

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

52 years of service to older adults

Director's Corner

September is National Senior Center Month.

Stop by and see what's going on in your senior center. We have activities and games before and after our noon-time congregate lunch, blood pressure checks on the 2nd & 4th Wednesdays between 10-11AM, bingo every Wednesday after lunch except the 3rd Wednesday, when we have our birthday party, and much more. Informative and educational programs regarding health, nutrition, current events, cupcake 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 lights are lit and working properly.

Join us for our noontime lunches. 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 for 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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CONTACT US

Our email address:
contact@oxfordseniors.org

This is for general
questions and information.

Each staff member has their
own email address.

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

To our always reliable friends:

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

IN KIND GIFTS

Bingo Donators
 Oxford Women's Club
 Paul Hauser
 Kristen Lund
 Monique Manfield
 Chester County Dept of Aging
 Chester County Food Bank
 Dollar Tree, Oxford
 Giant Food Store, Jennersville
 Philips Florist

DONORS

Elizabeth & Stewart Shapiro
 Wawa Foundation

**Donating made easy.**

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

Donate

**PARTICIPATION INFORMATION**

Oxford Area Senior Center does not have a membership fee. We welcome a **Voluntary Participation Contribution.** We encourage everyone to make their voluntary participation contribution during the same month each year. Please call us for your renewal date.

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

Come Join Us...

Participate and be more active!

Come for companionship and camaraderie.

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

These include:

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

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

IN MEMORY

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

**Sana McLaughlin
 Gerald Ortega
 Dorothy Zeigler**

**OUR
 BEST WISHES &
 THOUGHTS GO TO:**

Roseann Ortega
 Janet Rivera & Family

And to the families of:
 Sana McLaughlin
 Dorothy Zeigler



INFORMATION & ASSISTANCE

Are we having fun yet? With 2/3rds of 2026 over and the last rose of summer in front of us, I hope that you've been having fun - enjoying life!!

*PACE/PACENET with Medicare Part D is now called PACE Plus Medicare. This means cardholders may enjoy the best benefits both programs have to offer. If you have a Medicare Part D prescription plan, and Pace, show **both cards** when you go to the pharmacy. Should your card be turned down, immediately have the pharmacist contact the PACE program. You should remain there until it is resolved. Pennsylvania continues to offer one of the most generous prescription plans for seniors in the country. The PACEplus program is here to stay.*

Another plan for Seniors is the Property Tax/Rent Rebate program. Applications based on your 2025 income have been extended to 12/31/26. Rent Rebate and Tax Rebate household income limits are now \$48,110, as shown on the table. The applications already filed for rebates for property taxes and rent paid during 2025 are now in process for distribution.

TAX REBATE TABLE

\$0 and \$8,550	- \$1,000 rebate
\$8,551 to \$16,040	- \$770 rebate
\$16,041 to \$19,240	- \$460 rebate
\$19,241 to \$48,110	- \$380 rebate

Getting or knowing 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 14th at 7:00pm. Medicare Update is scheduled for Monday, October 12th 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 website for more information on the Update Classes. Learn all the new things for 2027.

Open enrollment for Medicare Part D plans begins Oct. 15th. You need to check out your options. The plan you have now may be changing fees, formularies and/or deductibles. December 8th will be too late to change. Don't wait or take the chance that your plan will be "OK" next year! As some of you found out the hard way, prices & coverage do change from year to year. Doesn't cost anything to check it out!

