



Oxford Senior Center Newsletter

September 2026

As our seasons keep changing so do things here at the center. Our bathrooms received a quick facelift with a fresh coat of paint and a splash of color. We've added some new video exercises to the mix, one specifically focused on balance, and our Line Dancing class has been going great! We've got some great programs for the Fall in the works. We hope to see you soon!

MaryAnn

We will be CLOSED:

September 3—We will be at Quassy for the Picnic. The center will be closed.

September 7—Labor Day

Bobbie will not be holding exercise classes Sept 14 & 16



The FREE TABLE Policy Reminder

The free table is for all members to exchange items. **Please be sure items left are clean, gently used and in good condition**. Do not leave donated items outside of the senior center.

The following items are **not allowed** at any time:

Food items, open cosmetics, supplements and vitamins, and medical equipment/supplies.

Food items should be donated to the local food banks. There is a RedCross bin at the back of the parking lot for clothing items. There is a board above the free table where you are welcome to post larger items for free or resale.

There is now a **Donation BOOK BIN at the Oxford Public Library** for used books.

What's Happening....

Spellbound Acoustic



Live Music With
**Duo Heatherlea Gelineau and
Michael Savino**

Sept 1 @ 11:30

LIVE MUSIC

Enjoy a morning of live music with
local artist
Michael Brandon

Sept 15 @ 11:30

Holiday Party

Join us once again for our annual Holiday Party at

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 and Vegetable, and Dessert.

Coffe, Tea and Soda included. Cash Bar.

We will have DJ and Raffles.

\$45.00 per person Sign up required



Meet Our First Responders

Sept 30 @ 11:30

Join our Municipal Agent Ellen Fox, Oxford Police, Fire and Ambulance personnel. They will be here to talk about programs for seniors, town emergency services, scams, safety, and emergency preparedness.
Sign up requested.

World of Harmonica

Sept 14 @ 11:00

Using story telling, historical facts and playing the instrument in many styles Bob Hennessy tells the story and plays music that will open your ears.

Sign up requested

Legacy Law Partners Return

Sept 10 @ 11:00

Back by request Nicole and Amanda will be on site to host an estate planning workshop.

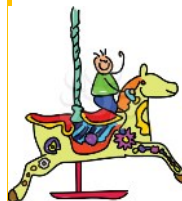
Sign up requested.

The History of Amusement Parks

Join us for a presentation from
The Carousel Museum

Sept 21 @ 12:00

Sign up required



You are welcome to bring lunch along

Meals and Munchies

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 Aug 28

Chicken Parm w/ Penne

Tues Sept 8 @ 12:30

\$5.00 per person

Chicken Parmesan and penne with marinara sauce served with salad

Deadline to Sign Up Aug 20

Butternut Squash Soup

Tues Sept 15 @ 12:30

\$5.00

Butternut squash soup with sweet Italian sausage served with warm bread.

Deadline for sign up Sept 10

Pizza and Salad

Tues Sept 22 @ 12:30

\$5.00

2 Slices of cheese pizza and salad, drink and dessert

Deadline for sign up Sept 18

Meatballs & Egg Noodles

Tues Sept 29 @ 12:30

\$5.00

Turkey meatballs smothered in a creamy mushroom sauce over egg noodles served with spinach salad

Deadline for sign up Sept 24

Soup & Grilled Cheese

Tues Oct 5 @ 12:30

\$5.00

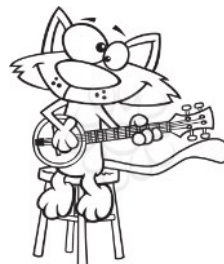
Creamy Tomato Soup and Grilled Cheese

Deadline for sign up Aug 28

***Hotdogs will be served
on Thursdays:
Sept 10, 17, 24
@ 12:00***

***Sign up is now required.
\$4.00***

**Join us after Hot Dog Lunch for
Live Music with Hugh
Sept 17 @ 1:00**



Exercise Programs

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.

