo.

We still have room on many of our trips. If you would like to attend a trip please be sure to sign up so we know there is an interest. As a reminder payment is due at time of sign up.

Some of you may have noticed new faces around the office. Last month we were able to hire Jessica Morosko as a part time driver.

Jessica is an Oxford resident and also works for the school district as a bus driver. We are very happy to welcome her to our staff.

Also new to our staff is our summer intern Kate McAuliffe. She has been a great asset hosting paint and craft classes and helping with some general office tasks.

Welcome Aboard!

Beginning in August

Start your week off with some fun.

Now offering **Line Dancing Class**
with Tom Mohyde

Mondays - 9:00-10:00

SHOPPING Schedule

New -Add On One Time trip to

Ocean State Job Lot

See Last Page for Changes to the

NEW

SIGN UP FOR HOTDOGS

Beginning in August, if you plan on attending hotdog lunch please sign up ahead of time. This will better allow us to plan accordingly and reduce waste.

You can simply call prior to 10am on Thursday and let us know you will be attending lunch. Sign up sheets will also be in the meal binder.

If you do not sign up we can not guarantee a meal will be available.

CRAFT VENDORS WANTED

We are hosting a craft fair on October 17 and are seeking vendors. Applications and details available at the Senior Center or online.

What's Happening....

Live Music With Bobby Wheeler Aug 4 @ 11:30

Join the local musician
Bobby Wheeler for a
great hour of entertainment.
When not playing solo Bobby also
plays with Nashville Drive.

LIVE MUSIC

**Back by Request
Riva & Erik
Aug 20 @ 1:00**



Grandparents Day

Bring your grandkids and celebrate with us

August 13 from 10:00-1:00

Enjoy family friendly entertainment from 10-12.

We'll finish with Pizza and Lemonade for lunch.

Judy Tourangeau will be back to draw portraicatures

\$1.00 per slice of pizza

Please Join Us for This Event!

Sign up required

Janine From Amedisys Aug 3 @ 11:00

Questions on navigating the healthcare system?
Come meet with Janine and let her experience
and expertise guide you through the confusion

Sign up Required

Backyard Birds of CT

August 17 @ 11:00

Join Thomas from Compassion
Home Care for an engaging talk on
backyard birds of Connecticut.

Sign up required.



Wildflowers of CT August 27 @ 11:30

Welcome back Pete & Barb Rzasa for an edu-
cational fun presentation on Wildflowers of CT.

Sign up required

JUKE BOX BINGO

August 25 @ 1:30

Beat the heat and have some fun.
PrymeTyme Entertainment is back for
some exciting rounds of Jukebox Bingo.

Sign up Required

Meals and Munchies

Pasta Luncheon

Tues Aug 4 @ 12:30

\$5.00

Cheese tortelloni with chicken in a pesto sauce served with a garden salad

Deadline for sign up July 28

Taco Bowls

Tues Aug 11 @ 12:30pm

\$5.00

Taco Beef, lettuce, tomatoes, red onion, shredded cheese and black beans served over a bed of rice with creamy house dressing.

Deadline for sign up Wed Aug 6

Pizza and Salad

Monday Aug 17 @ 12:30

\$5.00

2 Slices of cheese pizza and salad, drink and dessert

Deadline for sign up Aug 13

Party Grinders

Tues Aug 25 @ 12:30

\$5.00 per person

Roast Beef, Cooked Ham, Oven-Roasted Turkey, Land O'Lakes® American Cheese, shredded Iceberg Lettuce and sliced Tomato served with chips and a cookie

Deadline to Sign Up Aug 20

Brunch for Lunch

Tues Sept 1 @ 12:30

\$5.00

Egg casserole (egg, cheese, bacon and tomatoes) served with multi-grain toast

Deadline for sign up July 28

***Hotdogs will be served
on Thursdays:***

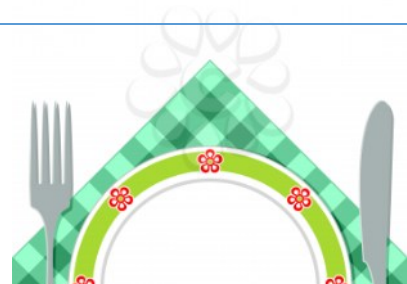
Aug 6, 20, 27

@ 12:00

Sign up is now required.

\$4.00

**SEPT 3
QUASSY PICNIC
All Day Event**



Exercise Classes

Cost is \$2.00 unless
otherwise indicated.

Exercise Programs



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.

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

VIDEO EXERCISE CLASS

Monday's from **11:20 AM** join us for a
FREE video workout.

ZUMBA Fridays @ 9:15am

Indoor Walking

**Tuesdays at 10:30 AM &
Thursdays at 10:00 AM**

Come join us for this FREE active 45-minute video exercise workout.

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.

Join us for a good time and a great workout!

