



Center Voice

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

July 2018



Center's Hours are:
 Monday - Friday
 8:30 am - 3:00 pm

Director's Corner

July is almost here and it's already hot and humid. I remember hearing people say during the cold and snowy winter month "I can't wait for summer and the hot weather". Well it's here!!!!!!!!!!!!!!

I wish to thank six people who are leaving our Participants' Council after years of dedicated service. Lorraine Broomell, Evelyn Stumpo and David Denny, Ed French, Carmella Humble and Lori Walton. **A GREAT BIG THANKS TO ALL 6 OF YOU FOR YOUR DEDICATED VOLUNTEERING!!!!**

Welcome back to Floss Duvall, Don Poe and Shirley Terry as new members of the Council. Remember these are your representatives to Participants' Council, which is an advisory group to assist the Director with ideas for programs/activities and help volunteering around the center. They will welcome your comments and suggestions.

Just a reminder, we redesigned the newsletter to hopefully make it easier for you to read and understand all the services and programs we have available to the seniors of Southern Chester County . Please notice that we have our starting time for afternoon programs 1:00pm (except Wednesdays). This will allow more time for the kitchen staff to run the dishwasher before programs start and allow you some time between lunch and the program.

Have a safe and healthy July,
 Jim

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MEMBERSHIP DRIVE

The Membership and Information application included in this month's newsletter marks the beginning of this fiscal year's membership drive. We need to obtain all participant's last four digits of social security number, date of birth and minimum income levels. This information **drastically affects** our funding availability so please, **completely** fill out the form.

Our Center operates on a fiscal year basis which begins July 1 and ends June 30. We encourage you to pay your membership donation in the same month each year. ***The date that you last paid your dues is located above your name and address on the outside cover.***

Thanks for keeping your dues current. It helps us to maintain the Center's programs and services. If **You** need help completing this form, please ask for assistance. We'll be **glad** to help.

Independence Day Party

Our Independence Day Party will be held at the Center on

**Tuesday
 July 3, 2018**

**12:45 pm
 Luken's
 German Band**



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 Take-Out Spaghetti Dinner Volunteers

IN KIND GIFTS

Philips Florist
Giant Food Store - Jennersville
Nottingham Inn

DONORS

Frank Cornell
Sandi Hampton
Tony Palita
Stephen Roberts
Ralph Roten
Hazel Shoemaker
Evelyn Stumpo



AUGUST

7	1:00-2:30pm	Daytime - Line Dancing
10	6:30-8:30pm	Evening - Line Dancing
15	12:00pm	Birthday Party
15	7:00pm	Medicare 101
16	1:00-3:00pm	Veterans ID Program
20	9:00am-4:00pm	Sturgis Pretzels & Miller's Smorgasbord
21	1:00-2:30pm	Daytime - Line Dancing
24	6:30-8:30pm	Evening - Line Dancing

SEPTEMBER

17	1:00pm	Medicare 101
19-21		New York City Overnight Trip
19	12:00pm	Birthday Party

Kim Zuleba has served on the Senior Center's Board of Director's for 6 years, most recently as Vice Chairperson. She initiated our Evening "Baby Boomer"



program where she designed, developed and scheduled all of the workshops for four (4) years. She will be leaving our Board in July. We will greatly miss her energy, ideas, intuitiveness and enthusiasm.

Wishing her all the best!!!!

IN MEMORY

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

**Barbara Benson
William Blackburn
Joe Goss
Dan Margist**



OUR BEST WISHES

&

THOUGHTS GO TO:

Family of Barbara Benson
John Benson
Family of William Blackburn
Jo Ann Blackburn
Family of Joe Goss
Family of Dan Margist
Leda Widdoes



NEW MEMBERS

Judith Fingerle
Doris Howett





Summer has begun and the pace here at the Center does not slow down! So much to do—I hope we are all able to enjoy the sunshine someday! Hopefully the lazy hazy days will soon be here!!

Due to the increase in new members, I thought it a good idea to tell you what an Information & Assistance Specialist does. I am here to help you find answers to questions concerning *housing, transportation, food needs, Legal Aid, Medicare, Pace Plus, etc., etc., etc.* In other words, you get something in the mail you don't understand, come see me. If I don't know, we'll find out where to look for answers. No question is too stupid!! Stay cool! No need to get worried if you don't understand something.

