

The Senior Voice

February 2012



Oxford Senior Center
12 East Locust Street, Oxford, PA 19363

610-932-5244

www.oxfordseniors.org

email: oxsrctr@zoominternet.net

Over 800 Members and Growing!



Director's Message

In a few weeks, *pitchers and catchers report to spring training*. A sure sign that spring is on its way.

If you are experiencing cabin fever, come in and see us. Sign up for one of our Birthday parties, Valentine's Luncheon or stop in for an exercise class. Better yet, come in on Wednesdays and have lunch and play *BINGO*. Don't let the winter weather get you down.

It's February and not too late to get yourself in shape for the new year. Get your body ready for the spring and summer warm weather. Our Silver Sneakers Exercise Instructor Stephanie Daney puts our exercisers through a 45 minute class that will increase your stability, strength and mobility. She brings her enthusiasm and energy to each class, and oh yes, she makes it fun too. Come and join Stephanie and our group on Tuesday & Thursday from 10-10:45am and start feeling better, stronger and happier. No reservation needed, just come and enjoy feeling healthier.

The most important thing we do is provide you, our senior consumers, with the services, activities, information and assistance that you need to "*enhance your quality of life*". That's our mission and that's our promise. Have a safe and healthy February !!

Jim

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ZUMBA CLASSES FOR SENIORS

We have been speaking with a Zumba instructor who would like to set up classes here at our senior center. Times when she is available that coincide with space availability in our facility are Tuesday and Thursday afternoons between 4-4:30pm and most Saturday mornings between 9-11am. Cost will be approximately \$2.00 per class. We would like to begin these classes sometime in February but need to determine the interest in the classes and best times that suit those interested in participating. *Please call Jim or Peggy if you are interested in participating.*



THANK YOU TO MARTIN LUTHER KING, JR. DAY VOLUNTEERS

Thank you to Upland Country Day School and Oxford Area High School Helping Hands for volunteering hours at our Center in recognition of Martin Luther King, Jr. Day. They did a wonderful job of cleaning and organizing items in the Center. The students pictured above left from the Oxford Area High School Helping Hands are Brittney Brown, Michaela Koveleski and Emily Owens with Thelma Teel. The students pictured above right from Upland Country Day School are Laurel Hubbard, Shaina Finaly, Chase Bailrin and Katie Kozelka.



Senator Andrew Dinniman's visit

Our new PA State Senator, Andrew Dinniman will visit our senior center on **Friday, February 10th at 12:30PM.** to speak to us and give a special honor to those in attendance who are 90 years or older.

If you would like to meet Senator Dinniman and ask him any questions, please stop by. If you wish to join us for lunch that day, please call and make reservations by Tuesday, February 7th.

Please Join Us!!!!

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

Kristie Depew
Evelyn Stumpo
Dorothy & Frank Ritchie
Amy Harris
Linda Hamby
Ruth Moore
Robertta Miller
Millard McComsey

IN KIND GIFTS

Giant Food Store, Jennersville
Philips Florist
Michael Piscotty

DONORS

American Legion Post #535
Bank of America
Oxford Area Civic Association
J.M. & Lois B. Herr Family
Foundation, a fund of the Chester



**ATTENTION
Volunteers & Bakers**



Spring Fundraisers are coming up. **Our Soup & Sandwich sale is on Friday, April 13.** Cooks, sandwich makers, waitresses, table setters, helpers to clean up and of course people to **make those great desserts**, are all needed to make our event a success. Sign up sheet will be on the table in the auditorium room.

IN MEMORY

We wish to offer our condolences to the family and acquaintances of our dear friends:



Angelo Cristinzio
Elsie Henry
Thomas McQueen
William McLaughlin
Earl Maxwell

BIRTHDAY/VALENTINE'S CELEBRATION

Our February Birthday will be held on **Tuesday, February 14.** Our Twilighters will be the entertainment for the afternoon.

Immediately following lunch we will have our **Ribbon Tree Ceremony.** Refreshments will be served. **Please sign up early.**

PARTY PRIZES WON

January Birthday Party winners were:

Winner of 50/50 drawing: Gyla Fuller
Come & Get it Prize was won by: Phyllis Rutherford
The Birthday lunches were won by: Peg Lauer & Betty Spotts

You may purchase tickets for the 50/50 before lunch at \$1.00 each or 3 for \$2.00. Names for the Come & Get it drawing come from the daily sign in sheets. The drawings are held before Lunch.

