

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

52 years of service to older adults

Director's Corner

On August 28th, we celebrated our third full year of handling the noontime meals totally in-house. Developing the menu, ordering the food, condiments, plates, napkins and everything else we use at lunchtime, and preparing/cooking and serving the meals have been done completely by our Kitchen Supervisor and volunteers. Our lunchtime seniors are enjoying what we've accomplished. You are no longer required to reserve your lunch more than a week ahead. Letting us know a few days ahead has worked fine. If something precludes you from attending when you have a meal reserved, let us know as soon as you can so we're not preparing food that won't be consumed. If you'd like to eat and don't have a meal reserved, call us that morning to see if we can provide one for you. Everything has been going very smoothly with the meal transition and again, all comments we've received have been very positive. But let us hear from you! Come and enjoy the lunches.

Cold weather is just around the corner so please have your heating and ventilation systems cleaned or checked to be in good working order. If you wait, it might be too late!!

Beth has some tremendous programs and activities scheduled for October and November. Take a look at the activities on pages 5, 6, and 7 and plan to attend. If you have some fun trips you'd like us to consider, please contact Beth with your ideas.

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:

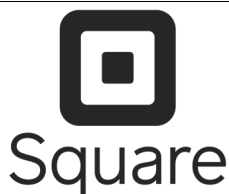
Mary Baringer
 Nancy Baringer
 Paul Baringer
 Howard Billings
 Isabella Carron
 Nora Clarke
 Tom Craft
 Christine Dolinger
 Jackie Duvall
 Jerry Ferguson
 Charlotte Floyd
 Jane Freeman
 Valerie Irving
 RuthAnn Lander
 Kristen Lilley
 Russ Lomax
 Monique Manfield
 Diane Marucca
 Beverly Parsons
 Betty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

IN KIND GIFTS

Bingo Donators
 Paul Hauser
 Monique Manfield
 Michael Reguerra
 Chester County Dept of Aging
 Chester County Food Bank
 Dollar Tree, Oxford
 Giant Food Store, Jennersville
 Philips Florist

DONORS

Land O'Lakes Foundation
 United Way of Chester County
 United Way of Southern Chester County

**Donating made easy.**

For your convenience you can donate from our website. Check out www.oxfordseniors.org and click on 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:

Lura Johnson

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

Alvin Johnson
 Valerie & Ernest Irving & Family

And to the families of:
 Lura Johnson



INFORMATION & ASSISTANCE

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

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

Beginning October 15th, we will be able to see if your current Part D plan will cover your prescriptions or if you need to change to a better plan. Please bring a complete list of current meds, strengths and dosage as they may have changed since last year. If you have already set up a "My Medicare" account, bring your account ID & Password. If you have ever set up an ID.gov account, that will take precedence over your "My Medicare" account and that ID & password will be needed. Call early to arrange your appointment. Open enrollment is from October 15th to December 7th. After December 7th it will be too late to make any changes for 2027. 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. If you receive a letter telling you your plan is being discontinued, DON'T PANIC!. If you have any questions, be sure to call to make an appointment to discuss your options. No question is too dumb or insignificant. It is **not necessary** to renew Supplement Plans. Our **Medicare Update** class will be on Monday, October 12th at 12:45pm.*

*Just turning 65? Be sure to attend a **Medicare 101** information session. The next one offered here will be on Monday, December 14th at 12:45pm. Virtual classes are still being offered through the Chester County Library System. Be informed!!*

*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.*

*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 15 for information.*

Now that Fall is here, don't wait until the last minute to prepare for winter. Start stocking up on batteries and small cans of food items that don't need to be heated such as prepared mini-meals — tuna salad, chicken salad, etc. Buying one can a week will give you a good supply by Dec/Jan in time for the first snowstorms.

Have a great month!

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.

