



Center Voice

12 East Locust Street, Oxford, PA 19363

610-932-5244

www.oxfordseniors.org

email: contact@oxfordseniors.org

September 2025

&

October 2025

Center's Hours are:

Monday-Friday

9:00 am - 3:00 pm



51 years of service to older adults

Director's Corner

This newsletter covers two month's meals, programs and activities. Keep it handy thru the end of October!

September is National Senior Center Month.

Stop by and see what's going on in the senior center. We have activities and games before and after our noon-time congregate lunch, blood pressure checks every Wednesday between 10-11AM, bingo every Wednesday after lunch, and much more. Informative and educational programs regarding health, nutrition, current events, cup cake decorating, flower arranging, and scams directly pertaining to the senior population are also presented.

Don't let the fall months catch you unprepared for the chilly weather. Check your heating systems to see if the filter needs to be changed, your furnace needs cleaned or serviced, and the pilot light is lit and working properly.

Join us for our noontime lunches. We're coming up on our second full year of totally preparing the lunches in our own facility. Chef Jim puts together some fantastic meals, so please do yourself a favor and join us! You'll need to make a reservation two days in advance. If you can't get here to sign up for lunch, just call our Hostess Desk and they can reserve a lunch for you. We sometimes have cancellations, so if you'd like to come for lunch and haven't reserved one, call to see if we have any openings. If you do have a lunch reservation and can't attend, please call us and cancel so we can provide it to someone else.

Our entire staff looks forward to assisting you with your needs.

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

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PRODUCE PICKUP
Beginning Monday, September 8th we are asking everyone to come 1-3pm to pickup produce. Do not come in before 12:45pm.

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

Mary Baringer
Nancy Baringer
Paul Baringer
Howard Billings
Jerry Coleman
Coleen Cruz
Richard Dolack
Christine Dolinger
Gerry Ferguson
Jane Freeman
Russell Lomax
Monique Manfield
Judy Moran
Beverly Parsons
Betty Poole
Tina Sauk
Bonnie Smith
Kathleen Smith
Susan Snook
Theresa Taylor
Nancy Williams
Tracey Williams



IN KIND GIFTS

Chester County Food Bank
Giant Food Store - Jennersville
Philips Florist
Bingo Donators
Howard Billings
Jerry Ferguson
Shirley Lamkin
Many Anonymous Donors
Compassionate Love

DONORS

Marybeth Heisler
Dian Steffy
William & Norma Thompson



Donating made easy

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



PARTICIPATION INFORMATION

Oxford Area Senior Center does not have a membership fee. We have a **Voluntary Participation Contribution.** We encourage everyone to make your voluntary participation contribution in the same month every year. The date that you last contributed is located on the front cover of your newsletter above your name and address. If the newsletter is emailed to you, call us for your renewal date

Please update your Information Form at the same time. An Information Application is available at the Center's hostess desk or on our website (www.oxfordseniors.org). Thank you for staying current as it helps us maintain the programs and services of the Center. Please ask us if you need help completing this form, we'll be glad to HELP.

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.



OUR BEST WISHES & THOUGHTS GO TO:

Freeda Baker
John Baker
Isabella Carron
Tom Craft
Lorraine Elliott
Rev. Dr. Jim Horn
Don MacMillan
Bill Ringler
Eileen Rhodes





INFORMATION & ASSISTANCE

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Are we having fun yet? With 2/3rds of 2025 over and the last rose of Summer in front of us, I hope that you've been having fun—enjoying life!

Getting or know someone who is ready to collect Social Security? We have limited sessions planned for in-person classes here at the center. Medicare 101 is planned for Monday, September 15th at 7:00pm. Medicare Update is scheduled for Monday, October 13th at 12:45pm. If you are not comfortable with the in-person classes you can still watch the Medicare 101 classes being offered on the Chester County Library website (<https://www.ccls.org/> then 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 2026.

Beginning October 15th we will be able to enroll you in a new plan if you so desire. When you come in be sure to bring a complete list of all your current medications, strengths and dosage as they may have changed since last year. If you have a "My Medicare" account, bring your account ID & Password. Call early to set your appointment. Open enrollment is from October 15th to December 7th. After December 7th it will be too late to make any changes for 2026. Don't procrastinate!

