Oxford Area Senior Center
6 / 1974 - 6 / 2026

Center Voice

December 2026

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

Find us on Facebook

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

52 years of service to older adults

Director's Corner

Well, let me start by saying that if your yearly to-do list isn't yet completed, you better hurry because 2026 is almost over!

Thanks to all of you who are buying or helping sell our Kreider's Sub Sale tickets. Let me remind you that we will continue selling tickets until December 30th, and the tickets can be used until the end of February 2027! Tickets are available at the Hostess Desk. A "Big Thank You" to Jane Freeman and her committee for their dedicated work to make this a successful fundraiser!!

Decreased program and general operating grant funding due to unrest in investment income from contributing foundations, are issues we are still dealing with. We again find it necessary to have an Annual Support Fund Drive, which begins in December each year, to keep the Senior Center operating at a level all of you have come to expect, deserve and enjoy. More details are on page 12. Thank you in advance for your continued, generous support!

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

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

To all of you, from our entire staff,
HAPPY HOLIDAYS!!
Please continue to be safe!
Stay Happy and Healthy!!

Jim

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CONTACT US

Our email address:
contact@oxfordseniors.org

This is for general questions and information.

Each staff member has their own email address.

MISSION STATEMENT: The mission of the Oxford Area Senior Center is to enhance the quality of life of senior citizens in Southern Chester County by providing programs and services that promote health, wellness, and fellowship.

THANKS TO LAST MONTH'S...

VOLUNTEERS

To our always reliable friends:

Mary Baringer
Nancy Baringer
Paul Baringer
Howard Billings
Isabella Carron
Tom Craft
Coleen Cruz
Christine Dolinger
Jerry Ferguson
Charlotte Floyd
Jane Freeman
Valerie Irving
Alvin Johnson
Hap Joy
RuthAnn Lander
Russ Lomax
Monique Manfield
Danielle Mascali
Gigi Mascali
Diane Marucca
Shirley Moran
Barbara Morris
Anna Mozer
Peggy Patterson
Beverly Parsons
Nellie Patrick
Betty Poole
Chris Powell
Patricia Robertson
Tina Sauk
Edith Sierra
Bonnie Smith
Kathleen Smith
Susan Snook
Pat Todd
Alex Van Duser
Kathy Vitelli
Lorie Walton
Tracey Williams
Alice Witmer
Norman Winters

IN KIND GIFTS

Bingo Donators
Special Event Donators
Paul Hauser
Chester County Dept of Aging
Chester County Food Bank
Dollar Tree, Oxford
Giant Food Store, Jennersville
Philips Florist

DONORS

East Nottingham Township
Oxford Area Civic Association
Oxford United Methodist Women
Annual Appeal Donators (see page 12)

Square

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:

Marvin "Marty" Rose
Van Templeton

OUR BEST WISHES & THOUGHTS GO TO:

Jane Freeman
Shirley Lamkin
Laurie Nelson
Beth Pellegrini
Patsy Rose
Shirley Terry
Alyce Templeton

And to the families of:
Marvin Rose
Van Templeton











INFORMATION & ASSISTANCE

Leaves are nearly gone and winter is just around the corner. Didn't we just get out the grills and lawn furniture? Time to cover them up and get the Christmas trimmings in place. I've been very busy with Medicare Part D appointments, and I think I shall never be organized again. **Open Enrollment!**

It's insurance renewal time. For Medicare Part D coverage (prescriptions), and Medicare Advantage health coverage, you may make changes up until **December 7th**. *They advise you to try to have changes done early so you have no lapses in coverage and computers have the necessary time to calculate changes. We have a Medicare 101 class scheduled for Monday, December 14th at 12:45pm here at the Center. Medicare 101 classes are also 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).*

Some of what I told you in past letters bears repeating:

1) **Medicaid**: *You will automatically be placed in a plan at no cost to you.*
2) **HMO & PPO Participants**: *You are now receiving renewal forms which show your previous coverage and in what plan they will place you. If you agree, you do NOTHING. If you wish to increase or decrease coverage, you may make your election at this time, before December 7th.*
3) **Medi-gap Participants**: *You need to read the letter from your insurance plan to see if there are any changes (other than cost!!). If you have a standalone prescription plan, you may want to compare plans again to see if any of the new plans available will better cover your current needs. You'll need to bring your list of medications so we can do some comparison shopping, and do I like to shop!!*
4) **Company Retirees**: *Just like medi-gap participants, their letter will let you know what your next step should be. I can help you sort out your choices.*
5) *If all you carry is* **basic Medicare A & B**, *we'll need to check your current prescription plan to see if it meets your needs.*
6) **Pace/Pacenet**: *You do NOTHING. They place you with the plan they choose. Income requirement for Pacenet has been increased by $4000. You may now qualify. See me to apply.*
7) **Discontinued Plans**: *If your plan has been discontinued,* ***see me for your options****.*

