

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

52 years of service to older adults

Director's Corner

The current weather pattern we've experienced for the past few months is nothing like what we've experienced before, at least that I remember. Excessive heat, storms, downpours, and flooding are weekly events. Continue to monitor the weather forecasts and be careful! Through the next few months continue to keep hydrated and go outside and get some sun, but in moderation!

We want to give a special shout-out to our tremendously dedicated volunteers. The senior center could not operate on a daily basis and provide you with the services, programs, and activities that you deserve without them! Our volunteers provide a tremendous service to our senior community. A Huge Oxford Area Senior Center **"THANK YOU"** to each one!

Please read thru this newsletter and see the fun activities, programs, and trips we have planned. Only a few seats remaining on some of the bus trips!

Be sure to read Sally's informational article on page 3 about identity theft and the many fraudulent scams that could affect you. Please take time to protect yourself by reading this article, along with the other helpful informational articles throughout this newsletter and be sure to check out the daily activities we offer on page 5.

Page 11 discusses the center's upcoming fundraiser beginning August 1st. We're selling \$9.00 **Kreider's Market Sub Sale Tickets**. Help us if you can. The funds raised go directly to providing the programs and activities you enjoy here at the center. There will be no yard sale this year.

Come and join us!
Please continue to be safe!
Stay Happy and Healthy!!
Jim

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.

IN THIS ISSUE

Director's Corner	1
Acknowledgments	2
Information & Referral	3
Lunch Menu	4
Activities Calendar	5
What's Happening	6-7
Medicare 101	8
Technology Help	8
Birthdays	8
Outreach – Constituent & Edward Jones	8
Health & Wellness	9
Trips	10
Fundraiser – Kreider's Sub Sale Tickets	11
Fresh2You and Farmer's Vouchers	11
Social Security – Making Life Affordable for Seniors	12
Slow Down – Back to School	12
Community Services	13-14
Senior Services: Chesco Connect & Food Box Programs	15
Board Members, Staff and Instructors	16

CONTACT US

Our email address:
contact@oxfordseniors.org

This is for general
questions and information.

Each staff member has their
own email address.

THANKS TO LAST MONTH'S...**VOLUNTEERS**

To our always reliable friends:

Mary Baringer
 Nancy Baringer
 Paul Baringer
 Howard Billings
 Isabella Carron
 Nora Clarke
 Tom Craft
 Christine Dolinger
 Jerry Ferguson
 Charlotte Floyd
 Jane Freeman
 Marlene Hammond
 Valerie Irving
 RuthAnn Lander
 Russ Lomax
 Monique Manfield
 Diane Marucca
 Beverly Parsons
 Betty Poole
 Chris Powell
 Pauline Riegel
 Mary Rucker
 Tina Sauk
 Darlene Sedlak
 Bonnie Smith
 Susan Snook

IN KIND GIFTS

Bingo Donators
 Chester County Dept of Aging
 Chester County Food Bank
 Dollar Tree, Oxford
 Giant Food Store, Jennersville
 Neuchâtel Chocolates
 Philips Florist

DONORS

Hutton Family Help Fund
 James & Miriam Herr Family Fund
 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.

Donate

**PARTICIPATION INFORMATION**

Oxford Area Senior Center does not have a membership fee. We welcome a **Voluntary Participation Contribution.** We encourage everyone to make their voluntary participation contribution during the same month each year. Please 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 will be glad to HELP.

Come Join Us...

Participate and be more active!

Come for 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:

**Patricia Cross
 Audrey Perkins**

OUR BEST WISHES & THOUGHTS GO TO:

Kenneth Cross
 Jerry Ferguson
 Shirley Lamkin
 Edgar "Pete" Perkins

And to the families of:
 Patricia Cross
 Audrey Perkins



INFORMATION & ASSISTANCE

Now that we're in the "good ole' summertime" it's time to kick back and relax. Get a good book and sit by a fan, prop up your feet and "chill out"! Seriously, be careful; drink cool beverages, avoid alcohol & caffeine, wear lightweight clothing, avoid strenuous activity, and come to the center where it's air-conditioned!!!

