



Center Voice

12 East Locust Street, Oxford, PA 19363
 610-932-5244
 www.oxfordseniors.org
 email: oxsrctr@zoominternet.net

October 2017



Center's Hours are:
 Monday - Friday
 8:30 am - 3:00 pm

Director's Corner

As we enter the Fall season, please remember to have your furnaces and heaters checked for the winter. Don't let an early cold spell catch you off guard and not have your heating systems properly operating.

Come and join us for our Halloween Party with Lukens German Band on Tuesday October 31st. Join in on our Parade with prizes for the best costumes.

October is a great time to get your body in shape for those long, cold winter days when you won't get much exercise. Stop by on Tuesdays and Thursdays at 10AM to enjoy a 45 minute Silver Sneakers workout. This class is specifically designed to develop muscular strength and increase your range of motion to help keep your body strong and flexible. And if you have any energy left, stop back and get a work out in our Zumba for Seniors exercise classes held on Tuesday and Thursday afternoons. For those of you who feel tight and stiff, join our *Gentle Stretching* class on Mondays and Fridays from 11:15-11:45am with Barb McAdams.

Lots of good food fundraisers coming up in the next few months. Keep an eye on the calendar, you don't want to miss them!! You'll need the exercise classes after you enjoy all of our delicious homemade goodies!!

We have some tremendous evening programs for all of you "Boomers", so please join us when you can!!

Have a safe October and cheer on the Philadelphia Eagles.

"GO GREEN"

Jim

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AARP DRIVER SAFETY REFRESHER COURSE INSTRUCTOR, FRANK CORNELL

FRIDAY, OCTOBER 13

TIME: 9 AM TO 2 PM

**COST: AARP Members \$15
Non members \$ 20**

Sign up to sharpen your driving skills and qualify for a **discount on your automobile insurance**. Class is **limited - 30**. Call: **610-932-5244**, Lunch is available, please check out page 4 for menu and costs. Must sign up in advance for the class and lunch.



TAKE-OUT SPAGHETTI DINNER

**Call the Center to reserve your dinner
(610) 932-5244**

Thursday, October 19

Oxford Area Senior Center

Pick up between 3 pm and 6 pm

Dinner includes:

*Spaghetti w/ meatballs, Salad w/dressing,
Fresh baked Roll, Homemade Dessert*

Only \$7 per meal

MISSION STATEMENT: The mission of the Oxford Area Senior Center is to enhance the quality of life of senior citizens in Southern Chester County by providing programs and services that promote health, wellness, and fellowship.

THANKS TO LAST MONTH'S...

VOLUNTEERS

All of our many Noon-Time Lunch volunteers.
All of our Crafters
All of our Participants' Council members

DONORS

United Way of Southern Chester County
Oxford Womens Club
Fred Brubaker
Dorothy Waltz
Lawrie & Inez Drennen
Doris Wilson

IN KIND GIFTS

Philips Florist
Laura McKinney
Barbara Bond-Moury
Shirley Hess
Mary Baringer

**Endowment Fund
Donation**

**We wish to thank the
following
individuals for their
donations:**

Shirley Terry

**In Memory of
Gwen Cornell**

Eleanor & Bob McMullen

**In Memory of
Gyla Fuller**



NOVEMBER

DATE	TIME	EVENTS
1	7:00pm	Numerology Workshop
6	10:30am	Participants' Council
10	10:00am-1:00pm	Soup & Sandwich
11	7 am	Veteran's Breakfast
15		Birthday Party w/Bonworth Fashion Show
22	10:30-12:00	Constituent Outreach
23-24	CLOSED	Happy Thanksgiving
27	1:00pm	Journaling Workshop
28	9am-3pm	Christmas Shopping

DECEMBER

1	7:00am-10am	Pancake Breakfast
7	6:00pm-11:00pm	AMT Christmas Show Trip
19	9:30am-3:30pm	Bird-in-Hand Dinner Theatre Trip
19	CLOSED	On Trip
20		Birthday Party

JANUARY

17		Birthday Party
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**OUR BEST WISHES
&
THOUGHTS GO TO:**

Ed French
Ken Schreffler
Mary Stark



NEW MEMBERS

Carol Leonard
Robin Dickens
Mary Grofcsik
Herbert Grofcsik
Jean Snyder
Patrick Taylor





Fall has finally fallen! The corn in the fields is totally brown – dried and ready to harvest. Extended summer weather is very pleasant with warm days and cool evenings.

If you haven't used all your Farmer's Market Vouchers, now is a great time to purchase pumpkins or apples for pies. If you try a new recipe and need a taste tester, I'm sure we can find someone here to *help* you!!

How has your year gone with regard to Medicare Part D? There doesn't seem to be many problems in our area. Beginning October 17th we will be able to enroll you in a new plan if you so desire. When you come in be sure to bring a complete list of all your current medications, strengths and dosage as they may have changed since last year. Call early to set your appointment. Open enrollment is from October 15th to December 7th. After December 7th will be too late to make any changes for 2018. Don't procrastinate! Be sure to attend the Medicare 101 information session on Monday, October 9th. at 7:00pm. Be informed!!