If you or someone you know is turning 65 or retiring and needs to start their Medicare coverage, it is very important that you get prepared for Medicare enrollment. Waiting too long could be very costly. As Apprise Counselors, we are prepared to help you through the process. We will be offering Medicare 101 classes on Monday, July 16th, August 15th, October 15th and December 10th at 7:00 pm. The next daytime class will be Monday, September 17th at 1:00pm. We will cover in detail all the options available to Medicare beneficiaries including Medicare Advantage Plans, Supplements (Medi-gaps), Part D Drug Plans etc.. Understanding enrollment dates, penalties, coverage plans and coverage networks can be very confusing so this discussion will be very helpful in understanding your future with Medicare. Though not required, attending the class first makes our one-on-one more productive. If you can't make the program, I am available for one-on-one appointments. Just call and schedule your appointment.

Medicare Update is also for those of you have been on Medicare but are now experiencing changes with retirement plans. Knowing options available to you will be beneficial to your decision making process. Feel free to join us on Monday, November 12th at 1:00 for 2019 change updates.

Just a reminder that Open Enrollment dates run from October 15th to December 7th. You need to check your Prescription Plan even if nothing has changed for you. The plans change in many ways: price, formulary, and deductibles. The deadline date for change will be strictly enforced and you don't want to be "stuck" with an unsatisfactory plan for all of 2019. Supplements (Medi-gaps) do not need to be changed, they continue on.

At various times, we are contacted by family members who need help for **homebound** folks. Knowing this can be a problem, we will make every effort to meet with beneficiaries in their home to conduct interviews regarding Medicare, Insurance, application for other services, or whatever is needed. It is our desire to assist our Seniors with whatever they need. Call for more information about this.

Beware of the many phone scams happening. IRS, Medicare and Social Security **DO NOT** call you, they send letters. Give no personal information—just hang up!! **No need to be nice!**

Just a note verifying that we are almost out of the Farmer's Market Vouchers. Please call to verify we still have them before coming in. Happy summer-time eating!!



Have a great 4th!

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.

JULY 2018 MENU



Call 610-932-5244 - Business Hours: 8:30 am - 3:00 pm
Call to sign up for lunch by 3pm Tuesday for the ENTIRE following week.

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE - Meal served at 12:00 pm

MON	TUE	WED	THU	FRI
2. Cheeseburger w/lettuce & tomato Coleslaw French Fries Sherbet	3. Independence Day Party Chicken Parmesan w/ marinara & cheese Rotini Pasta Parmesan Zucchini & Corn Wheat Bread Fresh Seasonal Fruit	4. CLOSED 	5. Pulled Pork Sandwich Potato Salad Baked Beans Watermelon	6. Roast Beef w/Gravy Whipped Potatoes Green Beans White Bread Brownie
9. Spaghetti & Meatballs Parmesan Cheese Italian Green Beans Italian Bread Sliced Peaches	10. CLOSED SPIRIT OF PHILADELPHIA TRIP	11. Baked Haddock w/ White wine sauce Confetti Rice Broccoli-Cauliflower Wheat Bread Cinnamon Applesauce	12. Grilled Chicken Cordon Bleu Sandwich Parmesan Potatoes Tomato & Cucumber Salad Orange Dream Cake	13. Chili Cheese Hot Dog Sweet Potato Bites Apricots w/oatmeal topping
16. Egg Omelet Sausage Patty English Muffin w/Jelly Orange Juice Fresh Banana	17. Roasted Pork Loin w/ Gravy Stuffing Whipped Potatoes Green Beans Cookie	18. Birthday Party Chicken Marsala Buttered Bowties Broccoli & Carrots Wheat Bread Birthday Cake Ice Cream	19. Antipasto Salad Italian Dressing Wedding Soup w/ Crackers Breadstick Sunset Peaches	20. Crusted Pollock Cheesy Twists Stewed Tomatoes Wheat Bread Fresh Seasonal Fruit
23. Christmas in July Pineapple Glazed Ham Whipped Sweet Potatoes Creamy Coleslaw Wheat Bread Chocolate Pudding	24. Chicken Caesar Salad Croutons & Caesar Dressing Minestrone Soup w/ Crackers Breadstick Sliced Peaches	25. Beef Stroganoff w/ gravy Buttered Bowties Mixed Vegetables Wheat Bread Fresh Seasonal Fruit	26. Turkey, Bacon, & Cheese Sandwich Cream of Broccoli Soup w/Crackers Applesauce	27. Stuffed Pepper w/tomato sauce Garlic Whipped Potatoes Coin Carrots Wheat Bread Strawberry Shortcake
30. Meatloaf w/Gravy Whipped Potatoes Green Beans White Bread Banana Pudding w/ Nilla wafers	31. Chicken, Spinach & Cranberry Salad w/Balsamic Dressing Mixed Greens & Spinach w/Cucumber Pickled Diced Beets Breadstick Cookie	CCDAS Food Vendor 	ALL MEALS SERVED WITH MILK, COFFEE OR TEA (HOT OR COLD)	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$4.89

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 3pm Tuesday 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.