OCTOBER 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	Food Vendor Oxford Area Senior Center 		1. Soup of the Day & Crackers BBQ Roast Pork WW Hamburger Bun Oven Roasted Sweet Potatoes Fruit/Dessert	2. Chicken stuffed with Broccoli & Cheese Carrots Brown Rice Fruit/Dessert
5. Cheeseburger & Bun w/Lettuce, Tomato Cole Slaw French Fries	6. Soup of the Day & Crackers Roast Beef Au Jus Multigrain Kaiser Roll Cole Slaw Fruit/Dessert	7. Chicken Alfredo Spaghetti Mixed Vegetables WW Dinner Roll Fruit/Dessert	8. Soup of the Day & Crackers Veal Parmesan Sandwich Carrots Multigrain Kaiser Roll Fruit/Dessert	9. Swedish Meatballs Egg Noodles Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert
12. Chicken Cordon Bleu Mixed Vegetables WW Dinner Roll Fruit/Dessert	13. Soup of the Day & Crackers Kielbasa & Sauerkraut Potato Pierogies Fruit/Dessert	14. Baked Ziti Romaine Salad w/ Cucumberss, Grape Tomatoes, Shredded Carrots Italian Dressing Garlic Bread Fruit/Dessert	15. Open-Faced Roast Beef Gravy WW Bread Peas & Carrots Fruit/Dessert	16. Baked Penne Pasta w/ Meatballs Mozzarella Cheese Italian Bread Fruit/Dessert
19. Chicken Marsala Oven Roasted Potatoes Carrots WW Dinner Roll Fruit/Dessert	20. Beef Stroganoff Egg Noodles w/Gravy Mixed Vegetables WW Dinner Roll Fruit/Dessert	21. Birthday Party Soup of the Day & Crackers Pork Roast Gravy Brussel Sprouts WW Dinner Roll Fruit/Dessert Cupcake & Ice Cream	22. Chicken Cordon Bleu Baked Potato Broccoli Dinner Roll Fruit/Dessert	23. Lasagna Broccoli Italian Bread Fruit/Dessert
26. Meatloaf Mashed Potatoes Broccoli Dinner Roll Fruit/Dessert	27. Soup of the Day & Crackers Garlic & Herbed Baked Tilapia Scalloped Potatoes Carrots Fruit/Dessert	28. BBQ Chicken Brown Rice Brussel Sprouts WW Dinner Roll Fruit/Dessert	29. Soup of the Day & Crackers BBQ Roast Pork WW Hamburger Bun Oven Roasted Sweet Potatoes Fruit/Dessert	30. Chicken stuffed with Broccoli & Cheese Carrots Brown Rice Fruit/Dessert

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+**

OCTOBER 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
Fundraiser Kreider's Gift Card Tickets available now to end of December See Hostess	(OS) = Off-Site via Zoom ABC = Always Best Care	10/8/2026: 9-11 Senior Expo at The Barn of Nottingham presented by Rep John Lawrence 10/13/2026: 11-2 Senator Comitta's Senior Expo in West Chester	1. 8:30 SilverSneakers (OS) 10-11 Technology Help 9:30-11:30 Cards/Games 11-1 Open Swim at YMCA 11:45 Lunch 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba Pickup Coloring Page	2. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:45 Lunch 12:45 Pearl's Palette
5. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Visiting Angels 2-3 Technology Help	6. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Good Neighbors 2-3 Technology Help 4:30 Zumba	7. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games NO Blood Pressure 10-11 Technology Help 11:45 Lunch 12:45 Bingo w/ ABC 2-3 Technology Help	8. 8:30 SilverSneakers (OS) 9-11 Senior Expo - Lawrence 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA 11:45 Lunch 12:45 Breast Cancer Awareness day, WEAR PINK!!! 2-3 Technology Help 4:30 Zumba	9. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games 11:45 Lunch 12:45 Cards/Games
12. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Medicare Update 2-3 Technology Help	13. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-2 Senior Expo - Comitta 11:45 Lunch 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba	14. 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 11:45 Lunch 12:45 Bingo 2-3 Technology Help	15. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA 11:45 Lunch 12:45 Petals Please 2-3 Technology Help 4:30 Zumba Medicare Open Enrollment begins	16. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:45 Lunch 12:45 Cards/Games
19. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Cards/Games 2-3 Technology Help	20. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Fox Chase: Breast Cancer 2-3 Technology Help 3pm Board of Directors Meeting 4:30 Zumba	21. 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 11:45 Lunch 12:45 Entertainment: Rich Harman	22. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA 11:45 Lunch 12:45 Confection Connection 2-3 Technology Help 4:30 Zumba	23. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games 11:45 Lunch 12:45 Cards/Games Submit Coloring Page
26. 8:30 Gentle Stretching & Balance (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Coloring Contest 2-3 Technology Help	27. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch 12:45 Trivia 2-3 Technology Help 4:30 Zumba	28. 8:30 Gentle Stretching & Weightlifting (OS) 9:30 Tai Chi (OS) 9:30-11:30 Cards/Games 10-11 Blood Pressure 10-11 Technology Help 11:45 Lunch 12:45 Halloween Party 2-3 Technology Help	29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA 11:45 Lunch 12:45 Cards/Games 2-3 Technology Help 4:30 Zumba 6:00pm Oxford Halloween Parade	30. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games 11:45 Lunch 12:45 Cards/Games Daylight Savings Sunday at 2am November 1, 2026