There will be individual meetings sponsored by the various insurance companies in our area - Keystone 65, Humana, and Aetna. Make yourself available to all these informational meetings to be held. You will receive mailings with dates & times. There will also be opportunities to hear about changes in Medicare and Health Insurance. This information may be helpful to you if you are dissatisfied with your current carrier. If you are satisfied with your provider, I will be glad to assist you in filling out your renewal forms. If you have any questions, be sure to stop by my desk and ask, or call to set an appointment. No question is too dumb or insignificant. It is *not necessary* to renew Supplement Plans.

When coming in for any appointment, be sure to bring *everything* you have received concerning your need. I'd rather you bring too much than have to send you home for more information.

We are still filing Tax/Rent Rebate Forms. Tax receipts **MUST BE HAND STAMPED PAID**. Those of you who have filed recently should begin receiving your checks.

Now that Fall is here, don't wait until the last minute to prepare for winter. Start stocking up on batteries and small cans of food items that don't need to be heated such as prepared mini-meals — tuna salad, chicken salad, etc. Buying one can a week will give you a good supply by Dec/Jan in time for the first snow storms. Have a great month!

Sally

WHAT IS INFORMATION & ASSISTANCE?

From time to time we all know we need information but have no idea how to find answers.

WHO IS SALLY ARTER?

Sally is the Center's very own Information & Assistance Specialist. Her responsibilities include helping you find the answers to your questions.

REFER WEB

The Chester County Department of Human Services is pleased to introduce Refer Web, an Information and Referral web-based application. Simply visit their website at www.chesco.org/human. Once on the site, locate the Refer Web icon, click on it and start searching.

OCTOBER 2017 MENU

Call 610-932-5244 - Business Hours: 8:30 am - 3:00 pm

Call to sign up for lunch by 3pm Tuesday for the ENTIRE following week.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE - Meal served at 12:00 pm

MON	TUE	WED	THU	FRI
2. Roasted Pork Loin w/ Gravy Whipped Potatoes Sliced Carrots Bread Spice Cake w/ Icing	3. Baked Ziti w/ Meatballs Cheese Topping Caesar Salad Italian Bread Tropical Fruit Salad	4. Breaded Chicken Cutlet Au Gratin Potatoes Sweet Peas Bread Mandarin Oranges	5. Swiss Burger Creamy Cauliflower Soup Fresh Seasonal Fruit	6. Baked Salmon w/ Teriyaki Glaze Brown Rice Broccoli Bread Pineapple Tidbits
9. Swedish Turkey Sweeties Butter Bowties Broccoli & Carrots Bread Fresh Seasonal Fruit	10. BBQ Beef Ribette Cheesy Hashbrowns Green Beans Bread Sliced Peaches	11. Baked Ham Whipped Sweet Potatoes Cauliflower Bread Mixed Fruit Salad	12. Chicken Philly Pita w/onions, peppers, cheese Creamy Potato Soup Pita Bread Blushed Pears	13. Breaded Lemon Pepper Pollock Wild Rice Creamy Coleslaw Bread Applesauce
16. Pocupine Ball w/tomato Sauce Garlic Whipped Potatoes Corn Dinner Roll Cinnamon Apples	17. BBQ Chicken Breast Scalloped Potatoes Sweet & Sour Coleslaw Bread Brownie	18. Birthday Party Beef Brasciole w/gravy Mashed Potatoes Carrots Bread Birthday Cake & Ice Cream	19. Braised Chicken Thigh Rice Pilaf Mixed Bean Medley Bread Fresh Seasonal Fruit	20. Breaded Fish Sandwich w/cheese Macaroni & Cheese Stewed Tomatoes Sliced Pears
23. Burgundy Beef Egg Noodles Broccoli & Carrots Bread Mixed Fruit Salad	24. Chicken & White Bean Chili Tossed Salad w/ Dressing Baked Potato Biscuit Mandarin Oranges	25. Pizza Burger Baked Sweet Potato Bites Creamy Coleslaw Sherbet	26. Center Cut Pork Chop w/Gravy Whipped Potatoes Braised Red Cabbage Bread Apple Cranberry Crisp	27. Baked Crab Cake Cheesy Shells Sweet Peas Bread Tropical Fruit
30. Pot Roast w/Gravy Baked Potato Sliced Carrots Italian Bread Sugar Cookie	31. Halloween Party Ghostly Chili Ant & Finger Salad Hocus Pocus Juice Moldy Biscuit Spooky Pumpkin Potion			SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.89

ALL MEALS SERVED WITH MILK, COFFEE OR TEA (HOT OR COLD)

Senior Center membership is not required for those 60 and older to participate in the lunch program. Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost for the meal but you must reserve your meal by 3pm Tuesday for the ENTIRE following week of meal service. A voluntary confidential contribution of \$2.00 is appreciated toward the cost of the meal but is not required.

The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.