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 me if you have any questions. I'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 website at www.chesco.org/human. Once on the site, locate the Refer Web icon, click on it and start searching.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Seniors (60+ years) A voluntary confidential donation of \$2.00 is requested Individuals under 60 The meal cost \$5.70	1. Corn Chowder & Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Fruit/Dessert	2. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Fruit/Dessert	3. Chicken Noodle Soup & Crackers BBQ Roast Pork WW Hamburger Bun Oven Roasted Sweet Potatoes Fruit/Dessert	4. Chicken stuffed with Broccoli & Cheese Carrots Brown Rice Fruit/Dessert
7. Center is Closed 	8. Cream of Mushroom Soup & Crackers Roast Beef Au Jus Multigrain Kaiser Roll Cole Slaw Fruit/Dessert	9. Chicken Alfredo Spaghetti Mixed Vegetables WW Dinner Roll Fruit/Dessert	10. Beef Noodle Soup & Crackers Veal Parmesan Sandwich Carrots Multigrain Kaiser Roll Fruit/Dessert	11. Swedish Meatballs Egg Noodles Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert
14. Chicken Cordon Bleu Mixed Vegetables WW Dinner Roll Fruit/Dessert	15. French Lentil Soup & Crackers Kielbasa & Sauerkraut Potato Pierogies Fruit/Dessert	16. Birthday Party Baked Ziti Romaine Salad w/ Cucumbers, Grape Tomatoes, Shredded Carrots Italian Dressing Garlic Bread Cupcake & Ice Cream	17. Open-Faced Roast Beef Gravy WW Bread Peas & Carrots Fruit/Dessert	18. Baked Penne Pasta w/ Meatballs Mozzarella Cheese Italian Bread Fruit/Dessert
21. Chicken Marsala Oven Roasted Potatoes Carrots WW Dinner Roll Fruit/Dessert	22. Beef Stroganoff Egg Noodles w/Gravy Mixed Vegetables WW Dinner Roll Fruit/Dessert	23. Cream of Potato Soup & Crackers Pork Roast Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert	24. Chicken Cordon Bleu Baked Potato Broccoli Dinner Roll Fruit/Dessert	25. Lasagna Broccoli Italian Bread Fruit/Dessert
28. Meatloaf Mashed Potatoes Broccoli Dinner Roll Fruit/Dessert	29. Corn Chowder & Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Fruit/Dessert	30. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Fruit/Dessert		Food Vendor Oxford Area Senior Center 

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

Senior Center membership is not required for adults 60+. Chester County residents 60 and older are welcome to enjoy a free noon meal with a reservation made two days in advance. A voluntary \$2.00 contribution is appreciated but not required. For financial information about Chester County Department of Aging Services, call 1-800-732-0999. **Chesco Connect Transportation Available for 65+**

SEPTEMBER 2026 ACTIVITIES

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY, SEPTEMBER 7th, 2026 NO PRODUCE FOR THE WEEK Center will be closed for the Labor Day Holiday	1. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba Pickup Coloring Page	2. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Bingo w/ ABC 2-3 Technology Help	3. 8:30 SilverSneakers (OS) 10-11 Technology Help 9:30-11:30 Cards/Games 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba	4. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 1pm Closing due to the Car Show in Oxford
7. LABOR DAY Center is Closed 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) NO PRODUCE THIS WEEK	8. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Trivia 2-3 Technology Help 4:30 Zumba	9. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Technology Help	10. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Canine Partners 2-3 Technology Help 4:30 Zumba	11. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Pearl's Palette
14. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Visiting Angels 2-3 Technology Help 7:00 Medicare 101	15. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Fox Chase: Prostate Cancer 2-3 Technology Help 3pm Board of Directors Meeting 4:30 Zumba	16. Birthday Party 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure NO Technology Help 10-12 Constituent Outreach 10-12 Edward Jones Advisor <u>11:45 Lunch</u> 12:45 Entertainment: Mike Krop	17. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 National Play-Doh Day 2-3 Technology Help 4:30 Zumba	18. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Cards/Games
21. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Cards/Games 2-3 Technology Help	22. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Fall Craft 2-3 Technology Help 4:30 Zumba	23. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Technology Help	24. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA <u>11:45 Lunch</u> 12:45 Confection Connection 2-3 Technology Help 4:30 Zumba	25. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games <u>11:45 Lunch</u> 12:45 Arts & Crafts with Mary Submit Coloring Page
28. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Coloring Contest 2-3 Technology Help	29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Petals Please 2-3 Technology Help 4:30 Zumba	30. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure 10-11 Technology Help <u>11:45 Lunch</u> 12:45 Bingo 2-3 Technology Help	Fundraiser Kreider's Gift Card Tickets available now to end of December See Hostess	(OS) = Off-Site via Zoom ABC = Always Best Care

Chesco Connect Transportation Available for 65+

WHAT'S HAPPENING

Get Ready for Our Coloring Contest!