Just a reminder, Medicare ***never*** *calls you. Be careful of scammers who are targeting seniors, trying to get personal information to steal identities. If you get a suspicious call, hang up. If you get something questionable in the mail, bring it in and we'll check it out! "Obamacare"/ACA has nothing to do with your Medicare options.* **DO NOT** *try to call exchanges!!*

The Chester County Senior Food Box Program is available to any person over 60 whose income is within the limits set by the county. The Federal SHARE Food Box program info is on page 15. See me for income amounts and if you have any other questions.

As the year comes to a close, remember to stop and smell the roses. Remember the good times, make someone happy and you'll be sure to have a blessed holiday season. Don't let holiday blues get you down.

"Have Yourself a Merry Little Christmas!"

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.

DECEMBER 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. Soup of the Day w/crackers Chicken Marsala Orzo Pasta Sweet Potatoes Green Beans Fruit/Dessert	2. Baked Ziti Romaine Salad w/ Cucumbers, Tomatoes, & Shredded Carrots Salad Dressing Garlic Bread Fruit/Dessert	3. Chicken Parmesan Penne Pasta Mozzarella Tuscan Blend Vegetables Dinner Roll Fruit/Dessert	4. Lasagna Broccoli Italian Bread Fruit/Dessert
7. Sausage w/Peppers & Onions Pasta Hoagie Roll Fruit/Dessert	8. Soup of the Day w/crackers Crispy Chicken Roll Sweet Potatoes Fruit/Dessert	9. Roast Turkey w/gravy Sweet Potatoes Brussel Sprouts Dinner Roll Fruit/Dessert	10. Roast Beef Au Jus Provolone Cheese Roll Potato Wedges Winter Blend Vegetables Fruit/Dessert	11. Swedish Meatballs Egg Noodles Carrots Dinner Roll Fruit/Dessert
14. Soup of the Day w/crackers Chicken Salad Hoagie on Roll w/ Lettuce & Tomato Fruit/Dessert	15. Shrimp Scampi Linguini Brussel Sprouts Garlic Knot Fruit/Dessert	16. **Birthday Party** Cranberry Glazed Ham Scalloped Potatoes Green Beans Biscuit Cupcake & Ice Cream 	17. **AMT Christmas Trip** **Center Is Closed**	18. Meatloaf Mashed Potatoes Gravy Green Beans Fruit/Dessert
21. Soup of the Day w/crackers Veal Parmesan Sandwich Kaiser Roll Carrots Fruit/Dessert	22. Soup of the Day w/crackers Chicken Kiev Broccoli Egg Noodles Fruit/Dessert	23. Pork Loin Scalloped Potatoes Spinach Biscuit Fruit/Dessert	24. **Center Is Closed**	25. **Center Is Closed** Merry Christmas!
28. Meatloaf Egg Noodles Green Beans Dinner Roll Fruit/Dessert	29. Soup of the Day w/crackers Chicken Marsala Orzo Pasta Sweet Potatoes Green Beans Fruit/Dessert	30. New Year's Eve Party Pizza Dessert	31. Chicken Parmesan Penne Pasta Mozzarella Tuscan Blend Vegetables 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+**

