



THE OAKHAM HERALD

November 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)
Judy Menard
Clare Hendra
Alternate: Becky Austin
Volunteers: Jane Pease, Susan Richard

BACK DOOR CAFÉ:

Coordinator: Jan Pierce
Volunteers: Pauline Dwelly

NEWSLETTER: Rick Hendra (editor)
Melanie Silva (star reporter)
Jan Handrahan (photos)

NOVEMBER EVENTS: (see also p. 2)

Blood Pressure Clinic: Thurs., Nov. 9, from 11 till
11:45 am. Walk in - no charge!

Podiatry Clinic: Monday, Nov. 20, from 9 – 1 pm
(call for appointment).

November 1: Film – “Heartbreak Hill”

November 3: Lunch & Learn with Dena Hengst

November 8: VETERANS' CELEBRATION LUNCH,
at the Congreg. Church, 11 am.

November 9 (1 pm), 16 (10 am), 30 (1 pm): SHINE

November 10: Council on Aging Mtg – 12 pm.

November 11: Vets Breakfast @ the Fire Station

**November 15: Meet Kim Hedge from “The
Meadows” (assisted living) at 10:30 am**

**November 15: Film – “A Walton’s Thanksgiving”
at 1 pm**

**November 17: The Lunch Bunch will go to Eller’s
Restaurant in Leicester at 12:30 pm**

November 29: Making 2024 Wall Calendars 10:30

November 29: Film – “Home for the Holidays” 1 p

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

Corn Hole Tuesdays: from 10 - 11 am

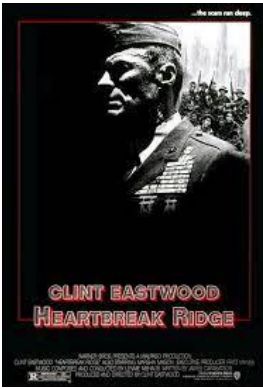
Cards & Cribbage Tuesdays after 1 pm

Coffee Wednesdays: Social hour – 9 to 10 am

**BBC Thursdays: at 12:30 – Bring a craft or project
you wish to finish and enjoy a BBC series.**

**FUNctional Fitness Fridays – 10:30 am in the
New Braintree Town Hall.**

MOVIE WEDNESDAYS 12:30 pm @ the SenCen:



NOV. 1: "Heartbreak Ridge" is a 1986 war film directed by Clint Eastwood, who also stars in the film. The film is set during the Grenada War and follows the story of Marine Gunnery Sergeant Tom Highway, a veteran of the Korean and Vietnam Wars. Highway is assigned to train a group of young recruits for deployment to

Grenada. He clashes with his superiors and his ex-wife, but ultimately finds redemption in his role as a mentor and leader. With excellent performances by Eastwood and Mario Van Peebles.

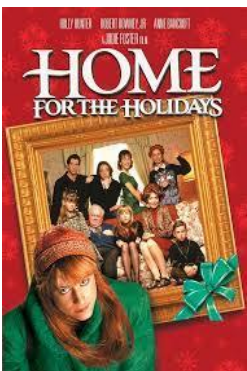
Nov. 15: "A Walton Thanksgiving" (G)



A Walton Thanksgiving is a 2022 American television film based on the popular The Waltons book series. The film follows the Walton family as they prepare for Thanksgiving in 1934. The family is excited to celebrate the holiday together, but their plans are disrupted by the arrival of a young

boy who has run away from home. The film stars Richard Thomas, Bellamy Young, and Logan Shroyer, and is directed by David S. Cassidy.

November 30: "Home for the Holidays"



"Home for the Holidays" is a 1995 American family drama film directed by Jodie Foster and starring Holly Hunter, Robert Downey Jr., Charles Durning, and Claire Danes. The film follows Claudia Larson (Hunter), a woman who travels home to Chicago for Thanksgiving with her dysfunctional family.

"Home for the Holidays" (continued):

The film received critical acclaim, with praise for its performances, direction, and screenplay. Roger Ebert of the Chicago Sun-Times gave the film four stars out of four, calling it "a warm, funny, and ultimately moving film about the importance of family."