\$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

NEW

Line Dancing with Tom Mohyde Mondays @ 9:00 am

Let's get grooving. Start your week off with some fun. Join Tom as he leads you through a variety of dance moves.

\$2.00 per class

NEW

Pilates-

Unfortunately, due to low participation we have decided to discontinue the Pilates classes on Friday.



This and That

All About Succulents

Paint a pot with Kate and then join Lilly for a presentation all about succulents. After the presentation we will have supplies to plant your own to take home.

Paint session: August 17 @ 1:00

Presentation: August 20 @ 11:30

Sign up is required

Book Club

Check our website for the monthly book title and author.

Meeting: Tues Aug 25 @ 1:00

Sign up required for book count



Hiking Group

*The next group hike is scheduled for Tues
Aug 18 @ 9:00 at*

Woodbury Trolley Trail

There is a parking lot at the intersection of
Trolley Bed Rd and Old Sherman Hill Rd
Woodbury

Sign Up to receive text confirmations

Join the Rod Squad

Fishing Club

Meeting Wed August 12 @ 12:00

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

Caregiver's Home Services

Aug 11 @ 11:30

Meet with Winnie from Caregiver's Home Services for a discussion on In Home Care.

Sign up if interested

Annual Senior Picnic

Thurs Sept 3rd

Our picnic this year will be held at Quassy Amusement Park.
\$30.00 per person

Includes:

All day ride and waterpark pass,
3 hour unlimited menu from 12:30—
3:30 and Parking

See flyer for specifics
Transportation will be available

Due to partial funding from the OSC budget this is a member only event.

Healthy Chat with Housatonic Valley Health Department

Thursday Aug 20 @ 11:00 am

Join Heidi from HVHD for a talk on

Adult Immunizations

(Blood pressure clinic from 10-11)

This and That

The next **Elderly Commission Meeting** will take place in **SEPTEMBER**
Enjoy the Summer!

Tech with Jess

Aug 12 from 1—3 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!

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 musical notation and how to play simple tunes on a keyboard. Marion and Peter conclude each session by playing a tune on the piano and recording it. They invite participants to sing along with provided lyrics. Please join and experience the joy of music.

Joy of Music will be on vacation for July and August, resuming in September.

Hair By Donna

August 4th

Haircuts available at the Senior Center. You must be a member to schedule an appointment.

Payment made to Donna directly.

Haircuts are \$10 each

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

Bocce

Mondays and Wednesdays

At 9:00

Stop by for a friendly game



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 Aug 11 @ 11:30

Don Mayers leads the group with
a delightful game of
Apples to Apples
Winner will receive OSC coupon

Craft Hour with Kate

Mondays Aug 3, 17, 24, and 31
@ 1:00 pm

Join Kate for a variety of art
projects each week. We'll post a
list of projects as they are de-
termined.



Crafting with Annie

We need volunteers to help create
crafts that will be sold at the craft
fair. We will have open craft ses-
sions on **Tuesdays @ 10:30**
Please come and help out.

AUGUST TRIPS

August 6 : Essex Steam Train

August 21-23 : Rails, Rivers, Reisling

Details for departure & itinerary will be sent out when available

Upcoming Dates to Note:

Grandparents Day—Aug 13

Senior Center Picnic @ Quassy - Sept 3

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.

Aug Birthdays

Gaetano, Donna	Aug 01
Brohme, Christine	Aug 02
Larson, Diana	Aug 05
Leach, James	Aug 05
Hutchinson, Dorothy	Aug 06
Polacik, Diane	Aug 06
John, Siano	Aug 06
Eklund, Douglas	Aug 08
Savoyski, Raymond	Aug 08
Chadwick, Arthur	Aug 08
Cohen, Betty	Aug 08
Korsko, Michael	Aug 08
Kempton, Laura	Aug 09
Devine, Vicki	Aug 09
Lydon, Caroline	Aug 10
Dellorso, Karen	Aug 10
Basani, Phyllis	Aug 11
Laudano, Linda	Aug 11
Noll, Victor	Aug 12
Jacobson, Vicky	Aug 12
Ceneviva, Karen	Aug 12
Bunosso, Jr, Frank	Aug 13
Brozek, Lois	Aug 13
Tomer, Charles	Aug 13
Hughes, Robert	Aug 13
Dembek, Joan	Aug 14
Giancarli, William	Aug 14
Jennings, Margaret	Aug 14
Konicki, John	Aug 14
Mazzucco, Katherine	Aug 15
Kollar, Beverly	Aug 16
Fritz, Mary	Aug 17
Miller, Christine	Aug 17
Ribeiro, Vincent	Aug 17
Atz, Carl	Aug 17
Rzasa, Peter	Aug 17