Rover Transportation Available

OCTOBER 2017 ACTIVITIES



MON	TUE	WED	THU	FRI
<p>2. 9-11:30 Crafts 10:30 Participants Council Meeting 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1-3 Food Box Pickup</p>	<p>3. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>4. 8:30-11:30 Paint Class 10-12 Cards/Games 10-11 Blood Pressure 12:00 Lunch 12:45 Bingo 7:00 Self-Care & Wellness Workshop</p>	<p>5. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba Class</p>	<p>6. 9-11:30 Crafts 10:00 Exercise is Medicine w/ Linda Clay 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>9. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 7:00 Medicare 101</p>	<p>10. 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 National Cake Decorating Day 4:30 Zumba</p>	<p>11. 8:30-11:30 Paint Class 9-12 Reflexology 10-12 Cards/Games 10-11 Blood Pressure 12:00 Lunch 12:45 Bingo</p>	<p>12. 10-4pm Rainbow Trip 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>13. 9-11:30 <u>No</u> Crafts 9-2 AARP Driving Class w/Frank Cornell (D) 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games (A)</p>
<p>16. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Personal Safety Presentation w/ Officer Coverly</p>	<p>17. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 Legal Aid Bingo w/ Christine 3:00 Board Meeting 4:30 Zumba</p>	<p>18. Birthday Party 8:30-11:30 Paint Class 10-12 Cards/Games 10-11 Blood Pressure 12:00 Lunch 12:45 Entertainment by Glen Hough</p>	<p>19. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 3-6 Take-Out Spaghetti Dinner 4:30 Zumba</p>	<p>20. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 12:45 Bingo</p>
<p>23. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>	<p>24. 9:00 Jane Freeman 10-12 Cards/Games 10:00 SilverSneakers 11:00 Practice Tai Chi 12:00 Lunch 1:00 Bayada Scary Room w/Sarah 4:00 Zumba</p>	<p>25. 8:30-11:30 Paint Class 10-12 Cards/Games 10-11 Blood Pressure 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1-5 Hearing Appts. 7:00 Ghostly Encounters Workshop</p>	<p>26. 10-12 Cards/Games 10:00 SilverSneakers Exercise Class 12:00 Lunch 1:00 Game of Frustration 4:30 Zumba</p>	<p>27. 9-2:30pm - Jewelry Repair & Appraisal 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>30. 9-11:30 Crafts 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>	<p>31. Halloween Party 10-12 Cards/Games 11:30 Halloween Parade 12:00 Lunch 12:45 Lukens German Band</p> 	<p>(A) = Auditorium (D) = Dining Room</p>	<p>DO NOT FORGET</p> 	<p>Turn Back Clocks Standard Time occurs Sunday, November 5 at 2:00am</p>

Upcoming Programs & Events

<p>Cards/Games October 2, 3, 5, 6, 9, 12, 13, 19, 23, 27, & 30 1:00pm</p>	<p>Legal Aid Bingo w/Christine Tuesday, October 17 1:00pm</p>
<p> Wednesdays, October 4, 11, 25 & Friday, October 20 12:45pm</p>	<p>BIRTHDAY CELEBRATION Our Birthday will be held on: Wednesday, October 18 Our entertainment will be: Glen Hough Sign up early. If you wish to give a Birthday card, please note it is your responsibility to deliver them. Do not leave any cards at the Center, we cannot distribute.</p>
<p>Self Care & Wellness Workshop Wednesday, October 4 7:00pm</p>	<p>Take-Out Spaghetti Dinner Thursday, October 19 Pickup 3pm-6pm</p>
<p>Neighborhood Health Senior HealthLink What You Should Know About Exercise is Medicine w/Linda Clay Friday, October 6 10:00am</p>	<p>Walgreen's Allergies Talk w/ Mark TBA 1:00pm</p>
<p>Medicare 101 w/ Sally Monday, October 9 7:00pm</p>	<p>Bayada Scary Room w/ Sarah Tuesday, October 24 1:00pm</p>
<p>National Cake Decorating Day Tuesday, October 10 1:00pm</p>	<p>Ghostly Encounters w/ 610 Paranormal Investigators Wednesday, October 25 7:00pm</p>
<p>Rainbow Dinner Theatre Trip To see "Sex please, we're sixty" Thursday, October 12 10:00am - 4:00pm</p>	<p>Game of Frustration Thursday, October 26 1:00pm</p>
<p>AARP Driving Class w/ Frank Cornell Friday, October 13 9:00am-2:00pm</p>	<p>Jewelry Repair and Appraisal Tuesday, October 27 9am - 2:30pm</p>
<p>Safety Presentation w/ Officer Coverly Monday, October 16 1:00pm</p>	<p>Halloween Party Tuesday, October 31 11:30am - Parade 12:45pm - Luken's German Band</p>
<p>Numerology Wednesday, November 1 7:00pm</p>	