Atlantic City Casino Trips

We have scheduled an Atlantic City casino trip for Tuesday, April 24th. The amount of people going on these trips declined last year, to the point where we almost decided not to schedule *any* this year. However, we thought we'd give it a try in April to see if there is more interest in 2012. If we do not have 36 people signed up and paid in full by **Monday April 16th, unfortunately we will be forced to cancel this and any future trips as well.** We will begin taking reservations and money for this trip on March 15th.

INCOME TAX PREPARATION



Our AARP volunteers are ready to start on your Income tax returns. This service will be held on Friday mornings from 9 AM to 2:30 PM. The first appointments start on **Friday, February 3, 2012.** Appointments are necessary. Please remember that this is a service for low to middle income returns. Complicated returns should be referred to a tax preparation professional.

Please bring with you last year's return and all 2010 documentation.

STAFF

Jim McLeod	Executive Director
Peggy Holbrook	Program Coordinator
Laurie Nelson	Food Supervisor
Lynn McGhee	Hostess

INSTRUCTORS

Stephanie Daney	Exercise Class
Albert Gans	Painting
Colleen Owens	Computer Instructor
Thelma Teel	Crafts/Needlework
Sally Arter	I&R Representative
Judy Phillips	Dance Instructor

COMING EVENTS

February 3: AARP Tax Preparation Begins 9 AM to 2 PM
February 3: Wear Red for American Heart Association "Women"
February 6: Participants Council Meeting
Advanced Nursing Care w/Denna Ramirez
February 10: A Visit from Senator Andrew Dinniman
February 13: Frustration Game
February 14: Valentine's Day, Birthday & Ribbon Tree w/Twilighters
February 17: Presidential Trivia Reminiscent Corner
February 20: Closed for President's Day
February 24: Legal Aid w/ Christine Zaccarelli "Senior Scams"
February 27: Film "When We Were Colored" Black History Month

SCHOOL CLOSING ANNOUNCEMENTS ARE ON: WPVI TV—Channel 6, CBS 3 KYW TV —CHANNEL 3, WCAU TV—Channel 10, FOX -Channel 9

INFORMATION & REFERRAL



This past year we had to say goodbye to many of our friends, some through death, others moving away. Remember, your friends at the Center are here for you. Keep us informed if you are in need of support. *Lone Ranger* only made it in the movies!! Be involved with the Ribbon Tree Ceremony, it's one way to express your love and appreciation for those you've lost and for those who are close to you each day.

If you have any questions about your health insurance coverage, please see me. You need to pay attention to any letter you receive from insurance, Pace, etc. Putting it off has cost some a lot of money and grief. I'm never too busy and nothing is too insignificant for me to look at what you have. That's why I'm here - to serve you. We've been advised of a phone scam in the area, a man claiming to be an insurance agent for their Part D Plan. To avoid falling victim to this type of scam, remember these important tips:

- **Protect** - Never give out personal information to unsolicited callers
- **Detect** - Know that Medicare and/or private Part D plans would never ask for your bank account number. If they do, it's a red flag.
- **Report** - If you receive a similar call or would like to report a scam, call the Senior Medicare Patrol at CARIE. A real person will answer your call, no buttons to push or menus to follow.

1-800-356-3606

With the new year comes the time to clean out those bill drawers and get ready for Income Tax Preparation. For some, all you'll need is info to prepare your Rent/Tax Rebate form. Be sure to have all your income forms and a stamped paid copy of your tax bill. If you've filed before, you'll receive an application booklet in the mail. Your tax preparer is able to file it for you using your 2011 income information. Many of you are not required to file a federal tax return (IRS) but the Commonwealth of PA still hasn't revised its system. Even though you probably won't owe anything, the return must still be filed.

This is a good month to remember to get heart checkups, survey your cupboards for heart healthy foods and show up for Silver Sneakers. Perhaps give up junk food for Lent — start a new habit — it just may stick! Don't forget your Valentine this month, and if you don't have one, do something for someone who is alone and/or lonely.

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.

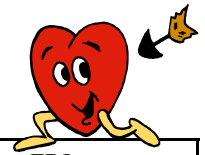
REFER WEB

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.

SNOW CLOSING

In an effort to simplify the notification procedure for the closing of the Senior Center on bad weather days, please be advised that if the Oxford Area School District is closed or on any delay, the Senior Center will be closed. Please check the television or radio stations to see if the school district is on a delay or is closed.

