



# Center Voice

12 East Locust Street, Oxford, PA 19363  
 610-932-5244  
 www.oxfordseniors.org  
 email: [contact@zoominternet.net](mailto:contact@zoominternet.net)

March 2025



Center's Hours are:  
 Monday-Friday  
 9:00 am - 3:00 pm

## Celebrating 50 years of service to older adults

### Director's Corner

Springtime is on its way, but don't put away your snow shovels yet, March can also give us some icy and snowy weather, so let's keep those good thoughts to chase away the nasty snow storms we sometimes get in March!

**Please don't let your guard down. *The FLU and COVID Viruses, with all the different variants, isn't over yet! It remains a threat to all, especially you, the senior residents of our community. Please make sure all of your vaccinations are up to date!! Continue to be aware of the people you're around and their health situation. Continue to be safe!***

We have some fun programs for March, so make sure you read our Activities & What's Happening pages, to see what we're offering this month! Bingo on the 1st, 2nd, and 4th Wednesdays each month.

We are offering a "Weight Wise Plus" nutrition program by Nutritionist Barbara Myers beginning on Thursday April 3rd at 12:45pm. Weight Wise is expanding to include all nutrition information that every senior should know to live a healthy life. See page 8 for more details!

In collaboration with the Jennersville YMCA, you can enjoy one of their swimming pools every Thursday from 11am to 1pm, at no cost! SEE PAGE 14 FOR MORE DETAILS.

#### Income Tax Preparation

Unfortunately all of our tax appointments are full.

**More information regarding other locations who offer free tax assistance is listed on Page 10 in this newsletter.**

*Please continue to be safe!*

*Enjoy and stay Happy and Healthy!!*

*Jim*

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## Contact Us

**Our email address:**

**[contact@oxfordseniors.org](mailto:contact@oxfordseniors.org)**

This is for general questions and information.

Each staff member has their own email address.

**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**

Board of Directors  
Fundraising Committee

AARP Tax Volunteers:

Verne LaRosa  
Denise Dadamio  
Jim Elmore  
Dave Schindler  
Albert Schmitt

And to our always reliable friends:

Mary Baringer	John Lane
Nancy Baringer	Russ Lomax
Howard Billings	Monique Manfield
Isabella Carron	Diane Marucca
Jerry Coleman	Judy Moran
Tom Craft	Betty Poole
Coleen Cruz	Pauline Riegel
Christine Dolinger	Bonnie Smith
Jerry Ferguson	Kathleen Smith
Jane Freeman	Susan Snook
Valerie Irving	Theresa Taylor
Shirley Lamkin	Lorie Walton

**IN KIND GIFTS**

Chester County Food Bank  
Giant Food Store, Jennersville  
Philips Florist  
Jerry Coleman  
Valerie Irving  
Anonymous Donor Superbowl Party

**DONORS**

Lower Oxford Township  
Katherine Bojanowsky  
Jennifer Justice

**Annual Appeal Donors**

(see our website for full list for 2024-2025)



**Donating made easy**

For your convenience you can donate from our website. Check out <http://oxfordseniors.org/donateoasc.htm> and click on DONATE



**PARTICIPATION INFORMATION**

**Oxford Area Senior Center does not have a membership fee.** We have a **Voluntary Participation Contribution.** We encourage everyone to make your voluntary participation contribution in the same month every year. The date that you last contributed is located on the front cover of your newsletter above your name and address. If the newsletter is emailed to you, call us for your renewal date

Please update your Information Form at the same time. An Information Application is available at the Center's hostess desk or on our website ([www.oxfordseniors.org](http://www.oxfordseniors.org)). Thank you for staying current as it helps us maintain the programs and services of the Center. Please ask us if you need help completing this form, we'll be glad to HELP.



**IN MEMORY**

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

**Len Bojanowski  
Harold Broomell**

**OUR BEST WISHES & THOUGHTS GO TO:**

Katherine Bojanowski  
Lorraine Broomell  
Millie Emerson  
Beverly Parsons  
Sandy Stuart

And to the families of:  
Len Bojanowski  
Harold Broomell



# INFORMATION & REFERRAL

**WARNING!! Please be advised  
DO NOT call  
800 numbers advertised on TV for Medicare Plans**

*March, how is it coming in – like a lion or like a lamb? February sure has been a little interesting, a little sun, a little rain, a little black ice, a little blown, and very little cold. Something for everyone!*

*I think the hardest thing for seniors to do is change. If there is something you don't understand, please stop by and ask. If you get a letter you don't understand, bring it in. If they ask for money to "HELP" you, it's probably not legitimate. Scamming is on the rise so be aware. A new one that just came on the scene last month concerns prescription coverage. It offers full coverage for a mere \$299 a year. Then they ask for your bank account numbers for a direct debit from your account. Don't believe anyone who threatens to take away your Medicare Benefits if you don't sign up for their plan. **Hang up the phone!!** There are no stupid questions. Our hope is that we all make it through these changing times without too much loss of hair and mind and money!!*

