Oxford Senior Center Newsletter
DECEMBER 2026

A very special THANK YOU to all of our members for your support over the past year. Wishing you all a very Happy Holiday!

MaryAnn



Please give a warm welcome to our new staff member Rick Schaefer. Rick joined our transportation team in November.

Please Be Patient

If the office staff is in the middle of a conversation or helping another member please be patient and wait your turn. It gets very confusing for us when everyone tries to talk at the same time. We like to give each member our undivided attention. Thank you

We will be CLOSED

Thur Dec 3

Thur Dec 24

Fri Dec 25

Bobbi's classes are cancelled Dec 28 & 30

No exercise classes Dec 22.

For up to date information visit our website:
oxfordseniorcenter.org

REMINDERS

- Membership for 2026 expires Dec 31. Please be sure to renew your membership before Jan 1, 2027. If you are a **Gold** member or **Veteran** and wish to **renew please call** and let us know. **Membership does not auto-renew.**
- **If an event says SIGN UP REQUIRED, please sign up.** We ask for sign up so we have adequate supplies/meals available and can plan accordingly.
- **Transportation–** Please be ready up to 10 minutes prior to your pick up time. Our drivers will wait for 7 minutes upon arrival and then will move on to the next rider. We will not make return trips for missed rides.
- **SHHH!!-** If there is a presentation or music in the main room please be respectful and take any conversation or game play to an alternate space.

What's Happening….

LIVE MUSIC



Michael Rae returns!
Enjoy a morning of live music with
Dec 10 @ 11:30

Live Music With
Carolyn Schwartz Black
Thur Dec 17 @ 11:30

Blue Moon Raptors Returns



Dec 22 @ 11:00

Rose from Blue Moon Raptors will be returning to visit with four birds of prey. She was here in May and the program was such a success we've decided to host our feathered friends again. Blue Moon Raptors is a non-profit organization who rehabilitate injured birds of prey to release back in the wild. The birds visiting are unable to be released and ambassadors for the program. If attending please be respectful while Rose is speaking and do not interrupt for photos. Photo opportunities are presented throughout the program.
Please join us for this exciting program.

Sign up required

Ugly Sweater Party
Dec 17
Let's see who can find the Ugliest Sweater and have some holiday fun.
Join us for live music with
Carolyn Schwartz Black @ 11:30
Followed by a luncheon
See meals for lunch details



AGING IN PLACE
Dec 15 @ 11:30

Join Mike Iamele
Certified Aging in Place Specialist
from Good Living Home Repair
for a presentation on home modifications and upgrades for aging in place.
Mike works with active
seniors to protect their independence
and the homes they love.
Many of our members have worked with Mike and he is a trustworthy resource for our community. Janine Oliva from Amedisys will be joining Mike and bringing along additional guests with helpful resources.

Please sign up if attending

Flanders Nature Center Presents

Decorate a Wreath for the Holidays
Dec 14
11:30 -1:30
Flanders will be providing the wreaths and all the decorating supplies.
$22.00 per person
Limit 20 people
Sign up and payment required

Meals and Munchies

Penne Alla Vodka

Tues Dec 1 @ 12:30

$5.00

Penne alla vodka served with salad and garlic bread

Deadline for sign up Nov 25

Pizza & Salad

Tues Dec 8 @ 12:30

$5.00

2 slices of cheese pizza served with salad

Deadline for sign up Dec 4

Teryaki Chicken Rice Bowl

Tues Dec 15 @ 12:30

$5.00

Teryaki Chicken served over a bed of rice with broccoli.