Grab a page from the Hostess desk, show off your skills, and compete for a spot in the top three!

Key Dates

- **Tuesday, September 1st:** Pick up your page at the Hostess desk.
- **Friday, September 25th:** Turn in your masterpiece.
- **Monday, September 28th @ 12:45pm:** Cast your vote!

Quick Rules

- **Stay Anonymous:** Names go on the back, so voting is completely fair.
- **Keep it Secret:** Don't show your work early to keep votes unbiased.



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



**Join us in
welcoming
Canine Partners!
Thursday
September 10th
12:45pm**

**Bingo with Vanessa
from**

Always Best Care

**Wednesday, September 2nd
12:45pm**



**Friday, September 11th
12:45pm**

Sign up required

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



**FRIDAY,
SEPTEMBER 4
1pm CLOSING EARLY**
due to streets closures
in Oxford for Car Show

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



**Monday, September 14th
12:45pm**



Monday, September 7
**We are closed
for the holiday.**
Enjoy!!

NO PRODUCE FOR THE WEEK



Medicare 101 w/ Sally

**Monday,
September 14th
7:00pm**
Sign up requested

Collecting Bingo Prizes

Our bingo prizes are made possible by your generous donations. Please help by donating fun items for bingo prizes. Please do not donate clothing or books.



Need Information on Programs contact Beth Pellegrini, Program Coordinator

610-932-5244, bpellegrini@oxfordseniors.org

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

WHAT'S HAPPENING



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

Every 3rd Tuesday

Topic: Prostate Cancer

Presenter: Alexandra Traglia

**Tuesday, September 15th
12:45pm**



**It is time for a
Fall Craft**

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



Confection Connection

CANCELLED FOR SEPTEMBER

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



Birthday Party

Mike Kropp

**Wednesday, September 16th
12:45pm**

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

Arts and Crafts

**with
Mary**

**September 25th
12:45pm**



**National Play-Doh Day
September 17th
12:45pm**



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

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

Movement Mania

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



Fun, friends, games and snacks!

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

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

WHAT'S HAPPENING

Medicare 101

w/ Sally Arter

Monday, September 14th

7:00pm

If you will be joining the ranks of Medicare soon, are already in the Medicare system and have questions, this session is for you. Members of the PA MEDI program, Pennsylvania's volunteer statewide program of insurance consultation, will present an overview of Medicare including the definitions of Medicare A, B, C; exploration of the drug benefit (Part D), types of health care insurance available in Chester County, benefits available to low-income beneficiaries, and things to consider when selecting your medical coverage. A question and answer session will follow the presentations.

**Reserve your space, Call 610-932-5244
or email contact@oxfordseniors.org**

Technology Help with Colleen

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

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

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

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

Call 610-932-5244

Email caowens@oxfordseniors.org

Visit www.oxfordseniors.org
→ Activities → Technology Help



SEPTEMBER BIRTHDAYS

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

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 16th
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 16th
from 10:00am to noon**

HEALTH & WELLNESS



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

Tuesday
4:45-5:30pm

Thursday
4:45-5:30pm

ADULTS OF ALL AGES WELCOME!!

Just \$3 a class!
Bring a friend or 2 or 3!!

Kim Malone, Certified Zumba Instructor
For more information, call Kim @ 610-620-4676
or OASC @ (610) 932-5244

Exercise Classes Sponsored by Tivity Health
Instructor Barbara Bond & Barbara McAdams
Currently Off-Site via Zoom
osc.exercise.instructor@gmail.com or 610-348-6763



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

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

Free Blood Pressure Checks

A volunteer nurse is at the Center on 2nd and 4th Wednesday mornings from 10am to 11am. Stop by, have your blood pressure checked, enjoy some coffee or tea and spend some time with us. Check calendar.



NEED HELP BALANCING YOUR CHECKBOOK?

For those of you who need help balancing your checkbook, Jane Freeman can help you. You must contact Jane directly at (610) 932-2619 to schedule your appointment. Leave a message if she's not home. This is a very helpful, free service that she is volunteering her time to do.