Sriubas, Marion	Aug 18
Martin, Rani	Aug 18
Tomer, Arlene	Aug 18
Ceraso, Michael	Aug 18
Britto, Laura	Aug 18
Matthews, Denise	Aug 18
Montville, Patricia	Aug 18
Cahill, Linda	Aug 19
Buchsbaum, Mary	Aug 19
Zavalko, Susan	Aug 20
Montefusco, Tony	Aug 21
Fitzgerald, Marie	Aug 21
Warhola, Diane	Aug 23
Orlando, Donna	Aug 23
Andrews, Barbara	Aug 23
Franko, Robert	Aug 24
Cauli, Nancy	Aug 24
Viccari, Robert	Aug 25
Duggan, Agnes	Aug 26
Hardaswick, Edward	Aug 26
Madhani, Arun	Aug 27
Addley, Dawn	Aug 27
Anzidei, Dominick	Aug 28
Fortin, Carmela	Aug 28
Sopko, Jack	Aug 28
Brobeil, Ruth	Aug 29
Papcin, Pat	Aug 29



Upcoming Trips.....

Date	Details	Cost Per Person
Aug 6	Essex Steam Train and Riverboat Ride	
Aug 21-23	Rails, Rivers and Riesling. Tour the Berkshires and neighboring NY.	
Sept 12	Monmouth Racetrack	\$180
Sept 22 - 25	Finger Lakes of New York (Sold Out - Wait List)	\$774 double / \$974 single
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 Old '76 House	\$160
Dec 8	A Very Soulful Christmas	\$143

- ♦ 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



August

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
11:00 Quarry Walk 10:30 Flex & Fit 11:00 Janine Amedisys 11:20 Video Exercise 12:30 Mahjong 1:00 Happy Hookers 1:00 Craft w/Kate	9:30 Yoga 10:00 Hair by Donna 10:30 Indoor Walking 11:30 LIVE MUSIC 12:30 Luncheon	9:00 Quarry Walk 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	ESSEX STEAM TRAIN TRIP 10:00 Indoor Walking 12:00 Hot Dog Luncheon * 1:00 Ladies Poker 1:00 Dominoes *reminder sign up for hotdogs	9:15 Zumba 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
10	11	12	13	14
11:00 Quarry Walk 10:30 Flex & Fit 11:20 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:00 Dancing Feet 9:30 Yoga 10:30 Indoor Walking 11:30 Apples 2 Apples 11:30 Caregivers Home Companion 12:30 Luncheon	9:00 Quarry Walk 10:30 Strength & Fit 11:00 Men's Poker 12:00 Fishing Club 1:00 BINGO 1:00 Quilting Guild 1:00 Tech with Jessica	10:00 Indoor Walking 10 – 1 Grandparents Day 1:00 Ladies Poker 1:00 Dominoes	9:15 Zumba 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
17	18	19	20	21
11:00 Quarry Walk 10:30 Flex & Fit 11:00 Backyard Birds 11:20 Video Exercise 12:30 Mahjong 12:30 Pizza Lunch 1:00 Happy Hookers 1:00 Craft w/ Kate	9:00 Hike Off Site 9:30 Yoga 10:00 Ocean State Shopping 10:30 Indoor Walking	9:00 Quarry Walk 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	10:00 Indoor Walking 10:00 Blood Pressure Clinic 11:30 Succulents 11:00 Healthy Chat 12:00 Hot Dog Luncheon * 1:00 Ladies Poker 1:00 Dominoes 1:00 Live Music *reminder sign up for hotdogs	9:15 Zumba 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
24	25	26	27	28
11:00 Quarry Walk 10:30 Flex & Fit 11:20 Video Exercise 12:30 Mahjong 1:00 Happy Hookers 1:00 Craft w/Kate	9:30 Yoga 10:30 Indoor Walking 12:30 Luncheon 1:30 Jukebox Bingo 1:00 Book Club	9:00 Quarry Walk 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	10:00 Indoor Walking 11:30 Wildflowers 12:00 Hot Dog Luncheon * 1:00 Ladies Poker 1:00 Dominoes 1:00 Walmart Shopping	9:15 Zumba 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
31	1	2	3	4
11:00 Quarry Walk 10:30 Flex & Fit 11:20 Video Exercise 12:30 Mahjong 1:00 Happy Hookers 1:00 Craft w/Kate	9:30 Yoga 10:30 Hair by Donna 10:30 Indoor Walking 12:30 Bruncheon	9:00 Quarry Walk 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	Center Closed for Quassy Day	9:15 Zumba 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle

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

If you know of anyone or have any suggestions for speakers or presentations you would like to see please put a note in the suggestion box. We are always looking for ideas.



ADD-ON Shopping Trip

This month we will be featuring a special trip to **Ocean State Job Lot** in Seymour.

August 18 @ 10:00 am

Anyone wishing to join please call the transportation desk to reserve your spot.

Limit 10 people

10 Old Church Road

Monday — Thursday 9:00 AM — 4:00 PM

Fridays 9:00 AM — 3:00 PM

203-881-5231

www.oxfordseniorcenter.org

Important Notes:

Hair by Donna will only
be Aug 4 this month

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

Please be patient as we try to find a solution that works best for everyone.

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.