FEBRUARY 2012 ACTIVITIES



MON	TUE	WED	THU	FRI
	1.	1. 8:30 Computer Class 9-12 Paint Class 10-11 Blood Pressure 10-12 Cards/Scrabble 10:00 Computer Class 12 :45 Bingo 1:30 Computer Class	2. 10-12 Cards/Scrabble 10-12 Needlework 10:00 Silver Sneakers Exercise 12:45 Twilighters' Rehearsal	3. 9-2:00 AARP Tax Preparation 10-12 Cards/Scrabble 12:45 "Wear Red Day" American Heart Association for Women
6. 8:30 Computer Class 10-12 Participants Council Meeting 10-12 Cards/Scrabble 10:00 Computer Class 12:45 Advanced Nursing Care w/Denna Ramirez 1:30 Computer Class	7. 10-12 Cards/Scrabble 10-12 Crafts w/Thelma 10:00 Silver Sneakers Exercise 12:45 Country Line Dance Class 1:30 Computer Class	8. 8:30 Computer Class 9-12 Paint Class 10-11 Blood Pressure 10-12 Cards/Scrabble 10:00 Computer Class 12 :45 Bingo 1:30 Computer Class	9. 10-12 Cards/Scrabble 10-12 Needlework 10:00 Silver Sneakers Exercise 12:45 Twilighters' Rehearsal	10. 9-2:00 AARP Tax Preparation 10-12 Cards/Scrabble 12:45 A Visit from Senator Andy Dinniman Our PA State Senator
13. 8:30 Computer Class 10-12 Cards/Scrabble 10:00 Computer Class 12:45 Frustration 1:30 Computer Class	14. Valentine's Day/ Birthday Party 10-12 Cards/Scrabble 10:00 Silver Sneakers Exercise 12:45 Ribbon Tree Ceremony w/Twilighters & Rev. Don Arter.	15. 8:30 Computer Class 9-12 Paint Class 10-12 Cards/Scrabble 10-11 Blood Pressure 10:00 Computer Class 12:45 Bingo 1:30 Computer Class	16. 10-12 Cards/Scrabble 10-12 Needlework 10:00 Silver Sneakers Exercise Class 12:45 Cards	17. 9-2:00 AARP Tax Preparation 10-12 Cards/Scrabble 12:45 Reminiscent Corner "Presidential Trivia"
20. CLOSED TODAY President's Day 	21. 10-12 Cards/Scrabble 10-12 Crafts w/Thelma 10:00 Silver Sneakers Exercise 12:45 Cards/Movie 1:30 Computer Class 3:00 Board Meeting	22. 9-12 Paint Class 10-12 Cards/Scrabble 10-11 Blood Pressure 12:45 Bingo 1:30 Computer Class	23. 10-12 Cards/Scrabble 10-12 Needlework 10:00 Silver Sneakers Exercise 12:45 Twilighters' Rehearsal	24. 9-2:00 AARP Tax Preparation 10-12 Cards/Scrabble 12:45 Legal Aid "Scams" Christine Zaccarelli
27. 10-12 Cards/Scrabble 12:45 Film "When We Were Colored" Black History Month 1:30 Computer Class	28. 10-12 Cards/Scrabble 10-12 Crafts w/Thelma 10:00 Silver Sneakers Exercise 12:45 Country Line Dance Class	29. 9-12 Paint Class 10-12 Cards/Scrabble 10-11 Blood Pressure 12:45 Bingo 1:30 Computer Class		

Rover Transportation Provided



FEBRUARY 2012 HOT MENU

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

Call before 10 am Two Days in Advance for Reservations/Cancellations.

