



Center Voice

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

April 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 officially here! Hopefully we can say good bye to cold weather. As of the publishing of this newsletter, we haven't yet had any large snow storms. A few days with minimal snow and ice, but no big storms. So let's keep those good thoughts to chase away any late March or early April snow storms we sometimes get this late in the season.

As of now, no 2025 Chester County Senior Picnic is scheduled for May or June. A decision will be made in the next few months on whether there will be one held in September. Stay tuned for more details!

We've put together some good programs for April, so make sure you read our Activities & What's Happening pages, to see what we're offering this month! Take a look at pages 6 if you have some ideas for some of the fun trips.

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.

Please don't let your guard down. *The COVID Virus, with all of it's 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 COVID Vaccinations are up to date!! Continue to be aware of the people you're around and their health situation.*

Please continue to be safe!

Enjoy and stay Happy and Healthy!!

Jim

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Contact Us

Our email address:
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

Thank you to AARP Tax Volunteers

Verne LaRosa
Frank Campbell
Denise Dadamio
Jim Elmore
Eric Gremminger
Dave Schindler
Albert Schmitt

And to our always reliable friends:

Collette Andrews	Monique Manfield
Mary Baringer	Diane Marucca
Nancy Baringer	Mike Mohan
Paul Baringer	Judy Moran
Howard Billings	Beverly Parsons
Isabella Carron	Peggy Patterson
Jerry Coleman	Betty Poole
Tom Craft	Pauline Riegel
Coleen Cruz	Tina Sauk
Christine Dolinger	RoAnn Schneider
Gerry Ferguson	Bonnie Smith
Jane Freeman	Kathleen Smith
Valerie Irving	Susan Snook
Shirley Lamkin	Theresa Taylor
Russ Lomax	Lorie Walton

IN KIND GIFTS

Bingo Donators
Chester County Food Bank
Giant Food Store, Jennersville
Philips Florist
Kathleen Smith

DONORS

Patricia Anderson
Joyce Goad
Damaris Hartman
Joyce Hostetter
Susan Jordan
Brenda & John Lane
Oxford Presbyterian Church

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). 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:

**Hazel Owens
Sandra Stuart
Marilyn Struzik**

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

Freda & John Baker
Millie Emerson

Families of:
Hazel Owens
Sandra Stuart
Marilyn Struzik



INFORMATION & REFERRAL

Spring, is it here yet? They say April Showers bring May flowers. Anything that brings flowers looks good to me today - FDS, Flowers.com, anything or anyone!!

Know anyone turning 65 or ready to stop working? Be sure to let them know about the Medicare 101 sessions offered by the Chester County Library system. We will have an in person session here on Monday, April 7th at 12:45pm. Sign up today! May class is scheduled for Monday May 5th at 7:00pm.

Medicare has recently removed the "Improvement Standard" in determining coverage for maintenance claims requiring skilled care. If you have been denied coverage for a rehab stay between Jan.18, 2011 and Jan. 23, 2014 you may request a re-review of that claim. Forms are available at www.cms.gov. Call me if you have any questions.

April 15th is coming soon. If you haven't made arrangements to file your tax returns you need to, soon!! As always, if you have any questions, call and I'll be glad to help you.

*It is also time to get your Rent/Tax Rebate form completed. Checks are not mailed until July but the filing time is now. Call me for a list of documents for qualifying. If someone filed your form on a computer last year, they won't mail you the booklet this year - saving tax dollars! Renters will need to get a Rent Certificate for their landlord to complete **before** going to their tax preparer. We have them available if you need one. If you are a home owner, you may qualify for the tax rebate as qualifying income amounts are \$46,500. Renter qualifying income is \$46,500 or less. Take advantage of these benefits to enhance your senior years. Call here for an appointment to have yours completed this year.*

*With the end of the Food Stamp (SNAP) extension, it is a good time to explore signing up for one or both of our Senior Food Box offerings. Page 15 lists the boxes that are available. Because of the increase in Social Security, income amounts have been adjusted for both boxes. If you qualify for the **Federal SHARE Box**, you'll also qualify for the **Chester County Senior Box**. You must apply in person showing proof of your age and income, so call & make an appointment with me as soon as possible.*

Have a great April, watch those puddles!!

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.

