



Center Voice

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

November 2023



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

Director's Corner

Let me begin by wishing all of our veterans a happy and healthy Veteran's Day and thank you for your service to our country!! The Community Veteran's Breakfast will be held at our senior center on Saturday, November 11th. See page 8 for more details.

Thanks to all of you who are helping us sell our Hoagie Sale tickets. Let me remind you that we will continue selling tickets until December 31st, and the tickets can be used until the end of February 2024! A Big Thank You to Jane Freeman and her committee for their dedicated work to make this a successful fundraiser!!

Due to decreased program grant funding from other nonprofit and charitable foundations, and increasing costs to operate our center, we again find it necessary to have an Annual Support Fund Drive to raise money to keep the Senior Center operating at a level all of you have come to expect, deserve and enjoy. More details are on page 10. Thank you!

Please come and join us for our weekday lunches. All meals are now completely prepared in our kitchen by Chef Jim, so come and enjoy his delicious meals.

Don't wait to get your heaters and furnaces checked for the cold weather. Please do it now!

COVID variants are still hanging around as well as entering the flu season, so get your vaccinations and please feel comfortable wearing a mask, especially indoors, where there are large crowds in public places. Don't feel embarrassed, our age group is the most vulnerable!! **So please don't let your guard down.**

HAPPY THANKSGIVING!!
Come and join us!

Please continue to be safe!
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

All of our reliable friends who help:

Mary Baringer
Howard Billings
Lorraine Broomell
Isabella Carron
Coleen Cruz
Christine Dolinger
Gerry Ferguson
Valerie Irving
Ana Madigan
Diane Marucca
Barbara Morris
Kathie Roy
Bonnie Smith
Kathleen Smith
Theresa Taylor
Lorie Walton

IN KIND GIFTS

Giant Food Store - Jennersville
Philips Florist

DONORS

Patricia Baily
Mary Reynolds
Colerain Township
Oxford Area Civic Association
Oxford Presbyterian Church
Upper Oxford Township



We recently received another donation from the ladies of the Fraternal Order of Eagles Arie #2666 Ladies Auxiliary and the FOE PA State Auxiliary.

Since 2002, this very supportive group, along with the Fraternal Order of Eagles Arie #2666, has contributed over \$15,000 to our senior center.

Thanks to all of them, who are certainly very special friends and dedicated supporters!!!!

Donating made easy

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



Endowment Fund Donation

We wish to thank the following donors for their donations:

In Memory of Mary Ann D. Mock
Katherine Bojanowski

IN MEMORY

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

**Helen Baldwin
Ron Cook
Ella Fulton
Ann Hickman
Walter Leis
Eva Rhodes
John Steele**

OUR BEST WISHES & THOUGHTS GO TO:

Mark Andrews
Joyce Cook
Catherine Dubosque
Dorothy Hackman
Carol Latsch
Barbara Leis
Albert "Bill" Lilley
Don Poe
Lisa Rhodes
Leda Widdoes

Families of:
Helen Baldwin
Ella Fulton
Ann Hickman
Eva Rhodes
John Steele



Daylight Savings Time
ends at 2am
on Sunday,
November 5, 2023



INFORMATION & ASSISTANCE

Fall has finally fallen! The corn in the fields is totally brown-dried and ready to harvest. Extended summer weather is very pleasant with warm days and cool evenings. Get out and enjoy the sunny days.

If you haven't used all your Farmer's Market Vouchers, now is a great time to purchase pumpkins or apples for pies. They must be used by November 30th. If you try a new recipe and need a taste tester, I'm sure we can find someone here to help you!!

How has your year gone regarding Medicare Part D? There doesn't seem to be many problems in our area. October 16th we began enrolling those who needed a new plan. We continue to do lookups on the computer for specific prescription card companies, their plans & costs. When you come in for that service be sure to bring your **Medicare card** and a complete list of all your current medications, strengths and dosage as they may have changed since last year. Even if your meds haven't changed, the drug companies have changed costs, formularies and deductibles. The deadline for open enrollment is December 7th, no exceptions. It doesn't take long to do your comparison and the time taken can be well worth it. Procrastination can be very costly - you'll be stuck for the entire 2024 year. Make your appointment now!! PACE will place you in an appropriate Plan D.