*There will be individual meetings sponsored by the various insurance companies in our area - Keystone 65, Humana, and Aetna. Make yourself available to all of these informational meetings to be held. You will receive mailings with dates & times. There will also be opportunities to hear about changes in Medicare and Health Insurance. This information may be helpful to you if you are dissatisfied with your current carrier. If you are satisfied with your provider, I will be glad to assist you in filling out your renewal forms. If you have any questions, be sure to call to set an appointment. No question is too dumb or insignificant. It is **not necessary** to renew Supplement Plans.*

*When coming in for any appointment, be sure to bring **everything** you have received concerning your need. I'd rather you bring too much than have to send you home for more information.*

You can now apply for Retirement or Disability benefits, get a replacement Medicare card, request a benefit statement, and change your address online. Just go to www.socialsecurity.gov. It's easy and secure.

*There is still time to file your Tax/Rent Rebate Forms. Tax receipts **MUST BE HAND STAMPED PAID**. Those of you who have filed recently should begin receiving your checks. See page 12 for information*

As you can see, time marches on. Things change, programs change, people change, but the Center is here for you to help you enjoy your senior years! Call if you have any questions. We'll get back to you as soon as possible. Have a great September. Take time to smell the leaves burning, take a walk, & enjoy the beautiful weather. Be safe!

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.

TRIPS



**Come on an amazing
treasure hunt
Voted best in
Pennsylvania!**

AMERICAN TREASURE TOUR MUSEUM THURSDAY, SEPTEMBER 11, 2025

Itinerary: Motor Coach ride to and from center,
Box lunch
Cost: \$50.00 (Payment due at sign-up)
Leave: Promptly at 9:15am from Center
(be here at 9:00 am) (Parking available
at the Nazarene Church)
Return: 3:00pm (approx.) to Center

SOLD OUT - Waiting list available



**CAPE COD,
MASSACHUSETTS
SOLD OUT
Waiting list available**

**5 DAYS / 4 NIGHTS
OCTOBER 13-17, 2025**

Package includes:
4 Nights Lodging, 4 Breakfasts, 3 Dinners
Escorted Tours of:
Hyannis, Chatham, Plymouth, Sandwich,
Martha's Vineyard, Hyannis Harbor Cruise with
view of Kennedy compound
Luggage Handling
Souvenir Gift
Motorcoach Transportation
Double Occupancy: \$1,080.00/person
Single Occupancy: \$1,349.00/person

JOIN US FOR OUR ANNUAL CHRISTMAS TRIP THURSDAY, DECEMBER 11, 2025 \$105.00 / person

Check in at the decked-out St. Nicholas Hotel where we find our dashing dancers and merry musicians ready to "Deck the Halls!" Bubby Bubby bellhops and glittery guests make merriment in preparation for a visit from Old Saint Nick. This musical holiday adventure brings together friends old and new to celebrate the season with awe-inspiring performances designed to capture the hearts of the entire family.

Itinerary: Motor Coach ride to and from center, Christmas Show and enjoy
buffet lunch at "Le Due Stelle" banquet room at LaSicilia .
Cost: \$105.00 (Payment due at sign-up)
Leave: Promptly at 8:30am from Center
(be here at 8:15 am) (Parking available at the Nazarene Church)
Return: 3:30pm (approx.) to Center



To Sign Up and Get Information on Trips Beth Pellegrini, Program Coordinator 610-932-5244

bpellegrini@oxfordseniors.org

Contact between M-F, 9:00am-2:30pm

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

TRIP DAYS AND PARKING

Due to our limited parking, we ask that when you go on one of our trips, please park in the Nazarene Church parking lot. The church has graciously allowed us to park there. This will keep the limited street parking spaces open for folks visiting us during the day. Thank You.

Trip Policy

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

Trip Information

We are able to accommodate foldable walkers and foldable non-motorized wheelchairs. Unfortunately, the bus cannot transport motorized wheelchairs. Everyone needs to be able to navigate several steps entering and exiting the bus. Most trips require the ability to get on and off the bus, and a short walk into the venue and/or restaurant. We will endeavor to include in our description any trip that has excessive walking or obstacles.

SEPTEMBER 2025 MENU

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


Call or email to sign up for lunch TWO days in advance.

Cancellations should be called in asap or no later than 10am to help in not wasting food.