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

- **Thursday, October 1st**: Pick up your page at the Hostess desk.
- **Friday, October 23rd**: Turn in your masterpiece.
- **Monday, October 26th @ 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.



**Wear Pink on
Thursday, October 8th
12:45pm
Talk on Breast Cancer
Awareness Day**



Pennsylvania
Medicare Education
and Decision Insight

**Medicare Update
for 2027
w/ Sally**

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

This is for everyone currently on Medicare. Sally will discuss the upcoming changes to Medicare for 2027 so you have the information you need during Medicare's Open Enrollment where you can make changes to your Medicare coverage for 2027. Open Enrollment runs from October 15 to December 7, 2026.

Sign up requested



**Friday, October 2nd
12:45pm
Sign up required**

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

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



**Monday, October 5th
12:45pm**



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

**Thursday, October 15th
12:45pm**

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



Everyone should have a
Safe place to live
**Tuesday, October 6th
12:45pm**
Join our presentation
To see what they have
To offer

**Arts and Crafts
with Mary
Various Pop-Up Days
12:45pm**



**Bingo with Vanessa
from
Always Best Care**

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



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.



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



TEMPLE HEALTH

We welcome you to join Fox Chase
Cancer Series

Every 3rd Tuesday

Topic: Breast Cancer

Presenter: Alexandra Traglia

Tuesday, October 20th

12:45pm

Birthday Party

Rich Harmen

Wednesday, October 21st

12:45pm

Everyone is invited to celebrate
this month's birthday folks

Confection Connection

Thursday, October 22nd

12:45pm

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



Tuesday, October 27th

12:45pm



**HALLOWEEN
FUN & GAMES**

Wednesday,
October 28th

12:45pm

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!!



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

WHAT'S HAPPENING

Medicare Update

w/ Sally Arter

Monday, October 12th

12:45pm

This is for everyone currently on Medicare. Sally will discuss the upcoming changes to Medicare for 2027 so you have the information you need during Medicare's Open Enrollment where you can make changes to your Medicare coverage for 2027. Open Enrollment runs from October 15 to December 7, 2026.