*Now is the time to get your records organized for Tax & Rent rebates. Seems there's always some kind of paperwork to do. For Rent Rebate, the maximum income is now \$46,520. Only 1/2 of your Social Security is counted. If this is your first time filing for the **Rent Rebate**, be sure to have your **landlord** fill in the **Rent Certificate** before going to your tax appointment. We have copies here if you need them. If you're not required to file a tax return, call for an appointment and I'll help you with your rebate.*

*Several of you have already shown me letters from the state stating that you will not receive the Tax/Rent Rebate form booklet because you had someone else do your return last year. That's not a problem—just remember to take your **Stamped Paid** receipt with you, along with all your other records. They used computer generated forms and can continue to do so. The age requirement is still 65 unless disabled or widowed.*

*This year the maximum income for **Tax** Rebate was increased to \$46,520. This means many of you now qualify for the Tax Rebate. When you have your taxes done, your preparer should ask you for your **STAMPED PAID** receipts. Copies of these must accompany your return. I'll be glad to answer any questions you have about this procedure. This rebate is not paid before July 1, 2025.*

*Have a great month.  
Top 'o the morning to ye,*

*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](http://www.chesco.org/human). Once on the site, locate the Refer Web icon, click on it and start searching.

## MARCH 2025 MENU

Call 610-932-5244 - Business Hours: 9:00 am - 3:00 pm

Call or email to sign up for lunch TWO days in advance.

Cancellations should be called in asap or no later than 10am to help in not wasting food.

**MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**

Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm

MON	TUE	WED	THU	FRI
3. BBQ Chicken Broccoli Egg Noodles Dinner Roll Fruit	4. Chicken Noodle Crackers Turkey Burger American Cheese Hamburger Bun Cole Slaw Fruit	5. Beef Stroganoff Brown Rice Carrots Dinner Roll Mandarin Oranges	6. Cream of Potato Soup Crackers Meatloaf w/Gravy Mashed Sweet Potatoes Broccoli Fruit Dinner Roll	7. Tuna Noodle Casserole Winter Blend Vegetables Fruit
10. Chicken Pot Pie Deconstructed Biscuit Brussel Sprouts Fruit	11. Escarole Soup Crackers Cheese Steak American Cheese Sautéed Onions Roll Sweet Potato Fries Fruit	12. Chicken Parmesan Marinara Sauce Pasta California Blend Vegetables Fruit	13. Spaghetti & Meatballs Winter Blend Vegetables Dinner Roll Fruit	14. Tomato Soup Crackers Grilled Cheese American Cheese Whole Wheat Bread Fruit
17. Roast Turkey w/ Gravy Mashed Potatoes Green Beans Dinner Roll Fruit	18. Vegetable Soup Crackers Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Dinner Roll Fruit	19. <b>Birthday Party</b> Swedish Meatballs Gravy Egg Noodles Baby Carrots Dinner Roll Cupcake & Ice Cream	20. Vegetable & Beef Soup Crackers Baked Chicken Breast Au gratin Potatoes Spinach Fruit	21. Lasagna Roll Up Marinara Sauce Parmesan Broccoli Fruit
24. Rotisserie Seasoned Chicken Baked Sweet Potato Winter Blend Vegetables Dinner Roll Fruit	25. Beef Barley Soup Crackers Turkey Cheese Hoagie Lettuce & Tomato Mayo Hoagie Roll Fruit	26. Chicken Cordon Bleu Oven-Roasted Potatoes Brussel Sprouts Dinner Roll Fruit	27. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Dinner Roll Fruit	28. Corn Chowder Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Fruit
31. BBQ Chicken Broccoli Egg Noodles Dinner Roll Fruit	<b>St. Patrick's Day Monday, March 17</b> 		<b>Food Vendor</b>  <b>Oxford Area Senior Center</b> 	<b>SENIORS 60 &amp; ABOVE</b> A voluntary confidential requested \$2.00 donation <b>INDIVIDUALS UNDER 60</b> \$5.70

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 TWO days in advance. 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.*