Rover Transportation Available

JULY 2018 ACTIVITIES

MON	TUE	WED	THU	FRI
<p>2. 10-12 Cards/Games 10-11 Q&A/Tech Help 10:30 Participants Council Meeting 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 1:00-3:00 Food Box PU 2-3 Q&A/Tech Help</p>	<p>3. Independence Day Party 9:30-11:30 Crafts 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 12:45 Lukens German Band 4:30 Zumba</p>	<p>4. Happy 4th of July  Closed Today</p>	<p>5. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>6. 10-12 Cards/Games 10:30 Neighborhood Health Senior HealthLink Health Presentation w/Linda 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>9. 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help</p>	<p>10. CLOSED SPIRIT OF PHILADELPHIA TRIP</p>	<p>11. 8:30-11:30 Paint Class 10-11 Blood Pressure 10-12 Cards/Games 10-11 Q&A/Tech Help 12:00 Lunch 12:45 Bingo 2-3 Q&A/Tech Help 7:00 Bluegrass Under the Stars</p>	<p>12. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>13. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>16. 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help 7:00 Medicare 101</p>	<p>17. 9-12 Jane Freeman 9:30-11:30 Crafts 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Brandywine River Valley Health w/Kim 3:00 Board Meeting 4:30 Zumba</p>	<p>18. Birthday Party 8:30-11:30 Paint Class 9:00-12 Reflexology 10-11 Blood Pressure 10-12 Cards/Games 12:00 Lunch 12:45 Sweet Life 6:30 Safety Awareness & Practical Self-Defense Tactics & Techniques</p>	<p>19. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Bayada Health Presentation 4:30 Zumba</p>	<p>20. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 6:30 Line Dancing</p>
<p>23. Christmas in July 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games 2-3 Q&A/Tech Help 6:30 Card Stamping</p>	<p>24. 9-12 Jane Freeman 9:30-11:30 Crafts 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Line Dancing 1:00 Make It & Take It 4:30 Zumba</p>	<p>25. 8:30-11:30 Paint Class 9:00-12:00 Reflexology 10-11 Blood Pressure 10-11 Q&A/Tech Help 10-12 Cards/Games 10:30-11:30 Rover Outreach 10:30-12 Constituent Outreach 12:00 Lunch 12:45 Bingo 1:00 Hearing Appts 2-3 Q&A/Tech Help</p>	<p>26. 10-12 Cards/Games 10:00 SilverSneakers 12:00 Lunch 1:00 Cards/Games 4:30 Zumba</p>	<p>27. 10-12 Cards/Games 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Cards/Games</p>
<p>30. 10-12 Cards/Games 10-11 Q&A/Tech Help 11:15-11:45 Gentle Stretching 12:00 Lunch 1:00 Surprise 2-3 Q&A/Tech Help 6:30 Chalk Couture</p>	<p>31. 10-12 Cards/Games 10:00 SilverSneakers 11-12 Q&A/Tech Help NO Practice Tai Chi 12:00 Lunch 1:00 Make It & Take It 4:30 Zumba</p>			<p style="text-align: center;">Drink Plenty of Fluids Daily!</p> 

Programs & Events

<p align="center">Cards/Games July 2, 5, 6, 9, 12, 13, 16, 20, 23, 26, & 27 1:00pm</p>	<p align="center">Brandywine River Valley Health Presentation w/ Kim Tuesday, July 17 1:00pm</p>
<p align="center">Independence Day Party Monday, July 3 Luken's German Band 12:45pm</p>	<p align="center">BIRTHDAY CELEBRATION Our Birthday will be held on: Wednesday, July 18 Our entertainment will be: Sweet Life</p>
<p align="center">Closed for the Holiday Tuesday, July 4</p>	<p>Sign up early. If you wish to give a Birthday card, please note it is your responsibility to deliver them. Do not leave any cards at the Center, we cannot distribute.</p>
<p align="center">Neighborhood Health Senior Link Health Presentation Friday, July 6 w/Linda 10:30am</p>	<p align="center">Safety Awareness & Practical Self-Defense Tactics & Techniques Wednesday, July 18 6:30pm-8:30pm</p>
<p align="center">Spirit of Philadelphia Trip Tuesday, July 10 9:00am-4:00pm Center is Closed</p>	<p align="center">Bayada Health Presentation Thursday, July 19 1:00pm</p>
<p align="center">Closed on a trip Tuesday, July 10</p>	<p align="center">Christmas in July Monday, July 23 12:00pm</p>
<p align="center"> Wednesdays, July 11 & 25</p>	<p align="center">Make It & Take It Tuesday, July 24 & 31 1:00pm</p>
<p align="center">Blue Grass Under the Stars Wednesday, July 11 7:00pm</p>	<p align="center">LINE DANCING - Daytime w/ Shirley Mackey Tuesday, July 24 1:00-2:30pm (Auditorium)</p>
<p align="center">LINE DANCING - Evening w/ Shirley Mackey Friday, July 13 & 20 6:30-8:30pm, \$5 per person</p>	<p align="center">Surprise Monday, July 30 1:00pm</p>
<p align="center">Medicare 101 w/ Sally Monday, July 16 1:00pm</p>	<p align="center">Chalk Couture Monday, July 30 6:30pm-8:30pm</p>



