Director’s Corner

Spring is officially here, and summer is just around the corner! Just heard someone say “play ball”. We can say good bye to cold, snowy weather. We’ve escaped a harsh winter season, and should all feel fortunate about the past few month’s weather.

We want to give a special shout-out to this year’s volunteer AARP Tax Preparers. They provided hours and hours of time each Thursday assisting seniors in preparing their tax returns. They also scanned and completed many of them during the week. A tremendous service to our senior community. A Huge Oxford Area Senior Center “THANK YOU” to each one of the five volunteer tax preparers! They completed 120 federal and state income tax returns.

Remember, FREE SWIM at the Jennersville YMCA every Thursday 11am to 1pm. See the article on page 14.

April 1st, Chesco Connect began providing the senior bus transportation service to those over 65 years of age. They have transitioned all previously registered ROVER riders to Chesco Connect riders. On page 9 of this newsletter we have included all information that has been provided to us. We will include any additional information to you as it becomes available.

We are asking everyone coming for lunch to be here a little early. We will begin our lunch procedure at 11:50am on Mon, Tues, Thu and Fri. Wednesday is our busiest day so we will start at 11:45am. Please arrive early enough to be seated by our starting time.

The COVID Virus, with all of its variants, isn’t over yet! It remains a threat to all, especially you, the senior residents of our community. Be aware of the people you’re around and their health situation. Continue to be safe.

Read the informational articles in this newsletter and see the daily activities we offer. Come and join us!!

Jim
THANKS TO LAST MONTH’S…

**VOLUNTEERS**

Tara Arnold  
Diane Marucca

AARP Tax Preparers  
Verne LaRosa  
Peggy Bell-Cole  
James D’Andrade  
Jim Elmore  
Dave Schindler

And to our always reliable friends who help:  
Mary Baringer  
Howard Billings  
Lorraine Broomell  
Isabella Carron  
Christine Dolinger  
Jane Freeman  
Brenda Lane  
John Lane  
Monique Manfield  
Kathie Roy  
Tina Saku  
Bonnie Smith  
Kathleen Smith  
Theresa Taylor  
Ashley Webster  
Leda Widdoes

**IN KIND GIFTS**

Giant Food Store, Jennersville  
Philips Florist  
Bingo Donors  
Bravo Pizza  
Pat’s Pizza  
LaSicilia

**DONORS**

Patricia Anderson  
Robert & Damaris Hartman  
Diane McMichael  
Dawn Risley  
Darlene Ruffatt  
Lower Oxford Township  
Oxford Area Civic Association  
Oxford Church of the Nazarene  
Oxford United Methodist Church

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**Donating made easy**

For your convenience you can donate from our website. Check out [http://oxfordseniors.org/donateoasc.htm](http://oxfordseniors.org/donateoasc.htm) and click on DONATE

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**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.

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. If you need help in completing this form, please ask for assistance. We'll be glad to HELP.

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**Come Join Us...**

Participate and be more active! Come for the companionship and camaraderie.

It is our purpose to offer activities and programs that are of utmost interest to our senior friends.

These include:

- Health Care Issues
- Daily Lunch
- Nutrition and General Interest Topics
- Daily Living Skills
- Exercise Classes
- Computer & Technology Help
- Art and Crafts Programs
- Day trips
- and other various activities.

We provide a great many avenues for the seniors in our community to explore. So, come join us. We would enjoy having you.

---

**IN MEMORY**

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

Yvonne Herr  
Helen Icenhour  
Linda Saunders  
Robert Struzik

---

**OUR BEST WISHES & THOUGHTS**

GO TO:

Mark Andrews  
Eunice Donnell  
Family of Yvonne Herr  
Beverly Parsons  
Nelson & Joan Saunders  
Marilyn Struzik  
Wayne Wharton  
Leda Widdoes
Spring has really blossomed into a beautiful thing. Flowers grace our lawns and the flowering trees are beautiful. I love the fresh colors of spring.