**Chesco Connect Transportation Available for 65+**

# MARCH 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
3. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Fall Asleep, Stay Asleep w/ Matt</b> 2-3 Q&A/Tech Help  <b>Pickup Coloring Contest Picture</b>	4. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help  4:30 Zumba	5. 8:30 Gentle Stretching & Weight Lifting (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch <b>12:45 Bingo w/ABC</b> 2-3 Q&A/Tech Help	6. 8:30 SilverSneakers (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 OMI Egg Project</b> 2-3 Q&A/Tech Help  4:30 Zumba	7. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b>
10. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Food Connects Us, National Nutrition Month</b> 2-3 Q&A/Tech Help	11. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help  4:30 Zumba	12. 8:30 Gentle Stretching & Balance (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&A/Tech Help  <b>7:00 Medicare 101</b>	13. 8:30 SilverSneakers (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 Crafts w/ Mary</b> 2-3 Q&A/Tech Help  4:30 Zumba	14. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Crafts w/ Mary</b>  <b>Submit Coloring Contest Picture Deadline</b>
17. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Coloring Contest - Voting today</b> 2-3 Q&A/Tech Help	18. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help  3pm Board of Directors Meeting  4:30 Zumba	19. <b>Birthday Party</b> 8:30 Gentle Stretching & Weight Lifting (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor 11:45 Lunch <b>12:45 Entertainment: Michael Kropp</b> NO Q&A/Tech Help	20. 8:30 SilverSneakers (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 Petals Please</b> 2-3 Q&A/Tech Help  4:30 Zumba	21. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 OMI Egg Project</b>
24. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help	25. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help  4:30 Zumba	26. 8:30 Gentle Stretching & Balance (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch <b>12:45 Bingo</b> 2-3 Q&A/Tech Help	27. 8:30 SilverSneakers (OS) <b>9-3 Tax Appointments</b> 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch <b>12:45 OMI Egg Project</b> 2-3 Q&A/Tech Help  4:30 Zumba	28. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch <b>12:45 Cards/Games</b>
31. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch <b>12:45 Cards/Games</b> 2-3 Q&A/Tech Help				<b>(OS) = Off-Site via Zoom</b> <b>ABC = Always Best Care</b>

# TRIPS



**Sight and Sound  
Noah Live On Stage  
and  
Lunch at  
Hershey Farm Restaurant  
April 1, 2025**

**All aboard the ark**

With a catastrophic storm on its way, Noah is given a monumental task: build a boat big enough to save his family from a flood that will cover the entire earth. As Noah endeavors to live faithfully in the midst of an increasingly chaotic world, can he trust that God’s promises run deeper than the rising waters around him?

Returning for one season only, this landmark production takes you on board one of the world’s best-known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season!

**REGISTRATION CLOSED**

**Itinerary:** Motor Coach ride to and from center, enjoy buffet-style lunch at Hershey Farm and Live on Stage Show.  
**Cost:** \$155.00 (Payment due at sign-up)  
**Leave:** Promptly at 9:15am from Center (be here by 9:00am)  
**Return:** 4:30pm (approx.) to Center

**American Treasure Tour  
To Be Determined: 2025**



**Listed as one of the Top Ten things  
to see in Pennsylvania**

We are planning upcoming trips.

Any trip suggestions?  
Let Beth know where you would like to go.

610-932-5244  
bpellegrini@oxfordseniors.org



**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.

**Trip Policy**


- Reservations required for all trips, no refunds after deadline date.
- Payment due at sign up, please see Beth
- Questions regarding trips, call 610-932-5244 or email us at contact@oxfordseniors.org

**Trip Information**

We are able to accommodate foldable walkers and foldable non-motorized wheelchairs. Unfortunately, the bus cannot transport motorized wheelchairs. Everyone needs to be able to navigate several steps entering and exiting the bus. Most trips require the ability to get on and off the bus, walk a short distance into the venue and/or restaurant. We will endeavor to include in our description any trip that has excessive walking or obstacles.



# What's Happening!!

<p><b>Fall Asleep, Stay Asleep</b>   <b>Monday, March 3</b>  <b>12:45pm</b>  <b>Matt Thompson</b>  <b>with Humana</b> </p>	<p><b>w/ Mary</b>    <b>Thursday, March 13</b>  <b>Friday, March 14</b>  <b>12:45pm</b></p>
<p><b>Bingo with Vanessa</b>  <b>from</b>  <b>Always Best Care</b>  <b>Thursday March 5</b>  <b>12:45pm</b></p> 	<p><b>ST. PATRICK'S DAY</b>  <b>COLORING CONTEST</b>          Everyone will be coloring the same picture. You can pickup a coloring page from the Hostess desk <b>Starting on Monday, March 3.</b>          Take the picture home to color at your leisure. We have coloring pencils and crayons available to borrow. Please return them when you submit your picture.          All pictures must be entered into the contest by Friday, March 14. All entries are anonymous, when you hand it in we will put your name on the back. Please do not share your work with others to keep the voting free of influence.   <b>Voting for best picture on</b>  <b>Monday, March 17</b>  <b>12:45pm</b> </p>
<p><b>OXFORD MAINSTREET</b>  <b>Easter Egg Hunt Project</b>          This year we are helping OMI with their annual <b>Easter Egg Hunt</b> by filling easter eggs with goodies for the kids.          Come and help us bring joy to Oxford kids!!   <b>Thursday, March 6</b>  <b>Friday, March 21</b>  <b>Thursday, March 27</b>  <b>12:45pm</b></p>	<p><b>Birthday Party</b>  <b>Entertainment</b>  <b>Michael Kropp</b>  <b>Wednesday, March 19</b>  <b>12:45pm</b></p> 
<p>  <b>Food Connects Us</b>          2025 NATIONAL NUTRITION MONTH®          Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation. What's more, health, memories, traditions, seasons and access can all impact our relationship with food.          Learn more about these connections and how the foods you eat impact your health throughout life.  <b>Monday, March 10</b>  <b>12:45pm</b></p>	<p>          Craft day where we will be either decorating and painting jars or floral arrangements, depending on availability of flowers.  <b>Thursday March 20</b>  <b>12:45pm</b>          They have asked that we help to spread the joy by collecting small vases, soup cans, and small baskets.</p>
<p>  <b>Medicare 101</b>  <b>w/ Sally</b>  <b>Wednesday, March 12</b>  <b>7:00pm</b>  <b>Sign up requested</b></p>	<p><b>CARDS/GAMES</b>          Monday-Friday mornings: 9:30am-11:30am          Afternoons no other program: 12:45pm-2:45pm          When there is a program: 2:00pm-2:45pm</p>
<p><b>Our afternoon programs will start at 12:45pm (right after lunch).</b></p>	