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MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Lunch announcements will begin at 11:50am so we can start serving by noon. Cleanup at 12:30, Program at 12:45pm

MON	TUE	WED	THU	FRI
1. Center is Closed 	2. Chicken Marsala Oven Roasted Potatoes Carrots WW Dinner Roll Fruit/Dessert	3. Cream of Potato Soup Crackers Pork Roast w/ Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert	4. Beef Stroganoff Egg Noodles w/Gravy Mixed Vegetables WW Dinner Roll Fruit/Dessert	5. Lasagna Broccoli Italian Bread Fruit/Dessert
8. Meatloaf w/ Gravy Mashed Potatoes Green Beans WW Dinner Roll Fruit/Dessert	9. Vegetable Soup Crackers Fish Filet Sandwich WW Hamburger Bun Tartar Sauce Cole Slaw Fruit/Dessert	10. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Fruit/Dessert	11. Chicken Noodle Soup Crackers BBQ Roast Pork WW Hamburger Bun Oven Roasted Sweet Potatoes Fruit/Dessert	12. Chicken stuffed with Broccoli & Cheese Carrots Brown Rice Fruit/Dessert
15. Chef Salad Turkey, Ham, Shredded Cheddar, Romaine Mix, Shredded Carrots, Sliced Cucumbers, Tomatoes WW Roll Fruit/Dessert	16. French Lentil Soup Crackers Kielbasa & Sauerkraut Potato Pierogies Fruit/Dessert	17. Birthday Party Chicken Alfredo Spaghetti Mixed Vegetables WW Dinner Roll Cupcake & Ice Cream 	18. Beef Noodle Soup Crackers Veal Parmesan Sandwich Multigrain Kaiser Roll Carrots Fruit/Dessert	19. Swedish Meatballs Egg Noodles w/Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert
22. Chicken Cordon Bleu Mixed Vegetables WW Dinner Roll Fruit/Dessert	23. Cream of Mushroom Soup Crackers Roast Beef Au Jus Multigrain Kaiser Roll Cole Slaw Fruit/Dessert	24. Baked Ziti Marinara Sauce Mozzarella Romaine Salad w/ Cucumbers, Tomatoes, Carrots Salad Dressing Garlic Bread Fruit/Dessert	25. Open-Faced Roast Beef on WW Bread w/ Gravy Peas & Carrots Fruit/Dessert	26. Baked Penne Pasta w/ Meatballs Mozzarella Cheese Italian Bread Fruit/Dessert
29. Meatloaf w/ Gravy Mashed Potatoes Green Beans WW Dinner Roll Fruit/Dessert	30. Vegetable Soup Crackers Fish Filet Sandwich WW Hamburger Bun Tartar Sauce Cole Slaw Fruit/Dessert		Food Vendor Oxford Area Senior Center 	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$5.70

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

Senior Center membership is not required for those 60 and older to participate in the lunch program. Chester County residents 60 and older are invited to attend their local Senior Center to enjoy a noon time meal. There is no cost for the meal but you must reserve your meal TWO days in advance. A voluntary confidential contribution of \$2.00 is appreciated toward the cost of the meal but is not required. *The official registration and financial information of Chester County Department of Aging Services may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.*

Chesco Connect Transportation Available for 65+

OCTOBER 2025 MENU

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

Call or email to sign up for lunch TWO days in advance.

Cancellations should be called in asap or no later than 10am to help in not wasting food.