Now is the time for a fresh start, time to get rid of the depressive winter blues. Some of you will be able to start planting flowers and vegetables. Be careful not to overdo, start gradually. SilverSneakers classes can do a lot to loosen your joints and prepare for spring and summer activities. You might even want to try Zumba Classes or Gentle Stretching!! Any activity does much to improve mental and physical well being. GET INVOLVED!! I understand some of these classes are available on-line. (see page 14)

TAX/RENT Rebates have been extended with a Dec. 31st. deadline. Call for an appointment to get these filed.

Chester County Food Bank in Exton, is supplying us with Senior Food Boxes. They are delivered to the Oxford Senior Center on the first Monday of each month. If you are at least 60, live in Chester County and fall within the income guidelines, you may qualify for the monthly box. Income is based on household income, not individual. Husband & wife may each receive a box if their combined income qualifies. Boxes contain vegetables, canned meat, pasta, milk, cereal, fruit, and non-fat protein. Great way to nutritionally supplement your food supply. See page 15 for more food information.

We are always open to talk with those ready to begin Medicare. If you, or someone you know is turning 65 or getting ready to retire, be sure to make an appointment to talk about all the choices necessary to be made. Missing the timetable for making these decisions can be costly! Call to register for my in person Medicare 101 on Monday, May 15th at 7:00pm. Also available the PAMedi county number, (610) 344-5004 to sign up for the Medicare 101 classes available through Zoom. For info go to: Chester County Library Events Calendar at ccls.org then click on Events. Search for “Medicare”.

I recently returned from a Pace plus training event. Some things have changed but, for the most part, Pace/Pacenet is the best kept secret in PA. Recent increases in income apply. If you are single, with yearly 2022 income below $33,500 you qualify for one of the programs. Married combined income must be below $41,500, even if only one is applying. If you’ve never applied, you can apply on-line or by calling them at (717) 651-3600 or (800) 225-7223. This plan is restricted to PA residents and for use in PA pharmacies only. (Can’t use while snow birding in Florida!!) Get the word out—Pace plus is credible coverage for Medicare Part D. Call if you have any questions.

Enjoy the month of May with all it’s beauty. Summer is coming and with it comes the Farmers Market Food Vouchers. As soon as we have the information on the program we will announce this years procedure.

Have a great May!!

Sally
### MAY 2023 MENU

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

Call or email to sign up for lunch by 2pm Monday for the ENTIRE following week.