DECEMBER 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 Sub Sale** **Tickets available now to end of December** **See Hostess** **(OS) = Off-Site via Zoom** **ABC = Always Best Care**	1. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch **12:45 Trivia – Holiday theme** 2-3 Technology Help 4:30 Zumba **Pick up Coloring Page**	2. 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	3. 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 Crafts w/Mary** 2-3 Technology Help 4:30 Zumba	4. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games 11:45 Lunch **12:45 Pearl's Palette**
7. 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 Cards/Games** 2-3 Technology Help	8. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch **12:45 Visiting Angels** 2-3 Technology Help 4:30 Zumba	9. 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 Bingo** 2-3 Technology Help	10. **OPENING AT 9:30AM** 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	11. 8:30 Gentle Stretching & Balance (OS) 9:30-11:30 Cards/Games 11:45 Lunch **12:45 Christmas Sing Along with Jean** **Deadline for bringing in toys for Neighborhood Services**
14. 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 Medicare 101** 2-3 Technology Help	15. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch **12:45 Fox Chase Cancer Series: Liver Cancer** 2-3 Technology Help NO Board of Directors Meeting 4:30 Zumba	16. **Birthday Party** 8:30 Gentle Stretching & Balance (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: Nick Viscuso**	17. 8:30 SilverSneakers (OS) **Christmas Trip Center is Closed** 4:30 Zumba	18. 8:30 Gentle Stretching & Weightlifting (OS) 9:30-11:30 Cards/Games **10:30 Hopewell School Musicians Holiday Concert** 11:45 Lunch **12:45 Crafts w/Mary**
21. **Wear Holiday Sweater** 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 White Elephant Gift Exchange** 2-3 Technology Help	22. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch **12:45 Violinist Janice Mahan** 2-3 Technology Help 4:30 Zumba **Submit Coloring Page**	23. 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 Bingo** 2-3 Technology Help	24. **Center Is Closed**	25. **Center Is Closed** 
28. 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 Coloring Contest** 2-3 Technology Help	29. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11:45 Lunch **12:45 Cards/Games** 2-3 Technology Help 4:30 Zumba	30. 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 New Year's Bingo** 2-3 Technology Help	31. 8:30 SilverSneakers (OS) 9:30-11:30 Cards/Games 10-11 Technology Help 11-1 Open Swim at YMCA 11:45 Lunch **Closing at 1pm** 4:30 Zumba **LAST DAY TO BUY KREIDER'S TICKETS**	**January 1, 2027** **Center Is Closed** 

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, December 1st**: Pick up your page at the Hostess desk.
- **Tuesday, December 22nd:** Turn in your masterpiece.
- **Monday, December 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.

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

Visiting Angels

Tuesday, December 8th
12:45pm



Confection Connection

Thursday, December 10th
12:45pm

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



Tuesday, December 1
Holiday Theme
12:45pm

Bingo with Vanessa from Always Best Care

Wednesday, December 2nd
12:45pm



Petals Please

Craft Day: Decorate and paint jars or make floral arrangements, depending on flower availability.

Craft Day takes a break in December
See you again in January 2027!

Help spread the joy—please donate small vases, soup cans, or baskets.

Arts and Crafts with Mary
Making Christmas trees to add to your holiday village!
Thursday, December 3rd
Friday, December 18th
12:45pm



Pearl's Palette

Friday, December 4th
12:45pm
Sign up required

No artistic ability needed!
20 spots available

Join us for a very Merry Christmas Sing Along to kick off the Holiday's!

Lead by our very own Jean Bender!



Can't wait to hear all those wonderful Joyful voices!

Friday, December 11th
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.

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

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

Pennsylvania Medicare Education and Decision Insight

Medicare 101
w/ Sally

Monday, December 14th
12:45pm

Sign up requested

Christmas Sweater Day

Wear your best Holiday Spirit Sweater

Monday, December 21st



FOX CHASE CANCER CENTER
TEMPLE HEALTH

We welcome you to join Fox Chase Cancer Series

Every 3rd Tuesday

Topic: Liver Cancer

Presenter: Alexandra Traglia
Tuesday, December 15th
12:45pm



Join Us for a White Elephant Gift Exchange!

Bring a wrapped gift, $20 or less.
The sillier the better!
It's all in fun, so no worries.
The more who join, the more fun we'll have!

Monday, December 21st
12:45pm

Merry Christmas!



Birthday Party

Nick Viscuso

Wednesday, December 16th
12:45pm

Everyone is invited to celebrate this month's birthday folks



Janice Mahan, local violinist will entertain us with Holiday musical selections

Tuesday, December 22nd
at 12:45pm



WE WILL BE ENJOYING CHRISTMAS MUSIC FROM HOPEWELL SCHOOL MUSICIANS

Come and support the children in our community...they do An amazing job!

Friday, December 18th
10:30am

New Years Eve Pizza Party



Wednesday, December 30th
11:45am

Very Special Bingo to follow at 12:45pm

Please sign up in advance

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

WHAT'S HAPPENING

Pennsylvania Medicare Education and Decision Insight

Medicare 101
w/ Sally Arter

Monday, December 14th
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 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