APRIL 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
	1. Chicken Noodle Crackers Turkey Burger American Cheese Hamburger Bun Cole Slaw Fruit	2. Beef Stroganoff Brown Rice Carrots Dinner Roll Mandarin Oranges	3. Cream of Potato Soup Crackers Meatloaf w/Gravy Mashed Sweet Potatoes Broccoli Fruit Dinner Roll	4. Tuna Noodle Casserole Winter Blend Vegetables Fruit
7. Chicken Pot Pie Deconstructed Biscuit Brussel Sprouts Fruit	8. Escarole Soup Crackers Cheese Steak American Cheese Sautéed Onions Roll Sweet Potato Fries Fruit	9. Chicken Parmesan Marinara Sauce Pasta California Blend Vegetables Fruit	10. Spaghetti & Meatballs Winter Blend Vegetables Dinner Roll Fruit	11. Tomato Soup Crackers Grilled Cheese American Cheese Whole Wheat Bread Fruit
14. Roast Turkey w/ Gravy Mashed Potatoes Green Beans Dinner Roll Fruit	15. Vegetable Soup Crackers Chicken Marsala Oven Roasted Potatoes Brussel Sprouts Dinner Roll Fruit	16. Birthday Party Swedish Meatballs Gravy Egg Noodles Baby Carrots Dinner Roll Cupcake & Ice Cream	17. Vegetable & Beef Soup Crackers Baked Chicken Breast Au gratin Potatoes Spinach Fruit	18. CLOSED GOOD FRIDAY
21. Rotisserie Seasoned Chicken Baked Sweet Potato Winter Blend Vegetables Dinner Roll Fruit	22. Beef Barley Soup Crackers Turkey Cheese Hoagie Lettuce & Tomato Mayo Hoagie Roll Fruit	23. Chicken Cordon Bleu Oven-Roasted Potatoes Brussel Sprouts Dinner Roll Fruit	24. Salisbury Steak Brown Gravy Mashed Potatoes Peas & Carrots Dinner Roll Fruit	25. Corn Chowder Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Fruit
28. BBQ Chicken Broccoli Egg Noodles Dinner Roll Fruit	29. Chicken Noodle Crackers Turkey Burger American Cheese Hamburger Bun Cole Slaw Fruit	30. Beef Stroganoff Brown Rice Carrots Dinner Roll Mandarin Oranges	Food Vendor Oxford Area Senior Center 	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$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+

APRIL 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
	1. 9-4:30 Sight & Sound Trip 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 11:50 Lunch NO Q&A/Tech Help 12:45 Stretch Your Grocery Dollars w/ Matt NO Q&A/Tech Help 4:30 Zumba Pickup Coloring Contest Picture	2. 8:30 Gentle Stretching & Weight Lifting (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo w/ABC 2-3 Q&A/Tech Help	3. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba	4. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games
7. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Medicare 101 2-3 Q&A/Tech Help	8. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	9. 8:30 Gentle Stretching & Balance (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help	10. 8:30 SilverSneakers (OS) 9-3 Tax Appointments 9:30-11:30 Cards/Games NO Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 12:45 Arts & Crafts w/ Mary NO Q&A/Tech Help 4:30 Zumba	11. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Arts & Crafts w/ Mary
14. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Arts & Crafts w/ Mary 2-3 Q&A/Tech Help	15. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 3pm Board of Directors Meeting 4:30 Zumba TAX DAY	16. Birthday Party 8:30 Gentle Stretching & Weight Lifting (OS) 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 12:45 Entertainment: Sweet Life	17. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 12:45 Petals Please 2-3 Q&A/Tech Help 4:30 Zumba Submit Coloring Contest Picture Deadline	18. CLOSED GOOD FRIDAY
21. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Coloring Contest 2-3 Q&A/Tech Help	22. EARTH DAY 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	23. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 8:30 Gentle Stretching & Weight Lifting (OS) 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo w/ Matt 2-3 Q&A/Tech Help	24. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11-1 Open Swim at YMCA 11:50 Lunch 12:45 Weight Wise+ 2-3 Q&A/Tech Help 4:30 Zumba	25. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games
28. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help	29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	30. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help 11:45 Lunch 12:45 Bingo 2-3 Q&A/Tech Help	(OS) = Off-Site via Zoom ABC = Always Best Care	

TRIPS



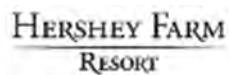
TRIPS IN 2025

We have had a lot of questions about what trips will be happening in 2025.

Unfortunately, Beth, our Program Coordinator has been out on an extended leave of absence. She has not been available to plan any trips for our 2025 year other than Sight & Sound on April 1, 2025 and our American Music Theatre trip scheduled for December 2025.

As soon as Beth returns she will be working on upcoming trips. How many, where to, and when, are all unknowns at this time.

We are sorry for this inconvenience and will keep you informed when any trips are scheduled.



American Treasure Tour To Be Determined: 2025



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

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

We are planning upcoming trips.

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

610-932-5244
bpellegrini@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, and a short walk into the venue and/or restaurant. We will endeavor to include in our description any trip that has excessive walking or obstacles.