One area you don't want to relax in is protecting your identity. I've recently obtained a list of ways to minimize your risk of **Identity Theft**:

1. Never give your whole S. S. #. **Last 4 digits** or other I. D. will do.
2. When buying new checks, use only your first initial and last name. PO Box is best for address. Your bank knows how you endorse a check, a thief won't! **Close all inactive accounts.**
3. Keep your hand over the ATM keypad. Memorize your pin #, don't write it anywhere. Be sure the ATM "looks" like a real ATM.
4. Cut up old or expired credit cards. **Close inactive accounts.**
5. **Invest in a shredder.** Shred any trash with account and/or S.S. numbers on it.

Another area not to relax in is **Investment Fraud**. Here are some tips to avoid becoming a victim:

1. Before you invest, talk to someone you trust – family member, banker, accountant.
2. Junk Mail? Delete or tear it up. Go to www.optoutprescreen.com or call 1-888-5-OPT-OUT to start the process to OPT OUT permanently. To complete your request, you'll need to sign and return the Permanent Opt-Out Election form you'll get after you've started the process.
3. Before making investments, check with \$AIF. Visit <http://dfpi.ca.gov> or call 866-ASK-CORP. If it sounds too good to be true, it probably is.
4. Register with the National Do Not Call Registry, a free government service, so you won't receive telemarketing calls. www.donotcall.gov. You can verify there also if you registered before.
5. If you have already fallen for a scam, change your phone number so you won't be on a "sucker's list" that is sold to other crooks.

Seniors are targeted because many are lonely or bored. That's why it is so important to keep occupied. Come to the Senior Center regularly and be around other people. Idle minds can think of a lot of foolishness. Stay busy.

Those of you who have a Medicare Part D Plan remember that the "open enrollment period" to reevaluate & change your plan is from October 15, 2026, to December 7, 2026. Don't procrastinate!! Wait until after Dec. 7th & you'll be stuck with your old plan all of 2027 which may go up in price and/or change formulary to not cover what you take now.

If you or someone you know is turning 65 or going on Medicare soon, be sure to attend the **Medicare 101** Seminar offered here on August 10th at 12:45pm or September 14th at 7:00pm. I will have answers to questions regarding how to sign up, what to look for in insurance and what is good information or junk mail that will be flooding your mailbox. Have a friend or relative come with you as you attend these informative classes.

Be sure to return & sign the white info sheet that was included in last month's newsletter, and please answer all of the questions. The Department of Aging requires us to obtain this information, and our future funding could be determined by the number of people we serve and can substantiate by having this info. You need to be counted so please **help us assist you**. Thanks for your cooperation. We want to be able to serve you the best we can.

The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. Call and make an appointment if you need help. Form booklets are available here.

Stay cool and have a great August!

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.