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MON	TUE	WED	THU	FRI
Food Vendor Oxford Area Senior Center 	SENIORS 60 & ABOVE A voluntary confidential requested \$2.00 donation INDIVIDUALS UNDER 60 \$5.70	1. Cream of Potato Soup Crackers Pork Roast w/ Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert	2. Beef Stroganoff Egg Noodles w/Gravy Mixed Vegetables WW Dinner Roll Fruit/Dessert	3. Lasagna Broccoli Italian Bread Fruit/Dessert
6. Meatloaf w/ Gravy Mashed Potatoes Green Beans WW Dinner Roll Fruit/Dessert	7. Vegetable Soup Crackers Fish Filet Sandwich WW Hamburger Bun Tartar Sauce Cole Slaw Fruit/Dessert	8. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Fruit/Dessert	9. Chicken Noodle Soup Crackers BBQ Roast Pork WW Hamburger Bun Oven Roasted Sweet Potatoes Fruit/Dessert	10. Chicken stuffed with Broccoli & Cheese Carrots Brown Rice Fruit/Dessert
13. Chef Salad Turkey, Ham, Shredded Cheddar, Romaine Mix, Shredded Carrots, Sliced Cucumbers, Tomatoes WW Roll Fruit/Dessert	14. French Lentil Soup Crackers Kielbasa & Sauerkraut Potato Pierogies Fruit/Dessert	15. Birthday Party Beef Noodle Soup Crackers Veal Parmesan Sandwich Multigrain Kaiser Roll Carrots Cupcake & Ice Cream 	16. Chicken Alfredo Spaghetti Mixed Vegetables WW Dinner Roll Fruit/Dessert	17. Swedish Meatballs Egg Noodles w/Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert
20. Chicken Cordon Bleu Mixed Vegetables WW Dinner Roll Fruit/Dessert	21. Cream of Mushroom Soup Crackers Roast Beef Au Jus Multigrain Kaiser Roll Cole Slaw Fruit/Dessert	22. Baked Ziti Marinara Sauce Mozzarella Romaine Salad w/ Cucumbers, Tomatoes, Carrots Salad Dressing Garlic Bread Fruit/Dessert	23. Open-Faced Roast Beef on WW Bread w/ Gravy Peas & Carrots Fruit/Dessert	24. Baked Penne Pasta w/ Meatballs Mozzarella Cheese Italian Bread Fruit/Dessert
27. Meatloaf w/ Gravy Mashed Potatoes Green Beans WW Dinner Roll Fruit/Dessert	28. Vegetable Soup Crackers Fish Filet Sandwich WW Hamburger Bun Tartar Sauce Cole Slaw Fruit/Dessert	29. Cream of Potato Soup Crackers Pork Roast w/ Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert	30. Beef Stroganoff Egg Noodles w/Gravy Mixed Vegetables WW Dinner Roll Fruit/Dessert	31. Lasagna Broccoli Italian Bread Fruit/Dessert

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

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Chesco Connect Transportation Available for 65+

SEPTEMBER 2025 ACTIVITIES

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MON	TUE	WED	THU	FRI
<p>1. LABOR DAY Center is Closed</p> <p>8:30 Gentle Stretching & Balance (OS)</p> <p>NO PRODUCE THIS WEEK</p>	<p>2. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p> <p>4:30 Zumba</p> <p>Pickup Coloring Contest Picture</p>	<p>3. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure <u>11:45 Lunch</u> 12:45 Bingo w/ ABC</p>	<p>4. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p> <p>4:30 Zumba</p>	<p>5. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u></p> <p>1pm CLOSING EARLY due to streets closures in Oxford for Car Show</p>
<p>8. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Mosaic Craft</p> <p>Produce Pickup today changed to 1pm due to limited staff</p>	<p>9. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p> <p>4:30 Zumba</p>	<p>10. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure <u>11:45 Lunch</u> 12:45 Bingo</p>	<p>11. 8:30 SilverSneakers (OS) 9-3 American Treasure Museum Trip 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p> <p>4:30 Zumba</p>	<p>12. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p>
<p>15. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Advanced Care Planning</p> <p>Produce Pickup today changed to 1pm due to limited staff</p> <p>7:00 pm Medicare 101</p>	<p>16. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Trivia Tuesday</p> <p>3PM Board Meeting</p> <p>4:30 Zumba</p>	<p>17. Birthday Party 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-12 Constituent Outreach <u>11:45 Lunch</u> 12:45 Sweetlife</p>	<p>18. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Petals Please</p> <p>4:30 Zumba</p>	<p>19. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p>
<p>22. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary</p> <p>Produce Pickup today changed to 1pm due to limited staff</p>	<p>23. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games</p> <p>4:30 Zumba</p>	<p>24. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure <u>11:45 Lunch</u> 12:45 Bingo</p>	<p>25. 8:30 SilverSneakers (OS) 9-2:30 IGC Jeweler Event 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Confection Connection</p> <p>4:30 Zumba</p>	<p>26. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary</p> <p>Submit Coloring Contest Picture Deadline</p>
<p>29. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Self Defense for Seniors</p> <p>Produce Pickup today changed to 1pm due to limited staff</p>	<p>30. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Herbal Sachet</p> <p>4:30 Zumba</p>	<p>Fundraiser Kreider's Gift Card</p> <p>Tickets available now to end of December</p> <p>See Hostess</p>	<p>Technology Help with Colleen will not be available during the month of September</p>	<p>(OS) = Off-Site via Zoom</p> <p>ABC = Always Best Care</p>