**OPEN SWIM AT THE
JENNERSVILLE YMCA
EVERY THURSDAY 11-1**



**JUST LET THEM KNOW
YOU ARE WITH THE
OXFORD AREA SENIOR CENTER
OR SHOW YOUR KEYCHAIN
WITH COPILOT KEYCARD.
NO CHARGE!**

Bread



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

Produce



Every **Monday**, Produce from Chester County Food Bank is available from **1pm-3pm.** First come, first served until gone. Items vary weekly and may be available **Tues through Thurs, 9:30am-2:30pm, Fri 9:30am-12:30pm.**

Gentle Stretching

SilverSneakers Yoga

Monday, Wednesday, Friday
8:30AM - 9:00AM

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

Balance

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



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

Weight Lifting

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



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

Practice Tai Chi

for fitness and health

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



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

Barbara McAdams, ATCQA Certified Instructor

TRIPS



Trip to Charleston & Savannah!

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

Beth will be reaching out to everyone who signed up and paid for this trip after September 30th with more information. Parking, departure time, itinerary, luggage tags, Emergency Forms, etc.

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



DUTCH APPLE DINNER THEATER

Tuesday, November 3rd

NOW AVAILABLE FOR SIGN UP WITH BETH

Cost \$110.00 per person

**INCLUDES MOTORCOACH TRANSPORTATION,
SHOW AND LUNCH**

Step into the magic of the season with **Winter Wonderland**, American Music Theatre's 2026 Christmas show! From a charming Bavarian village to the festive North Pole, this dazzling production features stunning sets, gorgeous costumes, and live performances of your favorite sacred and secular holiday songs. With our sensational cast, live orchestra.



Thursday, December 17th

Sign up now with Beth

This trip WILL sell out quickly

**LUNCH TO FOLLOW SHOW AT
HERSHEY FARM RESTAURANT**

COST: \$115.00

**INCLUDES MOTORCOACH TRANSPORTATION,
TICKET FOR SHOW AND LUNCH**

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

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

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

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

Trip Policy

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

Parking on Trip Days

Because parking is limited, we will let you know where to park when we make your trip reminder call. This helps keep the Center's limited street parking available for daytime visitors.

**Thank you for your
understanding and cooperation!**

Trip Information

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

Fundraiser

**Kreider's Market
Sub Sale Tickets
\$9.00 each**

at

**Kreider's Market
717-529-6944**

Route 472, just north of the
Octorara Reservoir,
2396 Kirkwood Pike
Kirkwood, PA 17536

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

**Tickets are available
through December 2026
and are valid thru
February 28, 2027.**

Purchase tickets at the
Hostess desk or
from any Board Member.

(This is not a valid ticket)

CELEBRATING 100 YEARS WITH EVELYN STUMPO



Slow Down: Back to School Means Sharing the Road

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

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



HAPPY GRANDPARENT'S DAY!

Sunday, September 13th

Rep. John Lawrence cordially invites you to attend his

SENIOR EXPO

for citizens age 65 and older



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

Thursday,
OCT. 8
9-11 A.M.
(Doors open at 9 a.m.)

Conveniently located at
The Barn of Nottingham,
101 Ponds Edge Drive,
Nottingham, PA

As a light breakfast will be
provided, we request that you
please RSVP by Sept. 21 by
calling our Jennersville office at
610-869-1602.

Medicare Open Enrollment Period



October 15th through
December 7th

Coverage begins
January 1st

The Medicare Annual Open Enrollment Period runs from Thursday, October 15 through Monday, 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.



Senator
Carolyn Comitta
Serving Chester County

SENIOR EXPO



Tuesday October 13, 2026
11am-2pm

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

Join our **FREE** event with
resources, activities, and services
available to our older neighbors
in Chester County.

Register Today!



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

Community Services

Legal Services

Free Legal Advice

The Chester County Dept. of Aging Services is making an attorney available to senior residents of Chester County on the 2nd Monday of every month from 9:00 AM to 12:00 PM. This service is free to senior residents of Chester County.

Appointments are required. For more information or to schedule an appointment, contact the Dept. of Aging at 610-344-6350. All appointments are at the Dept. of Aging in West Chester.