Individual meetings sponsored by the various insurance companies in our area - Keystone 65, Humana and Aetna may be available. Make yourself available to all these informational meetings if you are looking to change. If you are satisfied with your provider, I will be glad to assist you in filling out your renewal forms. Turning 65 or know someone who is? Be sure to become informed of all your options.

If you receive a "Termination" letter from your current provider, be sure to call for an appointment so we can look at all your options. Time is of the essence when leaving one plan and going to a new one. There are certain "Guaranteed Issue" options and we want to help you find the plan that best suits your needs. The various plans include Original Medicare with a Medi-Gap supplement, or Medicare Advantage Plans such as HMO's, PPO's, Private Fee for Service, SNP's, and MSA's. The PA MEDI program is available here to help you.

Are you or do you know someone who is turning 65? Plan now to attend the class being offered here on Monday, December 11th at 12:45pm or watch the Medicare 101 classes being offered on the Chester County Library website (<https://www.ccls.org/>) (click on Events Calendar. You can search for "Medicare" or search by library). They will have information and resources available to help you transition to the world of Social Security. Many of the programs available are governed by dates and you don't want to fall into lapses of time that cost you penalties and/or no coverage. Ignorance may be bliss, but is also expensive!! A Medicare Update class for those already on Medicare will also be held. Check that web-site for more information on the Update Classes. Learn all the new things for 2024. Be sure to take advantage of the Library's offerings.

As we begin the busy holiday season, be sure to take one day at a time - enjoy the company of friends and family. Make memories for the younger generations as you relive past holidays and traditions. Cherish the moments, take time for fun.

Have a Happy and Fulfilling (pun intended) Thanksgiving!

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 web-site at www.chesco.org/human. Once on the site, locate the Refer Web icon, click on it and start searching.

NOVEMBER 2023 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



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
<p>SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation</p> <p>INDIVIDUALS UNDER 60 \$5.70</p>		<p>1. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Margarine Pears</p>	<p>2. LS Chicken Noodle Soup Crackers Roast BBQ Pork WW Hamburger Bun Oven Roasted Potatoes Pineapples BBQ Sauce</p>	<p>3. Chicken Stuffed with Broccoli & Cheese Carrots Brown Rice Peaches</p>
<p>6. LS Vegetable Soup Crackers Meatball Florentine Bake Spinach Green Beans Garlic Knot Fresh Fruit Cup</p>	<p>7. Chicken Marsala Oven Roasted Potatoes Carrots WW Dinner Roll Orange</p>	<p>8. Cream of Potato Soup Crackers Pork Roast LS Gravy Brussel Sprouts Whole Wheat Bread Margarine Oatmeal Crème Pie Cookie</p>	<p>9. Beef Stroganoff Egg Noodles Mixed Vegetables Whole Wheat Bread Margarine Fresh Fruit Cup</p>	<p>10. Lasagna Roll Up Marinara Sauce Broccoli Italian Bread Margarine Pears</p>
<p>13. Chef Salad with Turkey Ham, Turkey Shredded Cheddar Romaine Mix w/ Shredded Carrots, Cucumbers, Cherry Tomatoes WW Sandwich Roll Peaches</p>	<p>14. LS Lentil Soup Crackers Kielbasa & Sauerkraut Potato Pierogies Orange</p>	<p>15. Birthday Party Turkey Stuffing Mashed Sweet Potatoes Vegetables Cranberry Sauce Cupcake & Ice Cream</p> 	<p>16. LS Beef Noodles Soup Crackers Veal Parmesan Sandwich Marinara Sauce Mozzarella Cheese Carrots WW Kaiser Roll Fresh Fruit Cup</p>	<p>17. Swedish Meatballs Brown Gravy Egg Noodles Brussel Sprouts Whole Wheat Bread Margarine Tropical Fruit</p>
<p>20. Chicken Lo Mein Lo Mein Noodles Edamame Oriental Vegetables Mandarin Oranges</p>	<p>21. Cream of Mushroom Soup Crackers Roast Beef Au Jus Kaiser Roll Cole Slaw Orange</p>	<p>22. Chicken Cheesesteak Hoagie w/ American Cheese WW Club Roll Shred Lettuce Sliced Tomatoes Potato Salad Pears</p>	<p>23. Center Is Closed</p> 	<p>24. Center Is Closed</p> 
<p>27. Meatloaf w/ Gravy Mashed Potatoes Green Beans WW Dinner Roll Margarine Tropical Fruit</p>	<p>28. LS Vegetable Soup Crackers Breaded Fish Filet Sandwich WW Hamburger Bun Tartar Sauce Cole Slaw Mandarin Oranges</p>	<p>29. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Margarine Pears</p>	<p>30. LS Chicken Noodle Soup Crackers Roast BBQ Pork WW Hamburger Bun Oven Roasted Potatoes Pineapples BBQ Sauce</p>	<p>Food Vendor</p> <p>Oxford Area Senior Center</p> 