Deadline to sign up Dec 10

UGLY SWEATER LUNCH

Thur Dec 17 @ 12:30

$5.00

Grilled Cheese and Chicken Noodle Soup

Deadline for sign up Dec 10

Party Grinders

Tues Dec 22 @ 12:30

$5.00

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 for sign up Dec 17

French Toast Sticks and Sausage

Tue Jan 5 @ 12:30

$5.00

4 French toast sticks with maple syrup served with a sausage patty and fruit

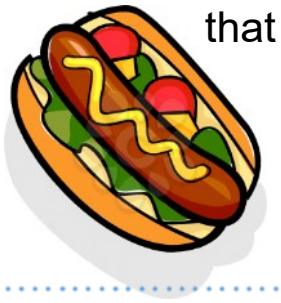
Deadline Dec 23

Hot Dog Lunch

Dec 10 & Dec 31

@ 12:30

Please remember to sign up if attending



We are now offering punch cards for hot dog lunch. Prepay $20 for 5 lunches and receive a punch card that you can present as payment for hot dog lunch.

Exercise Programs

NO Class Dec 28

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

No Class Dec 22

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.

NO Class Dec 30

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

No Class Dec 22

Daily Balance (No Charge)

Monday- 11:20 (15 min)

Tuesday- 10:30 (15 min)

Wednesday -9:45 (35 min)

Thursday – 9:30 (35 min)

Friday – 10:30 (15 min)

Work on your balance with Curtis Adams. Daily video classes

No Class Dec 22

Video Classes (No Charge)

Mon 9:30-Resistance Bands Chair (40 min)
Mon 11:40—Standing Cardio
Tue 10:45– Indoor Walking (45 min)
Thur 10:00 - Indoor Walking (45 min)
Fri 9:15 - Zumba
Fri 10:45 - Chair Stretch (30 min)
****New Time/Day for Resistance Class**

Tired of trying to find $2 for Bobbi and Theresa's classes?

We are now offering an Exercise Punch Card. Cards are $20 and good for 10 Classes. Purchase once and we'll punch them for each class you attend.

Lost cards can not be replaced. Cards do not apply to Yoga classes

This and That

Hiking Group

The next group hike is scheduled for
Dec 15 @ 1:00
At Orenaug Park in Woodbury

Park at the Woodbury Senior Center parking lot

Sign Up to receive text confirmations

Book Club

The Nightingale by Kristin Hannah

Meeting: Tues Dec 29 @ 1:00

Sign up required for book count

Join the Rod Squad

Fishing Club

Meeting Wed Dec 16 @ 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
Dec 14 @ 10:30 pm
Christmas Caroling
History and Benefits
Please sign up if attending

Holiday Shopping Trip

to Ocean State Job Lot
at Klarides Village
Dec 15

Sign up required

Housatonic Valley Health will return with the Healthy Chat series after the New Year

OSC Merchandise for Sale
Show your support!
We have our Cook books and T-shirts for sale at the front desk. Proceeds will be used towards programs at the center.
Cookbooks $20
T-shirts $20



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.

Sign up for this event is closed at this time.

This and That

The next **Elderly Commission Meeting** will take place on Dec 8 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!

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

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. **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.

Items are intended for short term rental.

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

Mahjong

Mondays @ 12:30

New players are welcome to join

Men's Poker

Wednesdays and

Fridays @ 11:00

Ladies Poker

Thursdays @ 1:00

Looking for new players!

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 Dec 8 @ **1:30**

Don Mayers leads the group with a delightful game of Apples to Apples

Winners will receive OSC coupons



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.

ART CLASSES

Art with Heart
Dec 7 & Dec 21 @ 10:30
Join Theresa for an inspirational water color class.

Holiday Craft
Dec 15 @ 10:30
Diamond Art Winter Snow Globe Magnet

Sign up Required for All Classes

A special Thank You to all who helped make 2026 a success:

George Renzoni, Public Works,the Elder Commission, Ann Cummings, Carol Gliford, Sue Galian, HVHD, Griffin Hospital, Valley Pharmacy, Kate MacKinney, Don Mayers, Peter and Marion Van Ness, Hank Rotzal, Eileen Gorham, Pete and Barb Rzasa, Janine Oliva, Officer Orlando, Gary Anderson, Legacy Law Partners, and all our members and neighbors who volunteered their time to join us for presentations and help at the center. Thank You!