DECEMBER BIRTHDAYS

1	Inez L. Drennen
1	Francis J. Cornell
2	Pauline L. Whitby
3	Edward L. French
3	Rose D. Morrone
4	Sharon K Weaver
4	Leann Gogel
4	Elaine T. Nicholl
4	Nyrell A Green
5	Fremont Hardy
6	Sandra J. Hampton
6	Wayne M. McCorkle Jr.
8	Pamela J Sigg
8	Arthur E. Cordivano
9	Laura F. Blevins
9	Denise B. Saylor
11	Toni Lee Trout
12	Susan J Kenney
12	Ed Sherman Jr
12	Angelina Collins
14	Gail W. Bauer
14	Debbie K Terry
14	Lois Ellen Ferguson
14	Vivian P. Brown
15	Karen Underwood
15	Linda M. Teel
16	Victoria L Natale
16	Nancy P. Heck
16	Cassie A Swallows
18	John Hammond
19	Ruth A. Shadel
19	Roann B Schneider
21	Catherine A Spevak
22	Joseph C Chapman
23	Shirley D Bell
24	Robert S. Miller
25	Rose Marie Milanese
25	Barbara M. Morris
28	Ruth Ann Sumner
28	James E Heath
29	Andrea Outten
30	Deborah L Enderlin
30	Christine J. Wollaston
30	Barbara A. Murphy
31	Janet M Tice
31	Debbie Sue Tozer

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, December 16th
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, December 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
Via Zoom, contact INFO ABOVE

Join Tivity Health's free SilverSneakers Classic Fitness Program for adults 60 and older! Build muscular strength and improve your range of movement in a 45-minute workout to get back in shape and feel your best. There is no cost, and Senior Center membership is not required.

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
Via Zoom, contact INFO ABOVE

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, Wednesday or Friday
9:00AM - 9:30AM
Via Zoom, contact INFO ABOVE (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, Wednesday or Friday
9:00AM - 9:30AM
Via Zoom, contact INFO ABOVE (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
Via Zoom, contact INFO ABOVE

Barbara McAdams, ATCQA Certified Instructor

TRIPS



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.

SOLD OUT!

Thursday, December 17th

Lunch will follow the show at Hershey Farm Restaurant

Depart from OASC: 8:45-9:00am (Be here at 8:30am)
Return approximately to OASC: 4:00pm

Upcoming Trips

With winter approaching, we will pause our trips because of the possibility of inclement weather. Please be on the lookout for announcements about upcoming trips beginning in April!!

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.



Holiday Greetings

From the Oxford Area Senior Center Staff & the Board of Directors

To ALL of our participants, volunteers, supporters and friends, We Wish You a Very Happy Holiday Season



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)

Staying Safe, Warm, and Well: A December Health Guide for Seniors

As the winter chill sets in, December brings wonderful opportunities to connect with loved ones. Cooler weather and busy holiday schedules also call for a little extra care to protect your health and safety.

1. **Prevent Winter Slips and Falls**
   - **Watch your step outdoors:** Wear sturdy, rubber-soled shoes on frosty or wet walkways, use handrails, and never rush.
   - **Keep pathways clear:** Secure loose rugs, keep hallways well-lit, and tuck holiday light cords away from walking areas. Ask family or neighbors for help before climbing step-stools or lifting heavy boxes.
2. **Protect Against Seasonal Illnesses**
   - **Stay up to date:** Check with your doctor or local pharmacist about your annual flu shot and updated COVID-19 booster.
   - **Wash up and hydrate:** Wash hands with soap and warm water for at least 20 seconds after being out in public. Drink plenty of water or warm herbal tea to counter dry indoor heat.
3. **Pace Yourself and Beat Holiday Stress**
   - **Prioritize rest:** Give yourself permission to say "no" to extra commitments and build quiet downtime into your day.
   - **Stay connected:** Reach out for a daily phone call with a friend or enjoy indoor activities and meal programs here at ***Oxford Area Senior Center***.

Quick December Health Checklist

- Confirm you have enough medication refills to last through New Year holiday closures.
- Test smoke and carbon monoxide detectors as heating systems run more frequently.
- Stay active indoors with gentle stretching or chair yoga on icy days.

For local aging-in-place resources and caregiver support, contact the ***Chester County Department of Aging Services*** *at* ***610-344-6350*** *or visit chesco.org/135/Aging.*



Annual Support Fund Drive

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

Thank you for all that each of you do to keep the Senior Center a fun and vibrant place to visit, find help with many issues facing seniors, and have a nutritious lunch 5 days a week.

Oxford Area Senior Center
Board of Directors



2026-2027 Annual Appeal Campaign Thank You

The Senior Center Board of Directors wishes to thank the following individuals, companies and organizations for their donations to our Annual Appeal Campaign.

Cheryl Adkinson
Spence & Jan Andress
Robert & Betty Dawson
Judy Vining-Moran
Ralph & Donna Purcell
Sandra Tucker

CHURCHES, BUSINESSES and ORGANIZATIONS
Oxhaven Ltd – Mimoan, LLC



INCLEMENT WEATHER CLOSING

To simplify notifications during inclement weather, please follow the policy below.

If the Oxford Area School District is closed or operating on any delay, the Senior Center will be closed.