JULY BIRTHDAYS

- | | |
|--------------------------|----------------------------|
| 1 Catherine E. Mancini | 18 Jean Kutz |
| 2 Dorothy E. Elliott | 18 Nancy Steel |
| 2 Roland Elliott | 18 Nancy (Anna) Thomson |
| 2 Eleanor K. Brown | 19 John M. Madden |
| 2 Joy U. Garber | 20 Eva M. McNeill |
| 2 Robert L. Rowe | 20 William Crouch |
| 2 Louise Burgess | 20 Elizabeth Ann Brinton |
| 2 Joie Caruso | 21 Dian Steffy |
| 3 Phyllis K. Deaver | 21 Norman T. Moulden |
| 4 Jean C. Castelli | 22 Margaret A. Rochester |
| 4 Ethelbert Ott | 23 Maureen T. Holmes |
| 5 Kenneth F. Zyber | 23 Anne W. Silva |
| 5 Ruth A. Mahaffey | 23 Barbara J. Prewitt |
| 5 Janet B. Knorr-Stonska | 23 Jay P. Stout |
| 6 Eileen M. Rudy | 24 Maureen A. Vince |
| 6 Beryl E. Sprout | 24 Robin J. Dickens |
| 7 Robert P. Adelman | 25 Ruth F. McNichol |
| 7 Frances Whiteside | 25 William E. Allaband Jr. |
| 7 Susan L. Lepold | 25 Lawrence F. Cozzone Jr. |
| 8 Ruth E. Gardiner | 25 Donna B. Gordon |
| 8 Robert C. McComsey | 25 Wendell B. Higgins |
| 8 Mae Sundo | 26 Jean M. Benhaim |
| 8 Kathleen L. Goss | 26 Eleanor P. Inforzato |
| 9 Arlene M. Cross | 26 James G.O. Sumner |
| 9 Bernadine Matsco | 26 Joyce F. Rogers |
| 9 Donald H. Nixon | 26 Ruth Ann Horne |
| 9 Gloria E. Masciantonio | 27 Walter L. Hill Sr. |
| 9 Audrey Neyman | 27 Maybelle E. Page |
| 9 Albert O. Moran Jr. | 27 Jack R. Johnson |
| 10 William B. Kent | 27 Thomas L. Ecker |
| 10 Barbara A. Hall | 27 Eli Evosirch |
| 10 Patricia K. Robertson | 28 Mary Anne B. Rosenlund |
| 11 Peggy Ann Russell | 28 Nancy A. Thompson |
| 11 Joan Kearney | 29 Theresa M. Cocciolone |
| 12 Anna M. Lee | 29 Gloria J. Manning |
| 12 Polly A. Burns | 29 James J. Petrucci |
| 13 Mark G. Devito | 29 William W. Shepherd |
| 14 Charles G. Thorpe | 30 Beth A. MacMillan |
| 14 Annette M. Wilson | 30 Dorothy I. Taylor |
| 15 Alma-Jean M. Gorby | 30 Louise Moran |
| 15 William Stevenson | 30 Marion M. Pape |
| 16 Dorothy I. Salisbury | 31 Sally Garling |
| 16 Linda Kremstein | 31 Janet W. Cline |
| 16 Margaret L. Boynton | 31 C. Robert Barnett |
| 17 Suzanne E. Benner | 31 Carol N. Timmons |
| 17 Karl W. Schlecker | |
| 17 John Zubcenko | |

CONSTITUENT OUTREACH

State Senator Andrew Dinniman's Constituent Outreach Representative Tyler Arkatin will be at our Senior Center to answer any question you may have regarding Commonwealth of PA programs and services they offer. In addition, he will have the 2015 Rent and Tax Rebate forms with him!