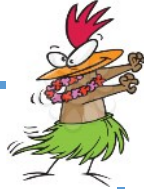
\$2.00 per class

NEW

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
Wednesday Sept 23

At 10:00 am

Guided Hike @ Flanders Nature Center

596 Flanders Rd Woodbury

Sign Up to receive text confirmations

Healthy Chat with Housatonic Valley Health Department

Thursday Sept 17 @ 11:00 am

Join Heidi from HVHD for a talk on

Urological Health

Learn about managing common concerns like bladder control, incontinence, and prostate health, while discovering how modern, minimally invasive treatments can vastly improve your daily quality of life.

(Blood pressure clinic from 10-11)

Book Club

Check our website for the monthly
book title and author.

Meeting: Tues Sept 29 @ 1:00

Sign up required for book count

Join Griffin Hospital

AGE WELL SERIES

Are you stroke aware?

Sept 10 @ 1:30 pm

Please sign up if attending

Join the Rod Squad

Fishing Club

Meeting Wed Sept 16 @ 12:00

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

Oxford Senior Center

Craft Fair

We will be hosting a craft fair

Saturday October 17

9:00 - 4:00

September Trips

Sept 3: Senior Picnic at Quassy

Sept 22-25 : Finger Lakes

Details for departure & itinerary will be sent out when available

We are still looking for vendors and volunteers. If you or someone you know is interested further information is available on our website. Oxfordseniorcenter.org

This and That

The next **Elderly Commission Meeting** will take place on Sept 8 at 9:30.

**NEW
TIME!**

Tech with Jess

Sept 9 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!

The Joy of Music Returns!

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

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 Sept 8 @ 11:30

Don Mayers leads the group with
a delightful game of

Apples to Apples

Winner will receive OSC coupon

Paint with Sophia

Sept 24 & Sept 28 @ 11:00

Join Sophia for painting sessions. We have a variety of pre-printed canvases and books for both watercolor and acrylics.



Crafting with Annie

We need volunteers to help create crafts that will be sold at the craft fair. We will have open craft sessions on **Tuesdays @ 10:30**

Please come and help out.

Garden Update

We got off to a bit of a late start and just like every year, some crops did great, others not so spectacular. It was a tough growing season. It seems we either had not enough rain or too much all at once. Our cucumbers and squash did great and we were able to supplement many meals with our own produce. We've started some new seedlings for a hopeful fall crop and are thankful for what we've been able to produce so far. The wildflowers on the hill will hopefully reseed and spread for an even splash of color next year.

Upcoming Dates to Note:

Senior Center Picnic @ Quassy - Sept 3

Craft Fair- October 17

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.

Sept Birthdays

Conway, Dolores	Sep 01
Kern, Kathleen	Sep 02
Upton, Joyce	Sep 03
Archer, Teri	Sep 04
Guanhua, Chen (Joshua)	Sep 06
Whitaker, Sandra	Sep 06
Goodrich, Dianne	Sep 07
Bombero, Renee	Sep 07
Thorson, Shirley	Sep 09
Bylicky, Diane	Sep 09
Sophia- Assistant Director	Sep 10
Green, Rosemary	Sep 10
Stephenson-Polmon, Carol	Sep 13
Calcandy, Peter	Sep 14
MacConnie, Edward	Sep 15
Shatney, Patricia	Sep 15
Malecki, Barbara	Sep 15
Taylor, Gina	Sep 16
Hastava, Linda	Sep 17
Kerzner, Sheila	Sep 18
Lanier, Harriette	Sep 18
DeNezzo, John	Sep 18
Chevarella, Bonnie	Sep 19
Fitzpatrick, Brian	Sep 19
Rheingold, Greta	Sep 19
Cummings, James	Sep 19
Cwanek, Linda	Sep 19