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



MON	TUE	WED	THU	FRI
SENIORS 60 & ABOVE A voluntary requested \$1.50 donation INDIVIDUALS UNDER 60 \$4.40		1. Caesar Salad w/ Manicotti w/Italian Meat sauce Whole Kernel Corn Dinner Roll Fresh Apple	2. Butternut Squash Soup Roast Beef & Gravy Baked Potato Peas & Mushrooms Whole Wheat Bread Tapioca Pudding	3. Tossed Salad/Ranch Baked Pollock Italian Flat Beans Penne Noodles Dinner Roll Banana
6. Chili Dog French Fry Potatoes Wax Beans Fresh Orange	7. Stuffed Cabbage w/ Tomato Sauce Baked Potato Steamed Carrots Whole Wheat Bread Fruited Gelatin	8. Vegetable Soup w/Crackers Philly Cheese Steak Sandwich Green Beans Chocolate Chip Bar	9. Spinach Salad Oven Fried Chicken Collard Greens Egg Noodles Whole Wheat Bread Fresh Apple	10. Chicken Noodle Soup w/Crackers Crunchy Fish Sandwich BLT Pasta Salad Peas & Mushrooms Strawberry Glazed Angel Food Cake
13. Cream of Chicken Soup w/Crackers Meatball Sub Sautéed Zucchini Dill Carrots Pumpkin Pecan Bar	14. VALENTINE'S/ BIRTHDAY PARTY Minestrone Soup/Cracker Chicken Pot Pie w/Puff Pastry Rice Pilaf Green Beans Dinner Roll Brownie a la Mode 	15. Apple Juice Meat Lasagna Italian Green Beans Green Pea Salad Rye Dinner Roll Cake & Ice Cream Fruit Granola	16. Chicken Marsala Couscous Lima Beans Balsamic Roasted Root Vegetables Croissant Fresh Orange	17. Manhattan Clam Chowder Tossed Salad Honey Apple Pork Roast Rice Pilaf Asparagus Whole Wheat Roll Fruit Cocktail
20. CLOSED TODAY President's Day  <i>Lincoln</i>	21. Italian Wedding Soup w/Crackers Sloppy Joe Sandwich Italian Green Beans Tater Tots Butterscotch Pudding	22. Tossed Salad w/ Greek Vinaigrette Garlic Chicken Pizza Broccoli Chocolate Chip Cookies	23. Chicken Gumbo w/ Crackers French Dip Sandwich Coleslaw Butternut Squash Banana	24. Cucumber Salad Lemon Dill Pollock Brown Rice Broccoli & Cauliflower Dinner Roll Pineapple Upside Down Cupcake
27. Green Salad/ Lite Italian Dressing Baked Chicken Herbed Brown Rice Sautéed Spinach Whole Wheat Roll Fresh Orange	28. Chicken Noodle Soup Salisbury Steak w/ Onion Gravy Mashed Potatoes Sautéed Zucchini Whole Wheat Bread Lemon Bars	29. Caesar Salad Manicotti w/Italian Meat Sauce Whole Kernel Corn Dinner Roll Fresh Apple	ALL MEALS SERVED WITH COFFEE, TEA. (HOT OR COLD) MILK / MARGARINE SERVED DAILY	

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 two days in advance of meal service. A voluntary confidential contribution of \$1.50 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

FEBRUARY 2012 COLD MENU

Call 610-932-5244 - Business Hours: 8:30 am - 3:00 pm
Call before 10 am Two Days in Advance for Reservations/Cancellations.

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

MON	TUE	WED	THU	FRI
SENIORS 60 & ABOVE A voluntary requested \$1.50 donation INDIVIDUALS UNDER 60 \$4.40		1. Orange Juice Chicken Salad Wrap Beet Salad Corn Chips Apple	2. Grape Juice Tuna Salad on Wheat Mandarin Orange Sections Tapioca Pudding ⁷	3. Turkey with Cheese on Wheat Bun Broccoli Slaw Banana Tapioca Pudding
6. Apple Juice Southwest Turkey Salad Tortilla Chips Fresh Orange	7. Cranberry Juice Chicken Salad on Wheat Lettuce & Tomato Potato Chips Fruited Gelatin	8. Orange Juice Tuna Salad w/Cheese on Wheat Roll Green Bean Salad Chocolate Chip Bar	9. Fruit Punch Liverwurst & Onion Sandwich Mandarin Oranges Fresh Apple	10. Tomato Juice Turkey Ham & Cheese Hoagie Dutch Potato Salad Strawberry Angel Food Cake
13. Apple Juice BLT Sandwich w/ Cheese on Rye Cole Slaw Pumpkin Pecan Bars	14. Cranberry Juice Chicken Salad Sandwich Pickled Beet Salad Potato Chips Brownie a la Mode	15. Orange Juice Turkey & Provolone /Roll Kidney Bean Salad Red Grapes Cake & Ice Cream	16. Fruit Punch Ham & Cheese Wrap Carrot Sticks Fresh Orange	17. Tomato Juice Tuna Salad Sandwich Carrot Raisin Salad Fruit Cocktail
20. CLOSED TODAY  PRESIDENT'S DAY	21. Grapefruit Juice Caesar Salad w Chicken Lentil Salad Wheat Roll Butterscotch Pudding	22. Cranberry Juice Tuna Salad Sandwich Black Bean Corn Salad Chocolate Chip Cookies	23. Orange Juice Chicken Salad Sandwich Macaroni Salad Banana	24. Tomato Juice Roast Beef & Swiss Cheese on Rye Green Bean Salad Pineapple Upside Down Cupcake
27. Apple Juice Black Bean Salad Ham & Cheese on Croissant Fresh Orange	28. Cranberry Juice Egg Salad with Turkey Bacon on Wheat Lettuce & Tomato Apple Sauce/Cinnamon Lemon Bars	29. Orange Juice Beet Salad Chicken Salad Wrap Corn Chips Apple	ALL MEALS SERVED WITH COFFEE, TEA. (HOT OR COLD) MILK / MARGARINE SERVED DAILY	