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+

NOVEMBER 2023 ACTIVITIES

MON	TUE	WED	THU	FRI
(OS): Off-Site ABC: Always Best Care	Daylight Savings Time ends at 2am on Sunday, November 5	1. 8:30 Gentle Stretching & Balance (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	2. 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	3. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games
6. 8:30 Gentle Stretching & Balance (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	7. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 ABC Bingo 2-3 Q&A/Tech Help 4:30 Zumba	8. 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	9. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Petals Please 2-3 Q&A/Tech Help 4:30 Zumba	10. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Cards/Games
13. 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	14. 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	15. Birthday & Thanksgiving Party 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-12 Constituent Outreach 10-12 Edward Jones Advisor NO Q&A/Tech Help 11:45 Lunch 12:45 Entertainment: Sweet Life NO Q&A/Tech Help	16. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Cupcake Decorating 2-3 Q&A/Tech Help 4:30 Zumba	17. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 11:50 Lunch 12:45 Wii
20. 8:30 Gentle Stretching & Balance (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	21. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Peace of Mind 2-3 Q&A/Tech Help 4:30 Zumba 3pm Board Meeting	22. 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	23. Center Is Closed 	24. Center Is Closed 
27. 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	28. GIVING TUESDAY 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help 11:50 Lunch 12:45 Armchair Travel 2-3 Q&A/Tech Help 4:30 Zumba	29. 8:30 Gentle Stretching & Balance (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	30. 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	Veteran's Breakfast Saturday, November 11 7am-10am 

Rover Transportation Provided

TRIPS

American Music Theatre "The First Noel" Christmas Show



Witness the magic and splendor of our holiday celebration as AMT presents "The First Noel" featuring incredible singers, astonishing dancers, wondrous costumes,

brehtaking sets, and all the endearment of a perfect fireside family moment! Bask in the beauty of the season, and cherish the stories of spirit and love as we bring all your favorite sights and sounds to the stage.

Thursday, December 14

Sign up by Monday, November 13

Itinerary: Motor Coach ride to and from center, enjoy buffet lunch at Millers and Christmas Show.

Cost: \$98.00 (Payment due at sign-up)

Leave: Promptly at 9:00am from Center (be here by 8:45am)

Return: 4:15pm (approx.) to Center

Seats going fast

MYSTERY AT THE DUTCH APPLE THEATER FEBRUARY 2024



**THURSDAY, FEBRUARY 15
BUS LEAVES 10:30
FROM OXFORD SENIOR CENTER
RETURNS APPROX. 4:00
PAYMENT DUE AT SIGNUP
INCLUDES BUS, LUNCH, SHOW
AND ALL TIPS**

\$95.00

UPCOMING TRIPS



**CAMDEN
AQUARIUM
MARCH 2024**

**SIGHT &
SOUND
APRIL 2024**



**JERSEY BOYS
THE DUTCH
APPLE
THEATER
AUGUST 2024**

We are planning upcoming trips.