OCTOBER BIRTHDAYS

1	William P. Park	13	Kay A. Thomas
1	Jesse T. Pratt Sr.	13	Ronald Heier
1	Frances Louise Gray	14	John Thomson
2	Nancy Eleanor Dawson	15	Michael A. Farkas
2	Marie F. Young	15	Phyllis I. Evans
3	Nancy B. Andress	15	Jacqueline Duvall
3	John I. Watson Jr.	15	Jacqueline I. Mahaffey
3	Millie Brown	15	J. Douglas Scott
3	Elaine C. Staunton	16	Patricia F. Park
3	Louise Dyer	17	Elizabeth A. Gundaker
4	Jeanette G. Reynolds	17	Donna B. McLimans
4	Shirley A. Rayne	17	Carolyn L. Shaffer
6	Bert Morrison	17	John C. Frank
6	Marion Kephart	17	Linda K. Kennedy
6	Anne Gibson	19	Avanell Pyle
6	William B. Blackburn	19	Carol A. Hauser
6	Ruby A. Mentzer	20	Anthony J. Short
7	Darlene L. Noon	20	Shirley A Terry
7	Barbara J. Watson	20	Elaine W. Pennell
7	Luke P. Picone	20	Betty V. Shortledge
8	Lois Murray	21	Frances E. Ferrante
8	John Stefanco	22	Charlotte Ann Fiske
8	Edward J. Nadrotowicz	22	Kathleen Di Fabrizio
8	Kathie L. Roy	22	Bayard S. Robinson III
9	Betty B. Bare	24	Faye R. Doyle
9	Georgia C. Crowell	24	Barbara W. Fyffe
9	Zora L. McLimans	25	John D. Walsh
10	Mary Lou Hollins	26	Evelyn C. Neff
10	Shirley A. Smith	27	Barbara A. Spies
10	Susan B. Melrath	27	David P. Engleman
10	Pauline E. Barnes	27	Patricia Coldiron
10	Billie L. Weber	28	Celestine Marsha Getty
10	Sally Anne Arter	28	Virginia H. Poff
10	Lorie A. Walton	29	Frances B. Sharon
10	Della D. Zavodnik	30	Lynn Cavacini
11	Paul B. Palazzi	31	Violet Steele
12	Terry Lee Murray	31	Dell Black
12	Anthony J. McGinley	31	John D. Shadel
12	Susan C. Davis		
12	Joyce P. Rohm		
12	Helen C. Debacko		
13	Joyce W. Martin		
13	Irene C. Joseph		
13	Connie Dolan		
13	Diana L. Gonzales		

CRAFTER'S WELCOME



Mondays & Fridays
9:30am-11:30am

Come have fun craft-making
with Thelma!!



CONSTITUENT OUTREACH

State Senator Andrew Dinniman's Constituent Outreach Representative Tyler Arkatin will be at our Senior Center to answer any question you may have regarding Commonwealth of PA programs and services they offer. In addition, he will have the 2015 Rent and Tax Rebate forms with him!

Tyler will be at our center on the **4th Wednesday of every month.**

**Wednesday, October 25
from 10:30am to noon**



Local Candidate Forum in Oxford

Ware Presbyterian Village (WPV) will host a local Candidate Forum on **Tuesday, October 10th**. Those seeking election to the offices of Oxford Mayor and Oxford Borough Council have all accepted invitations to attend.

Starting promptly at 7 PM, and ending around 8:30 PM, the event will take place at the **Pavilion Auditorium on the WPV campus**. The Forum is open to journalists and the general public. Visitors will be guided by "Event Signage" that will lead them to the entrance.

One-Man Art Show

Albert Gans, the Senior Center's Wednesday morning Painting Class Instructor, is holding a One-Man Art Show at the Oxford Arts Alliance Annex located at 19 S. Third Street in downtown Oxford.

His art work will be on display for the month of October with the opening show on Friday evening, October 6th from 5-8pm. Wine and cheese will be available.

Please stop by and see Al and enjoy viewing some of his life-long, tremendous works of art!!



TRIPS

Join us for a trip to the

TO SEE



The title says it all.

It's a madcap farce with the door-slamming zaniness you've come to love. (Due to the age of the actors, there will be no jumping over inanimate objects, or raising of arms above their heads for extended periods of time.)

This is the one you've been waiting for.

Thursday, October 12, 2017

- Itinerary:** Motor Coach ride to and from center, enjoy lunch, and the show.
- Cost:** \$62.00 (includes driver tip)
- Leave:** **Promptly at 10:00am** from Luther House (be here at 9:45am)
Promptly at 10:30am from Center (be here by 10:15am)
- Return:** 4:00pm (approx.) to Center

We need 40 people

Reserve your seat - Call 610-932-5244

Christmas Shopping at Park City Mall



Tuesday, November 28, 2017

Spend the day Christmas shopping at Park City Mall.

- Itinerary:** Motor Coach ride to and from center, enjoy Christmas shopping at Park City Mall
- Leave:** **Promptly at 9:00am** (be here at 8:45am)
Luther House 8:45am
- Return:** 3:00pm (approx.)
- Cost:** \$15.00

We need 40 people

Reserve your seat - Call 610-932-5244

Join us for a trip to



TO SEE



Inspired by warm memories of family Christmases together, Home for the Holidays celebrates the joys and merriment of spending the holidays with the ones we love. This live, musical experience will feature some of your favorite sacred and secular holiday songs, superb musical arrangements, outstanding singing and dancing, and the incredible sounds of the AMT Orchestra.

Thursday, December 7, 2017

- Itinerary:** Motor Coach to and from center, enjoy show.
- Cost:** \$64 (includes driver tip)
*****Payment required at sign up*****
- Leave:** **Promptly at 6:15pm**, so be at OASC by 6:00pm.
Luther House 6:00 pm
- Return:** 11:00pm (approx.)

We need 40 people, Reserve your seat - Call 610-932-5244

Join us for a trip to the



TO SEE Our Christmas Dinner

Create a new holiday memory that will be fun for the whole family when *Our Christmas Dinner* returns to the Bird-in-Hand Stage. Expect the unexpected when an unlikely mix of strangers and kinfolk are thrown together in the middle of a snowstorm. A heaping scoop of humor, a slice of family memories and some unexpected surprises all serve up The Most, Wonderful Meal of the Year!



