



THE OAKHAM HERALD

December 2022

Published by the Oakham Council on Aging

Mission Statement: It is the mission of the Senior Center Council on Aging to identify the total needs of the community's Senior Citizens, to link services to those needs and to improve the quality of life of our seniors by providing an active outreach program, providing intergenerational opportunities for community involvement, and providing services as needed.

OAKHAM SENIOR / DROP-IN CENTER:

HOURS: Mon thru Thurs, 11 am-12:30 pm

CLOSED: Fridays, Saturdays, Sundays
major holidays, school snow days.

PHONE: 508-882-5251

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: - seeking -

Vice-Chair: - seeking -

Treasurer: Lucy Tessnau

Secretary: Priscilla McGlynn

Members: Jane Pease

Alt. Members Tammy Gehring

Assoc. Members: Jan Pierce

BACK DOOR CAFÉ:

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly
Diane Rochette

NEWSLETTER: Rick Hendra
Lucy Tessnau

FIRST-TIME OFFERED EVENT! Come with us to a light display heralded last year as a top five show in the Greater Boston area. Enchanting landscapes, fun experiences, and thousands of lights await. Enjoy s'mores, seasonal drinks, a model train, fun photo opp's while creating a lovely memory.

We are taking a short trip to the New England Botanic Garden at Tower Hill in Boylston on December 14. We will depart from the Oakham Sr. Center by bus at 3:15 p.m. to arrive on time for the 4p.m. lighting.

We anticipate leaving Tower Hill around 6:00p.m. giving ample time to stroll the trails and enjoy the gardens and Center. This is mainly an outdoor event, so dress accordingly – coats, boots, gloves, and hat. This is a rain, shine or snow event. The café will have warm beverages available, warm cider donuts, savory hand pies and s'mores for the fire pits. Tickets cost \$22, but for groups of 20 by bus, there is a 20% percent discount leaving a cost of \$16 per person and this includes the cost of transportation and

tip for the bus driver. Of course we'll try for the discount, so please let us know whether you are interested or will definitely come ASAP. Call Lucy at 508-882-3358 or the Café at 508-882-5251.

DECEMBER CALENDAR

Zumba – Dec. 2,6,9,13,16,20,23,27, and 30
10:30a.m. – 11:15a.m.

Corn Hole practice – Dec. 5, 10:00 a.m.

Blood Pressure Clinic – Dec. 8, 11:00 a.m.

Tina Bemis – Dec. 8, 1:00p.m. at the Fire Station

Tower Hill Night Lights – Dec. 14, leave Sr. Center at 3:00p.m.-3:15p.m.

Lunch Bunch – Dec. 16 Meet at the Red Tomato in Barre Center at 12:30

Podiatry Clinic – Dec. 19, by appointment

Happy Holidays Gathering: Dec. 21, activity starts at 10:00a.m.

Christmas Lunch at the Back Door Café-
Dec. 22, Call by Dec 20 to reserve

December 25 and 26 we are closed

**MERRY CHRISTMAS, HAPPY HANUKKAH,
& A COOL YULE & KWANZAA TO Y'ALL!**

HOLIDAYS WITH TINA:

As always, Tina Bemis will be with us for a class making a holiday project on Thursday, Dec. 8, at the Fire Station at 1:00 p.m. The cost for this class and creating a Holiday Swag decoration is \$5 per person. The deadline to register is Dec 2. Please call 508-882-3358 or 508-882-5251 to sign up.

LUNCH BUNCH: The Red Tomato

Every one interested in having lunch out with us this month, please sign up at the Back Door Café or call Lucy at 508-882-3358 or 508-882-5251 by December 14, then meet us at the **Red Tomato** located in Barre Center on Friday, December 16, 2022 at 12:30 p.m. Each person is responsible for

his/her own lunch and can order from the regular menu of delicious meals.