Chesco Connect Transportation Available for 65+

OCTOBER 2025 ACTIVITIES

MON	TUE	WED	THU	FRI
Fundraiser Kreider's Gift Card Tickets available now to end of December See Hostess	(OS) = Off-Site via Zoom ABC = Always Best Care	1. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo w/ ABC NO Q&A/Tech Help	2. 8:30 SilverSneakers (OS) 9-11 Senior Expo at The Barn of Nottingham presented by Rep John Lawrence 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 September's Coloring Contest Judging NO Q&A/Tech Help 4:30 Zumba	3. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Breast Cancer Awareness WEAR PINK ! Pickup Coloring Contest Picture
6. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary 2-3 Q&A/Tech Help	7. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Trivia Tuesday 2-3 Q&A/Tech Help 4:30 Zumba	8. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help	9. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games 4:30 Zumba	10. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games
13. Cape Cod Trip 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Medicare Update for 2026 2-3 Q&A/Tech Help	14. Cape Cod Trip 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-12 Cards/Games 11-2 Senator Comitta's Senior Expo in West Chester <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	15. Birthday Party Cape Cod Trip 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure NO Q&A/Tech Help 10-12 Constituent Outreach 10-12 Edward Jones Q&A <u>11:45 Lunch</u> 12:45 Dave Miceli NO Q&A/Tech Help	16. Cape Cod Trip 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Petal Please 4:30 Zumba	17. Cape Cod Trip 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary
20. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games NO Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Decoupage leaf bowl NO Q&A/Tech Help	21. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 3PM Board Meeting 4:30 Zumba	22. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Q&A/Tech Help	23. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 Confection Connection 2-3 Q&A/Tech Help 4:30 Zumba	24. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Arts & Crafts w/ Mary Submit Coloring Contest Picture Deadline
27. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 10-11 Q&A/Tech Help <u>11:50 Lunch</u> 12:45 October's Coloring Contest Judging 2-3 Q&A/Tech Help	28. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-12 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games 2-3 Q&A/Tech Help 4:30 Zumba	29. 8:30 Gentle Stretching & Weight Lifting (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Q&A/Tech Help <u>11:45 Lunch</u> 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 <u>11:50 Lunch</u> 12:45 Halloween Party 2-3 Q&A/Tech Help 4:30 Zumba 6:00pm Oxford Halloween Parade	31. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:50 Lunch</u> 12:45 Cards/Games Daylight Savings Sunday at 2am November 2, 2025

What's Happening in September!!

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Monday, September 1

**We are Closed
for the holiday.**

Enjoy!!

NO PRODUCE FOR THE WEEK

SEPTEMBER COLORING CONTEST

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

Starting on Tuesday, September 2nd

Take the picture home to color at your leisure. We have coloring pencils and crayons available to borrow. Please return them when you submit your picture.



All pictures must be entered into the contest by

Friday, September 26th



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
Thursday, October 2nd
12:45pm**

**BINGO with Vanessa
from
Always Best Care**

**Wednesday, September 3rd
12:45pm**



**FRIDAY,
SEPTEMBER 5
1pm CLOSING EARLY**
due to streets closures
in Oxford for Car Show



HAPPY GRANDPARENT'S DAY!

Sunday, September 7

PRODUCE PICKUP

**Beginning Monday, September 8th
we are asking everyone to come
1-3pm to pick up produce.
Please do not come in before 12:45pm.**



**Join us in
Making Mosaic
Ornaments
For Fall**

**Monday, September 8th
12:45pm**



**Advanced Care
Planning
with
Matthew Thompson
Monday,
September 15th
12:45pm**



**Medicare 101
w/ Sally
Sign up requested**

**Monday, September 15th
7:00pm**



**TUESDAY
September 16th
12:45 pm**

Birthday Party

**Entertainment
Sweetlife**



**Wednesday, September 17th
12:45pm**

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

Continued on next page

What's Happening in September!!



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

**Thursday September 18th
12:45pm**

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



Arts and Crafts w/ Mary

**Monday, September 22nd
12:45pm**

**Friday, September 26th
12:45pm**



**A CONCIERGE
JEWELER EVENT &
PRECIOUS GEM &
METALS DAY**

**Thursday, September 25, 2025
9:00am - 2:30pm**

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

Some Repairs Done While You Wait
Free Jewelry Cleaning And Inspection

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

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

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

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



Confection Connection

**Thursday, September 25th
12:45pm**

Join our very own Joanne
Decorating Cupcakes

**Self Defense for Senior Citizens
Better to know it and not need it
then to need it and not know it**



**Monday,
September 29th
12:45pm**



**Want your drawers to
smell fresh
Or your home?
Lets make
Herbal Sachet's**

**Tuesday, September 30th
12:45pm**

Lets get outside!