Tuesday, December 19, 2017

- Itinerary:** Motor Coach to and from center, enjoy show, and buffet style lunch.
- Cost:** \$74 (includes driver tip)
- Leave:** **Promptly at 9:45 am**, so be here by 9:30 am
Luther House 9:15 am
- Return:** 3:30 pm (approx.) to Center

We need 40 people, Reserve your seat - Call 610-932-5244

TRIP DAYS AND PARKING

Due to our limited parking, we ask that when you go on one of our trips, please park in the Nazarene Church parking lot. The church has graciously allowed us to park there. This will keep the limited street parking spaces open for folks visiting us during the day. Thank You.

EVENING WORKSHOPS

Self Care & Wellness Workshop

Oxford Area Senior Center Program & Lecture Series

Wednesday, October 4, 2017

7:00 PM to 9:00PM EST

Come out and enjoy a whole body guided self massage experience with Licensed Massage Therapist Sue Frampton. Massage is proven to reduce stress, anxiety, boost immunity and prevent headaches. We will also be doing Gentle Stretching with Barb McAdams. We will be discussing ways to take time and make time for yourself. Learn how to implement a Daily Wellness Routine. Helpful ideas and handouts will be shared. If you would like to sit on the floor you can bring a yoga mat, blanket, or sit in a chair. Please comfy clothes.

We will have comfort foods and apple cider. It will be an enjoyable evening. Please join us! The workshop is free, but space is limited.

Please call 610-932-5244 to reserve your spot today!!
12 E Locust Street, Oxford, PA 19363



G H O S T L Y E N C O U N T E R S

Haunted Locations in Oxford, PA
Oxford Area Senior Center
Community Programs & Lecture Series



Ghost stories and urban legends are woven into the fabric of nearly every local town and community...and Oxford is no exception. It may surprise you to learn that Oxford is home to many ghostly guests that "haunt" a number of our local shops and private residences.

The Oxford Area Senior Center has invited a team of paranormal investigators, called 610 Paranormal, to share their stories of the most haunted locations in Oxford. These "ghost hunters" will tell their tales of unexplained sights, sounds and spirits. Participants will see and hear evidence from local paranormal investigations into a series of hauntings, such as objects moved by unseen forces, sudden temperature drops, and lights going on and off. 610 Paranormal will discuss the process involved in conducting an investigation, including the high tech tools used to document the existence of ghosts.

The workshop is free and open to the community. Join us for an evening of shrrills, thrills and chilling tales!

Oxford Area Senior Center
12 E. Locust Street, Oxford, PA
October 25, 2017 @ 7 p.m.

RSVP for this free program by October 16th
Call 610-932-5244 or Email: oxsrctr@zoominternet.net
(Refreshments will be served.)

EVENING WORKSHOPS

NUMEROLOGY WORKSHOP



Wednesday, November 1, 2017 @ 7 p.m.
Oxford Area Senior Center - 12 East Locust Street, Oxford, PA

Have you ever wondered when would be the best time to look for a new job, to buy a car, to travel or to move? Through understanding some basic Numerology you can make better decisions on when to do those things and more.

In this class you will see how numbers influence your everyday life. Each month and New Year bring in energies that influence you, those around you and the world. You will learn how to calculate your Personal Numbers and learn how each of the 9 numbers influence days, months and years. You will also learn how to blend your numbers to get a better understanding of what they personally mean for you. The best part of this class is that you will see what your biggest lesson in life is through learning your Life Path Number, this number has influenced your life from the moment you were born.

When you know what numbers are influencing your life you can use that energy to assist you in making the best out of your life.

Eleanor Gona
Numerologist, Tarot and Oracle Card Reader
Medium and Reiki III Practitioner



Oxford Area Senior Center Program & Lecture Series

Program is free and space is limited.

Refreshments will be served

Please call 610-932-5244 to reserve your spot today!

Journaling Workshop

November 27, 2017

1:00-2:00 pm



Whether you've been keeping a journal for years or are new to reflective writing, this program will help you learn research-based techniques for using writing to relieve stress. No need to share what you write, unless you want to -- this is just for you.

Joan DeFattore, a retired English professor from the University of Delaware, holds a Ph.D. in English and an M.S. in clinical psychology. The Writing as Healing program she started at Christiana Care has served more than 600 patients, caregivers, staff, and physicians since 2014.

Journaling can help with emotional healing. Studies show that releasing your emotions with journaling reduces anxiety and can help with sleep problems.

Please join us for this enlightening Workshop.

Refreshments will be served.

Program is free. Please bring a notebook or journal.

Please call (610) 932-5244 to register



**MEDICARE ANNUAL ELECTION PERIOD OR MEDICARE ANNUAL
OPEN ENROLLMENT PERIOD (AOEP)
OCTOBER 15 - DECEMBER 7**

Help with Medicare is here! The Annual Election Period is October 15 – December 7, 2017. Are you unhappy with your current Medicare coverage? Have you reviewed your Medicare coverage every year? Medicare drug and health plans change annually. Premiums change; fees, copays, coinsurance and deductibles change; drug formularies change. You should review your coverage every year to see if you can obtain better coverage and save money. Any change you make to your Medicare coverage during this time will become effective January 1, 2018.