**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**



OCTOBER BIRTHDAYS

1 Frances Louise Gray	16 Betty L Abbott
1 Elizabeth A Kelly	16 William Botella, Sr
1 Arlene Lo Sasso	17 Donna B. McLimans
3 Stacy D Curry, Sr.	17 Velma M. Smith
3 Barbara B Jones	17 William E Tackett
3 Elaine C. Staunton	19 Carol A. Hauser
3 John I. Watson, Jr.	19 Avanelle Pyle
4 Mary Lou Burton	20 Mary Rucker
7 Darlene L. Noon	20 Shirley A Terry
7 Barbara J. Watson	21 Gail A. Brewer
8 Phyllis A Friedemann	21 Bette H. Ferry
8 Gail L Hilton	21 Anne Marie C Schramm
8 Merrill A Hollingsworth	21 Deborah L. Starkey
8 Kathie L. Roy	22 Cheryl K. Adkinson
10 Mark R Andrews	22 Jerry Coleman
10 Sally Anne Arter	22 Charlotte Ann Fiske
10 Mary Lou Hollins	22 Patricia M Markley
10 Susan B. Melrath	23 Peggy Bachman
10 Lorie A. Walton	24 Faye R. Doyle
11 Paul B. Palazzi	25 Ronald C. Mullins
12 Terry Lee Murray	28 Virginia H. Poff
13 Diana L. Gonzales	29 Stewart A Shapiro
13 Phyllis M. Ritchie	29 Frances B. Sharon
13 Kay A. Thomas	30 Lynn Cavacini
14 Laurie A Trunzo	30 Carol D Latsch
15 Richard A Bachman	31 Karen Roselle
15 Peggy M. Patterson	31 John D. Shadel
	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, October 21st
from 10:00am to noon**

West Chester District Office: 610.692.2112

Harrisburg Office: 717.787.5709



**Edward
Jones**

Jon Williams, Financial Advisor
will be at our center on the
3rd Wednesday of every month.

The next visit:

**Wednesday, October 21st
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)



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.



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.

Beware IRS Impersonation Scam

The IRS has issued warnings about a scam they have been made aware of. It is a letter trying to get folks to enroll in a “Digital Asset Compliance Portal” before a deadline. This is a fraudulent letter and an attempt to steal personal information. The IRS will not ask you to scan QR codes from unsolicited letters, emails, or text messages, and does not operate a digital asset compliance portal. For more information, please see the IRS website: www.irs.gov/help/tax-scams.

Health Literacy Month: Empowering Your Care

Every October, Health Literacy Month shines a light on our ability to find, understand, and use health information to make informed decisions. Staying actively informed isn't just about reading medical brochures - it's about being your own best advocate.

When you understand your care plans, you can manage medications safely, prevent unnecessary hospital visits, and handle health changes with absolute confidence.

Here are three easy ways to build your health literacy this month:

1. Ask Questions: Never hesitate to ask a doctor or pharmacist to explain a medical term or a medication change in plain, simple language.
2. Keep a Written Log: Bring a notebook to appointments to track instructions or invite a trusted friend or family member to take notes for you.
3. Check Medication Records: Fall is a great time to clean out your medicine cabinet and verify your current prescriptions with your primary doctor.



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.



Legal Helplines

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



Legal Aid Advice & Referral Helpline

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



CHESTER COUNTY DEPARTMENT OF AGING



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

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

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

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

EXPERIENCING HOMELESSNESS?

Sleeping outside or in a vehicle?

Fleeing domestic violence?

At risk of losing your current housing?

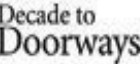


CALL 2-1-1 FOR ASSISTANCE



CHESTER COUNTY HAS SERVICES TO HELP

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



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*



FREE FOOD FOR SENIORS

Commodity Supplemental Food Program
PA SENIOR FOOD BOX PROGRAM

What do you need to know to be eligible?

- If you are 60 years of age or older.
- If your total household income is below 150%.
 - Household 1 person: Monthly income \$1,995
 - Household 2 people: Monthly income \$2,705

What will you receive in the food box?

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

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

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



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.

Save The Date

Wednesday, October 14th

That's when the 2027 Social Security
Cost-of-Living Adjustment will be announced

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.



“Yesterday is History,
tomorrow is
a mystery,
but today is a gift.
That's why we call it
the present.”
-Winnie the Pooh



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



United Way of
Southern Chester County

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George Lauer	Vice-President
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Geoff Henry	Secretary

Members

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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, Land O' Lakes Foundation, 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.