Tyler will be at our center on the **4th Wednesday of every month.**

**Wednesday, July 25
from 10:30am to noon**



ROVER OUTREACH

A Traveler's Best Friend



**July 25, 2018
10:30am-11:30am**

Jahayra Santiago will be here to answer your questions and help you to sign up with Rover.

Neighborhood Health Senior HealthLink

w/ Linda Clay, MSN, RN

**Friday, July 6
10:30am - 11:10am**

*Please join Senior HealthLinks "Health Club", attend a lecture and at the end of a program you have a chance to **win** a gift card from Walmart.*

Veterans, You're Invited!



**Date: August 16, 2018
Time: 1:00 PM until 3:00 PM
Oxford Senior Center
12 East Locust Street
Oxford, PA 19363**

The Chester County Recorder of Deeds office has a Veterans ID Program where you can have your photo taken for a discount card that will provide you with discounts at participating businesses around Chester County. If you have not already recorded your discharge papers with the Recorder of Deeds office please bring them with you!

Questions? Contact Kayla Murphy at 610-344-4083 or ksmurphy@chesco.org



TRIPS

Join us for a trip on the Spirit of Philadelphia Skyline Lunch/Bingo Cruise Tuesday, July 10, 2018

Itinerary: Motor Coach ride to and from center,
Lunch, Cruise & Bingo
Cost: \$78
Leave: Promptly at 9:00 am from Luther House
(be there at 8:45 am - Building #3)
Promptly at 9:30 am from Center
(be here at 9:15 am)(Parking available
at the Nazarene Church)
Return: 4:00 pm (approx.) to Center

We need 40 people to go

Reserve your seat
Call 610-932-5244



Avon Grove Seniors Trip Summer Breeze Boat Cruise from Havre de Grace, MD

Along the destination you will be able to experience the true outdoors feeling of the Upper Bay. From wildlife to yachts and commercial vessels, there is always something to see. Bring a camera with you to capture this memorable experience.

Wednesday, July 18, 2018

Itinerary: Motor Coach ride, enjoy lunch on your own at MacGregors, boat ride from 1:30pm-3:30pm
Cost: \$35.00
Leave: Promptly at 10:00 am from West Grove United Methodist Church (be there at 9:45 am)
Return: 5:00 pm (approx.) to Church



Reserve your seat
Call Janet Gregg at 610-255-4477

JOIN US FOR A TRIP TO



Monday, August 20, 2018

Itinerary: Motor Coach ride to and from the center, a tour of the Julius Sturgis Pretzel Factory in Lititz, PA, followed by a Smorgasbord Lunch at Miller's, **Includes Entrees, Features, Carving Station, Grilled Chef's Veggies, Signature Soups, Salads, Breads, Appetizer Station, and Miller's Bakery Fresh Desserts.**

Cost: \$65.00 (includes driver tip)
Leave: Promptly at 9:00 am from **Luther House** (be there at 8:45 am) (Building #3)
Promptly at 9:30 am from **Center** (be here at 9:15 am) (Parking available at the Nazarene Church)
Return: 4:00 pm (approx.) to center
We need 40 people to go,
Reserve your seat – Call 610-932-5244

NEW YORK CITY *New York* "...Be a part of it - New York, New York!"

3 DAYS - 2 NIGHTS SEPTEMBER 19 - 21, 2018

PACKAGE INCLUDES:
2 Nights lodging, 2 Breakfasts, 2 Dinners in Manhattan, Tour of Upper Manhattan, Broadway Show, Ferry Ride and visits to the Statue of Liberty & Ellis Island featuring a self-guided audio tour, National 9/11 Memorial Museum, Shopping along Fifth Avenue or at Rockefeller Center, Souvenir gift, Luggage handling, Taxes and meal gratuities, Motorcoach transportation
Cancellation insurance available upon request



**\$579.00 per person
double occupancy**
**\$729.00 per person
single occupancy**

**FOR INFORMATION
AND RESERVATIONS
CONTACT:**
Oxford Area Senior Center
Maria Reyes
12 E. Locust Street
Oxford, PA 19363
(610) 932-5244

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.



DAYTIME PROGRAM

Oxford Area Senior Center



Instructor Shirley Mackey has over 23 years of dance experience ranging from Lines Dances and Swing to Jitter Bug and Two-Step. She will teach an assortment of popular line dances such as the Electric Slide, Cha Cha, Tush Push, Boot Scootin' Boogie and more!