**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

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<thead>
<tr>
<th>MON - 11:50</th>
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<th>WED - 11:45</th>
<th>THU - 11:50</th>
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</table>
| 1. Lasagna Roll Up  
All Beef Meat Sauce  
Parmesan Broccoli  
Garlic Knot  
Margarine  
Honeydew Melon | 2. Meatloaf w/ Gravy  
Mashed Potatoes  
Gravy  
Green Beans  
Dinner Roll  
Margarine  
Applesauce | 3. Baked Chicken  
Gravy  
Stuffing  
Brussel Sprouts  
Banana Pudding | 4. Beef Stroganoff  
Egg Noodles  
Carrots  
Dinner Roll  
Margarine  
Pears | 5. Chicken Fajita  
Fajita Vegetables  
6" Tortillas  
Salsa  
Soup Cream  
Mexican Rice  
Churro |
| 8. Chicken Marsala  
Oven Roasted Potatoes  
Green Beans  
Dinner Roll  
Margarine  
Chocolate Pudding | 9. Chef Salad w/ Turkey  
Ham, Turkey, Shredded Cheddar, Romaine Mix w/ Shredded Carrots & Cucumbers, Cherry Tomatoes  
Roll  
Margarine  
Mandarin Oranges | 10. Cheeseburger  
American Cheese  
Hamburger Bun  
Lettuce & Tomato Slice  
Cole Slaw  
Baked Beans  
Water Ice  
Ketchup | 11. Roast Turkey w/ Gravy  
Sweet Potatoes  
Broccoli  
Cantaloupe | 12. Penne Pasta w/ Meatballs  
Marinara Sauce  
Romaine Mix w/ Cherry Tomatoes  
Shredded Carrots & Cucumbers  
Italian Dressing  
Italian Bread  
Margarine  
Pineapples |
| 15. Chicken Piccata  
Wild Rice  
Spring Mix w/ Cherry Tomatoes  
Italian Dressing  
Warm Biscuit  
Margarine  
Lemon Meringue Pie | 16. Pork Chop  
Sauerkrat  
Mashed Potatoes  
Brussel Sprouts  
Dinner Roll  
Margarine  
Applesauce | 17. **Birthday Party**  
Open Faced Roast Beef  
Brown Gravy  
WG Wheat Bread  
Mashed Potatoes  
California Blend  
Cupcake  
Ice Cream Cup | 18. Chicken Orzo Soup w/ Crackers  
Tuna Platter w/Tuna  
Salad, Romaine Lettuce  
Cheerry Tomatoes, Shredded Carrots, Sliced Cucumbers  
Oatmeal Crème Pie | 19. Pulled BBQ Turkey  
WG Kaiser Roll  
Oven Baked Fries  
Mixed Vegetables  
Sugar Cookies  
Ketchup |
| 22. Sweet Italian Sausage  
Peppers & Onions  
Pork Roll  
Potato Salad  
Oatmeal Raisin Cookies | 23. Beef & Broccoli  
Teryaki Glaze  
White Rice  
Edamame  
Mandarin Oranges | 24. Chicken Salad  
Kaiser Roll  
Leaf Lettuce  
Sliced Tomatoes  
Carrot Raisin Salad  
Lemon Pudding | 25. Swedish Meatballs  
Egg Noodles  
Baby Carrots  
Margarine  
WG Wheat  
Watermelon | 26. Shrimp Scampi  
over Linguini  
Italian Bread  
Margarine  
Zucchini  
Fruit Mix |
| 29. Closed | 30. Glazed Ham  
Baked Potato  
Brussel Sprouts  
Wheat Bread  
Margarine  
Sour Cream  
Water Ice | 31. Grilled Chicken Alfredo  
Fettucini  
Broccoli  
Texas Toast Garlic Bread  
Honeydew Melon | **CCDAS Food Vendor**  
LINTONSO Food Service Management | **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 by 2pm Monday for the ENTIRE following week of meal service. A voluntary confidential contribution of $2.00 is appreciated toward the cost of the meal but is not required. The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

*Chesco Connect Transportation Available for 65+*
### MAY 2023 ACTIVITIES

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<td>8:30 SilverSneakers (OS)</td>
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<td>12:45 ABC Bingo</td>
<td>12:45 Bingo</td>
<td>12:45 Presentation on Stroke and blood pressure</td>
<td>12:45 Bingo</td>
<td>12:45 Cinco De Mayo</td>
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<td>2:3 Q&amp;A/Tech Help</td>
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<td>12:45 Spring Planting</td>
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<td>Flower Pots</td>
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<td>12:45 Petals Please</td>
<td>12:45 Cupcake Decorating</td>
<td>12:45 Zumba</td>
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Chesco Connect Transportation Available for 65+
TRIPS

BASEBALL FUN
JUNE 22
9:00-3:30

Game starts at 11am

TRIP INCLUDES
TRANSPORTATION
LUNCH
SOUVENIR

$45.00/person

Trip Policy

- Reservations required for all trips, no refunds after deadline date.
- Payment due at sign up, please see our Hostess
- 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

TIME TO SET SAIL
ABOARD THE
SPIRIT OF BALTIMORE
AUGUST 8, 2023

CRUISE AND LUNCH
$95.00

SIGN UP NOW, SPOTS GO FAST!