Chester County
Department of Aging Services



SeniorLAW Center
Protecting the Rights of Older Pennsylvanians

Legal Helplines

The Pennsylvania SeniorLAW Helpline is a toll-free, state wide hotline for legal information, advice, and referral service for Pennsylvania senior citizens (60 years and older). This is a free and confidential telephone service, staffed by attorneys Mon-Thu from 10:00am-2:00pm. Call 1-877-727-7529. You can also visit their website <http://seniorlawcenter.org/> for more information.

Legal Aid Advice & Referral Helpline

Legal Aid of Southeastern PA operates a toll-free telephone intake, brief advice and referral system. If eligible, you can receive immediate assistance with a legal question or concern. Call 877-429-5994, Mon-Thu, from 9:00am-1:00 pm.



CHESTER COUNTY DEPARTMENT OF AGING

The mission of the Chester County Department of Aging Services is to provide home and community-based protection, advocacy, and information and assistance services to people aged 60 and over and their families, so they can have choices about how they want to live with dignity and respect, lead independent and active lives, and be free from abuse and neglect.



Chester County
Department of Aging Services

The Chester County Department of Aging has an Information and Referral (I & R) Specialist that can discuss the consumers various needs and concerns, offer information on numerous resources in the community (housing, financial assistance, transportation, counseling, meal programs, visiting doctors, and other general information and phone numbers) as well as information about the various programs offered through the Department of Aging.

Visit Chester County Department of Aging Services at <https://www.chesco.org/135/Aging> to obtain information on various topics or contact them at 610-344-6350 or ccaging@chesco.org:

- Aging Services and Referral for Services such as LIFE (Living Independence for the Elderly, Nursing Facility Assessments, Nursing Home Transition
- Medicare Counseling (PA MEDI) (see page 3)
- COMPASS: Health/Human Service Programs
- Legal Services (see article on left for information)
- Protective Services

EXPERIENCING HOMELESSNESS?

Sleeping outside or in a vehicle?

Fleeing domestic violence?

At risk of losing your current housing?



CALL 2-1-1 FOR ASSISTANCE



CHESTER COUNTY HAS SERVICES TO HELP

- Emergency services information available 24/7
- Intake done 8 AM to 5 PM, Monday - Friday
- Text your zip code to 898-211
- Se habla Español
- Hearing impaired? Use 7-1-1 relay service to call 2-1-1



Human Needs Network of Chester County



Taking
and responding
to 211 prevention or information calls
locally



Chester County's Department of Human Services is partnering with PA211 to provide local 211 navigators – a single point of information and referral support for 211 callers, connecting local residents to the health, housing and human services they need.

Taking & responding to 988 suicidal crisis or emotional distress calls locally

Chester County residents who call 988 will reach a team of crisis counselors located in Chester County. This local connection ensures a more comprehensive, effective, and accessible mental and behavioral health crisis response system for all who live in Chester County.



Community Services



Whole-Home Repairs Program

The Whole-Home Repairs Program assists eligible low-moderate-income Chester County homeowners in making critical repairs so their homes are habitable, safe, accessible, and healthy.

Chester County WHR Program awards must be below the amount of \$25,000 and will support labor and materials needed to complete home renovation activities. Homeowners are required to meet program eligibility requirements and approved scopes of work will only include repairs that directly address immediate health, safety, habitability, and accessibility concerns.

To view the Chester County Whole-Home Repairs Program Policies and Procedures (9/29/23) visit <https://www.chesco.org/5441/Whole-Home-Repairs-Program>

If you have an interest in the Whole-Home Repairs Program, please call 610-713-8088 or visit www.goodworksinc.org/whrp

Applications will be accepted until all funds have been awarded to eligible applicants.



Do you need:

- A new roof?
- A ramp to your door?
- A new furnace?
- Your house siding repaired?

FREE HOME REPAIRS

FOR LOW INCOME HOMEOWNERS

To qualify for free home repair, you must:

- own your home
- be current on mortgage, taxes and insurance



LEARN MORE

call us at: 610-444-1860

or apply online at:
goodneighborshomerepair.org/request-a-home-repair



Housing
Partnership
of Chester
County

www.housingpartnershipcc.com

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

Home Modification Access Program

This program will adapt your home to your specific disability. HPCC will provide modifications that include, but are not limited to: ramps, lifts, door and hallway widening, kitchen and bathroom modifications, visual doorbells, audio phones and visual phone signalers. There is a \$22,000 limited to this grant program. You will not be required to pay for this work.