AUGUST 2026 MENU**Reserve lunch 2 days in advance.****Call 610-932-5244****If you must cancel, please call by 10:00 a.m. to help prevent food waste.****between 9:00 am - 3:00 pm****MENU IS SUBJECT TO CHANGE WITHOUT NOTICE****Announcements at 11:45 a.m. • Lunch at 12:00 p.m. • Cleanup at 12:30 p.m. • Program at 12:45 p.m.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Cheeseburger Hamburger Bun Lettuce, Tomato Mayonnaise Cole Slaw French Fries Fruit or Dessert	4. Roast Turkey w/ Gravy Sweet Potatoes Broccoli Dinner Roll Fruit or Dessert	5. Chicken Cordon Bleu Baked Potato Broccoli Dinner Roll Fruit or Dessert	6. Penne Pasta w/ Meatballs Salad w/ Lettuce, Tomatoes, Cucumbers Shredded Carrots Salad Dressing Garlic Bread Fruit or Dessert	7. Kielbasa & Sauerkraut Roasted Potatoes Brussel Sprouts Dinner Roll Fruit or Dessert
10. Open Faced Roast Beef Gravy Whole Wheat Bread Mashed Potatoes California Blend Vegetables Fruit or Dessert	11. Chef Salad w/ Turkey, Shredded Cheddar Cheese, Lettuce, Cucumbers, Tomatoes, Shredded Carrots Salad Dressing Dinner Roll Fruit or Dessert	12. Pulled BBQ Turkey Hamburger Bun Sweet Potato Fries Mixed Vegetables Fruit or Dessert	13. Sweet Sausage w Red & Green Peppers & Onions Mayonnaise Hoagie Roll Potatoes Fruit or Dessert	14. Meatloaf Mashed Potatoes Broccoli Dinner Roll Fruit or Dessert
17. Chicken Salad Kaiser Roll Leaf Lettuce & Tomato Shredded Carrots & Raisin Salad Fruit or Dessert	18. Swedish Meatballs Gravy Egg Noodles Baby Carrots Dinner Roll Fruit or Dessert	19. Birthday Party BBQ Pork Potatoes Brussel Sprouts Dinner Roll Cupcake & Ice Cream	20. Shrimp Scampi Linguini Green Beans Italian Bread Fruit or Dessert	21. Grilled Chicken Alfredo Pasta Broccoli Texas Toast Garlic Bread Fruit or Dessert
24. Meatloaf Mashed Potatoes Gravy Broccoli Dinner Roll Fruit or Dessert	25. Beef Stroganoff Egg Noodles Gravy Mushrooms Carrots Dinner Roll Fruit or Dessert	26. Baked Chicken Gravy Stuffing Sweet Potatoes Brussel Sprouts Fruit or Dessert	27. Chicken Marsala Egg Noodles Mushrooms Green Beans Dinner Roll Fruit or Dessert	28. Chef Salad w/ Turkey, Shredded Cheddar Cheese, Lettuce, Cucumbers, Tomatoes, Shredded Carrots Salad Dressing Dinner Roll Fruit or Dessert
31. Cheeseburger Hamburger Bun Lettuce, Tomato Mayonnaise Cole Slaw French Fries Fruit or Dessert			Seniors (60+ years) A voluntary confidential donation of \$2.00 is requested Individuals under 60 The meal cost \$5.70	Food Vendor Oxford Area Senior Center 

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

Senior Center membership is not required for adults 60+. Chester County residents 60 and older are welcome to enjoy a free noon meal with a reservation made two days in advance. A voluntary \$2.00 contribution is appreciated but not required. For financial information about Chester County Department of Aging Services, call 1-800-732-0999.

Chesco Connect Transportation Available for 65+

AUGUST 2026 ACTIVITIES

Daily activities may be adjusted to allow for enjoyable and unexpected pop-up activities.

Announcements at 11:45 a.m. • Lunch at 12:00 p.m. • Cleanup at 12:30 p.m. • Program at 12:45 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Visiting Angels 2-3 Technology Help Pickup Coloring Picture	4. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Trivia 2-3 Technology Help 4:30 Zumba	5. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Bingo w/ ABC 2-3 Technology Help	6. 8:30 SilverSneakers (OS) 10-11 Technology Help 9:30-11:30 Cards/Games 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba	7. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Cards/Games
10. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Medicare 101 2-3 Technology Help	11. SPIRIT OF PHILLY CENTER CLOSED 8:45am-4pm 8:30 SilverSneakers (OS) 4:30 Zumba	12. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Technology Help	13. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Petals Please 2-3 Technology Help 4:30 Zumba	14. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Cards/Games
17. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Cards/Games 2-3 Technology Help	18. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Fox Chase Cancer Series- Bladder 2-3 Technology Help NO Board of Directors Meeting 4:30 Zumba	19. Birthday Party 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure NO Technology Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor <u>11:45 Lunch</u> 12:45 Entertainment: Retro Dave	20. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Confection Connection 2-3 Technology Help 4:30 Zumba	21. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Pearl's Palette Submit Coloring Picture
24. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Coloring Contest 2-3 Technology Help	25. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba	26. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Technology Help <u>11:45 Lunch</u> 12:45 Bingo NO Technology Help	27. 8:30 SilverSneakers (OS) 9-2:30 IGC Jeweler Event 9:30-11:30 Cards/Games NO Technology Help 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Cards/Games NO Technology Help 4:30 Zumba	28. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Cards/Games
31. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Technology Help <u>11:45 Lunch</u> 12:45 Cards/Games NO Technology Help		MONDAY, SEPTEMBER 7th, 2026 NO PRODUCE FOR THE WEEK Center will be closed for the Labor Day Holiday	Fundraiser Kreider's Gift Card August thru December Tickets available for purchase August 1st See Hostess	(OS) = Off-Site via Zoom ABC = Always Best Care

