



# THE OAKHAM HERALD

October 2023

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 (Backdoor Cafe);  
508-882-4073 (COA)

**Activities Coordinator:** Melanie Silva

## **COA BOARD MEMBERS:**

**Chair:** Barbara Wreschinsky  
**Vice-Chair:** Jan Handrahan  
**Treasurer:** Lucy Tessnau  
**Secretary:** Rick Hendra  
**Members:** Priscilla McGlynn  
(Secretary of Celebrations)  
**Alternate:** Becky Austin  
**Volunteers:** Jane Pease, Judy Menard  
Susan Richard

## **BACK DOOR CAFÉ:**

**Coordinator:** Jan Pierce  
**Volunteers:** Pauline Dwelly

**NEWSLETTER:** Rick Hendra  
Lucy Tessnau  
Melanie Silva

## **OCTOBER EVENTS: (see also p. 2)**

**Blood Pressure Clinic: Thurs., Oct. 12,** from  
11 till 11:45 am. Walk in - no charge!

**Podiatry Clinic: Monday, Oct. 30 9 – 1 pm**  
(call for appointment).

**October 9: COLUMBUS DAY (SenCen closed)**

**October 4: Meet & Greet with Elder Bus – meet**  
Jorge and Charlie, Elderbus drivers

**October 6: Lunch & Learn w/ the Board of Health**

**October 11: "Indiana Jones" at 1 pm**

**October 13: Council on Aging Mtg – 12 pm.**  
All welcome!

**October 18: Meet & Greet with Melissa Gleick**

**October 20: Lunch Bunch at Teresa's in Ware**  
at 12:30 pm

**October 25: "Practical Magic" (film) at 1 pm**

**October 26: Birthday Lunch of the Month**  
Celebrating all those born in October!

**October 27: Hallowe'en Bingo & Pizza! 12:30 pm**

**Zumba Gold Mondays – from 10:30 - 11:15 am**

**Corn Hole/Pickleball Tuesdays:** at Pine Acres,  
from 10 - 11 am on 9/26 and 10/3

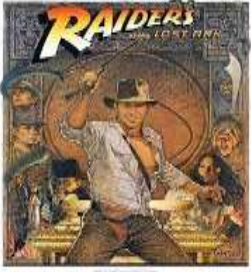
**Cards & Cribbage Tuesdays** after 1 pm

**Coffee Wednesdays:** Social hour – 9 to 10 am

**BBC Thursdays:**@ 12:30 – Bring a craft, watch BBC

**FUNctional Fitness Fridays – 10:30 am** in the  
Voting Room

**MOVIE WEDNESDAYS 1 pm @ the SenCen Cinema:  
Oct. 11: "Indiana Jones and the Dial of Destiny"**



This latest "Indiana Jones" entry is an action-packed adventure film, rated PG-13 for violence and smoking(!) follows Indy as he tries to stop a sinister organization from harnessing the power of an ancient artifact. Along the way, he meets new allies and faces old foes. The film pays homage to previous "Indiana Jones" movies while

forging a new path for the franchise. The action is as pulse-pounding as ever. It's a satisfying and emotional conclusion to the "Indiana Jones" saga. Forging a new path for the franchise. And the action is as pulse-pounding as ever. It's a satisfying and emotional conclusion to the "Indiana Jones" saga.

**October 27: "Practical Magic" (rated PG-13)**



"Practical Magic" is a 1998 fantasy film, rated PG-13 for some thematic elements and sensuality. Starring Sandra Bullock and Nicole Kidman, it tells the story of two sisters with magical powers. Though the film was not a box office success, it has developed a cult following over the years. And its soundtrack, featuring songs by Stevie Nicks, is beloved by

fans. All in all, "Practical Magic" is an underappreciated gem with something for everyone.

**BRUNCH & LEARN with MELISSA GLEICK, Esq.,  
October 18 @ 10 am.**



Melissa Gleick is an attorney with an office in Holden, specializing in estate planning and trust administration, asset protection planning, equine and pet trust planning, guardianships and conservatorships – elder law, in short.

All topics we should have questions about, even if we don't much like to think about them.



**OAKHAM HISTORICAL ASSOCIATION:**

The seasons turn, the days are getting short, and this year's **last open house** for the Oakham Historical Museum will be **October 29, from 1 – 4 pm**. What better way to kick off the Hallowe'en season than with the ghosts of Oakham's past?

The OHA will be holding its **annual Dinner Dance at Quail Hollow** Golf and Country Club (1822 Old Turnpike Rd.) on **October 21, from 5 till 10 pm**. This is always a good time, with a buffet dinner and dancing to the rock & roll favorites, Nashville

For more information, please call Kathy Young at 508-882-3137 with any questions.

**PLEASE NOTE: THE DINNER DANCE HAS BEEN CANCELLED DUE TO SCHEDULING CONFLICTS. AND IT'S TOO LATE TO RE-SCHEDULE. SEE YOU NEXT YEAR!**

**LUNCH & LEARN with the BOARD OF HEALTH:**

The Oakham Board of Health provides a number of services to Townsfolk and keeps tabs on larger matters of health that concern us all. On **Friday, Oct. 6 @ 12 am**, come meet Aaron Langlois – formerly of the Board of Health, soon to be our new Selectperson. We'll have a light lunch for you.