Daytime Fun and Dance

Beginners and experienced dancers are welcome

Join us on the following Tuesdays from 1:00pm to 2:30pm:

July 24th, August 7th & 21st

Cost is FREE

Oxford Area Senior Center , 12 E. Locust Street, Oxford, PA
610-932-5244 or oxsrctr@zoominternet.net

EVENING WORKSHOPS

Oxford Area Senior Center

Line Dancing Lesson



Evenings of Fun and Dance

Instructor Shirley Mackey has over 23 years of dance experience ranging from Lines Dances and Swing to Jitter Bug and Two-Step. She will teach an assortment of popular line dances such as the Electric Slide, Cha Cha, Tush Push, Boot Scootin' Boogie and more!!

Beginners and experienced dancers are welcome

Join us on the following Fridays from 6:30 to 8:30pm for a fun evening:

July 13th & 20th, August 10th & 24th

Cost is \$5 per class/per person

RSVP for your spot on the dance floor
by contacting the Oxford Area Senior Center
at 610-932-5244 or oxsrctr@zoominternet.net.

EVENING WORKSHOPS

The Oxford Area Senior Center Presents...

BLUEGRASS UNDER THE STARS

Free Concert Featuring Music by
The *Blades of Grass* Bluegrass Band

Enjoy an evening of toe-tapping, knee-slapping bluegrass tunes performed by local favorite: the *Blades of Grass* Bluegrass Band. Bring your own lawn chair, blanket and refreshments (no alcoholic beverages). Music lovers of all ages are welcome!

Wednesday, July 11, 2018
7 p.m.

Oxford Area Senior Center
12 E. Locust Street, Oxford, PA
The concert is FREE; Donations are greatly appreciated.

If it rains, the concert will be rescheduled.
RSVP by calling 610-932-5244 or email: oxsrctr@zoominternet.net



OXFORD AREA SENIOR CENTER EVENING WORKSHOP SERIES

SAFETY AWARENESS & PRATICAL SELF-DEFENSE
TACTICS & TECHNIQUES



Revolution BJJ,
Boxing and Fitness
On
Wednesday, July 18, 2018
6:30pm-8:30pm



Our Center will be offering a 2 hour seminar on
Safety Awareness and Practical Self-Defense Tactics and Techniques

Brandon Sheffield and Jamie Weaver are the owners and instructors of Revolution BJJ, Boxing and Fitness in Nottingham and Kennett Square, PA. Jamie is the head Jiu Jitsu instructor at Revolution with over 20 years experience in studying and teaching martial arts and self defense. Brandon also has over 20 years of martial arts and self defense experience. Brandon is a former professional boxer and holds multiple black belts in various martial arts disciplines. Outside of their instruction at Revolution, Jamie and Brandon also teach group self defense seminars to community groups, business's and women's groups. You can learn more about Revolution BJJ Boxing & Fitness at revbjj.com

Class limit of 20

This class is free to adults of all ages as a part of OASC Evening Workshop Series
Oxford Area Senior Center, 12 E. Locust Street, Oxford, PA
RSVP for this free program: Call 610-932-5244 or Email:oxsrctr@zoominternet.net

EVENING WORKSHOPS

O X F O R D A R E A S E N I O R C E N T E R

Invites You To Attend



All-Occasion Greeting Card Stamping



Back by popular demand OASC will again be hosting Card Stamping with Clarissa Sherrow. We will be making All Occasion Cards. It is so wonderful to have your greeting cards in advance that you have personally made ready for any event.

You will make 5 beautiful, dimensional cards for the low cost of only a \$10 material fee! Material fee is due at registration to secure your space.

Please join us for a fun evening on
Monday, July 23, 2018 @ 6:30-8:30 p.m.
Cost per participant: \$10.00 (Cash Only) due at registration
Sign up now! It is so much fun! All ages are welcome!

Class size is limited to 10
to insure personal instruction from Clarissa.
Oxford Senior Center, 12 E. Locust Street, Oxford, PA
Call 610-932-5244 or Email: oxsrctr@zoominternet.net

Oxford Area Senior Center

Join us for a fun night of crafting with
Chalk Couture!

Monday, July 30, 2018
6:30pm - 8:30pm

Grab some friends and create a fun sign and home decor. Materials fee of \$20 includes a 10" magnetic board and use of instructor Lisa Malone's Chalk Couture transfers and pastes to create a double sided home decor sign.

R.S.V.P. By July 23, 2018

Please use Square Links to register prior to the class!

<https://squareup.com/store/lisaann-malone>

Class Size: 8 to 20 people



Adults of all ages are welcome to Evening Workshops

12 East Locust Street Oxford, PA 19363
610-932-5244, email: oxsrctr@zoominternet.net

Health and Wellness Programs

Exercise Classes

Tivity Health Silver Sneakers Fitness Program is a comprehensive 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. You will have a chair for seated exercises and standing support. Come on Tuesdays and Thursdays from 10am - 10:45am 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.