Chesco Connect Transportation Available for 65+

WHAT'S HAPPENING

COLORING CONTEST

Pick up a coloring page from the Hostess desk
Starting on Monday, August 3rd

Take the picture home to color at your leisure. All pictures must be entered into the contest by **Friday, August 21st**



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, August 24th
 12:45pm**

Join us for an
 afternoon of
 Fun, games and prizes
 with Alex from



**Monday, August 3rd
 12:45pm**



**Tuesday, August 4th
 12:45pm**

**Bingo with Vanessa
 from
 Always Best Care
 Wednesday, August 5th
 12:45pm**



Medicare 101 w/ Sally

**Monday, August 10th
 12:45pm
 Sign up requested**



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

**Thursday, August 13th
 12:45pm**

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



TEMPLE HEALTH

**We welcome you to
 Join Fox Chase
 Cancer Series**

Every 3rd Tuesday

**Topic:
 Bladder Cancer**

**Presenter: Alexandra Traglia
 Tuesday, August 18th
 12:45pm**

Need Information on Programs contact Beth Pellegrini, Program Coordinator

610-932-5244, bpellegrini@oxfordseniors.org

Contact between M-Th, 9:00am-2:00pm

WHAT'S HAPPENING



Birthday Party

Retro Dave

**Wednesday, August 19th
12:45pm**

**Everyone is invited to celebrate
this month's birthday folks**



Confection Connection

**Thursday, August 20th
12:45pm**

Let's see what Joanne bakes up for us today!
Sign up required



**Friday, August 21st
12:45pm
Sign up required**

**No artistic ability needed!
20 spots available**

CARDS/GAMES

**Mon–Fri 9:30–11:30 AM;
12:45PM–2:45 PM (no program)
or 2:00PM–2:45 PM (with program)**



Collecting Bingo Prizes

Our bingo prizes are made possible
by your generous donations.

Please help by donating fun items for bingo prizes.

Please do not donate clothing.



A CONCIERGE JEWELER EVENT & PRECIOUS GEM & METALS DAY

**Thursday, August 27, 2026
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**

Movement Mania

**Lets get outside!
When we have a "free" day
lets go get some Vitamin D**



Fun, friends, games and snacks!

Join us for afternoon programs at 12:45 PM, right after lunch.

WHAT'S HAPPENING

Medicare 101

w/ Sally Arter

Monday, August 10th**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**

**AUGUST
BIRTHDAYS**

1 Kim M. Caballero	19 John Andrew Milanese
1 Jacqueline A. London	20 Barbara Bussard
2 Margaret J. Kozak	20 Frances M. Dryden
3 Judith Gay Harkins	21 Netta A. Chapman
4 Patricia G. Bush	22 Sylvia B. Heinze
4 Beverly C. Hartgrove	23 Dorothy E. Hackman
4 H. Grant Troop	24 Barbara Campbell
5 Terry A. Lepold	25 Lorraine J. Elliott
5 Susan D. Long	25 Rose M. Flynn
6 Parley Elroy Hess	25 Charles R. Hilaman Jr.
7 Mary Elizabeth Baringer	25 Anna C. Mozer
9 Patricia Anne Clark	25 William J. Nicholl
9 Thomas P. Kepler	25 Kathleen P. Vitelli
9 Myron W. Wagner	25 Carolyn Bernice Wharton
10 John M. McGinnes	26 Janice Barnes
11 Janet Poutre	26 Ira Binder Esq.
13 Susan M. Jordan	26 Anita Bower
14 Robert C. Bradley	26 Nancy J. Snyder
14 Susan L. Torricellas	27 Jean M. Basilio
15 Janet M. Morales	27 John D. Brown
15 Tom H. Wollaston	27 Louise Chimienti
16 Ella Jean Doss	27 Kathleen Mary Lockhart
16 Herbert Francis Grofcsik	29 Lillian Dunn
16 Eleanor J. Hilaman	29 Tamela D. Fulton
16 Lennox O. Melville	30 George I. Lowry
16 Lisa A. Rhodes	30 Mary E. Rzucidlo
17 Esther J. McGinnes	30 Theresa M. Walsh
18 Evelyn E. Stumpo	31 Connie S. Slauch
19 Barbara A. Ankney	

**Technology Help
with Colleen**

**Need help using your computer, phone, or tablet?
Please do not fret any longer!**

Technology Help is available for **Windows, Mac, Chromebook, Apple, and Android devices**. Get hands-on help with apps, settings, email, photos, and more in a **patient, non-intimidating environment**.