# What's Happening!!



## WEIGHT WISE PLUS

8 week program  
Lead by Barbara Myers  
Overweight, Underweight  
or Just About In Between?

Weight Wise is expanding to include all nutrition information that every senior should know to live a healthy life. Recent research work that shows us what we should be eating or not eating will be included in every class. Topics such as the mediterranean diet (what's great about it and what's not), foods that cause inflammation and those that prevent it, bone and cardiac health and so on will be discussed.

Those of you who are interested in losing or gaining weight will be able to be weighed privately and we will devote the last part of every class to weight control.

Please **sign up** so we can ensure enough program materials for everyone. I am looking forward to meeting you at our first class.

**Barbara Myers, Licensed Dietitian**  
**Chester County Department of Aging Dietitian**

4/3/25	The Mediterranean Diet
4/10/25	Inflammation in Your Digestive Tract, Prebiotics & Probiotics
4/17/25	Volumetrics
4/24/25	Vitamins & Minerals
5/1/25	Carbohydrates - 3 Levels
5/8/25	Proteins - Sarcopenia
5/15/25	American Heart Association - Fats & Sodium
5/22/25	Bone Health

## PUZZLES



We are looking for puzzles with 300-550 pieces ONLY!

Please consider donating your puzzles to us.

## Happy St. Patrick's Day

May your troubles be less and your blessings be more and nothing but happiness come through your door.



## MARCH IS NATIONAL DISABILITIES AWARENESS MONTH



brought to you by  
UNlimiters.com

**PEOPLE WITH DISABILITIES**  
consist of the nation's largest minority group, as well as the only group that any of us can become a member of at any time



**56.7 MILLION PEOPLE**  
in the U.S. have some sort of disability

**38.3 MILLION PEOPLE**   
have a severe disability

**3.6 MILLION PEOPLE**  
in the U.S. use a wheelchair

**THE ELDERLY**  
are the largest population living with a disability

**30.6 MILLION**  
people in the U.S. have a physical disability that affects the ability to walk

**1/3 OF DISABLED INDIVIDUALS**  
require assistive technology to be able to take care of themselves at home

**1 IN 4 PEOPLE**  
65-69 years of age have a severe disability

**AROUND 15%**  
of the world's population lives with disabilities

---

**ABOUT 764,000**  
children and adults in the U.S. currently have cerebral palsy



## CONSTITUENT OUTREACH

State Senator Carolyn Comitta's Constituent Outreach Representative is available to answer any question you may have regarding Commonwealth of PA programs and services they offer.

The representative will be at our center on the **3rd Wednesday of every month**. The next visit is:

**Wednesday, March 19  
from 10:00am to noon**

West Chester District Office: 610.692.2112  
Harrisburg Office: 717.787.5709



## MARCH BIRTHDAYS

1 Nancy L. Anderson	15 John A. Lauer Sr.
1 Dorothy E. Hendrickson	16 Carol Sue Cox
2 Danna Cornick	16 Gerald G Ferguson
2 Yolanda Eileen Ortel	17 Patricia A. Marcolongo
2 Barbara S. Lindsey	17 Jean D. Hardy
2 Patricia Jenkins	17 Vickie M. Arnold
2 Sue Stanley	17 Constance E. Weaver
3 Mary E. Collins	18 Pauline Riegel
3 Manfred Cooper	18 Sandy C. Souder
3 Susan K Snook	19 Laurie J. Graham
3 Kathy P De Hetre	20 David G Poplos
4 David Alan Brown	20 Margaret B Laigaie
4 Ronnie J. Coughlin	20 Joann O'Connell
4 Loretta K. Franco	21 Wayne G. Wharton
4 Irene S. Tingley	21 Darlene J. Sedlak
4 Leroy Walker	21 Thomas J. Moore
5 Doris A. Barker	21 Joanne Kaighn
5 Dennis L. Clark	22 George E Ruf
5 Nancy A. Crouch	22 Margaret A. Appel
6 Dianna P. Stuckey	23 Janet M. Blakey
6 Carmella Humble	23 Janis M. Cash
8 Janice M. Sites	23 Kenneth W Metz
10 Linda L. Shiplet	23 Freeda Baker
10 Margaret D. Russell	23 Suzanne Hindman
10 David D. Harpe	24 James R. Goss
10 Sandra L. Steele	25 Marie N McLucas
11 Doris E. Schmidt	27 Patricia Norbeck
13 Sydney M. Odum	27 Joanne Cheek
13 Fran Broomall	28 Raymond T. Ankney
13 Claire E. Fitzgerald	28 Linda Young
13 Harry W. Varnes	28 Joe Cavacini
14 Lura J Johnson	28 Theresa M Lynch
14 Mary Ellen McCormack	30 Alice K. Witmer
14 Karen L. Boyd	31 Alice Fraver
14 Jane K. Kepler	31 Stewart E Casper