Upcoming Trips…..

Date	Details	Cost Per Person
March 18-19	All About Billy Joel Tribute Show—Atlantic City	$248 dbl / $308 single
June 15-17	Berkshire Mountain Getaway	$549 dbl / $699 single
Aug 7-15	Mackinac Island Tour with Collette	See website link for details
Sept 13-16	Villa Roma Resort	$675 dbl/$900 single
Oct 4-7	Niagara Falls	$617 dbl/$752 single



- All trips are open to the general public.
- Membership and Oxford residency is not required.
- Payment by check is due upon sign up.

December Birthdays

Aiksnoras, Peter	Dec 01	Tichy, Joan	Dec 10
Holzer, Rosemary	Dec 01	Walpole, Barbara	Dec 10
Piccioli, Lisa	Dec 01	Upson, Warren	Dec 13
Soltren, Ruth	Dec 01	Lengyel, Mark	Dec 13
Lezotte, Robert	Dec 01	Davino, Ines	Dec 15
Caterino, Mike	Dec 02	Hendrix, Wayne	Dec 15
Egervari, Charles	Dec 02	Woodin, Alvin	Dec 18
Procyk, Theresa	Dec 02	Guillet, Philip	Dec 18
Alberti, Donna	Dec 03	Berlin, Carole Lee	Dec 19
Soltren, William	Dec 05	Hamila, Peg	Dec 20
Plude, Kevin	Dec 06	Stanko, Joan	Dec 20
Soucy, Cynthia	Dec 06	Fitzgerald, John	Dec 20
Finley, Darlene	Dec 06	Moerkens, Marianne	Dec 21
Svenningsen, Donna	Dec 06	Guedes, Birute	Dec 24
Harris, Katherine	Dec 06	Gliford, Carol	Dec 25
Geci, Robert	Dec 07	Soter, Linda	Dec 25
Hayes, Barbara	Dec 07	Lucarelli, Susan	Dec 25
Mele, Jerry	Dec 07	Swanat, Darlene	Dec 26
Drayton-Rogers, Mary Ann	Dec 08	Chernesky, Jim	Dec 26
Tallberg, Theresa	Dec 08	Bailey, Harue	Dec 27
Crowley, Yvonne	Dec 08	Cahill, Norman	Dec 27
Geavela, Elka	Dec 08	Billingslea, Peg	Dec 28
McCabe, Joan	Dec 09	Vignola, Linda	Dec 29
Guedes, Moises	Dec 09	Evon, Louanne	Dec 30
Rotzal, Helena Anderson	Dec 10	Alberti, Michael	Dec 31
Ortoli, Fred	Dec 10		

Monday	Tuesday	Wednesday	Thursday	Friday
30	**1**	**2**	**3**	**4**
9:30 Chair Resistance 10:30 Flex & Fit **11:30 Tree ID** 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 12:30 Luncheon 2:00 Joy of Music **Lyndhurst Trip**	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 **Holiday Party at Testos**	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**
9:30 Chair Resistance 10:30 Flex & Fit 11:00 Quarry Walk **10:30 Art with Heart** 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:00 Dancing Feet 9:30 Yoga **9:30 Elderly Commission Meeting** 10:30 Short Balance 10:45 Indoor Walking 12:30 Luncheon 1:30 Apples to Apples 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 1:00 Tech with Jessica	9:30 Better Balance 10:00 Indoor Walking **11:30 Live Music** 12:30 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
14	**15**	**16**	**17**	**18**
9:30 Chair Resistance 10:30 Flex & Fit 10:30 Griffin Age Well 11:00 Quarry Walk **11:30 Wreath Decorate** 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	9:30 Yoga 10:30 Short Balance **10:30 Holiday Craft** 10:45 Indoor Walking **11:30 Aging in Place** 12:30 Luncheon 2:00 Joy of Music ***Off site Hike** ***Ocean State Shopping**	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	9:30 Better Balance 10:00 Indoor Walking **11:30 Live Music** 12:30 Ugly Sweater Lunch 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
21	**22**	**23**	**24**	**25**
9:30 Chair Resistance 10:30 Flex & Fit 11:00 Quarry Walk **10:30 Art with Heart** 11:20 Short Balance 11:40 Video Exercise 12:30 Mahjong 1:00 Happy Hookers	No Exercise Classes **11:00 Blue Moon Raptors** 12:30 Luncheon 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	Closed
28	29	30	31	1
9:30 Chair Resistance 11:00 Quarry Walk 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 1;00 Book Club 2:00 Joy of Music	9:00 Quarry Walk 9:30 Better Balance 11:00 Men's Poker **1:00 BINGO** 1:00 Quilting Guild	9:30 Better Balance 10:00 Indoor Walking 12:30 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