HERSHEY
CHOCOLATE WORLD,
TROLLY WORKS TOUR,
UNWRAPPED~CHOCOLATE TASTING
JOURNEY AND
LUNCH AT
CHOCOLATE WORLD
TUESDAY, MAY 23
8:30-4:00
$77.00

Sign up now with Beth Through 5/12

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.
## What’s Happening!!

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
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<tbody>
<tr>
<td>Bingo with Vanessa from Always Best Care</td>
<td>Tuesday, May 2 12:45pm</td>
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<tr>
<td><strong>CINCO DE MAYO FUN DAY!</strong></td>
<td><strong>FRIDAY MAY 5 12:45</strong></td>
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<tr>
<td>Join us for a Fun afternoon Planting Spring Flowerpots</td>
<td><strong>Birthday Party Entertainment</strong> Nick Viscuso</td>
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<td>Tuesday, May 9 12:45</td>
<td>Wednesday, May 17 12:45 PM</td>
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<td>Nintendo Wii Bowling</td>
<td><strong>Cupcake Decorating</strong></td>
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<td>Friday, May 12 &amp; 26 12:45PM</td>
<td>Sponsored by Sweet Cake Supplies</td>
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<td><strong>Medicare 101 w/ Sally</strong></td>
<td>Join Us for More Cupcake Fun</td>
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<tr>
<td>Monday, May 15 7:00pm</td>
<td>$10.00 for two cupcakes and all supplies</td>
</tr>
<tr>
<td><strong>CARDGS/GAMES</strong></td>
<td>Sign up with Beth by May 12</td>
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<td>Monday-Friday mornings: 9:30am-11:30am</td>
<td>Space is limited</td>
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<td>Afternoons no other program: 12:45pm-2:45pm</td>
<td>Thursday, May 18 12:45 PM</td>
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<tr>
<td>When there is a program: 2:00pm-2:45pm</td>
<td><strong>JOIN US FOR A CLASSIC MOVIE AND POPCORN!</strong></td>
</tr>
<tr>
<td>Our afternoon programs will start at 12:45pm (right after lunch).</td>
<td><strong>MAY 25 at 12:30</strong></td>
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<tr>
<td><strong>Open Swim at the Jennersville YMCA</strong></td>
<td><strong>Thursday, May 18 12:45 PM</strong></td>
</tr>
<tr>
<td><strong>CARDS/GAMES</strong></td>
<td><strong>Space is limited</strong></td>
</tr>
<tr>
<td>Monday-Friday mornings: 9:30am-11:30am</td>
<td><strong>Thursday, May 18 12:45 PM</strong></td>
</tr>
<tr>
<td>Afternoons no other program: 12:45pm-2:45pm</td>
<td><strong>When there is a program: 2:00pm-2:45pm</strong></td>
</tr>
<tr>
<td>When there is a program: 2:00pm-2:45pm</td>
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May is American Stroke Month, and for a good reason. According to the National Stroke Association, a stroke occurs every 40 seconds and is the 5th leading cause of death in the United States. Strokes and heart attacks are often discussed together, but are actually very different. Commonly known as a “brain attack,” a stroke happens when blood flow is cut off to any area of the brain. This lack of oxygen results in death of brain cells, which can lead to all sorts of issues. The extent of the damage done largely depends on the size and type of stroke. People may experience only temporary weakness following a stroke, or they may be permanently disabled or pass away.

There are two categories of stroke, ischemic and hemorrhagic. Ischemic strokes are the most common type of stroke, accounting for approximately 87% of strokes. An ischemic stroke is caused by a blood clot cutting off blood flow to an area of the brain, and there are two subtypes of ischemic stroke – embolic and thrombotic stroke. An embolic stroke occurs if a plaque or clot travels to the brain from another part of the body and gets stuck in a blood vessel in the brain. During a thrombotic stroke, a blood clot forms in an artery in the brain. These types of stroke are most often caused by hypertension (high blood pressure) and/or cardiac dysrythmias, such as atrial fibrillation. A transient ischemic attack, or TIA, is a temporary loss of blood flow to a part of the brain. A narrowing in any artery that carries blood to the brain – whether it be due to a clot, plaque, or arterial defect – can cause a TIA. Forty percent of individuals who experience a TIA will have a stroke, and almost half of all strokes occur within just a few days of a TIA.