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

**As long as the weather
cooperates**

**Fun, friends, games
and snacks!**



We are collecting Bingo Prizes
Our bingo prizes come from
your generous donations.

We need your help!!

So please consider donating some **AWESOME** items!! (**NO CLOTHING**) Items that you would like to take home! Some suggestions: hand soap, dish soap, paper towels, toilet paper, hand cream, chapstick, etc.

You can also make a monetary donation (cash) that we will use to buy new items.

Please consider donating so that we can continue this fun program.

Continued on next page

What's Happening in October!!

Center Voice
Page 11

**BINGO with Vanessa
from
Always Best Care
Wednesday, October 1
12:45pm**



**Arts and Crafts w/ Mary
12:45pm on**

**Monday, October 6th
Friday, October 17th
Friday, October 24th**

Rep. John Lawrence cordially invites you to attend his
SENIOR EXPO
for citizens age 65 and older

Conveniently located at The Barn of Nottingham,
just off the Nottingham exit of Route 1.



Thursday, Oct. 2, from 9-11 a.m.
(Doors open at 9 a.m.)

The Barn of Nottingham, 101 Ponds Edge Drive, Nottingham, PA

Exhibits and programs will include:

Health care - Insurance - County & State Government Services – and more.

Questions? Call 610-869-1602 or visit my website at RepLawrence.com

As a light breakfast will be provided, we request that you please
RSVP by Sept. 19 by calling our Jennersville office at (610) 869-1602.

October 2025
That's when the 2026
Social Security
Cost-of-Living
Adjustment will
be announced

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



**Wear Pink on
Friday, October 3rd
12:45 pm
Talk on Breast Cancer
Awareness Day**

OCTOBER COLORING CONTEST

Pickup a coloring page from the Hostess desk
Starting on Thursday, October 3rd

Take the picture home to color at your leisure. All
pictures must be entered into the contest
by **Friday, October 24th**



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, October 27th
12:45pm**



TUESDAY

**Tuesday, October 7th
12:45pm**



**Medicare Update for 2026
w/ Sally**

**Monday, October 13th
12:45pm**

This is for everyone currently on Medicare. Sally will
discuss the upcoming changes to Medicare for 2026 so
you have the information you need during Medicare's
Open Enrollment where you can make changes to
your Medicare coverage for 2026. Open Enrollment
runs from October 15 to December 7, 2025.

Sign up requested



Continued on next page

What's Happening in October!!



SAVE THE DATE

Senator
Carolyn Comitta
Serving Chester County


SENIOR EXPO

Tuesday October 14, 2025
11am-2pm

West Chester University (South Campus)
Sturzebecker Health Science Building
855 S New St, West Chester, PA 19383


Join us for resources, activities, and services available to our older neighbors in Chester County.

PASenatorComitta.com [@SenatorComitta](https://twitter.com/SenatorComitta)



Decoupage Leaf Bowl
w/ Beth

Monday, October 20th
12:45pm



Confection Connection

Thursday, October 23rd
12:45pm

Lets see what Joanne bakes up for us today!



HALLOWEEN FUN & GAMES
Thursday, October 30th
ALL DAY FUN!

Come and Join us for a day of Games, Treats, and all around Good Time

Walk into a room transformed into a HALLOWEEN FUN LAND!

Organized games and special treats

Costumes are optional

ARE YOU READY FOR THE FUN?!?!

Mark this one down in your calendar
You don't want to miss it!!



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.