**Joe Oliver, Financial Advisor**  
will be at our center on the  
**3rd Wednesday of every month.**  
The next visit:  
**Wednesday, March 19  
from 10:00am to noon**



### Shared Ride Program

**Chester County Department  
of Community Transit  
"CHESCO CONNECT"**

Chesco Connect provide trips to individuals age 65+ for the following:

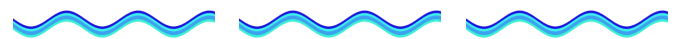
- Riders traveling for health care or medical services covered by Medical Assistance
- Persons with disabilities traveling for recreation, work, shopping, and medical trips
- General public riders paying the full fare

**Contact 610-344-5545 to schedule rides**

### FARE RATE

Seniors riding with Chesco Connect are required to pay a **\$1.00 fare per ride for essential trips**. Please ensure you have the correct fare as Chesco Connect drivers do not make change.

If you have any questions or are interested in setting up a pre-paid account with Chesco Connect, please contact them at 610-344-5545.



## WEATHER 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 cancels or delays their bus transportation, the Senior Center will be closed.** This only pertains to weather closures or delays, not to days when the schools were previously scheduled to be closed. We will announce our closure on OASC website (oxfordseniors.org), Facebook and on our telephone greeting by 8:30am.



## AARP INCOME TAX PREPARATION



AARP is doing income tax preparation this year. Unfortunately, all of our appointments have been filled. You can call to be put on our waitlist in case of a cancellation. However, we suggest you explore other options listed below:

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If all you need is the your 2024 Rent/Rebate Tax Forms completed, Sally Arter, our Information & Assistance Specialist will certainly be glad to assist you complete the form.



### ADDITIONAL INCOME TAX PREPARATION INFORMATION

Here is a list of local Tax Preparation individuals and companies to help you. But please realize you might have to pay for some of these services!

You can use the IRS's Free File at <https://www.irs.gov/filing/free-file-do-your-federal-taxes-for-free> where you can choose from several free online services. The services walk you through answering questions and does the math for you.

AARP Locations: Oxford Neighborhood Services, 610-932-8557. Visit AARP Tax-Aide Site Locator at [https://www.aarp.org/money/taxes/aarp\\_taxaide/locations/](https://www.aarp.org/money/taxes/aarp_taxaide/locations/) for other locations in the local area.

VITA (Volunteer Income Tax Assistance), which is a free tax assistance program, will also prepare your income tax forms. For information regarding this program you can call the Chester County VITA Information Hotline at **610-380-9099 from January 27th to April 15th.**

Visit their website at <https://www.chestercountyfreetaxes.org/>

#### VITA locations near us:

##### Coatesville – The Transformation Center

645 E. Lincoln Hwy, Coatesville PA 19320  
(610) 380-9099 ext. 104  
Monday 9am-4pm, Tuesday 9am-2pm,  
Wednesday 9am-4pm, Saturday 9am-2pm

##### Kennett Library

(610) 380-9099 ext. 108  
320 East State Street, Kennett Square, PA  
Monday 5-8pm, Wednesday 5-8pm,  
Saturday 9:30am-2:30pm

##### West Chester - Providence Westside Community Center

430 Hannum Avenue, West Chester  
(610) 380-9099 ext. 250  
Monday 11am-3pm & 6-8pm

##### West Chester - Charles A Melton Arts and Education Center

501 East Miner Street, West Chester  
(610) 380-9099 ext. 109  
Thursday and Saturday 9am-2pm

Additional services in the area that charge for their services:

H&R Block, 8 S. 3rd Street, Oxford, 610-932-8844

Liberty Tax Service, 11 N 3rd St Suite 1, Oxford, 484-702-6117

Numerous Tax Accountants in the area, ask a friend or family member for a reference.

# Property Tax/Rent Rebate Program (PTRR)

**Harrisburg, PA** — Pennsylvania's [Property Tax/Rent Rebate \(PTRR\) program](https://www.revenue.pa.gov/prr) ([revenue.pa.gov/prr](https://www.revenue.pa.gov/prr)), is now open for eligible Pennsylvanians to apply for rebates on property taxes and rent paid in 2024.

## How to Apply

Submitting your application through [myPATH](#) is easy and does not require you to sign up for an account. Filing online gives you instant confirmation that your claim has been successfully filed. Applicants also will have access to automatic calculators and other helpful features that are not available through the paper application.