**MEET & GREET with ELDERBUS:**

**On Oct. 4 at 10 am**, come and meet Jorge, the new Exec. Director from Elderbus Services, and Charlie, in charge of scheduling. Come and bring questions!

**FLASH FICTION CHALLENGE from Sue Richard:**

Like to try your hand at Flash Fiction? That is, writing a short, short story from beginning to end in as few words as possible? Some strive to write a story in just 6 words; others allow themselves up to 150.

How about 100 words? If this sounds like a fun challenge to you, just use your imagination and tell us a story, say, about Oakham in no more than 100 words.

**Rules:**

- There can be no profanity, vulgarity, politics, or other offensive language.
- This is NOT a contest – it’s a fun challenge.
- No one will edit your work, except for any typos or spelling mistakes you’d want us to correct.
- Your name will appear only with your written consent.
- Throughout the next 12 months, your stories will be printed here and there throughout the Herald.

**JAN’S PHOTO JOURNAL OF COA EVENTS:**



At a Wednesday morning Coffee with Friends, photographer Mike Zeiss talked about his work supplying syndicated comic strip artist Bill Griffith of “Zippy” fame with backgrounds of American roadside kitsch – signs, diners, giant replicas. Mike and Rick read Griffith strips aloud. Rick was Zippy..



**FUNctional Fitness** happens every Friday morning at 10:30. It’s a great way to raise your activity level.



**The Lunch Bunch** went to the Castle/La Cantina for Mexican food. Every 3<sup>rd</sup> Friday of the month, they eat somewhere else. This was a beautiful place!

**PARTICIPATE FROM HOME:**

The Oakham Council on Aging is applying for a technology grant. The board members would like to hear from local senior citizens to know if you would be interested in getting access to COA programs and classes through a computer. Zumba, Meet & Greet, COA meetings – all from home.

There may be some computers available to borrow from the senior center if the grant is received. **Please call the COA at 508-882-4073.** Let us know!

Monday	Tuesday	Wednesday	Thursday
2 <b>Chicken Pesto</b> Couscous Roman Blend Vegetables Yogurt Pumpernickel Bread	3 <b>Burger w/ Chili &amp; Cheese</b> Green Beans Herb Potatoes Fresh Fruit Sandwich Roll	4 <b>Roast Pork with Gravy</b> Cranberry Stuffing Country Blend Vegetables Strawberries Marble Rye Bread	5 <b>American Chop Suey</b> Broccoli & Red Peppers Corn Lorna Doones French Bread
9 <b>Columbus Day</b> No Meals Served	10 <b>Greek Chicken</b> Steamed White Rice Spinach Pears Pumpernickel Bread	11 <b>Meatloaf with Gravy</b> Mashed Potatoes Chuckwagon Corn Fresh Fruit Marble Rye Bread	12 <b>Turkey Supreme</b> Cornbread Stuffing Roasted California Blend Apple Crisp Diet = Baked Apples Italian Bread
16 <b>Salisbury Steak w/ Gravy</b> Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll	17 <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Mandarin Oranges Pita Bread	18 <b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	19 <b>Potato Crunch Fish</b> Potatoes Au Gratin Green Beans Tapioca & Diet Tapioca Marble Rye Bread Tartar Sauce
23 <b>Macaroni 'n Cheese</b> Stewed Tomatoes Green Beans Chocolate Pudding & Diet Italian Bread	24 <b>BBQ Chicken</b> Herb Potatoes Country Blend Vegetables Fresh Fruit Marble Rye Bread	25 <b>Marinated Pork Loin</b> Mashed Potatoes Carrots Cinnamon Pears French Bread	26 <b>Chicken Cranberry Salad</b> Pasta Salad Tomato & Cucumber Salad Birthday Cake/Diet-Small Piece Hot Dog Roll
30 <b>Lasagna &amp; Meatballs</b> Marinara Sauce Green Peas Fresh Fruit French Bread	31 <b>White Bean Chicken Chili</b> Brown Rice Green Beans Mandarin Oranges Marble Rye Bread Sour Cream	<b>MENU SUBJECT TO CHANGE</b> <b>YOUR \$2.50 DONATION IS APPRECIATED</b>	