Birthday Party



Entertainment
Dave Miceli

Wednesday, October 15th
12:45pm



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

Thursday October 16th
12:45pm

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





SEPTEMBER BIRTHDAYS

1 Esther Curry	19 Della T. Malone
2 Helen D. Preston	19 Gerardo Rico
2 Joyce E Hershey	19 Norman Terry Winters
2 Regina Sauk	20 C. Randy Teel
3 Beatrice E. Broughton	21 Dolores E. Thompson
3 Velma Brown	21 Linda D Johnson
5 Sana L. McLaughlin	21 Dianne K. Rickards
5 Edgar A. Perkins	21 Mary A. Stark
6 Joyce A. Cook	22 Betsy Jane Conner
6 Paul D. Baringer	22 Jack M. Supplee
7 Harlan J. Holmes	22 David R. Ross
8 Eugenia Maruca	23 Thomas R Craft
9 Betty J. Evosirch	24 Milton H. Rudy
10 Kathleen B. Logue	25 Anne P. Thorpe
11 Albert W. Lilley	26 Mildred E. Emerson
12 Lorraine Broomell	26 Ila Marie Barlow
12 Donna Samarya	26 Samuel Hoffman
13 Jennifer B Watson	26 Dan M McLelvey
15 Marilyn J Watson	27 Domenick Scaperotto
16 Beverly A. Parsons	27 Rebecca K Stillman
16 Patricia M Dillow	28 Carol A. Virgilio
16 Harold C. Swisher	28 Susan M Miller
16 James Dennis Lindsey	28 Irene M. Hollywood
17 Bonnie Jo Little	28 Sharon K Wuori
17 Kimberly R. Mason	28 Loretta M. Stanton
17 Nancy G. Chack	29 David W. Whitby
17 Dudley M. Cummings	30 Ralph W. Purcell
18 Peter W Slauch	30 William R. Thompson Jr.

OCTOBER BIRTHDAYS

1 Frances Louise Gray	17 Donna B. McLimans
1 Elizabeth A Kelly	17 Velma M. Smith
1 Arlene Lo Sasso	17 William E Tackett
3 Stacy D Curry Sr.	19 Carol A. Hauser
3 Elaine C. Staunton	19 Avanelle Pyle
3 John I. Watson Jr.	20 Mary Rucker
4 Mary L Burton	20 Shirley A Terry
7 Darlene L. Noon	21 Gail A. Brewer
7 Barbara J. Watson	21 Bette H. Ferry
8 Phyllis A Friedemann	21 Patricia A. McLaughlin
8 Gail L Hilton	21 Anne Marie C Schramm
8 Merrill A Hollingsworth	21 Deborah L. Starkey
8 Kathie L. Roy	21 Edward D. Thornton
10 Mark R Andrews	22 Cheryl K. Adkinson
10 Sally Anne Arter	22 Jerry Coleman
10 Mary Lou Hollins	22 Charlotte Ann Fiske
10 Susan B. Melrath	22 Patricia M Markley
10 Lorie A. Walton	23 Peggy Bachman
11 Paul B. Palazzi	24 Faye R. Doyle
12 Terry Lee Murray	25 Ronald C. Mullins
13 Diana L. Gonzales	28 Virginia H. Poff
13 Phyllis M. Ritchie	29 Stewart A Shapiro
13 Kay A. Thomas	29 Frances B. Sharon
14 Laurie A Trunzo	30 Lynn Cavacini
15 Richard A Bachman	30 Carol D Latsch
15 Peggy M. Patterson	31 Karen Roselle
16 Betty L Abbott	31 John D. Shadel
16 William Botella Sr	31 Karen Ann Sherman

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, September 17
Wednesday, October 15
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, September 17
Wednesday, October 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.

Medicare Open Enrollment Period



The Medicare Annual Open Enrollment Period runs from Wednesday, October 15 through Sunday, December 7. This enrollment period gives you a chance to revisit your plan choice and make changes if needed. The changes you can make include the following:

- Join, drop, or switch to another Medicare Advantage Plan (Part C) (or add or drop drug coverage).
- Switch from Original Medicare to a Medicare Advantage Plan or from a Medicare Advantage Plan to Original Medicare. (Parts A & B)
- Join, drop, or switch to another Medicare prescription plan if you're in Original Medicare (Part D).

Sally Arter, our Medicare Counselor will be available for appointments Monday through Thursday. Appointments can be scheduled beginning Wednesday, October 15 to Thursday, December 4, 2025, 9:30am-2:30pm. She will begin to schedule appointments on October 1. Call 610-932-5244 to make your appointment with Sally.



Daylight Savings
Time
ends at 2am
on Sunday,
November 2, 2025

Fundraiser

Kreider's Market
Gift Card \$9.00 each
Good for any menu item(s)
totaling \$9.00
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 available
August thru December
and are valid to
February 28, 2026

Tickets available beginning
August 1, 2025 at the
Hostess desk or from any
Board Member

(This is not a valid ticket)



There will be NO yard sale this year.
Please feel free to donate your yard sale items
to other local organizations yard sale events.

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



Community Services

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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.



**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.



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



Health and Wellness Programs



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

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. Please check the activity calendar on page 5.