Stretching Your Grocery Dollars

Tuesday, April 1
12:45

Matt Thompson
with Humana



Medicare 101
w/ Sally
Monday, April 7
12:45pm
Sign up requested



w/ Mary

Thursday, April 10
Friday, April 11
Monday, April 14
12:45pm

Bingo with Vanessa
from
Always Best Care
Wednesday April 2
12:45pm



Birthday Party Entertainment Sweet Life

Wednesday, April 16
12:45pm



Craft day where we will be either decorating and painting jars or floral arrangements, depending on availability of flowers.

Thursday, April 17
12:45pm



They have asked that we help to spread the joy by collecting small vases, soup cans, and small baskets.

CLOSED Good Friday, April 18, 2025



Sunday, April 20, 2025

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

What's Happening!!

APRIL COLORING CONTEST



Everyone will be coloring the same picture. You can pick up a coloring page from the Hostess desk

Starting on Tuesday, April 1

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

Thursday, April 17

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.

**Voting for our top 3 favorites on
Monday, April 21
12:45pm**



A CONCIERGE JEWELER EVENT & PRECIOUS GEM & METALS DAY

**Thursday, May 1, 2025
9:00am - 2:30pm**

**PRESENTED BY I.G.C.
"YOUR CONCIERGE
JEWELER & PRECIOUS GEM
& METALS BUYERS"**

Some Repairs Done While You Wait
Free Jewelry Cleaning And Inspection

**Receive \$\$\$ Today
For Any Unwanted Gemstones & Jewelry,
Highest Prices Paid In The Five County Area**

Some repairs are done offsite and may take several business days to complete. Prices will be quoted on most repairs day of the event. However, our expert jewelers or watchmakers may look at your items first, to determine what needs to be done to repair item properly.

Please sign up for your appointment by coming into the center, calling 610-932-5244 or by email at contact@oxfordseniors.org.

**SELL,
APPRAISE
OR REPAIR
YOUR
GOLD AND
SILVER**

**Bingo with Matt
from
Humana
Wednesday April 23
12:45pm**



Chester County Senior Picnic

At this time, CCDAS has not planned a 2025 Senior Picnic for the month of May.

A decision will be made over the next few months whether or not a 2025 Senior Picnic can be scheduled to take place in the month of September.

When a final decision has been made, we will let you know.

CHESTER COUNTY DEPARTMENT OF AGING

**Our afternoon programs will start at
12:45pm (right after lunch).**



CARDS/GAMES

Monday-Friday mornings: 9:30am-11:30am
Afternoons no other program: 12:45pm-2:45pm
When there is a program: 2:00pm-2:45pm

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, April 16
from 10:00am to noon**

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709



APRIL BIRTHDAYS

1	Theresa L. Riale	14	Serena Thomsen
1	Monique I Manfield	14	Audrey E. Perkins
2	Connie Bromfield	16	Britten E. Alexander
2	Margaret Mary J Finnegan	16	Donald L. Poe
3	Cindy L. Spencer	17	Debbie Bollenbach
4	Cathy L Wilson	17	Shirley B Lamkin
6	Arlene H. Bakken	18	Faye Reinhart
6	Stardetta A Hatton	20	James Willis Forbes
7	Cindy V Adams	21	Joan L. Simmers
7	David C Voshell	21	Karen M Mannheim
7	Barbara Leis	23	Myrtle Mae Pierce
8	Marybeth Montgomery	23	Phyllis D. Palazzi
9	Daniel L. Bakken	23	Victoria Nevrincean
9	Deborah Ann Holbrook	24	Shelba B. Jackson
10	Mary C. Scott	25	Hazel Gray Duncan
11	Joanne M Di Joseph	26	Alice M. Tackett
11	Michael G. Saylor	26	Hope Boddy
11	Richard A. Dolack	27	Kathryn A Hoffman
12	Marylou Shaffer	27	Shirley C. Hess
12	Eugene F. Dryden	27	John N. Masciantonio
13	Nathan P. Morgan	27	Steven O. Bailey
13	Donna L Purcell	28	Barbara F. Simpser
13	Karen V. Stay	28	Voida M Brown
13	Valerie Irving	28	Arthur Bielby
14	Deborah A. Falconio	29	Richard A Hawk
14	Juanita M. Yerkes	29	Stephanie M DeMott



Joe Oliver, Financial Advisor will be at our center on the **3rd Wednesday of every month**.

The next visit:
**Wednesday, April 16
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.



PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP) 2025 CHECK DISTRIBUTION

Chester County Department of Aging Services (CCDAS) distributes SFMNP checks through the U.S. Mail following receipt, review and acceptance of the Application Form. OASC puts the application in the June newsletter every year.

We do not know what the Recipient Eligibility or what the Income Guidelines are at this time.