A hemorrhagic stroke occurs when a brain aneurysm or a weakened vessel in the brain leaks or bursts. Hypertension is a risk factor for an intracerebral hemorrhagic stroke, in which a vessel bursts and blood leaks into the brain tissue, causing cell death and malfunction of the affected area. Another type of hemorrhagic stroke is called a subarachnoid hemorrhagic stroke. This occurs when there is bleeding between the brain and the surrounding tissues. Taking blood thinners is a risk factor for this type of stroke, which may apply to individuals living with CHD. Warning signs of a stroke can include any sudden numbness or weakness of the face, arms, or body (particularly on just one side of the body); dizziness; difficulty walking, seeing, speaking, or understanding; confusion; or headache with no obvious cause. If you or your child experience any of these symptoms, call 911 immediately! Here are a few good ways to assess symptoms: Almost 2 million neurons are lost every minute that a stroke goes untreated, which contributes to the extent of damage sustained. From the onset of the stroke, providers only have three hours to administer thrombolytics (“clot-busting” medication) for successful treatment. Of course, any strange or unusual symptom should be reported immediately.

F.A.S.T. Warning Signs

Use the letters in F.A.S.T. to spot a Stroke

F = Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

A = Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

S = Speech Difficulty – Is speech slurred?

T = Time to call 911
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, May 17 from 10:00am to noon

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709

Joe Oliver, Financial Advisor will be at our center on the 3rd Wednesday of every month. The next visit: Wednesday, May 17 from 10:00am to noon

Paratransit Service is Transitioning from ROVER to Chester County Department of Community Transit “CHESCO CONNECT”

EFFECTIVE APRIL 1, 2023

Chesco Connect will 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 Chesco Connect at 610-344-5545 to schedule rides.

If you have a subscription ride or an existing reservation for trips with ROVER in April, you do not need to take any action. This means if you already have a set schedule with ROVER it will be transitioned to “Chesco Connect”. We recommend that you still call to confirm.

MAY BIRTHDAYS

1. Grace B. Yeatman
2. Jane A. Hershey
3. Stephen J. Gontarz
4. Donna M. Bleiler
5. Maryann French
6. Wheeler (Sonny) E Lee III
7. Janice B. Keen
8. Joan M. Barnett
9. Martha K Makanna
10. Nikolaus S. Fingerle
11. RC Bledsoe
12. Robert L. Dawson Sr.
13. Carolyn L. Osborn
14. Martha K Makanna
15. Robert C. Broome
16. Janice B. Keen
17. Janice C. Harpe
18. Alpha F Kirk
19. Carolyn L. Osborn
20. Randell M. Barrett
21. Martha K Makanna
22. Nina S. Fingerle
23. RC Bledsoe
24. Robert L. Dawson Sr.
25. Maryann French
26. Wheeler (Sonny) E Lee III
27. Janice B. Keen
28. Joan M. Barnett
29. Martha K Makanna
30. Nikolaus S. Fingerle
31. RC Bledsoe
32. Robert L. Dawson Sr.
33. Maryann French
34. Wheeler (Sonny) E Lee III
35. Janice B. Keen
36. Joan M. Barnett
37. Martha K Makanna
38. Nikolaus S. Fingerle
39. RC Bledsoe
40. Robert L. Dawson Sr.
No Foolin’...These Answers are Legit!