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
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!**



Exercise Classes Sponsored by Trivity Health Instructor Barbara Bond & Barbara McAdams Currently Off-Site via Zoom

osc.exercise.instructor@gmail.com or 610-348-6763



**Tuesday and Thursday
8:30AM - 9:30AM**

Trivity Health's SilverSneakers Classic Fitness Program is a comprehensive **no cost** older-adults physical activities program that addresses the needs of the 60 + year old population. Muscular Strength & Range of Movement is the core class of this exercise program. Come on in and get yourself back in shape. Come and see how much better you'll feel after a 45 minute workout.. There is no cost for this program and Senior Center membership is not required for individuals 60 and older.

**Gentle Stretching
SilverSneakers Yoga
Monday, Wednesday, Friday
8:30AM - 9:00AM**

The class is a variety of seated and standing yoga postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Come and see how relaxed and refreshed you will feel after a 30 minute yoga class.

**Balance
Exercises to Reduce Fall Risk
Monday, Friday or Wednesday
9:00AM - 9:30AM (schedule on pg. 5)**

This class is designed to improve fall prevention by increasing awareness of fall risks, focusing on a stronger base and strengthening core muscles.



**Weight Lifting
to Increase Bone Density
Monday, Friday or Wednesday
9:00AM - 9:30AM (schedule on pg. 5)**

This class focuses on lifting light weights which will help build stronger bones and muscles.



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

PLEASE NOTE TIME CHANGE

Every Monday, Produce from Chester County Food Bank is available from **1pm-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, September 15 @ 7:00pm

**2026 Medicare Update on
October 13 @ 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

No Technology Help in September

Computer Q&A and Technology Help

Do you need help with your electronic device?

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

Bring your device in and learn to use it!
Just stop in during one of the times listed on the
Activity Calendar, \$5 per session

QUESTIONS??

Colleen will be happy to answer your technology questions. Here is how to contact her:

- Come to one of the Q&A/Tech Help sessions on most Monday, Tuesday, Wednesdays or Thursdays (see activity calendar for exact dates)
- Call Colleen at 610-932-5244
- Email Colleen at caowens@oxfordseniors.org

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

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

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

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

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

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

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



FREE FOOD FOR SENIORS

**Commodity Supplemental Food Program
PA SENIOR FOOD BOX PROGRAM**

What do you need to know to be eligible?

- If you are 60 years of age or older.
- If your total household income is below 150%.
 - Household 1 person: Monthly income \$1,957
 - Household 2 people: Monthly income \$2,644

What will you receive in the food box?

- FRUITS & JUICES: 1 juice & 3 fruits or 1 juice, 2 fruits, 1 raisin
- VEGETABLES: 6-8 vegetables & dehydrated potatoes
- CHEESE: 2-pound block
- MILK: 2 UHT milk –32 oz each
- MEAT, POULTRY & FISH: 1 beef or 1 chili & 1 poultry or fish
- PLANT-BASED PROTEIN: 3 peanut butter, canned beans, dry beans, or lentils
- CEREALS: 2 dry, farina, rolled oats or grits
- PASTA & RICE: 2 pasta or white/brown rice

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

**Lancaster County Residents
Central PA Food Bank, Eldershare Program
717-564-1700**

OXFORD AREA SENIOR CENTER
12 East Locust
Oxford, PA 19363

610-932-5244 phone
610-932-8084 fax
www.oxfordseniors.org
contact@oxfordseniors.org

Bulk Rate
US Postage Paid
Non-profit Org.
Permit No. 9
Oxford, PA 19363

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

RETURN SERVICE REQUESTED

Board of Directors 2025/2026

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



Oxford Ares Senior Center

STAFF

Jim McLeod	Executive Director
Beth Pellegrini	Program Coordinator
Jim Jackson	Kitchen Supervisor
Joanne Cheek	Kitchen Staff
Colleen Owens	Information Technology Specialist
Sally Arter	Information & Assistance Specialist
Jean Bender	Hostess (W, Th, F)
Jan Weaver	Hostess (M, Tu)
Chris May	Grant Writer

INSTRUCTORS

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

The Oxford Area Senior Center is funded in part under a contract with the Chester County Department of Aging Services and PA Department of Aging. Funding is also provided by the Emergency Aid of PA Foundation, Leo & Peggy Pierce Family Foundation, Chester County Community Foundation, James & Lois Herr Family Foundation, Herr Foods, Inc., 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.

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.