**Bring your device and stop in during
Technology Help times listed
on the Activity Calendar.
\$5 per session**

**Before you stop by, please call to confirm that
Colleen will be here to help you."**

Call 610-932-5244

Email caowens@oxfordseniors.org

Visit www.oxfordseniors.org
→ Activities → Technology Help

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, August 19th
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, August 19th
from 10:00am to noon**

HEALTH & WELLNESS



**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. Join us to get yourself back in shape 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 2nd and 4th Wednesday mornings from 10am to 11am. Stop by, have your blood pressure checked, enjoy some coffee or tea and spend some time with us. Check calendar.



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.



**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!**

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. Join us 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.

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 **1pm-3pm**. First come, first served until gone. Items vary weekly and may be available **Tues through Thurs, 9:30am-2:30pm, Fri 9:30am-12:30pm.**

Practice Tai Chi

for fitness and health

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



Practice group meets
Mondays & Wednesdays
9:30am-10:00am

Barbara McAdams, ATCQA Certified Instructor

TRIPS



Spirit of Philadelphia Set sail with the staff

Tuesday, August 11th
8:45am-4pm

Be here at 8:45am

Includes motorcoach deluxe bus, passage on ship, delicious lunch and good times



DUTCH APPLE DINNER THEATER

Tuesday, November 3rd

NOW AVAILABLE FOR SIGN UP WITH BETH
Cost \$110.00 per person



Trip to Charleston & Savannah!

Sunday, October 11, 2026 to
Saturday, October 17, 2026

Beth will be reaching out to everyone who signed up and paid for this trip in September with more information. Parking, departure time, itinerary, luggage tags, Emergency Forms, etc.

Get ready for an unforgettable **7-day, 6-night** adventure as we explore the charm, history, and culture of two of the South's most iconic cities—**Charleston, South Carolina** and **Savannah, Georgia**.

SNEAK PEAK



See upcoming trips below and watch for additional information in upcoming newsletters:

December 2026:

American Music Theatre (AMT)
to see the Christmas Show
"Winter Wonderland"

April 2027:

Jonah at Sight and Sound

Have questions or want to sign up?
We're just a phone call away!

Beth Pellegrini, Program Coordinator
610-932-5244
bpellegrini@oxfordseniors.org

Contact M-Th, 9:00am-2:00pm

Call before coming in to ensure
Beth is in the office.

Trip Policy

- **Reservations required; no spot held without payment.**
- **Payment due at sign-up, see Beth.**
- **No refunds after the deadline.**

PARKING ON TRIP DAY

Due to our limited parking, we ask that all trip participants park in the Nazarene Church parking lot. The church has graciously allowed us to use their lot, which helps keep our limited street parking available for visitors coming to the Center during the day.

Thank you!

Trip Information

We are able to accommodate foldable walkers and foldable non-motorized wheelchairs. Unfortunately, we cannot transport motorized wheelchairs. All participants must be able to navigate several steps when entering and exiting the bus. Most trips also require the ability to get on and off the bus independently and walk a short distance into the venue and/or restaurant. We will note in each trip description if a particular outing involves extensive walking or other potential obstacles.

Fundraiser

**Kreider's Market
Sub Sale tickets are
\$9.00 each**

at
Kreider's Market
717-529-6944
Route 472, just north of the
Octorara Reservoir,
2396 Kirkwood Pike
Kirkwood, PA 17536

Hours: Mon - Sat, 6am-9pm
www.kreidersmarket.com

**Tickets are available
August thru December
and are valid thru
February 27, 2027**

Tickets available beginning
August 1, 2026 at the
Hostess desk or from any
Board Member

(This is not a valid ticket)



Fresh2You Mobile Market travels throughout Chester County June-November providing high-quality, local, seasonal, and affordable fresh foods while providing education on healthy cooking to communities with limited food access.

To make fresh local food accessible to all, Fresh2You accepts all forms of payment including SNAP (previously known as food stamps) and Farmers' Market Nutrition Program (FMNP) checks. Purchases made with SNAP or FMNP are matched with Chester County Food Bank's own Veggie Bucks, a form of currency that can be used on future purchases of fruits and vegetables and doubles the purchase power of individual customers.