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

610-932-5244
bpellegrini@oxfordseniors.org



Trip Policy

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

TRIP 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!!

**BINGO with Vanessa
from
Always Best Care
Tuesday, November 7
12:45pm**



**Nintendo Wii Bowling
Friday, November 17
12:45 pm**



**Solutions for Peace of Mind
With Charlene Paolucci
Lincoln Heritage**

**Tuesday, November 21
12:45**



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

**Thursday, November 9
12:45pm**

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

Birthday Party

**Entertainment
Sweet Life**



**Wednesday, November 15
12:45pm**



**Armchair Travel
First Stop London
Along with High Tea
November 28
12:45**

**Cupcake Decorating
Thanksgiving Theme
Sponsored by Sweet Cake Supplies**



**Thursday, November 16
12:45pm**

Cost is \$10.00 Per person
Payment due at sign up with Beth
Space Limited Sign Up by November 14th

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

**Medicare Update
w/ Sally
Monday, December 11
12:45pm
Sign up requested**



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

Happy Thanksgiving!

Information



For Veterans without Dental Insurance
Procedures include:
Cleanings, Fillings, Extractions,
X-Rays, Panorex

**Tuesday, November 14, 2023
8:30am-4:00pm**



To make an appointment,
please call 610-836-5990 ext. 122
and mention
"Give Veterans a Smile Day"
300 B Lawrence Drive, West Chester, PA

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.

Veteran's Breakfast Saturday, November 11



Sponsored by
Local Businesses &
Appreciative Community
Individuals

**Free breakfast for
any veteran and one guest**

7AM to 10AM
at the

Oxford Area Senior Center

Come and enjoy a delicious breakfast,
spend some time with
fellow veterans and swap some stories.

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.



SNOW CLOSING

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



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, November 15
from 10:00am to noon**

West Chester District Office: 610.692.2112
Harrisburg Office: 717.787.5709



NOVEMBER BIRTHDAYS

1 Melvin Kutz	17 Eileen T. Spingler
1 Michael J. McCormack	18 Joan H. Burton
2 Mary J Hertzog	19 Linda K. McGlothlin
3 Linda K. Holmes	19 Patie Jewell Mullins
3 Eileen M. O'Riordan	20 Shirley R Bunjo
3 Annde C. Solway	20 Mary E. Lowry
4 Ruth Ann Ankney	21 Elizabeth M. Halvorsen
4 Dolores M. Haubner	21 Leslie L. Lentz
4 Henrietta Keenan	22 Gwendolyn L. Bowers
5 Judy C. Delp	22 Suzy B. Given
5 Marie M. Ricketts	22 Janet C. Prewitt
5 Vernon M. Ringler	22 Theresa D. Taylor
6 Wayne R. Gray	23 Betty J. Dawson
6 Patricia Ann Wade	23 Mary A. Grofcsik
7 Delmer Tracy Kilby	23 Ken Hershey
7 Anna Mae Nelson	23 Diane Hill
7 Marilyn F. Oosterman	23 Doris M. Howett
8 Iris Gray Dowling	23 James C. Howett
8 Andrew G. Nevrincean	23 Joan E. Novack
8 Kathleen Smith	24 Florence M. Duvall
9 Karen R. Olivieri	25 Ann M. Conner
10 Judy K. Groseclose	25 John H. McCutcheon
10 Roy L. Roten	25 Nancy B. Ortega
11 Geoffrey L Henry	26 Jean Snyder
11 Nelson D. Saunders	27 Gerry Kiefer
12 Linda C Armour	28 James H. Lewis
12 Randy G. Phipps	29 Bobby M. Blevins Sr.
15 Geraldine M. Gontarz	29 Steven D Seivwright
15 Howard J. Menzel	30 Paul D. Gonzalez
16 Violette F. Hayes	30 William H. Ringler



Joe Oliver, Financial Advisor
will be at our center on the
3rd Wednesday of every month.
The next visit:
**Wednesday, November 15
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.