It's free to apply for a rebate and assistance is available at hundreds of locations across the state: [Department of Revenue district offices](https://www.revenue.pa.gov/ContactUs/Pages/District-Offices.aspx) (<https://www.revenue.pa.gov/ContactUs/Pages/District-Offices.aspx>), [local Area Agencies on Aging](https://www.aging.pa.gov/local-resources/Pages/AAA.aspx) (<https://www.aging.pa.gov/local-resources/Pages/AAA.aspx>), senior centers, and state legislators' offices. You must reapply for rebates every year as they are based on annual income and property taxes or rent paid during the prior year.

## About the Property Tax/Rent Rebate Program

Rebates will be distributed beginning July 1, 2025, as required by law. New or first-time filers should anticipate that it will take additional time to review their applications and process their rebates. The deadline to apply is June 30, 2025. For more information and to access forms/instructions, visit [revenue.pa.gov/prr](https://www.revenue.pa.gov/prr) or call 1-888-222-9190 for assistance.

### Eligibility

The PTRR program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The table below shows how much homeowners and renters who fit this criteria are eligible for, depending on their income:

### Supplemental Rebates

Supplemental rebates provide an additional \$190 to \$500 in relief to applicants with the most need. These rebates are automatically calculated for property owners with \$30,000 or less in income whose property taxes are more than 15% of their total income:

INCOME	MAX STANDARD REBATE	SUPPLEMENT (KICKER)	POSSIBLE TOTAL MAX REBATE
\$0 - \$8,270	\$1,000	\$500	\$1,000-\$1,500
\$8,271 - \$15,510	\$770	\$385	\$770-\$1,155
\$15,511 - \$18,610	\$460	\$230	\$460-\$690
\$18,611 - \$46,520 (\$31,010 supplemental max)	\$380	\$190	\$380-\$570

# Community Services

## 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.



## CHESTER COUNTY DEPARTMENT OF AGING

The mission of the Chester County Department of Aging Services is to provide home and community-based protection, advocacy, and information and assistance services to people aged 60 and over and their families, so they can have choices about how they want to live with dignity and respect, lead independent and active lives, and be free from abuse and neglect.

The Chester County Department of Aging has an Information and Referral (I &R) Specialist that can discuss the consumers various needs and concerns, offer information on numerous resources in the community (housing, financial assistance, transportation, counseling, meal programs, visiting doctors, and other general information and phone numbers) as well as information about the various programs offered through the Department of Aging.

Visit Chester County Department of Aging Services at <https://www.chesco.org/135/Aging> to obtain information on various topics or contact them at 610-344-6350 or [ccaging@chesco.org](mailto:ccaging@chesco.org):

- Aging Services and Referral for Services such as LIFE (Living Independence for the Elderly, Nursing Facility Assessments, Nursing Home Transition
- Medicare Counseling (PA MEDI) (see page 3)
- COMPASS: Health/Human Service Programs
- Legal Services (see article on left for information)
- Protective Services



### Legal Helplines

The Pennsylvania SeniorLAW 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.



Taking and responding to 211 prevention or information calls locally



Chester County's Department of Human Services is partnering with PA211 to provide local 211 navigators – a single point of information and referral support for 211 callers, connecting local residents to the health, housing and human services they need.

Taking & responding to 988 suicidal crisis or emotional distress calls locally

Chester County residents who call 988 will reach a team of crisis counselors located in Chester County. This local connection ensures a more comprehensive, effective, and accessible mental and behavioral health crisis response system for all who live in Chester County.



## EXPERIENCING HOMELESSNESS?

- Sleeping outside or in a vehicle?
- Fleeing domestic violence?
- At risk of losing your current housing?



**CALL 2-1-1 FOR ASSISTANCE**



### CHESTER COUNTY HAS SERVICES TO HELP

- Emergency services information available 24/7
- Intake done 8 AM to 5 PM, Monday - Friday
- Text your zip code to 898-211
- Se habla Español
- Hearing Impaired? Use 7-1-1 relay service to call 2-1-1



Decade to Doorways  
Preventing and Ending Homelessness in Chester County





## Whole-Home Repairs Program

The Whole-Home Repairs Program assists eligible low-moderate-income Chester County homeowners in making critical repairs so their homes are habitable, safe, accessible, and healthy.

Chester County WHR Program awards must be below the amount of \$25,000 and will support labor and materials needed to complete home renovation activities. Homeowners are required to meet program eligibility requirements and approved scopes of work will only include repairs that directly address immediate health, safety, habitability, and accessibility concerns.

To view the Chester County Whole-Home Repairs Program Policies and Procedures (9/29/23) visit <https://www.chesco.org/5441/Whole-Home-Repairs-Program>

**If you have an interest in the Whole-Home Repairs Program, please call 610-713-8088 or visit**

**[www.goodworksinc.org/whrp](http://www.goodworksinc.org/whrp)**

Applications will be accepted until all funds have been awarded to eligible applicants.