# OCTOBER 2023

Questions/Sign-ups Call Melanie 508-864-9224  
silvalining322@gmail.com

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 10:30am Zumba	3 10am Corn Hole 1:00pm Cards Cribbage	4 9am Coffee w/ Friends 10:30 CM Elder Bus Jorge & Charlie	5 12:30pm BBC Bring a craft or project to work on or play a game with friends and watch a mini series.	6 10:30am FUNctional Fitness 12:00 Lunch & Learn Board of Health What they can offer the Seniors	7
8	9 10:30am Zumba	10 10am Corn Hole 1:00pm Cards Cribbage	11 9am Coffee w/ Friends 1:00pm MOVIE Indiana Jones	12 11:00-11:15am Blood Pressure Clinic 12:30pm Best to Be Cool 🍷	13 10:30am FUNctional Fitness	14
15	16 10:30am Zumba	17 10am Corn Hole 1:00pm Cards Cribbage	18 9am Coffee w/ Friends 10:00am Elder Law Melissa Gleick	19 12:30pm Best to Be Cool 🍷	20 10:30am FUNctional Fitness 12:30pm Lunch Bunch Teresa's Ware	21
22	23 10:30am Zumba	24 10am Corn Hole 1:00pm Cards Cribbage	25 9am Coffee w/ Friends 1:00pm MOVIE Practical Magic	26 10am - 1pm SHINE 11:30am Birthday Lunch 🍷 🍰 12:30pm Best to Be Cool 🍷	27 10:30am FUNctional Fitness 12:30pm Halloween Bingo & Pizza	28
29	30 10:30am Zumba 9:00am-1:00pm Podiatry Clinic 🍷	31 10am Corn Hole Happy Halloween 1:00pm Cards Cribbage	1 9am Coffee w/ Friends	2 12:30pm Best to Be Cool 🍷	3 10:30am FUNctional Fitness	4

**FLASH FICTION: Examples**

**“Your Honor, I Was Sleep Deprived”**

**By Sandra James, 9/22/23**

I was tired. Exhausted. A busy week at work, family commitments and housework.

I just wanted sleep. A long sleep. But he had other ideas and as soon as I lay down he began whining. Louder and louder, more and more insistent. I brushed him away. Again. And again. He refused to take the hint.

I couldn't take any more. I hit him. Hard. And again and again. I was so angry I couldn't stop. Finally, his lifeless body lay before me. And blood. Who would have thought there would be so much blood?

From one tiny mosquito...  
(98 words)

**FLU CLINIC IN OAKHAM!**

If you'd like to get the latest COVID vax right here in Town in October, please call 508-882-4073, or email Melanie at: silvalining322@gmail.com

**THIS SPACE RESERVED FOR YOUR  
FLASH FICTION STORY NEXT TIME!**

**IF YOU'D LIKE TO CONTINUE RECEIVING THIS  
HERALD, JUST CALL 508-882-4073 AND LET  
US KNOW: YOUR NAME AND ADDRESS,  
EMAIL OR SNAIL MAIL.**

**IN SYMPATHY...**

We are happy to report that we didn't lose any of our Oakham neighbors we know of in the past month. But we do want to extend our condolences to Gary and Wendy LeBlanc on the passing of Gary's sister, Denise ("The Kid") Nicolas. She and her husband Ken ran Greendale's Pub in Worcester.

**FREE THANKSGIVING DINNER!**

For all seniors and veterans, delivered to your door! The COA is co-sponsoring this event with preparation assistance from Jonathan Poe, who owns and operates the Rt. 148 Package Store; from Rocco Bartone of Task Force Vet Visits; and from other volunteers in Town. We thank them all for their wonderful generosity.

Sign up is required, so we know where to deliver. Just call and leave a message at the Oakham Senior Center: 508-882-4073.

**CORNHOLE MEETS PICKLEBALL @ PINE ACRES:**

**Tuesday morning, 9/26 and 10/3, at 10 am!**

We had a good crowd at Pine Acres when we first tried this out. Thanks to Hannah, our instructor. Pickleball and cornhole are both easy and fun. Join us – and we'll show you. Thanks Pine Acres!



**HAPPY HALLOWE'EN EVERYONE!**

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

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***CURRENT RESIDENT***

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

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**FROM THE OAKHAM COUNCIL ON AGING:**

On September 9, the Council on Aging (COA) met and shared the final tally on our Yard Sale efforts: \$900 in donations, on the nose. That falls about midway between our best and worst years for donations, but we did it this year without issuing prices on every item, asking only for donations. Our thanks to all who helped in the effort and there were many of you.

Melanie announced that she's going after a technology grant that would enable us to Zoom programs direct from the Senior Center to residents' homes – Zumba classes, speakers, meet & greets, and what have you. It would even allow us to purchase and loan out some computers if you need one. Please let us know (the grantors want a needs assessment): just leave a message at 508-882-4073!

With all this going on, Chair Barbara Wreschinsky put out the call for volunteers to help us with events and other special efforts.



**THE LUNCH BUNCH: NEXT UP, THERESA'S IN WARE**

Many of us know of Theresa's Italian restaurant in Ware. It's been a family food destination for over 40 years. But it may be a while since you've been there. If so, then look for us on **Friday, Oct. 20, at 12:30 pm.**

**NEED MEDICAL EQUIPMENT OR PROGRAMS?**

Outreach person, Janice Handrahan, is available to help with finding programs or equipment that may be needed for those facing medical challenges. The COA has shower chairs, crutches and walkers to loan. Just call Janice at 508-882-4073.