The **Medicare Annual Election Period**, is the time each year you can do the following:

- Switch your Medicare Part D prescription drug plan or join a Medicare Part D prescription drug plan
- Switch to another Medicare Advantage HMO or PPO
- Switch from a Medicare Advantage Plan back to Original Medicare with or without a Medicare Supplement/Medigap Plan and prescription drug plan
- Review your current coverage and compare your Medicare approved health and drug options

Call and make an appointment with the APPRISE Medicare counselors who can help make a change and guide you in evaluating your options. These counselors are trained and certified by the Commonwealth of Pennsylvania to assist you with free, confidential and independent assessments of health care options under Medicare. Counselors are available by appointment. Please call the center to make an appointment 610-932-5244 and ask for Sally.



The #1 way to prevent the flu is to get vaccinated each year.

FLU VACCINE CLINICS OPEN TO THE PUBLIC:

Date	Site	Address	Time
10/23/2017	Avon Grove High School	257 State Rd, West Grove	2:30 to 6 p.m.
11/3/2017	Oxford Union Fire Company #1	315 Market Street, Oxford	6 to 8:30 p.m.



- ✓ EVERYONE AGED 6 MONTH AND OLDER
- ✓ BRING YOUR INSURANCE CARD
- ✓ NO-CHARGE VACCINE FOR THOSE WITHOUT INSURANCE

**Chester County Health Department
610-344-6252**

SOUP & SANDWICH DAY



FRIDAY, NOVEMBER 10
10 AM to 1 PM

Soup & Sandwich day features our
Home made

Chicken Corn and Vegetable Beef soups.
Chicken & Ham Salad sandwiches
and **delicious desserts.**

Volunteers are needed to staff the tables.
Please sign up.

Bakers Needed

The Senior Center needs the assistance of our bakers and dessert makers. We need your tasty desserts for the Spaghetti and Soup & Sandwich fundraisers. If you can donate a dessert, please sign up on our sign up sheets for both events at the table near the hostess. Or you can call us to let us know.

We need your help!!
As Always, Thank You



Medicare 101

w/ **Sally Arter**

Monday, October 9
7:00PM

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, this session is for you. Members of the APPRISE program, Pennsylvania's volunteer statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; exploration of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available to low-income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentations.

Reserve your space
Call 610-932-5244
or email oxsrctr@zoominternet.net

PANCAKE BREAKFAST

Friday, December 1
7 am to 10 am

*Pancakes, Sausage, Bacon,
Creamed Chip Beef
Juice, Coffee and Tea*

All you can eat for
\$6.00

*12 East Locust Street
(610) 932-5244*

No reservations needed



Neighborhood Health Senior HealthLink

**WHAT YOU SHOULD
KNOW ABOUT
Exercise is Medicine**

w/ **Linda Clay, MSN, RN**
Friday, October 6
10:30am - 11:10 am

*Please join Senior HealthLinks "Health Club",
attend a lecture and at the end of a program you
have a chance to **win** a gift card from Walmart.*

Upcoming programs from
Neighborhood Health Senior HealthLink

Friday, December 1st
Cataract Update

Chester County Food Bank Chester County Senior Food Box Program (CCSFBP)

Is a county funded program that helps seniors gain access to nutritious foods so they can better improve their health.

If you or someone you know is at least **60 yrs. old** and has **low income**, please register for the CCSFBP box that is available to qualifying seniors each month.

Each box may contain fruit, non-perishable proteins, vegetables, carbohydrates & dairy!!

Proof of age is required at sign up. There is no charge for this food. If you qualify then CCSFBP Box can be picked up the 1st Monday of every month between 1:00-3:00pm

For more information contact
Sally Arter
(610) 932-5244

Legal Services

Free Legal Advice

The Chester County Dept. of Aging Services is making an attorney available to senior residents of Chester County on the 2nd Wednesday of every month from 9:00 AM to 12:00 PM. This service is free to senior residents of Chester County. Appointments are required. For more information or to schedule an appointment, contact the Dept. of Aging at 610-344-6350. All appointments are at the Dept. of Aging in West Chester.

Legal Helplines

The Pennsylvania Senior LAW Helpline is a toll-free, state wide hotline for legal information, advice, and referral service for Pennsylvania senior citizens (60 years and older). This is a free and confidential telephone service, staffed by attorneys Mon-Thu from 10:00am-2:00pm. Call 1-877-727-7529. You can also visit their website <http://seniorlawcenter.org/> for more information.

Legal Aid Advice & Referral Helpline

Legal Aid of Southeastern PA operates a toll-free telephone intake, brief advice and referral system. If eligible, you can receive immediate assistance with a legal question or concern. Call 877-429-5994, Mon-Thu, from 9:00am-1:00 pm.

Line Dancing !!

EVENING Line Dancing is BACK at the Senior Center!

Instructor Shirley Mackey has over 23 years of dance experience ranging from Line Dances and Swing to Jitter Bug and Two Step. She will teach an assortment of popular line dances such as the Electric Slide, Cha Cha, Tush Push, and Boot Scootin Boogie.