Please Sign up Early for Lunch Reservations

Since October 1st, we have experienced an increase in the number of daily noontime lunches we serve. A whopping 44% increase on some days!! That corresponds with the day that our new food vendor began providing our lunches. On the Thursday prior to our Thanksgiving Day Party, we could no longer accept reservation for the lunch due to lack of space in the room. So the day of waiting until the last minute to sign up is long-gone, not because we don't have the food, we might not have the room. ***So Please don't wait for two days before the luncheon to sign up for lunch., we might already be full.***

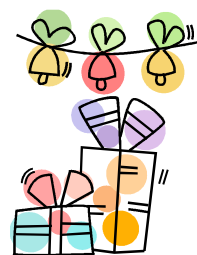
ROVER (Paratransit) RESERVATIONS

Rover (Paratransit) reservations must be called into the Center **OR** sign up on the daily meal reservation lists **two days in advance before 10 AM** so we may give the Rover (Paratransit) office their required notice. Call us at (610) 932-5244 for reservations.

FEBRUARY GREETINGS PAGE

FEBRUARY BIRTHDAYS

1	LOIS C. WISE	16	EMMA MOORE	26	HENRY P. SHULER
1	EUGENE H. SNYDER	17	VEE MCNEW	26	VEDA EDWARDS
1	ALMA L. CULLEN	17	ROBERT H. KING	27	KATHLEEN CANNING
2	RUSSELL R. SCHAFFER	17	GOLDYE K. JOHNSON	27	DANIEL L. KAUFFMAN
2	MURIEL E. WETZEL	18	HELEN T. PIETROWICZ	28	LOUISE D. GUSS
2	ELEANOR M. FIELDS	18	LINDA B. LUKER	28	JUDITH R. DAUGHERTY
2	ROBERT J. FLING	18	SAPHRONIA OLDAKER	28	ELSIE B. RINGLER
2	REGINA M. STANDISH	19	KATHLEEN F. CARLSSON	29	ANNA MAE MCALLISTER
3	JOSEPHINE D'ANTONIO	19	ROBERT GENE DAUGHERTY		
4	ROBERT T. GARRETT	19	CARL R. FRETZ		
5	GERALDINE J. STILLWELL	19	ANNE PAXSON		
5	PATRICIA L. ROSE	20	BETTY L. EVANS		
6	MORRIS E. COMBS	21	DARLA ANN MOORE		
6	ERIKA R. CHASE	21	FAYE E. KINNER		
7	DORIS S. GROSECLOSE	21	EMILY R. TALLEY		
7	CAROLYN S. CLARK	22	MARIE T. ORTLIP		
7	MARVIN ROSE	22	DOLORES DORNER		
8	MARIE P. BRADLEY	22	DORIS A. BALZER		
9	ANNA NISTERUK	22	DORIS L. PUGH		
9	MARY T. JACKSON	22	ANNE MARIE OSHMAN		
10	PEGGY S. KNOLLES	23	ALFRED SCIOTTI SR.		
11	JEAN E. MCCAULEY	23	MARTHA W. LEHMAN		
12	CHARLES J. SCHRASS	23	ALICE J. BRENNAN		
14	BILL THOMPSON	24	DONALD B. MACMILLAN		
14	MARY PEIRSON	24	RUTH W. MASON		
15	MARIE JOHNSON	25	WONEDA D. GRADY		
15	JANE F. ROTEN	25	MARIS DISE		



RENEWING

Beulah Brenner
John Baker
Freeda Baker
Lee Graver
Patricia Walls
Charles Wichhart
Peggy Ann Russell
Paul Baringer
Anne Baringer
Charles Nelson
Anna Marie Nelson
Ruby Mentzer
Lucy Campbell

Anna McMillan
Jean Lindenmuth
Henry Pape
Marion Pape
Ann Kilby
Joe Evans
Phyllis Evans
Clarence Gundaker
Elizabeth Gundaker
Jo Ann Blackburn
William Blackburn
Eva McNeill
Dolores Meginley
Mildred Thompson
Celestine Getty