Dalby, Lorraine	Sep 20
McCarney, Bob	Sep 21
Lungarini, Ronald	Sep 23
Albro, Beverly	Sep 23
Stockman, Ronald	Sep 24
Frazier, Lysa	Sep 24
Savoyski, Richard	Sep 25
Kramer, Marcy	Sep 25
Viszkocsil, John	Sep 25
Wheeler, Les	Sep 26
Williams, Joann	Sep 26
Allaire, Mary	Sep 27
Sobolisky, Virginia	Sep 28
Uhelsky, John	Sep 28
Savage, Helen	Sep 28
DeNezzo, Debra	Sep 28
Petrucelli, Karolyn	Sep 29
Jennings, William	Sep 30
Kurimsky, Karen	Sep 30
Cisero, Katherine	Sep 30
Geraghty, Donna	Sep 30
Grasso, Paul	Sep 30



Upcoming Trips.....

Date	Details	Cost Per Person
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

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



September

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
9:00 Line Dancing 10:30 Flex & Fit 11:00 Quarry Walk 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers 1:00 Craft w/ Kate	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 9:30 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	CLOSED - PICNIC AT QUASSY	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
7	8	9	10	11
CLOSED - HOLIDAY	9:00 Dancing Feet 9:30 Yoga 9:30 Elderly Commission Meeting 10:30 Short Balance 10:45 Indoor Walking 11:00 Quarry Walk 11:30 Apples 2 Apples 12:30 Luncheon 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:30 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 11:00 Tech with Jessica 1:00 BINGO 1:00 Quilting Guild	9:15 Better Balance 10:00 Indoor Walking 11:00 Legacy Law 12:00 Hot Dog Luncheon 1:00 Ladies Poker 1:00 Dominoes 1:30 Griffin Hosp 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
14	15	16	17	18
9:00 Line Dancing 10:30 Flex & Fit 11:00 Quarry Walk 11:00 Harmonica 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 11:30 LIVE MUSIC 12:30 Luncheon 1:45 Chair Resistance 2:00 Joy of Music	9:00 Quarry Walk 9:30 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 12:00 Fishing Club 1:00 BINGO 1:00 Quilting Guild	9:15 Better Balance 10:00 Indoor Walking 10:00 Blood Pressure Clinic 11:00 Healthy Chat 12:00 Hot Dog Luncheon 1:00 Ladies Poker 1:00 Dominoes 1:00 Music w/ Hugh	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
21	22	23	24	25
9:00 Line Dancing 10:30 Flex & Fit 11:00 Quarry Walk 11:20 Short Balance 11:40 Video Exercise 12:00 Carousel Museum 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 9:30 Better Balance 10:00 Off Site Hike 10:30 Strength & Fit 11:00 Men's Poker 1:00 BINGO 1:00 Quilting Guild	9:15 Better Balance 10:00 Indoor Walking 11:00 Paint w/ Sophia 12:00 Hot Dog Luncheon 1:00 Ladies Poker 1:00 Dominoes 1:00 Walmart	9:15 Zumba 10:30 Short Balance 10:45 Chair Stretch 11:00 Men's Poker 11:20 Tai Chi 12:00 Pinochle
28	29	30	1	2
9:00 Line Dancing 11:00 Quarry Walk 10:30 Flex & Fit 11:00 Paint w/ Sophia 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:30 Yoga 10:30 Hair by Donna 10:30 Short Balance 10:45 Indoor Walking 12:30 Luncheon 1:45 Chair Resistance 2:00 Joy of Music 1:00 Book Club	9:00 Quarry Walk 9:30 Better Balance 10:30 Strength & Fit 11:00 Men's Poker 11:30 1st Responders 1:00 BINGO 1:00 Quilting Guild	9:15 Better Balance 10:00 Indoor Walking 12:00 Hot Dog Luncheon 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

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.



DUE TO THE HOLIDAY

Shopping for the first week of
September will be

TUES Sept 8 @ 10:00 am or
Wed Sept 9 @ 9:00 am.

10 Old Church Road

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

Fridays 9:00 AM - 3:00 PM

203-881-5231

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.**