To confirm a school delay or closure, please:

- Call Us at 610-932-5244 and listen to the **ENTIRE** Senior Center's recorded phone greeting
- Visit the OASC website (www.oxfordseniors.org)
- Visit the OASC Facebook page



ATTENTION!

THERE WILL BE NO PRODUCE OR SHELF FOOD DELIVERY FROM THE CHESTER COUNTY FOOD BANK THE WEEK OF DECEMBER 28, 2026

IMPORTANT

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



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.



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

Visit the Pennsylvania Department of Health's website for health updates. 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

Chesco Connect — Shared Ride Program

Chester County Department of Community Transit "CHESCO CONNECT"

Chesco Connect provide trips to individuals age 65+ for the following:
- Riders traveling for health care or medical services covered by Medical Assistance
- Persons with disabilities traveling for recreation, work, shopping, and medical trips
- General public riders paying the full fare

Contact 610-344-5545 to schedule rides

FARE RATE
Seniors riding with Chesco Connect are required to pay a **$1.00 fare per ride for essential trips**. **Please ensure you have the correct fare** as Chesco Connect drivers do not make change.

If you have any questions or are interested in setting up a pre-paid account with Chesco Connect, please contact them at 610-344-5545.

PA RENT & TAX REBATE



The deadline for filing PA RENT & TAX REBATE Forms has been extended to December 31st. We can help, call 610-932-5244 and ask for Sally to get assistance.

Medicare Part B
2027 Premium and Deductible Projections

The **Social Security Administration (SSA)** has announced a **3.6% cost-of-living adjustment (COLA)** for 2027.

Centers for Medicare & Medicaid Services (CMS) have finalized 2027 Medicare amounts as follows:
- **Monthly premium: $209.40** (**+$6.50**).
- **Annual deductible: $292** (**+$9**).



Our Charitable Donation Collection This Year Will Be Oxford Neighborhood Services Center Christmas Toy Drive

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

NSC
NEIGHBORHOOD SERVICES CENTER

Oxford, PA

We collect new toys and children's clothing every holiday season for our annual Christmas Room to help our neighbors who are less fortunate. We accept monetary donations and donations of new, unwrapped toys and clothing for boys and girls from infants to 12 years old.

ALL ITEMS MUST BE NEW

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

Deadline Friday, December 11, 2026



OXFORD AREA HISTORICAL ASSOCIATION

PRESENTS

December 10, 2026

William Palmerio (Bill)

American Songbook Masters: Jewish Songwriters and the Holiday Songbook

Music has always been integral to joyful holiday celebrations all over the world. How many precious memories of happy holiday times are triggered when we start hearing our favorite seasonal songs and carols - usually beginning the first day after Halloween! But did you know that many of our favorite Christmas tunes were written by Jewish songwriters? It is common knowledge that Irving Berlin and Mel Torme wrote "White Christmas" and "The Christmas Song" respectively. However, many other treasured holiday song standards were also written, or partially written, by established Jewish lyricists and composers. In this presentation we'll take a closer look at the interesting back stories behind many of these holiday favorites, and hopefully come away with a new appreciation of the creative range of our great Jewish songwriter.

Oxford Area Historical Association
19 South 5th St., Oxford, PA 19363 ●
information@oxfordhistorical.org ● (610) 467-0339



AARP Tax-Aide program needs volunteers to help taxpayers

Join AARP Foundation Tax-Aide Oxford, PA Team
Volunteer in your community

Tax filing season may be months away, but the AARP Foundation Tax-Aide Oxford, PA Group are looking for friendly and service-oriented people to join their Volunteer Team for this upcoming tax season. The program has several types of volunteer opportunities. You'll receive training and support, learn new skills and feel great while helping others. Volunteers are trained, and classes are generally held in December or January for the upcoming tax filing season. The amount of training required depends on the position.

AARP Foundation Tax-Aide provides free tax-filing help to those who need it most. Tax-Aide focuses on serving older adults living with low to moderate income and helps them secure much-needed tax refunds.

During tax filing season mid-February through mid-April, the volunteers will assist taxpayers while the Oxford Area Senior Center is in operation. Starting January 4, 2027 they will take calls for the waiting list or possible appointments if tax appointment schedule is known.

PLEASE DO NOT CALL BEFORE JANUARY 4, 2027.

About AARP Foundation Tax-Aide Program

Pennsylvania residents can get their taxes done for free beginning in early February and continuing through mid-April. AARP Foundation Tax-Aide, the nation's largest free tax preparation assistance service, has low-contact, contact-free, and in-person options for providing taxpayer assistance. These options vary by location and are subject to change.

AARP membership is not required. Visit aarpfoundation.org/taxaide for details.

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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