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

Practice Tai Chi

for fitness and health



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

Currently classes are not meeting, will resume at a later date TBD

Barbara McAdams
ATCQA Certified Instructor

Gentle Stretching Chair "Yoga Like" Class

Monday & Friday
11:15 am - 11:45 am

Discover the Benefits of Reflexology



Reflexology: A caring touch that reduces stress and enhances quality of life.

Elaine Pinno, certified Reflexologist will be at the Senior Center for half-hour Reflexology sessions. There is a cost for a Reflexology session. This method of relaxation reflexology is used for stress reduction and relaxation and pain relief.

When: July 25, 2018
From: 9:00am to 12:00pm
Where: Oxford Area Senior Center
Cost: \$20 for half-hour session
RSVP: Space is limited...make an appointment today. Call 610-932-5244 or email: oxsrctr@zoominternet.net

NEED HELP BALANCING YOUR CHECKBOOK?

For those of you who need help balancing your checkbook or paying a few bills, 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. All appointments are here at the Center.



She will be at the Senior Center on:

Tuesday, July 17
Tuesday, July 24

AUDIOLOGIST

Michael Piscotty, Audiologist: Superior Products, Exceptional Warranty, Outstanding Service.
For appointment call: 610-932-5244



Wednesday, July 25
appointments starting at 1pm

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 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.





MEMBER Information Form

Please PRINT, SIGN AND COMPLETE the entire form. All Participant information provided is strictly confidential. Information required for funding is noted with **.

Date: _____ Please check one: New Member _____ Renewal _____

Last (Jr., Sr. etc.) First Middle or Initial Name you go by

Street Apt/Rm # City State Zip Code

Municipality (Township or Borough) _____ *County* _____

Home Phone Cell Phone Newsletter by Email Yes No Email Address

*Social Sec. # * XXX/XX/_____ (last 4 digits only Required by Commonwealth of PA) *Gender* Male Female

Date of Birth *Marital Status* *Ethnic Race* Married Spouse's Name: African American Single Divorced Widowed American Indian/Native Alaskan 60-64 65-74 75-84 85+ Under 60 Separated Other Caucasian (White) Asian Hispanic Origin Other

Income Level Single - Under \$1,005/mo or \$12,060/yr or Two People - Under \$1354/mo or \$16,248/yr Between \$12,060-\$29,000/yr Over \$29,000/yr *Ethnicity* Non-Hispanic Hispanic

Live Alone Yes No *High Nutritional Risk* Yes No *Rural* (not in town) Yes No

Caregiver for OASC Consumer? Yes No Volunteer? Information & Assistance? See other side

Emergency Contact Information (Please provide two contacts)

Name of contact Phone # Phone # Relationship

Medical Information

Physician's Name Phone # Phone #

Medical Condition (Please Print) Medications/Prescriptions (Please Print. No Dosage information needed.)

Allergies/Precautions/Special Concerns

*** Signature Required, please turn over, read and sign on other side ***

For Office Use Only Annual Membership Donation of \$15.00 Date Paid _____ Renewal Date _____ Database _____ Copilot _____ Member ID _____ Initials _____ Input Date _____



MEMBER Information Form

Name	Last	(Jr., Sr. etc.)	First	Middle	Name you go by
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Volunteer Opportunities

Are you interested in volunteering here at the Center, if so, doing what? Yes No

Baking Desserts for Fundraisers/Events Preparing Food for Fundraisers

Craft Making for Sales Helping Setup and Cleanup at Fundraisers/Events

Other _____

Information & Assistance (I&A)

Do you have any concerns you wish to speak to the I&A person about?

Transportation Register for Chester County Senior Transportation - Rover

Medicare Insurance Non-Driver ID

Prescriptions Food

Other _____

Participation Policy and Waiver Consent

Individuals wishing to participate in programs held by the Oxford Area Senior Center, Inc. (the Center) should meet the following criteria to be considered appropriate for service provision:

- Capable of feeding and toilet themselves independently
- Oriented to their current surroundings
- Behave in a non-aggressive and non-disruptive manner
- Desire to participate in a program or activity that is appropriate for them
- Be able to speak clearly and socialize with others
- Demonstrate consistent hygiene practices
- Be able to ambulate safely

A complete copy of the Participants' Rights Policy and Participation Policy will be made available at the request by a participant or participant's family member.

Persons not meeting these criteria are welcome only if escorted by a responsible person at all times. This is required for the well being of all participants and staffing participating in Center activities on or off the premises. The Center is not responsible for monitoring the activity of anyone visiting and/or participating in services or programs on or off the premises. The Executive Director, or in his/her absence a designated staff person, has the authority to make final decisions in all cases as to who is appropriate for participation in Center activities.