Housing Partnership of Chester County

41 W. Lancaster Ave.  
Downingtown,  
PA 19335

610-518-1522

[www.housingpartnershipcc.com](http://www.housingpartnershipcc.com)

### Home Modification Access Program

This program will adapt your home to your specific disability. HPCC will provide modifications that include, but are not limited to: ramps, lifts, door and hallway widening, kitchen and bathroom modifications, visual doorbells, audio phones and visual phone signalers. There is a \$22,000 limit to this grant program. You will not be required to pay for this work.

### Senior Citizen Home Maintenance Program

This program is administered by the HPCC on behalf of the Chester County Department of Community Development. The program provides basic home maintenance, repairs, and access modifications. There is a \$6,000 limit on work to be performed for each residence. This cost is considered a one-time, full grant. Work includes any type of home maintenance and repairs include, but are not limited to, roof repair, heater installation, window, decks, bathrooms, and siding.

For restrictions, eligibility requirements and income limits please call or visit website.

## Community Services

Center Voice  
Page 13



### Do you need:

- A new roof?
- A ramp to your door?
- A new furnace?
- Your house siding repaired?

## FREE HOME REPAIRS

FOR LOW INCOME HOMEOWNERS

To qualify for free home repair, you must:

- own your home
- be current on mortgage, taxes and insurance



### LEARN MORE

call us at: 610-444-1860

or apply online at:  
[goodneighborshomerepair.org/request-a-home-repair](http://goodneighborshomerepair.org/request-a-home-repair)

### PA Dept. of Health Updates

Stay directly informed on health related issues by visiting the Pennsylvania Department of Health's website. <https://www.health.pa.gov/Pages/default.aspx#>

### Center for Disease Control (CDC)

Visit the CDC website for the latest information, <https://www.cdc.gov/>

### Chester County Health Department

Visit this website for the latest information for Chester County <https://www.chesco.org/224/Health>

### Governor's Websites

Visit the Governor's websites for important information.

Pennsylvania Governor's website:

<https://www.governor.pa.gov/>

Maryland Governor's website:

<https://governor.maryland.gov/>

Delaware Governor's website:

<https://governor.delaware.gov/>

### Veterans Affairs

In case you are a veteran or know of one in need, please call 610-344-6375 (<https://www.chesco.org/va>)

### Emotional Support

Where people can turn if they need to talk:

Emotional Listening Line at 800-932-4616. <http://www.contacthelpline.org/emotional-listening-support>

The Chester County Department of Mental Health has information on how to access help and support. Visit their website and help us to get the word out by sharing this message. <https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti>

Chester County Warm Line: 866-846-2722 or visit [chesco.org/mhidd](http://chesco.org/mhidd)

### Oxford Area Senior Center

Be sure to also check our website at [www.oxfordseniors.org/resources](http://www.oxfordseniors.org/resources) for other important resources in our area.

## Health and Wellness Programs



### Ditch the Workout and Join the Party!

ZUMBA fitness classes every

**Tuesday** 4:45-5:30pm  
**Thursday** 4:45-5:30pm

**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 OASC @ (610) 932-5244

**Exercise Classes Sponsored by Tivity Health**  
**Instructor Barbara Bond & Barbara McAdams**  
**Currently Off-Site via Zoom**  
osc.exercise.instructor@gmail.com or 610-348-6763



**Tuesday and Thursday**  
**8:30AM - 9:30AM**

Trivity Health's SilverSneakers Classic Fitness Program is a comprehensive **no cost** 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 in 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.

### 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.



### **Gentle Stretching** **SilverSneakers Yoga** **Monday, Wednesday, Friday** **8:30AM - 9:00AM**

The class is a variety of seated and standing yoga postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Come and see how relaxed and refreshed you will feel after a 30 minute yoga class.

### **NEED HELP BALANCING YOUR CHECKBOOK?**

For those of you who need help balancing your checkbook, 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.



### **Balance**

**Exercises to Reduce Fall Risk**  
**Monday, Friday or Wednesday**  
**9:00AM - 9:30AM (schedule on pg. 5)**

This class is designed to improve fall prevention by increasing awareness of fall risks, focusing on a stronger base and strengthening core muscles.



**OPEN SWIM**  
**AT THE**  
**JENNERVILLE**  
**YMCA**  
**EVERY THURSDAY 11-1**

**JUST LET THEM KNOW**  
**YOU ARE WITH THE**  
**OXFORD AREA SENIOR CENTER**  
**OR SHOW YOUR KEYCHAIN**  
**WITH COPILOT KEYCARD.**  
**NO CHARGE!**



**Weight Lifting**  
**to Increase Bone Density**  
**Monday, Friday or Wednesday**  
**9:00AM - 9:30AM (schedule on pg. 5)**

This class focuses on lifting light weights which will help build stronger bones and muscles.



### 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 our 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.



## Medicare 101

w/ Sally Arter

Monday, March 12  
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 PA MEDI 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 [contact@oxfordseniors.org](mailto:contact@oxfordseniors.org)

## Technology Help with Colleen

Oxford Area Senior Center

### Do you need help with your electronic device?

Are you confused about how to use that electronic device? Please do not fret any longer. Technology help is available for computers (Windows, MAC, Chrome), Apple or Android mobile/cell phones and iPad/tablets. Questions can be regarding how to use your device and the many apps and functions.