Ruth Moore
Earl Fiscus
Betty Fiscus
Anna Murphy
William Murphy
Ralph Emerson
Mildred Emerson
Bernadette Carroll
Eleanor Jamison
Alice Reinhart
Esther McNiss

OR NEW MEMBERS

Larry Cole
Marion Kephart
Kathleen Cole
Ediene Ringler
Nancy Heck
Anthony Short
Eleanor Gambrell

OUR BEST WISHES & THOUGHTS GO TO:

Polly Ireson
Leda Widdoes
Dian Steffy
Ann Marie Oshman
Laurie Nelson
Frank Cornell
Bernadine Matsco
Ann Siewierski
Dennis Asel

Elsie Henry Family
Angelo Cristinzio Family
Jennie McQueen
Harold Gray Family
Vee McNew
Donald Drennen
Woneda Grady
Della Zavodnik
Virginia Fulton

Catherine Thompson
Fred Small
May Witman
Irene Terry
Barbara Dunn
Elsie Ringler
Skip Ward
Allen Thompson
Carmela Torello

Livia Giordano
Jean Haysley
Gene Robinson
Marian Herrin
Lorraine Brown



TRIPS



The Chesco Pops Jacques Voois, conductor

presents

From Basin Street to Broadway: A Tribute to America's Musical Roots

Oxford Area High School
Saturday, February 4 🎵 3:00 pm

proudly partnering with the Oxford Area Senior Center

Tickets will be available locally and at the door
Adults \$15 – Seniors \$12 – Students \$5 – Children under 12 free

For more concert information visit our website at

www.chescopops.org

April 16-17: “American & Hometown Heroes”
Flight 93 Memorial & Jimmy Stewart’s Hometown.
Tour includes: Motor coach ride to Indiana, Pa Jimmy Stewart’s hometown & museum. Comfort Inn in Somerset and smorgasbord dinner at the Oakhurst Tea Room. Day two: Flight 93 National Memorial & Chapel. Lunch at Coal Miners Café and the Que Creek mine. Depart for home. Price: \$282 double occupancy. Pick up Itinerary at Center.

April 24 Atlantic City to Show Boat Casino.
Please sign up and **pay**, as we need a guaranteed number to go by April 16th. Leave at 7:45, return around 6:30.
Package to be announced.

June 24: 911 Memorial in New York City.
A larger Motor coach and Lunch at Dallas Bar-B-Que, roasted chicken, baked potato, cole slaw, corn bread & dessert, admission to 911 Memorial Museum at World Trade Center. Price: \$80
Stop by the Center and pick up the Itinerary.

**The Senior Center Board of Directors
wishes to thank the following individuals, companies and organizations for their donations to our
Annual Appeal Campaign. To Date we have received contributions totaling \$6,660.00**

Bob & Dottie Bradley	Lawrie & Inez Drennen	Millard McComsey	Alice Strohmaier
Fred Brubaker	Gordon & Alice Fraver	Sumi McCardell	Edith Sumner
John & Freeda Baker	Allen & Janet Fowler	Laura McKinney	Jack Supplee
Paul & Ann Baringer	Carl Fretz	Margaret Jane McMaster	Albany & Patsy To
Harold & Lorraine Broomell	Robert Garrett	Ruth Moore	Mildred Thompson
Joe & Lynn Cavacini	Charles & Yvonne Hannum	Charles & Anna Mae Nelson	Patricia Walls
Erika R. Chase	Charles Harris	Andrew & Victoria Nevrincean	William & Dorothy Waltz
Louis & Marian Choppy	Bill & Evelyn Helosky	Dorothy Philips	Tom & Carol Watterson
Louise Cooper	Ken & Jane Hershey	Bill & Elsie Ringler	William & Doris Wilson
Alma & John Cullen	John & Margaret Lauer	Charles & Carolyn Sacks	
Marilyn Cummings	Jean Lindenmuth	Hazel Shoemaker	
Frank & Gwen Cornell	Don & Beth MacMillan	Dian & Mickey Steffy	
Jane Delong	John & Gloria Masciantonio	Mary Stark	
Don Drennen	Jean McCauley		

Organizations & Business

American Legion Post #535	Armstrong Cable	Cameron’s Hardware & Supply	Frat. Order of Eagles #2666
Fraver’s Inc.	F. O. E. #2666 Ladies Aux.	Herr Foods, Inc.	Oxford Presbyterian Church
Oxford United Methodist Church	St. Christopher’s Episcopal Church	Oxford Church of the Nazarene	Colerain Township

THANKS TO ALL OF YOU

Health and Wellness Programs

Exercise Classes



Healthways 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 Program and the focus of this creative multi-level conditioning exercise class.