I wish to take part in one or more events of the Oxford Area Senior Center (the Center) and, to the best of my knowledge, information and belief, have no physical restraints, which would prohibit my participation in the events. In consideration of my application for participation being accepted, I being legally bound, do hereby for myself, my heirs, my executors and administrators, waive and release any and all my rights I may have against the Center, its directors, officers, agents, staff (paid or volunteer) and any other co-sponsoring organizations for any and all injuries, claims, damages or causes of action, suffered by me during my participation in the events of the Center. The Center has my permission to have a physician attend me if it is deemed necessary for my health, welfare and safety. I attest and verify that I am in sufficient good health for each activity, and my physical condition has been verified by a licensed physician. I have further read and understand the participation guidelines of the Center.

Signature: _____ *Date*: _____

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 (Word, Email, Internet, etc.) 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!

Q&A's and Technology Help Just stop in during one of the times listed below \$5 per session July 2017 Schedule			Oxford Area Senior Center 12 E. Locust Street, Oxford, PA 610-932-5244 www.oxfordseniors.org Click on Computers Hours are: Monday - Friday, 8:30 am - 3:00 pm Colleen in on Monday - Wednesday
MONDAY	TUESDAY	WEDNESDAY	
2. 10:00am - 11:00am 2:00pm - 3:00pm	3. No Sessions	4. Closed for the Holiday	
9. 10:00am - 11:00am 2:00pm - 3:00pm	10. No Sessions	11. 10:00am - 11:00am 2:00pm - 3:00pm	
16. 10:00am - 11:00am 2:00pm - 3:00pm	17. 11:00am - 12:00pm	18. No Sessions	
23. 10:00am - 11:00am 2:00pm - 3:00pm	24. 11:00am - 12:00pm	25. 10:00am - 11:00am 2:00pm - 3:00pm	
30. 10:00am - 11:00am 2:00pm - 3:00pm	31. 11:00am - 12:00pm		
QUESTIONS?? Colleen will be happy to answer your technology questions. Here is how to contact her: <ul style="list-style-type: none"> Come to one of the Q&A/Tech Help sessions. Call Colleen at 610-932-5244 Email Colleen at caowens@oxfordseniors.org 			
Prefer Private Lessons? Private lessons are 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			

Medicare 101

w/ Sally Arter

Monday, July 16

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 APPRISE 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 oxsrctr@zoominternet.net

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**, 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

Board of Directors 2018/2019

Ira Binder	President	Betsy Brantner
George Lauer	Vice-President	Carol Carter
William Ringler	Treasurer	Kevin Collins
Leda Widdoes	Secretary	Jane Freeman
Sylvia Reyburn	Corresponding Secretary	Bruce Hastings
		Edwin Herr
Theresa Taylor	Participant's Council	George Lauer
Pennie Bellino	Non-Voting	John Masciantonio
		Scott Massey
		Amy O'Donald
		Rev. Aaron Smalley
		Bonnie Smith

STAFF

Jim McLeod	Executive Director
Maria Reyes-Tanon	Program Coordinator
Laurie Nelson	Kitchen Supervisor
Colleen Owens	Information Technology Specialist
Sally Arter	Information & Assistance Specialist
Janet Rivera	Hostess
Amy O'Donald	Evening Workshop Coordinator

INSTRUCTORS

Albert Gans	Painting
Barbara McAdams	Exercise Instructor
Kim Malone	Zumba Instructor

Participants' Council 2018/2019

Chairperson: Theresa Taylor	Pennie Bellino	Beverly Parsons
Vice Chairperson: Pennie Bellino	Floss Duvall	Ralph Roten
Secretary: Laura McKinney	Millie Emerson	Theresa Taylor
	Laura McKinney	Shirley Terry
	Don Poe	

* Alternate—Non Voting Member



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
 12 East Locust
 Oxford, PA 19363

610-932-5244 phone
 610-932-8084 fax
 www.oxfordseniors.org
 oxsrctr@zoominternet.net

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 United Way of Southern Chester County, Dansko Foundation, Oxford Area Foundation, 1675 Foundation, Chester County Fund for Women & Girls, Greater Philadelphia Cultural Alliance, Chester County Community Foundation, Luther Management Company of SCC, BNY-Mellon, Oxford Area Civic Association and surrounding municipalities. Funds are also raised by participant donations, craft and bake sales and given through memorials, wills and bequests. The Oxford Area Senior Center is a non-profit organization. All contributions are tax deductible.