THE OAKHAM HISTORICAL ASSOCIATION:



The Oakham Historical will be selling tickets for their Annual Lottery at the Oakham Congregational Church's Fair on November 18th. There are 20 chances to win \$50 with each ticket. It runs from January 9 to March

14, 2024. Every Tuesday and Thursday during that time the middle two numbers of the evening drawing of the Mass Lottery Numbers Game is our winning number. A check for \$50 will be sent to the winner. The cost of a ticket is \$20. You can win as many times as your number comes up.

You can also purchase a ticket through December, 2023 by sending a check for \$20 made out to Oakham Historical Association, PO Box 236, Oakham, MA 01068. There are only 100 tickets and they go fast. If you have any questions call Kathy at 508-882-3137. Please leave a message if there is no answer and I will get back to you. Thank you.

FREE THANKSGIVING DINNER – VETS AND SENIORS!

Yes, we are very happy to announce a FREE THANKSGIVING DAY DINNER for every veteran and senior in Town – delivered to your door! The COA is co-sponsoring this event with preparation by Jonathan Poe, who runs and operates the Rt. 148 Package Store, Rocco Bartone of Task Force Vet Visits, and other volunteers in Town. Our thanks to them!

Sign up is required so we know where to deliver things. Just leave a message with the COA at 882-4073. Just Oakham's way of saying thanks...

FLASH FICTION:

“She Fell Hard in the Moonlight of the Little Gazebo”

By Susan Richard

On an evening in June, in a gown, all ribbons and lace, she danced with her love in his bow-tied tuxedo. With family and friends, they celebrated the love they discovered 60 years ago in the moonlight of the little gazebo.

Like to try your hand at the micro-fiction form? Here’s the rules:

- You get 100 words or less.
- 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.

FITNESS FUN AT PINE ACRES:

The Packard family was kind enough to invite Oakham seniors to enjoy their high grade, outdoor cornhole and pickleball courts at Pine Acres this fall, and perhaps a couple weeks indoors too at the Lodge, Tuesdays at 10 am, beginning in December. Our thanks to the Packards for their generosity!

FunkTional Fitness and Zumba classes may also meet at Pine Acres in December (see schedules on p. 1). But the group, which has outgrown the Voting Room and just keeps growing larger, is looking for a more permanent home.

THANKSGIVING LUNCH at ELLER’S in LEICESTER:



Eller’s Restaurant on Rt. 9 in Cherry Valley/Leicester (about a block before Giguere Gymnastics) is our Thanksgiving Lunch destination on **Nov. 17 (at 12:30 pm)**. There’s always a good turnout for this annual event. Eller’s is a family style restaurant serving a broad array of American foods for the kind of feast you imagine at Thanksgiving. Customers give it 4 and ½ stars out of 5. And best of all, it’s only \$15 per person, with a little help from the COA. Just 40 spots available, so sign up now! RSVP at the SenCen, or call: 508-882-4073.

AN ADDRESS FOR LUCY:

As many of our readers know, Lucy Tessnau – a fixture on many Town boards, most recently the Selectboard, was seriously injured in a fall several weeks back. Friends have been asking how to reach her, to send their best wishes. Here’s her address:

Lucy Tessnau
Jewish Healthcare Center
629 Salisbury St
Worcester, Ma 01609

PICKLEBALL.....and CORNHOLE



NOVEMBER 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
29	30 10:30am Zumba	31 10am Corn Hole 1:00pm Cards Cribbage	1 9am Coffee w/ Friends 12:30pm MOVIE Heartbreak Ridge	2 12:30pm BBC Bring a craft or project to work on or play a game with friends and watch a mini series.	3 10:30am FUNctional Fitness 12:00 Lunch & Learn Dena Hengst Reiki & Relaxation	4
5	6 10:30am Zumba	7 10am Corn Hole 1:00pm Cards Cribbage	8 9am Coffee w/ Friends 11:00am VETERANS CELEBRATION	9 11:00-11:45am Blood Pressure Clinic 12:30pm Best to Be Cool 🥰 1:00pm S.H.I.N.E.	10 10:30am FUNctional Fitness 12:00pm COA Meeting	11
12	13 10:30am Zumba	14 10am Corn Hole 1:00pm Cards Cribbage	15 9am Coffee w/ Friends 10:30am Kim Hedgepeth The Meadows 12:30pm MOVIE A Walton's Thanksgiving	16 10am - 1pm SHINE 12:30pm Best to Be Cool 🥰	17 10:30am FUNctional Fitness 12:30pm Lunch Bunch Eller's Restaurant	18
19	20 9:00-1:00pm Podiatry Clinic 🦶 10:30am Zumba	21 10am Corn Hole 1:00pm Cards Cribbage	22 9am Coffee w/ Friends	23 	24 10:30am FUNctional Fitness	25
26	27 10:30am Zumba	28 10am Corn Hole 1:00pm Cards Cribbage	29 9am Coffee w/ Friends 10:30am.... Making Your 2024 Wall Calndars 12:30pm MOVIE Home For The Holidays	30 12:30pm Best to Be Cool 🥰 1:00pm S.H.I.N.E.	1 10:30am FUNctional Fitness	2