December

This past year saw a lot of changes at the Oxford Senior Center. As the year comes to a close I'd like to take the time to reflect on some of the highlights from the past year:

Dec 30, 2025—Casino Party

Jan:

Mary Ann McAuliffe was appointed as Director

We started our Hiking Club

Emailing and pick up options for newsletters began

Officer Calder visited with Teddy

Superbowl luncheon



Feb:

We began offering snacks for $1.00

The newsletter was reformatted to larger fonts and better organized

We hosted Juke Box Bingo for Valentines Lunch with special guest Tom Tarby in the kitchen

Mar:



We started offering transportation 1st & 3rd Fridays to the center

Submitted a grant application for our raised garden

Live music in the afternoon began

Hired Mike Eisenbach as a part time driver

We started planning a craft fair for 2026

April:



We started a Book Club

We revised our transportation policy and defined our service area

We switched up staffing hours at the front desk

We started offering Tai Chi on Fridays

Bingo began being held on every Wednesday!

Farewell Dance Party for our interns

May:

The Rod Squad began

Blue Moon Raptors visited the Center

Cinco De Mayo and Mothers Day Luncheons

Our new chairs arrived!

Our website became official @ oxfordseniorcenter.org!!

The first hummingbird was spotted at the feeder May 10.



2026 Highlights Continued:

June:



Sophia officially became our Assistant Director!!!

We started offering $5.00 lunches

Fathers Day Luncheon

The patio was power washed and opened, the first raised beds where established

Our entire kitchen staff was ServeSafe certified!

Oxford PD hosted an ice cream and fraud session

July:



Mattei's Deli catered our July 4th celebration

Our vegetable garden was off to a great start

We replaced the valances and artwork in multiple rooms and the pool sticks and cushions in the pool room

Our 2026-2027 budget was passed

Our staff helped with the July 8th Independence Reading Celebration held at Jackson's Cove

August:

Line Dancing began (unfortunately it didn't last long enough)

We introduced new video exercises for balance and strength

Grandparents Day celebration with Touch -A-Truck and Therapy Dogs

Pryme Tyme Entertainment returned with Juke Box Bingo

Berkshires Trip was a sucess

September;

We had a record number of members attend our annual picnic at Quassy!

We had 50 members join us for the Fingers Lake Trip

Guided hike at Flanders Nature Center.

We changed shopping to 2 days a week, members have a choice of which to day.

October:



Main Hall was painted

Hot dog lunches moved to 12:30 making all lunch times consistent

Craft Fair took place on the 17th and was a success

Halloween Party

Whiskers came back to visit with some furry companions

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:
Michael Alberti, Peg Hamila, Mike Eisenbach, Jessica Morosko and Rick Schaefer

Municipal Agent:
Ellen Fox 203-888-2543 ext. 3020

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.



DIAL–A-RIDE TRANSPORTATION:

*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.

For details visit our website oxfordseniorcenter.org or call 203-881-5231

****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.