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.

EXTENSION:
**THE PROPERTY TAX
OR RENT REBATE
APPLICATION
DEADLINE IS NOW
DECEMBER 31.**
revenue.pa.gov/ptrr

You've Made A Difference
As Thanksgiving Day approaches,
Our blessings we recall;
The things we are most thankful for,
We recollect them all.
You are really special,
In all you say and do.
You've made a difference in our lives;
We're thankful now for you.
By Joanna Fuchs

FUNDRAISERS



Oxford Area Senior Center

Annual Support Fund Drive

Due to continuing tight finances and increasing costs to operate our Senior Center, and of course the COVID-19 virus which caused us to cancel some of our fundraisers, we find it necessary to again have an Annual Support Fund Drive to help defray some of the costs in operating the Senior Center.

The Fund Drive will not begin until December 1st so more details will be in next month's newsletter.

Thank you for all that each of you do to keep the Senior Center open and operational during difficult and dangerous times so we can assist our senior consumers virtually, by telephone, and face to face.

**Oxford Area Senior Center
Board of Directors**



#GIVINGTUESDAY™

is a global day of giving, celebrated on the Tuesday following Thanksgiving (in the U.S.), and the widely recognized shopping events of Black Friday and Cyber Monday,

GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving.

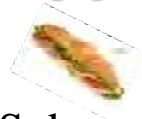
On November 28, 2023 join the movement and give to your favorite senior center!

<https://oxfordseniors.org/donateoasc.htm>

Sub Sale Fundraiser



\$8.50 each



Good for 1 large \$8.59 Sub
(or \$8.50 towards any sub or steak)

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

Not valid with any other specials. Menu extras apply.

**Tickets available
August thru December
and are valid to
February 29, 2024**

Tickets available at the
Hostess desk or from any Board Member
(This is not a valid ticket)



Your First Stop for Resources that benefit your life as a Senior

610-932-5244

www.oxfordseniors.org

contact@oxfordseniors.org

Recently retired? Come visit with us. We have daily activities and a variety of special programs every month. We also try to schedule day trips during good weather months.

We have daily activities during the month. Our special programs are in the afternoon, just after lunch. Some of the programs are informative with topics that cover Health & Wellness, Chronic Conditions, Mental Health, Medicare 101, potential phone and email scams, and Nutrition. Other afternoon activities include Bingo, crafts, games, interactive programs, and of course our monthly Birthday party where we celebrate the participants' birthdays of the month. If you like playing cards and games, we have several different games and decks of cards. There is variety and the ability for multiple groups playing at the same time. Games and card playing happens every morning and on the afternoons where we don't have a special program. Read all about our programs in each newsletter. Do you like the programs? Do you have suggestions for other activities? Please contact Beth and let her know.

Want to enjoy a nutritious and tasty meal while socializing with others? Well we're your place. We have a meal program every weekday at noon. We start with announcements at 11:45am and serve lunch at 12:00pm. The meal program is subsidized by the Chester County Department of Aging Services which offers you a meal for just a \$2 voluntary confidential contribution. The meal is prepared by Jim Jackson or as we like to call him, Chef Jim.

We also have produce and bread available weekly. Every Monday the Chester County Food Bank delivers a variety of produce. It is available around 11am on Monday until 1pm Friday (or until gone). Giant Food Store in Jennersville provides us with Bread and Baked Goods every Wednesday. The bread is available starting around 9:30am Wednesday until 1 pm Friday. The baked goods are utilized as Bingo Prizes or as our "Come and Get It" Prizes at our monthly Birthday Party.