These Friday classes will run from 6:30pm to 8:30pm and cost \$5 per class/per person. Join us on the following Friday evenings for some fun and exercise:

October 13th & 27th, November 10th,
December 1st & 15th



Please Call
(610) 932-5244
to reserve your spot on
the dance floor!!

Project **Linus**

www.projectlinus.org

Project Linus was formed in 1995 as a not for profit organization with the sole purpose of giving handmade blankets to children going through difficult times. This can be anything from a hospital stay, a critical illness, situations of abuse or neglect, natural disasters affecting their family, death of a family member, etc. - any situation where a child would feel scared, anxious, or unsure. We feel that the blanket will give them something to "hang on to" and help them through whatever it is they're facing. Project Linus, Southern Chester County chapter was formed in January 2000 and is going strong with the support of "blanketeers" who are willing to give their time and talent to help others. To date over 25,000 blankets have been donated locally. Nationally we have donated over 6 million blankets and have 300 chapters.

If you, as an individual or a group, would like to create and donate blankets to **PROJECT LINUS**, blanket requirements are as follows:

- New, handmade and must be machine washable/dryable.
- Child friendly colors. Make a mix of boy and girl blankets.
- Blankets can be quilted, crocheted, knitted or fleece.
- Preferred materials are washable yards, cotton or cotton/blend fabrics.
- We do not accept knotted/tied fleece blankets. Fleece that is serged or has a crocheted edge is acceptable. Fleece blankets using an approved pattern from the Project Linus website are also accepted. A pattern/instructions for this fleece blanket is available.
- For quilted blankets we request that a filler be used to give more substance to the article.
- If making smaller sized blankets for newborns please use only sport weight yarn.
- Size Guidelines:

Baby, 25 x 30	Toddler, 35 x 40
Child, 40 x 60	Youth, 45 x 65
Teen, 50 x 72	

Peggy Kane, Chapter Coordinator **PROJECT LINUS**
Serving Chester County, Delaware County, and the Main Line

Susan Gelnett, Representing **PROJECT LINUS**
for Southern Chester County

Finished blankets can be mailed to or dropped off at:

Susan Gelnett, 116 Sebastian Drive, Oxford, PA 19363

When dropping blankets off, they need to be either boxed up or secured in a bag. With all blanket drop offs please include the name and address of the folks who made them so we know who to thank and acknowledge.

Arrangements can also be made to have your blankets picked up.

For additional questions or clarification please feel free to contact:
Susan Gelnett, (484) 885-4401,
sjgelnett@zoominternet.net

THANK YOU FOR YOUR INTEREST!!

Health and Wellness Programs

Exercise Classes

Trivity Health's Silver Sneakers Fitness Program is a comprehensive older-adults physical activities program that addresses the needs of the 60 + year old population. Muscular Strength & Range of Movement is the core class of this exercise program. **Come on** Tuesdays and Thursdays from 10AM - 10:45AM and get yourself back in shape. Come and see how much better you'll feel after a 45 minute workout.. There is no cost for this program and Senior Center membership is not required for individuals 60 and older.



Ditch the Workout and Join the Party!

ZUMBA fitness classes every

Tuesday

4:30-5:15 pm

Thursday

4:30-5:15 pm

ADULTS OF ALL AGES WELCOME!!

Just \$3 a class!

Bring a friend or 2 or 3!!

Kim Malone, Certified Zumba Instructor

For more information, call Kim @ 610-620-4676
or Jim McLeod @ (610) 932-5244

Practice Tai Chi

for fitness and health



Improve health & well being
Improve balance & strength
Improve concentration
Lower blood pressure
Relieve stress & anxiety

Practice group meets **Tuesdays 11am-11:30am**

Cost is only \$5.00 per session

Barbara McAdams

ATCQA Certified Instructor

Gentle Stretching

Monday - October 2, 9, 16, 23, 30

Friday - October 6, 13, 20, 27

11:15 am - 11:45 am



Discover the Benefits of Reflexology



Reflexology: A caring touch that reduces stress and enhances quality of life.

Elaine Pinno, certified Reflexologist will be at the Senior Center for half-hour Reflexology sessions. There is a cost for a Reflexology session. This method of relaxation reflexology is used for stress reduction and relaxation and pain relief.

When: **October 11, 2017**

From 9:00am to 12:00pm

Where: **Oxford Area Senior Center**

Cost: **\$20 for half-hour session**

RSVP: Space is limited...make an appointment today.
Call 610-932-5244 or email: oxsrctr@zoominternet.net

Free

Blood Pressure Checks

A volunteer nurse is at the Center on Wednesday mornings from 10am to 11am. Stop by, have your blood pressure checked, enjoy some coffee or tea and spend some time with us.



NEED HELP BALANCING YOUR CHECKBOOK?

For those of you who need help balancing your checkbook or paying a few bills, Jane Freeman can help you. You must contact Jane directly at (610) 932-2619 to schedule your appointment. Leave a message if she's not home. This is a very helpful, free service that she is volunteering her time to do. All appointments are here at the Center.