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!**  
**Just stop in during one of the**  
**times listed on the Activity Calendar**  
**\$5 per session**

### QUESTIONS??

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

- Come to one of the Q&A/Tech Help sessions on most Monday, Tuesday, Wednesdays or Thursdays (see activity calendar for exact dates)
- Call Colleen at 610-932-5244
- Email Colleen at [caowens@oxfordseniors.org](mailto:caowens@oxfordseniors.org)

[www.oxfordseniors.org](http://www.oxfordseniors.org)  
Click on Activities,  
then click on Technology Help for more information

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

*Is a Chester County Food Bank 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 (below 150%), 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**



## FREE FOOD FOR SENIORS

Commodity Supplemental Food Program  
PA SENIOR FOOD BOX PROGRAM

What do you need to know to be eligible?

- If you are 60 years of age or older.
- If your total household income is below 130%.
  - Household 1 person: Monthly income \$1,632
  - Household 2 people: Monthly income \$2,215

What will you receive in the food box?

- FRUITS & JUICES: 1 juice & 3 fruits or 1 juice, 2 fruits, 1 raisin
- VEGETABLES: 6-8 vegetables & dehydrated potatoes
- CHEESE: 2-pound block
- MILK: 2 UHT milk -32 oz each
- MEAT, POULTRY & FISH: 1 beef or 1 chili & 1 poultry or fish
- PLANT-BASED PROTEIN: 3 peanut butter, canned beans, dry beans, or lentils
- CEREALS: 2 dry, farina, rolled oats or grits
- PASTA & RICE: 2 pasta or white/brown rice

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

**Lancaster County Residents**  
**Central PA Food Bank, Eldershare Program**  
**717-564-1700**

**OXFORD AREA SENIOR CENTER**  
**12 East Locust**  
**Oxford, PA 19363**

**610-932-5244 phone**  
**610-932-8084 fax**  
**www.oxfordseniors.org**  
**contact@oxfordseniors.org**

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

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

**RETURN SERVICE REQUESTED**

**Board of Directors 2024/2025**

**Officers**

Ira Binder	President
George Lauer	Vice-President
Noel Roy	Treasurer
Jim McLeod	Interim Secretary

**Members**

Carol Carter	Scott Massey
Kevin Collins	Clyde Prigg
Jane Freeman	William Ringler
Geoff Henry	Bonnie Smith
Edwin Herr	Dian Steffy
Dr. Rev. Jim Horn	



**Oxford Area Senior Center**

**STAFF**

Jim McLeod	Executive Director
Beth Pellegrini	Program Coordinator
Jim Jackson	Kitchen Supervisor
Joanne Cheek	Kitchen Staff
Colleen Owens	Information Technology Specialist
Sally Arter	Information & Assistance Specialist
Jean Bender	Hostess (W, Th, F)
Jan Weaver	Hostess (M, Tu)
Chris May	Grant Writer

**INSTRUCTORS**

Barbara Bond	Exercise Instructor
Barbara McAdams	Exercise Instructor
Kim Malone	Zumba Instructor

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 Emergency Aid of PA Foundation, Leo & Peggy Pierce Family Foundation, Chester County Community Foundation, James & Lois Herr Family Foundation, Herr Foods, Inc., Ann S. & Steven B. Hutton, McLean Contribution Foundation, The Gordon Charter Foundation, United Way of Southern Chester County, United Way of Chester County, Luther Management Company of SCC, W. W. Smith Charitable Trust, BNY Mellon, Marshall-Reynolds Foundation, Oxford Area Civic Association, Wawa & Dansko Foundations, The Scholler Foundation, and surrounding municipalities. Funds are also raised by donations, craft sales, and donations given through memorials, wills and bequests. The Oxford Senior Center is a 501(c) (3) non-profit organization. All contributions are tax deductible.

In accordance with Federal Law the Oxford Area Senior Center does not discriminate on the basis of race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation, or national origin.





**OXFORD**  
AREA  
HISTORICAL  
ASSOCIATION



**Presented by  
Philip Sapp, PhD**

**March 13th, 2025**

**Our next evening program:**

## **Preserving and Conserving Glenroy Preserve**

This program will give a brief overview of the known history related to the land we now know as Glenroy Preserve. You will learn about the Kirk family who settled on the land in Nottingham, the key landmarks that are still present today, and how the Oxford Area Foundation has, and continues to, preserve this land for future generations. Additionally, the presentation will highlight some of the conservation efforts and community enrichment activities happening at Glenroy Preserve.

**The program will take place at 7:00 PM in the auditorium at  
Ware Vista Ridge Pavilion - 1162 Kensington Lane, Oxford, PA**



119 South 5th St., Oxford, PA 19363  
[information@oxfordhistorical.org](mailto:information@oxfordhistorical.org)  
(610) 467-0339

Website:

<https://oxfordhistorical.org/>

Facebook:

<https://www.facebook.com/OxfordAreaHistoricalAssociation>