Therefore, this is to let you know we **DO NOT** have the application and will not have them until June.

Please be patient and wait for June's newsletter. Calling us will not change this outcome.

Thank You for Your Patience!



Information



WHAT DO I NEED A REAL ID FOR?

Starting on **May 7, 2025**, a REAL ID license or ID card WILL BE REQUIRED for Pennsylvanians who do not already have another form of federally-acceptable ID to:

- Board domestic flights
- Enter a federal building or other locations that require ID upon entry
- Enter a military base

In less than two months, a standard Pennsylvania driver's license/photo ID card will **not** be sufficient to board a domestic commercial flight.

Beginning May 7, 2025, Pennsylvanians will need a [REAL ID](https://www.pa.gov/agencies/dmv/driver-services/real-id.html)*-compliant driver's license/photo ID card, (or another form of federally-acceptable identification like a valid passport or military ID) to board a domestic commercial flight or enter a federal building or military installation that requires ID. (*<https://www.pa.gov/agencies/dmv/driver-services/real-id.html>)

Although it is not mandatory, more than 2.5 million Pennsylvanians have already chosen to opt into the REAL ID program. A REAL ID costs a one-time fee of \$30, plus a [renewal fee](https://www.pa.gov/agencies/dmv/resources/payments-and-fees.html) (current renewal fee is \$39.50 for a four-year non-commercial driver's license or \$42.50 for a photo ID) (<https://www.pa.gov/agencies/dmv/resources/payments-and-fees.html>). More information on necessary documents and where and how to obtain a REAL ID is [available here](https://www.pa.gov/agencies/dmv/driver-services/real-id.html) (<https://www.pa.gov/agencies/dmv/driver-services/real-id.html>).

There are different paths to get a REAL ID:

- If you received your first Pennsylvania driver's license, learner's permit, or photo ID card after September 1, 2003, PennDOT may already have your REAL ID documentation on file. If PennDOT confirms that your documents are on file, you can order your REAL ID online — no need to visit a driver's license center! [Apply for the REAL ID online pre-verification process.](https://www.pa.gov/agencies/dmv/driver-services/real-id/real-id-online-pre-verification.html) (<https://www.pa.gov/agencies/dmv/driver-services/real-id/real-id-online-pre-verification.html>)
- Visit a [PennDOT REAL ID Center](https://www.pa.gov/agencies/dmv/find-a-location/real-id-center-locations.html) to get your REAL ID the same day (<https://www.pa.gov/agencies/dmv/find-a-location/real-id-center-locations.html>).
- Visit a [PennDOT Driver's License Center](https://www.pa.gov/agencies/dmv/find-a-location.html) and receive your REAL ID in the mail within 15 business days (<https://www.pa.gov/agencies/dmv/find-a-location.html>).

Harrisburg Office

457 Main Capitol Building
Senate Box 203019
Harrisburg, PA 17120-3019
Phone: (717) 787-5709
Fax: 717-787-4384

Carolyn Comitta
State Senator – 19th District

District Office

17 East Gay Street
Suite 301
West Chester, PA 19380
Phone: (610) 692-2112
Fax: 610-436-1721

Oxford Area Historical Association

*Honoring the Past, Celebrating the present,
Shaping the future.*

UPCOMING PROGRAMS: Oxford Area Historical Association
Celebrates 25 Years April 10 at Vista Ridge Pavilion at Ware

SAVE THE DATE:

SOCK HOP - September 6, 2025

Crossroads Music Festival Weekend - October 18-19

CURRENT EXHIBIT: Fun, Fast & Furious: Oxfordians at Play



119 S. Fifth Street, Oxford, PA
610-467-0339
Open Tues. & Wed., 9am - 12 noon
oxfordhistorical.org



119 South 5th St., Oxford, PA 19363

information@oxfordhistorical.org

(610) 467-0339

Website: <https://oxfordhistorical.org/>

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

The History of the Oxford Area Historical Association: Celebrating 25 years of Preserving and Promoting the History of the Oxford Area.

In the 25 years since its founding, Oxford Area Historical Association has accomplished amazing things in preserving and promoting history. This program will focus on some of these activities – programs and lectures, publications, awards for historic preservation, and the development of the archives – and the people who made it all happen. We have a lot to share and hope you can join us in celebrating these accomplishments.

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.



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.



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:

- 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

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



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.





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

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

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 limited 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

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

Oxford Area Senior Center

Be sure to also check our website at 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		Thursday
4:45-5:30pm		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.



**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.



**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!**



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, April 7

12:45pm

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

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

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 150%.
 - Household 1 person: Monthly income \$1,957
 - Household 2 people: Monthly income \$2,644

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 Ares 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.