The Program is normally offered to seniors who contract with Blue Cross for their health care coverage. However, due to the large number of seniors participating at our Center, we are allowed to offer this beneficial program to those who don't have Blue Cross.

Senior Center membership is not required for individuals 60 and older to participate in the Silver Sneakers class.

And there is no cost for this program.

Please join Instructor Stephanie Daney 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.

Tai Chi Classes Now Available

Interested in enjoying the benefits of this exercise class and want to find out costs involved and how to register? Call Jim or Peggy at the Senior Center. Classes are M-W-F 10-10:30am at WPV Fitness Center.

Legal Services

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.

AQUATIC FITNESS



Mon, Wed, Fri: 8am - 3:30pm
Tues, Thurs: 8am - 4:30pm
Saturday: 9am - 12PM

In collaboration with Ware Presbyterian Village (WPV), we continue to jointly offer an Aquatic Fitness program in their Fitness Center. This initiative allows our participants the use of WPV's Aquatic Fitness Center located across the street from our Center. Ware's Fitness Director Tim Duhe, will design a program to fit the needs of each individual senior participant. While there is a small cost to participate in this program, Ware has agreed to charge our seniors the same fee as residents of their village. WPV can also be easily accessed by the Chester County Pennsylvania Rover Transit buses.

COUNTRY LINE DANCE CLASS

Come and join our dancers on Tuesdays of each month. New dancers are always welcome. Judy even gives catch-up instruction. It's fun and good exercise.



This month we are dancing on February: 7 & 28, at 12:45 PM.

Free Blood Pressure Checks

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



Bread

Every Wednesday morning, the Giant Food store in Jennersville donates it's day-old bread and pastries to our Center. Pick up some bread while you're here.



TWILIGHTERS' NEWS



The Twilighters will be meeting and singing on Thursdays:

February 2, 9, 14 & 23 at 12:45 PM

If you enjoy singing, why not join the Twilighters. It is a lot of fun.

AUDIOLOGIST

To make an appointment with our Audiologist (hearing specialist) Mike Piscotty, please call the Senior Center.

610-932-5244



Mike will be here

February 15, at 1 PM

We now have batteries to sell. Ask the staff.

COMMUNITY SERVICE

Young Life is a non-profit ministry which is active in Oxford, Avon Grove and Solanco high schools. We take an annual camp trip in the summer and some students need financial assistance to attend. Our hope is to have them work off the money for camp but we don't always have work available. If you would be interested in trying to set up a work day or afternoon please contact us at younglifepa31@gmail.com or 484-356-6520. Typically the work is offered free of charge, though donations are appreciated.

WANTED

Can tabs from soda, or soup cans are being collected for

DUPONT CHILDREN'S HOSPITAL

Save all of your can tabs, place them in a plastic bag and drop them off at the Senior Center.

THANK YOU!!

SNOW SHOVELING

If you are in need of someone to shovel snow this winter, please contact the Senior Center.

We have high school students from the LEO Club who are willing to shovel snow after school, weekends or when schools are closed.

St. Valentine's Day 2012

"Ribbon Tree" Ceremony

The Oxford Area Senior Center is hosting a Valentine's Day "Ribbon Tree" ceremony on Tuesday, February 14, 2012 at 12:45 pm in the auditorium room.

A beautiful tree adorned with red ribbons will be on display in our auditorium for the month of February. The ribbons can commemorate good friendships, happy or special occasions you wish to recognize or the memory of loved ones. On Tuesday, February 14th at 12:45 pm, we will have a ceremony recognizing the intentions of each ribbon donated and a special message by Rev. Arter.

The cost of sponsoring a red ribbon is \$10 or you can purchase three for \$25. Each additional ribbon will be \$5.

We hope that you will not only support our event but also attend our ceremony and join us in the lunchroom immediately afterwards for refreshments.

For more information, please contact Gwen Cornell @ (610) 255-0797.