Senior Citizen Home Maintenance Program

This program is administered by the HPCC on behalf of the Chester County Department of Community Development. The program provides basic home maintenance, repairs, and access modifications. There is a \$6,000 limit on work to be performed for each residence. This cost is considered a one-time, full grant. Work includes any type of home maintenance and repairs include, but are not limited to, roof repair, heater installation, window, decks, bathrooms, and siding.

For restrictions, eligibility requirements and income limits please call or visit website.

PA Dept. of Health Updates

Stay directly informed on health related issues by visiting the Pennsylvania Department of Health's website.

<https://www.health.pa.gov/Pages/default.aspx#>

Center for Disease Control (CDC)

Visit the CDC website for the latest information,

<https://www.cdc.gov/>

Chester County Health Department

Visit this website for the latest information for Chester County

<https://www.chesco.org/224/Health>

Governor's Websites

Visit the Governor's websites for important information.

Pennsylvania Governor's website: <https://www.governor.pa.gov/>

Maryland Governor's website: <https://governor.maryland.gov/>

Delaware Governor's website: <https://governor.delaware.gov/>

Veterans Affairs

In case you are a veteran or know of one in need, please call 610-344-6375 (<https://www.chesco.org/va>)

Emotional Support

Where people can turn if they need to talk:

Emotional Listening Line at 800-932-4616.

<http://www.contacthelpline.org/emotional-listening-support>

- The Chester County Department of Mental Health has information on how to access help and support. Visit their website and help us to get the word out by sharing this message. <https://www.chesco.org/615/Mental-HealthIntellectual-Dev-Disabiliti>
- Chester County Warm Line: 866-846-2722 or visit chesco.org/mhidd

Oxford Area Senior Center

Be sure to also check our website at

www.oxfordseniors.org/resources for other important resources in our area.

SENIOR SERVICES

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

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

If you or someone you know is at least 60 yrs. old and has low income (below 185%), please register for the CCSFBP box that is available to qualifying seniors each month.

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

Proof of age is required at sign up. There is no charge for this food.

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



Shared Ride Program

**Chester County Department
of Community Transit
“CHESCO CONNECT”**

Chesco Connect provide trips to individuals age 65+ for the following:

- Riders traveling for health care or medical services covered by Medical Assistance
- Persons with disabilities traveling for recreation, work, shopping, and medical trips
- General public riders paying the full fare

Contact 610-344-5545 to schedule rides



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**

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.



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

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

FRIDAYS: 9:00am - 11:00am

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



12 East Locust Street
Oxford, PA 19363

Phone: 610-932-5244

Fax: 610-932-8084

Website: www.oxfordseniors.org

Email: contact@oxfordseniors.org

In accordance with Federal Law the Oxford Area Senior Center does not discriminate on the basis of race, religion, color, handicap, sex, physical condition, developmental disability, sexual orientation, or national origin.

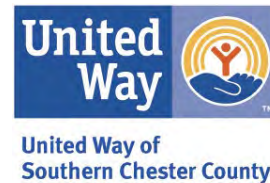
Oxford Area Senior Center

STAFF

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

INSTRUCTORS

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



Board of Directors 2026/2027

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

Members

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

The Oxford Area Senior Center is funded in part under a contract with the Chester County Department of Aging Services and PA Department of Aging. Funding is also provided by the Emergency Aid of PA Foundation, Leo & Peggy Pierce Family Foundation, Chester County Community Foundation, James & Miriam Herr Family Fund, Hutton Family HeLP Fund, Wentworth Assoc. Fund for Senior Housing, McLean Contribution Foundation, The Gordon Charter Foundation, United Way of Southern Chester County, United Way of Chester County, Luther Management Company of SCC, W. W. Smith Charitable Trust, BNY Mellon, Marshall-Reynolds Foundation, Oxford Area Civic Association, Wawa & Dansko Foundations, The Scholler Foundation, and surrounding municipalities. Funds are also raised by donations, craft sales, and donations given through memorials, wills and bequests. The Oxford Senior Center is a 501(c) (3) non-profit organization. All contributions are tax deductible.