FRIDAYS: 9:00am - 11:00am

Lighthouse Youth Center, 245 Commerce St, Oxford
chestercountyfoodbank.org/fresh2you

PENNSYLVANIA SENIOR FARMERS MARKET NUTRITION PROGRAM (SFMNP)

2026 CHECK DISTRIBUTION

The funding available for the 2026 SFMNP program was reduced and each county received a significant decrease in the number of checks received for distribution. Funding for 2026 has already been spent.

Seniors submitting completed applications to the CC Department of Aging are issued checks in the order applications are received. Applications received after all checks have been distributed will be kept on file, by date received, in the event funding is restored and additional checks are available for distribution.

Applicants who will not be receiving checks will be sent the following notification:

"Due to reduced funding, each county's allotment of SFMNP checks was dramatically decreased for the 2026 program year.

Chester County has distributed their allotment of SFMNP checks for program year 2026. Your application will be kept of file in the event funding is restored and additional checks are received for distribution."

Message from Chester County Department of Aging



Making Life More Affordable for America's Seniors

This year, America celebrates its 250th birthday. For over 90 of those years, Social Security has provided financial freedom for America's seniors. President Donald J. Trump and the Trump Administration are not only protecting Social Security, but we are providing meaningful and immediate relief to older Americans who have spent decades contributing to our nation's economy.

Just last year, on July 4, 2025, President Trump signed into law the Working Families Tax Cuts Act. This historic legislation included a tax cut that allows Americans 65 and older to keep more of their hard-earned Social Security benefits. Thanks to President Trump, over 35 million American seniors received an average of \$7,500 in relief this tax season.

If you did not take advantage of the President's signature tax cut for seniors, I encourage you to review **eligibility requirements** (<https://www.irs.gov/newsroom/2026-filing-season-updates-and-resources-for-seniors>) through the Internal Revenue Service (IRS) website for next year's tax filing season.

Under the leadership of President Trump, we are protecting and strengthening Social Security while providing world-class customer service:

- In SSA field offices, we've reduced wait times by 30 percent;
- On the phone, we've answered calls 75 percent faster;
- We're meeting the needs of seniors in the digital age with 24/7 access to online *my* Social Security accounts;
- We've increased the number of personal *my* Social Security accounts to over 100 million users and have processed over 100 million more transactions this year;
- For disability claimants, we have reduced processing times by 25 percent; and
- Our efforts to prioritize efficiency, streamline our processes, and decrease wait times are saving Americans time while delivering the highest quality service.

Put simply, America's seniors are winning! I'm honored to be in your service.

Happy 250th birthday, America!

Frank J. Bisignano
Commissioner
Social Security Administration

Slow Down: Back to School Means Sharing the Road

School days bring congestion: Yellow school buses are picking up their charges, kids on bikes are hurrying to get to school before the bell rings, harried parents are trying to drop their kids off before work. It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

**First Day of School,
Tuesday, September 8, 2026**



Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't.



personalised pics: www.name-pics.com

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 Monday 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



Human Needs Network of Chester County



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.



Community Services

WHOLE HOME REPAIRS

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.



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



Housing
Partnership
of Chester
County

www.housingpartnershipcc.com

**41 W. Lancaster Ave, Downingtown, PA 19335
610-518-1522**

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.

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.

SENIOR SERVICES

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 185%), 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.

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



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.

PA RENT & TAX REBATE

The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. We can help, call 610-932-5244 and ask for Sally to get assistance.



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 \$1,995
 - Household 2 people: Monthly income \$2,705

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**





12 East Locust Street
Oxford, PA 19363

Phone: 610-932-5244

Fax: 610-932-8084

Website: www.oxfordseniors.org

Email: contact@oxfordseniors.org

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 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)
LKR Grant Solutions	Grant Writer

INSTRUCTORS

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



Board of Directors 2026/2027

Officers

Ira Binder	President
George Lauer	Vice-President
Noel Roy	Treasurer
Geoff Henry	Secretary

Members

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

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 & Miriam Herr Family Fund, Hutton Family HeLP Fund, Wentworth Assoc. Fund for Senior Housing, 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.