See below for Sponsor's Form

2012 Valentine's Day Ribbon Tree Ceremony

Tuesday, February 14, 2012

Sponsor's Form



Yes, I would like to sponsor a Valentine Ribbon (s) _____

Amount enclosed: \$_____

Name of Sponsor: _____

· Person/Event to be remembered: _____

· Person/Event to be remembered: _____

· Person/Event to be remembered: _____

· Person/Event to be remembered: _____

Please make check payable to: Oxford Area Senior Center
12 East Locust Street
Oxford, PA 19363

***To be included in the program book, please return no later than Wednesday, February 8, 2012**

Computer Classes with Colleen



Upcoming Classes for Adults

CLASSES BEGINNING IN MARCH 2012

Classes will begin on March 12-13 - REGISTER BY March 9, 2012

DAY CLASSES - CLASSES ARE 1 HOUR SESSIONS, TWICE A WEEK:

DESCRIPTION	CLASS	DAY/TIME	BEGIN DATE
WORD PROCESSING & TYPING LETTERS - Microsoft Word Level 2 (4 week course)	Class 5	Monday and Wednesday 10:00 am - 11:00 am	Monday March 12, 2012

DAY CLASSES - CLASSES ARE 1 ½ HOUR SESSIONS, ONCE A WEEK:

DESCRIPTION	CLASS	DAY/TIME	BEGIN DATE
HOW TO WORK WITH SPREADSHEETS - Microsoft Excel Basics Class (4 weeks)	Class 6	Tuesday 1:30 pm - 2:30 pm	Tuesday March 13, 2012

Variety of One Hour Question and Answer Classes

ONE HOUR-ONE DAY CLASSES in MARCH 2012

Classes are \$5 per class

QUESTION & ANSWER	Come join us for a Q&A session. Questions can be regarding ANY computer related subject.	10:00 am - 11:00 am 8:30 am - 9:30 am	Mon., March 5 Weds., March 28
EMAIL Q&A	Email questions? Come to this Q&A. Please come prepared with how you get into your email, with userID and password.	1:30 pm - 2:30 pm	Tues., March 6
COMPUTER MAINTENANCE TIPS	Learn how to do some basic computer maintenance.	8:30 am - 9:30 am	Weds., March 7
EBAY Q&A	Come join us for a session on how to use EBAY - Will discuss searching for items and setting up an account to sign into EBAY.	8:30 am - 9:30 am	Mon., March 12
CUT, COPY & PASTE	Learn how to cut & paste and copy & paste. We will use Word to learn these skills, however the skills can be applied to many other programs.	11:00 am - 12:00 pm	Tues., March 13
FACEBOOK Q&A	Familiarize yourself with the social network that allows you to keep in touch with friends and family	8:30 am - 9:30 am	Weds., March 21
INTERNET Q&A	Need help with using the Internet? Come join us to learn how to browse the World Wide Web.	11:00 am - 12:00 pm	Tues., March 27

COMPUTER INFORMATION

A Computer Class Course Description and Fee Schedule can be obtained from our web site or by contacting Colleen.

Registration is very important - To register for a class stop in or call Colleen. Check out our web site for complete details on all classes.

12 E. Locust Street, Oxford, PA
610-932-5244

Email: caowens@oxfordseniors.org
www.oxfordseniors.org
Click on Computers

Hours are:
Mon - Fri
8:30 am - 3:00 pm

Fees for the classes are as follows:

	12 Week Course		4 Week Course		1 hr/1 dy
	Day	Evening	Day	Evening	
Seniors	\$60	\$85	\$35	\$45	\$5
Non Seniors	\$100	\$125	\$60	\$85	\$5

COMPUTER QUESTIONS??

Colleen will be happy to answer your computer questions. Here is how to contact her:

- ⇒ Come to one of the Q&A sessions listed above.
- ⇒ Call Colleen at 610-932-5244
- ⇒ Email Colleen at caowens@oxfordseniors.org

OXFORD AREA SENIOR CENTER
12 East Locust
Oxford, PA 19363

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

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

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. Funding is also provided by the United Way of Southern Chester County, Dansko Foundation, 1675 Foundation, Chester County Women & Girls Foundation, The Five County Arts Fund, Chester County Community Foundation, surrounding municipalities, businesses and foundations. 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.

<u>Board of Directors 2011/2012</u>			
Ken Hershey	President	Ira Binder	Edwin Herr
Donald Drennen	Vice-President	Kevin Collins	John Masciantonio
John Ware IV	Treasurer	Gwen Cornell	William Ringler
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Avanell Pyle	Non-Voting		
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Sylvia Reyburn - Chairperson	Floss Duvall	Liz Jones	Theresa Taylor
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United Way of
 Southern Chester County