She will be at the Senior Center on:

Tuesday, October 17

Tuesday, October 24

AUDIOLOGIST

Michael Piscotty, Audiologist: Superior Products, Exceptional Warranty, Outstanding Service.
For appointment call: **610-932-5244**



Wednesday, October 25
appointments starting at 1pm

Bread

Every Wednesday morning the Giant in Jennersville donate their two day-old bread and pastries to our Center. Pick up some bread while you're here between **10am-3pm**. Pastries used as prizes at Bingo.



Produce

Every Monday, Produce from Chester County Food Bank is available from **11am-3pm**. First come, first serve until gone. Items vary weekly and may be available through rest of the week.



Technology & Computers with Colleen

Oxford Area Senior Center Computer Q&A and Technology Help

Do you need help with your electronic device?

Are you confused about how to use that new electronic device? Please do not fret any longer. Questions can be regarding ANY computer related subject (Word, Email, Internet, etc.) or Technology Help with your Apple or Android mobile/cell phones and iPad/tablets. The goal is to provide hands-on and detailed instruction in a non-intimidating and patient environment.

Bring your device in and learn to use it!

Q&A's and Technology Help Just stop in during one of the times listed below \$5 per session October 2017 Schedule			Oxford Area Senior Center 12 E. Locust Street, Oxford, PA 610-932-5244 www.oxfordseniors.org Click on Computers
MONDAY	TUESDAY	WEDNESDAY	Hours are: Monday - Friday, 8:30 am - 3:00 pm Colleen is in on Monday - Wednesday
2. No Sessions	3. No Sessions	4. No Sessions	QUESTIONS?? Colleen will be happy to answer your technology questions. Here is how to contact her: <ul style="list-style-type: none"> • Come to one of the Q&A/Tech Help sessions. • Call Colleen at 610-932-5244 • Email Colleen at caowens@oxfordseniors.org
9. No Sessions	10. No Sessions	11. No Sessions	
16. No Sessions	17. No Sessions	18. No Sessions	
23. No Sessions	24. No Sessions	25. No Sessions	Prefer Private Lessons? Private lessons are available for a fee, at the Center or your home. Please contact Colleen Owens at 610-932-5244 or by email at caowens@oxfordseniors.org
30. No Sessions	31. No Sessions		



**Blue
Grass
Night
on our
new
patio!!**



Board of Directors 2017/2018

Ira Binder	President	Betsy Brantner
Kimberly Zuleba	Vice-President	Kevin Collins
William Ringler	Treasurer	Jane Erickson
Leda Widdoes	Secretary	Jane Freeman
Sylvia Reyburn	Corresponding Secretary	Charles Hannum
		Edwin Herr
Theresa Taylor	Participant's Council	George Lauer
Pennie Bellino	Non-Voting	John Masciantonio
		Scott Massey
		Amy O'Donald
		Rev. Aaron Smalley
		Bonnie Smith

STAFF

Jim McLeod	Executive Director
Maria Reyes-Tanon	Program Coordinator
Laurie Nelson	Kitchen Supervisor
Colleen Owens	Information Technology Specialist
Sally Arter	I&A Specialist

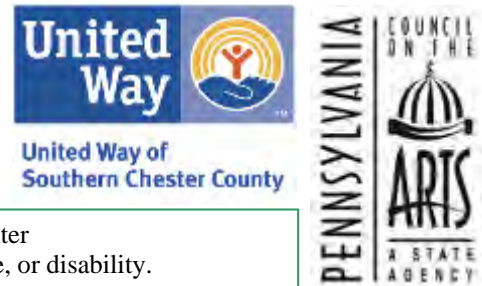
INSTRUCTORS

Thelma Teel	Arts/Crafts
Albert Gans	Painting
Barbara McAdams	Exercise Instructor
Kim Malone	Zumba Instructor

Participants' Council 2017/2018

Chairperson: Theresa Taylor	Lorraine Broomell	Beverly Parsons
Vice Chairperson: Pennie Bellino	David Denny	Ralph Roten
Secretary: Laura McKinney	Millie Emerson	Evelyn Stumpo
	Ed French*	Lori Walton*
	Carmella Humble*	

* Alternate—Non Voting Member



In accordance with Federal Law the Oxford Area Senior Center does not discriminate on the basis of race, color, national origin, sex, age, or disability.

OXFORD AREA SENIOR CENTER
 12 East Locust
 Oxford, PA 19363

610-932-5244 phone
 610-932-8084 fax
 www.oxfordseniors.org
 oxsrctr@zoominternet.net

Bulk Rate
 US Postage Paid
 Non-profit Org.
 Permit No. 9
 Oxford, PA 19363

RETURN SERVICE REQUESTED

**HELP STOP WASTEFUL MAILINGS.
 IS YOUR ADDRESS CORRECT?
 CALL US WITH YOUR CORRECTIONS!**

The Oxford Area Senior Center is funded in part under a contract with the Chester County Department of Aging Services and PA Department of Aging. Funding is also provided by the United Way of Southern Chester County, Dansko Foundation, Oxford Area Foundation, 1675 Foundation, Chester County Fund for Women & Girls, Greater Philadelphia Cultural Alliance, Chester County Community Foundation, Luther Management Company of SCC, BNY-Mellon, Oxford Area Civic Association and surrounding municipalities. Funds are also raised by participant donations, craft and bake sales and given through memorials, wills and bequests. The Oxford Area Senior Center is a non-profit organization. All contributions are tax deductible.