HAPPY HOLIDAYS GATHERING:

Everyone is invited to join Melanie in meeting and greeting friends and neighbors in the multipurpose room at the Back Door Café on December 21, 2022 at 10:00a.m. Come in to wish one and all a Merry Christmas and Happy Holiday Season! We'll have cider, eggnog and other seasonal delights to enjoy while we participate in fun holiday games, listen to holiday music and take part in a **Yankee Swap**. Just bring in a small gift item, wrapped, under a \$10 value. Please sign up with Lucy or Melanie or call 508-882-5251. See you there! ☺

HOLIDAY LUNCH at the BACK DOOR CAFÉ:

On December 22 we will have a delicious holiday lunch and also enjoy a Holiday Extravaganza Bingo Game complete with prizes at 11:00a.m. The menu includes stuffed chicken, glazed carrots, mashed potatoes and, for dessert, a cream puff. **Please call Jan at 508-882-5501, 48 hrs. ahead to reserve your lunch.**

CORN HOLE:

Melanie will be starting corn hole competition events at the Sr. Center in January 2023. However, some of us would like to have a practice session first, so she has set up Monday, **December 5, at 10:00a.m.** for our first practice round. We would love to see just how good you are and check out our competition. We think we are pretty good ourselves but want to be challenged. We will have some beverages and snacks on hand. Join us and have fun!

***SHINE: Medicare Enrollment time ends December 7, 2022. If you wish to make changes, it must be done by December 7.**

INTRODUCING A NEW FEATURE:

The Make-Believe Jukebox

Now that the Herald is online, new possibilities emerge – like inserting links to a virtual jukebox! So we've included two short playlists of holiday music: one from the 40's by Rick Hendra, the other from the 50's and 60's by Rich Hennessey, of the Otters.

Just place your cursor over the link on the jukebox till an instruction comes up to hold down the Control Button and left-click. Do that, and it should come up. You'll see the selections with play arrows before them. If you're reading a paper copy, you can copy the link by hand right into your web browser. We hope you enjoy them – let us know! Best wishes for the holidays to everyone...



BLOOD PRESSURE CLINIC The nurse will be here on December 8 at 11:00a.m. to check blood pressures. No appointment necessary.

PODIATRY CLINIC:

The nurse will be available on Monday, December 19. Appointments are necessary. We schedule them 30 minutes apart starting at 9:00a.m. This has been a great addition to the services we provide to our Oakham seniors. Call Lucy for an appointment: 508-882-3358

OHA LOTTERY STARTING UP SOON:

The annual Oakham Historical Association Lottery Ticket Fundraiser is underway. One ticket for \$20.00 is valid for 10 weeks. There are 2 drawings per week with a \$50.00 winner each drawing.

If your # matches the middle 2 digits drawn in the Tues. or Thurs. evening Mass. Daily Number Lottery, a \$50.00 check will automatically be sent to you. Starts Jan.3, 2023--Ends Mar. 9, 2023.

To purchase a ticket, send check to OHA, Box 236, Oakham, Ma.01068 by Dec. 24th, 2022.

Oakham Council on Aging
2 Coldbrook Rd. #6
Oakham, MA 01068

The printing of this newsletter is partially funded by the Executive Office of Elder Affairs

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**IN SYMPATHY...**

This month, we sadly note the passing of Ellen Carlson, who was born in Ware 85 years ago. She was a camper and then a settler at Lake Dean Campground for a number of years. She worked at Paul Revere, the Spencer Public Schools, the Fair, and Big Y. She was a Boston sports fan. She leaves family and friends in the area and will be much missed.

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**IMPORTANT: PLEASE MAKE A NOTE OF THE FOLLOWING NEW NON-EMERGENCY PHONE NUMBER FOR OAKHAM! This number is for non-emergencies: 508-886-4033. Always call 911 for medical emergencies or if in danger.**

**SCAM ALERTS**

**Medicare/Medical Equipment Scam:**

Beware of Medicare phone scams! There are several out there. Never give out **any** personal information over the phone. Medicare will not contact you by phone.

**DO NOT purchase any gift cards or make any cash deposits to pay for gifts or for fees or taxes etc.**

**These scams are very active in our area and several have been hit in Oakham for money.**

(See attached flyer from our Police Department.)