Have limited income to purchase food? Besides the options listed above, you may also qualify for one of our Senior Food Box Programs. Read about these programs on page 15, or give Sally a call.

Do you receive mail, phone calls or emails that you don't understand? Do you have questions or concerns about agencies that could provide help? Come in and talk to us about it. Sally can help with most issues and give you clarification and understanding with Medicare, Social Security, Property Tax/Rent Rebate, and so many other federal and state programs. Colleen can help you one-on-one with your cell phone, tablet/i-pad and computer technology questions. Both can help find information and print forms for most anything.

If you have questions, concerns or interests, please let us know. Your first stop is the Hostess desk where Jan (M-T) or Jean (W-F) can help or direct you to one of the other staff. We are all here to assist you.



Our Charitable Donation Collection This Year Will Be Oaks Ministry

It's that time of year when we want to do something to help make the holidays special for people in our community. We will be donating to
Oaks Ministry

The Oaks Ministry has three homes, one of which is located right here in Oxford, which is used for transitional housing and support services for women that are actively working toward financial stability. This is a non-profit organization that relies heavily on donations.

We will be collecting the following Items for Our Christmas Blessings this year:

- | | |
|-------------------|--------------|
| Laundry Detergent | Toilet Paper |
| Bleach | Paper Towels |
| Fabric Softener | Tissues |
| Liquid Body Soap | Trash Bags |
| Cleaning Supplies | Napkins |
| Feminine Products | |

Thank you for making this season just a little brighter by helping those in need.

Medicare Part B Premium and Deductible

On October 12, 2023, the Social Security Administration (SSA) announced a 3.2% cost of living adjustment (COLA) in benefits for 2024.

Based on this, the Medicare Part B premium, deductible and coinsurance rates increased as well.

- Part B Premium increased to \$174.70
- Part B Annual Deductible increased to \$240



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.



PA Dept. of Health Updates

As always, stay directly informed on COVID-19 and other important health information by visiting the Pennsylvania Department of Health's website, which is regularly updated. <https://www.health.pa.gov/Pages/default.aspx#>

CDC COVID Updates

Visit the CDC website for the latest information, <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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 COVID-19 and other state news.

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

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-Disabiliti>

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

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, 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.



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



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

Health and Wellness Programs



Ditch the Workout and Join the Party!

ZUMBA fitness classes every

Tuesday 4:30-5:15pm
Thursday 4:30-5:15pm

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 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, December 11

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 & 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 Mondays, Tuesdays, Wednesdays or Thursdays (see activity calendar for exact dates). No Tech Help on Fridays.
- 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

Need more than a Q&A/Technology Session?

Technology assistance is available for a fee, at the Center or your home. Please contact Colleen Owens at 610-932-5244 or by email at caowens@oxfordseniors.org

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

Is a Chester County Food Bank program that helps seniors gain access to nutritious foods so they can better improve their health.

If you or someone you know is at least 60 yrs. old and has low income (below 150%), please register for the CCSFBP box that is available to qualifying seniors each month.

Each box may contain fruit, non-perishable proteins, vegetables, carbohydrates & dairy!!

Proof of age is required at sign up. There is no charge for this food. If you qualify then CCSFBP Box can be picked up the 1st Monday of every month between 1:00-3:00pm

For more information contact

**Sally Arter
(610) 932-5244**



FREE FOOD FOR SENIORS

Commodity Supplemental Food Program
PA SENIOR FOOD BOX PROGRAM

What do you need to know to be eligible?

- If you are 60 years of age or older.
- If your total household income is below 130%.
 - Household 1 person: Monthly income \$1,580
 - 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**

**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

RETURN SERVICE REQUESTED

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

The Oxford Area Senior Center is funded in part under a contract with the Chester County Department of Aging Services 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, 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 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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Jan Weaver	Hostess (M, Tu)

INSTRUCTORS

Barbara Bond	Exercise Instructor
Kim Malone	Zumba Instructor



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.