Historians aren’t certain, but some trace all the April pranking back to the 16th century when the Gregorian calendar changed the start of the new year from April 1 to January 1. People who were slow to get on board were subjected to hoaxes and jokes, and so it continues today. But here at SSA we would never try to fool you, so rest assured all the answers below are indeed true!

What happens when a Social Security disability beneficiary reaches full retirement age? The benefit is changed to a “retirement” benefit, with the benefit then paid from the retirement trust fund. The benefit is not increased because the disability amount is already the highest amount payable on a person’s record.

Can I change the day my Social Security benefit is paid? Your date of birth determines when you are paid – either the second, third or fourth Wednesday of the month. You cannot appeal your assigned day.

Would someone who has power of attorney automatically be selected as representative payee? No. The Treasury Department does not recognize POA for negotiating federal benefits. Also, POA typically makes no finding as to an individual’s competency or capability, which must be determined in representative payee cases.

Is it legal for an employer to withhold Social Security taxes from my earnings? In 1982 the Supreme Court upheld earlier Social Security rulings regarding the constitutionality of the law requiring employers to withhold taxes and pay them to the IRS. This provision is constitutional even when such withholding or payment conflicts with either the employer’s or the employee’s religious or other beliefs.

Surviving Spouse Benefits: How the Rules Differ from Retirement

You sometimes hear people say that Social Security rules are so complex that they can’t be understood. Not! It’s just that you need to be aware of the type of benefit being discussed and zero in on the applicable rules. So, let’s examine the benefit properties for surviving spouses (widows and widowers) vis-à-vis retirement benefits.

Minimum Age
The earliest a person can take their own retirement benefit is age 62. For a surviving spouse, benefits can start at age 60. If the survivor is caring for a child of the deceased who is under age 16, the survivor can file at any age. If the survivor became disabled between the ages of 50 to 60, the survivor can file prior to the normal age of 60.

Full Age
Most people are not aware that there is one full age schedule for retirement and another full age schedule for a surviving spouse. These are used to determine the benefit percentage when a person files for either benefit. Find the retirement chart at Benefits Planner: Retirement | Retirement Age Calculator | SSA (https://www.ssa.gov/benefits/retirement/planner/ageincrease.html). Find the survivor full age schedule at If You Are the Survivor | SSA (https://www.ssa.gov/benefits/survivors/ifyou.html)

Earnings Limits
Both retirement beneficiaries and survivors have the same limit on earnings if they are collecting before reaching full retirement age. Note: in this situation, the full retirement age schedule is used for both types of individuals; the surviving spouse full age schedule is not involved here.

Benefit Strategy for Survivors
If a survivor is age 62 or older and eligible for their own retirement, they can nonetheless take the survivor benefit only. In doing so, they will have an income while their retirement benefit continues to grow on a percentage basis. Later, when the survivor switches to their retirement, that benefit will have grown accordingly.
Heroes
By Ralph Roten

Most everyone has a hero
Myself, I have four
They keep America safe
From all evil forces and all hostility
On land, in the air, and on our seas
They make it possible for you and me
To have our hopes and pursue our dreams
My heroes are the Army, Navy, Air Force
and Marines

They don’t make a fortune running for
touchdowns
Or catching fly balls in the outfield
They don’t do commercials selling shoes
and automobiles
They aren’t hitting golf balls up the green
My heroes are the Army, Navy, Air Force
and Marines

They fought and won many wars
No doubt they will fight many more
To all evil forces around the world
This I think you should know
America has the most powerful team
Our Army, our Navy, our Air Force, our
Marines

Any place on the face of this earth
Should violence erupt
They will be there to protect
Each and all of us
So to those daring and serene
You will forever be my heroes
The Army, the Navy, the Air Force, the
Marines

Happy Mother's Day

My Mother kept a garden,
A garden of the heart.
She planted all the good things
That gave my life its start.
She turned me to the sunshine
And encouraged me to dream.
Fostering and nurturing
The seeds of self-esteem.
And when the winds and rain came,
She protected me enough.
But not too much because she knew
I'd need to stand up strong and tough.
Her constant good example
Always taught me right from wrong.
Markers for my pathway
That will last a lifetime long.
I am my Mother's garden.
I am her legacy.
And I hope today she feels the love
Reflected back from me.

Sunday, May 14, 2023
HAVING FUN!!!!
PA Dept. of Health Updates
As always, stay directly informed on COVID-19 by visiting the Pennsylvania Department of Health’s website, which is regularly updated.  https://www.health.pa.gov/Pages/default.aspx#

CDC COVID Updates

Chester County COVID Updates
Visit this website for the latest information for Chester County:  https://www.chesco.org/4376/Coronavirus-COVID-19

Governor’s Websites
Visit the Governor’s websites for important information on the COVID-19 situation.
Pennsylvania Governor Tom Wolf’s website:  https://www.governor.pa.gov/
Maryland Governor Larry Hogan’s website:  https://governor.maryland.gov/
Delaware Governor John Carney’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

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 compiled information on how to access help and support during the COVID-19 pandemic. Visit their website and help us to get the word out by sharing this message.  https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabili
Chester County Warm Line:  866-846-2722 or visit chesco.org/mhid
COVID-19 Statewide Support & Referral Line:  855-284-2494

Oxford Area Senior Center
As always be sure to also check our website at www.oxfordseniors.org or Facebook page for any updates.

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, statewide 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.

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 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

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
Health and Wellness Programs

Ditch the Workout and Join the Party!
ZUMBA fitness classes every

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Thursday</th>
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<tr>
<td>4:30-5:15pm</td>
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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

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

NEED HELP BALANCING YOUR CHECKBOOK?
For those of you who need help balancing your checkbook, 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.

Exercise Classes Sponsored by Tivity Health Instructor Barbara Bond
Currently Off-Site at Nottingham Park or 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.

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.

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 Jennersville 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 donates their two day-old bread and pastries to our Center. Pick up some bread while you’re here between 10am-3pm, Wed-Fri. Pastries are used as prizes at our Bingo or Birthday Party.

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, May 15

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

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**Technology & Computers with Colleen**

Oxford Area Senior Center

Computer Q&A and Technology Help

Do you need help with your electronic device?

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

Bring your device in and learn to use it!
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 x106
- Email Colleen at caowens@oxfordseniors.org

www.oxfordseniors.org
Click on Activities, then click on Computers for more information

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**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 $1,580
  - Household 2 people: Monthly income $2,137

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

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**Center Voice**

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**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

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**Lancaster County Residents**

Central PA Food Bank, Eldershare Program
717-564-1700
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, Hutton Family HeLP Fund, 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 Foundation, The Scholler Foundation, and surrounding municipalities. Funds are also raised by donations, craft sales, and donations given through memorials, wills and bequests. The Oxford Area Senior Center is a 501(c) (3) non-profit organization. All contributions are tax deductible.

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<tr>
<th>Board of Directors 2022/2023</th>
<th>Staff</th>
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<tr>
<td><strong>Officers</strong></td>
<td><strong>Members</strong></td>
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<tr>
<td>Ira Binder</td>
<td>Carol Carter</td>
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<tr>
<td>George Lauer</td>
<td>Kevin Collins</td>
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<td>Noel Roy</td>
<td>Jane Freeman</td>
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<td>Leda Widdoes</td>
<td>Geoff Henry</td>
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<td>Edwin Herr</td>
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<td>Scott Massey</td>
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<td>Amy O’Donald</td>
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<td>Clyde Prigg</td>
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<td>William Ringler</td>
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<td>Bonnie Smith</td>
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<td>Dian Steffy</td>
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<td><strong>TBD</strong></td>
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<tr>
<td>Barbara Bond</td>
<td>Exercise Instructor</td>
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<tr>
<td>Kim Malone</td>
<td>Zumba Instructor</td>
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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.