IN SYMPATHY...



We are saddened to note the passing of Patricia J. Ide, who passed on Oct. 17. She was 90 years old and beloved by all who knew her. Born in Fitchburg of Finnish heritage, she was an artist, a teacher, a writer,

and a gardener. She was a golfer, a runner and a sailor. Also, an “avid bridge player, a creative quilter, and a leader in the Red Hat Society”. She had a long, strong commitment to social justice. And she was a wife, a mother and step-mother, a great and grandmother.

A heart attack and stroke slowed her down in 2010, finally confining her to a wheelchair, but she remained vivacious and outgoing and a favorite at the Senior Center, where her paintings of flowers have long held pride of place on our walls.



She leaves her husband, Malcolm Ide, sons Thomas (Yvette) Gustafson and David Gustavson, of New Braintree; a daughter, Ann Mitus (Paul); and more than a dozen step-children, grand and great grand children. A memorial service will be held on Sat., Nov. 4, at 11 am at the Congreg. Church in Oakham. Contributions can be made to the Friends of the West Brick School House.

Our sympathies as well to the Lucchesi family and friends on the passing of Crystal Lucchesi’s mother, Helen Cardin on Spencer. She was 98.



Day Lillies, by Pat Ide

A CALL FOR VOLUNTEERS!

Wait! Before you look away... this is fun: the Council on Aging is scheduling more and more events for seniors – more than Melanie can keep up with. We’re looking for volunteers to help us provide COA coverage at films, Meet & Greets, Lunch & Learns, and other fun and interesting events. Just come down to the SenCen, help out, and maybe close up. If you can lend a couple hours, just leave a message at 508-882-4073 so we know.

Also, the Herald could use a hand. This might take hardly any extra time at all for the right person: are you one of us morbid few who read the obits faithfully every day? Our editor is having trouble keeping up, as it involves going online, where many obits now are housed on funeral home pages; and identifying not just the names of Oakham residents but of close family members of our friends and neighbors in Oakham. The job is to read ALL the obits and forward Rick any names that mention the Town. If anyone out there already follows the obits, please let us know at rickhendra1@gmail.com

Thanks!!

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

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

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**FROM THE COUNCIL ON AGING:**

The COA met twice in October, dealing with the sad shock of losing Lucy, our Treasurer and long-time Senior Center supervisor, to injury for an undetermined period of time. Our first order of business then was to get a handle on our financial reports and accounts in our Treasurer's absence. These, we agreed, needed updating. And work was done towards establishing a budget, purchase orders, and tracking expenses as they come in.

A call went out for additional volunteers for the COA, as we're down to 4 plus an alternate. Two stepped forward so far: Judy Menard and Clare Hendra, who were approved by the Selectmen at their meeting, Oct. 16. Still looking for help!

Melanie submitted an anticipated budget for the Veterans Celebration lunch and we firmed up plans for the free Thanksgiving dinner for every veteran and senior in Town with thanks to all our partners on this. There will be a Veterans breakfast as well, at the Fire Station next on 11/11– a full program of appreciation and celebration of our veterans.

SenCen participation figures are still going up. The offer to use Pine Acres for rec and fitness programs this fall was appreciated. Melanie's report was approved and there was discussion of finding ways to increase her hours for all the good things she's been doing. Barbara's been busy researching grants, so we're hopeful of additional support.

Rick asked for feedback on the blanket mailing of the Herald to every home in Town. Jan reported that 28 people in the last month asked to have the Herald delivered to them, and all our initial signups for the Thanksgiving dinner came through the notice in the Herald. There was some talk of doing this again next year. Seemed well worth the effort.

The COA then put together a list of concerns and requests to bring to the Select Board meeting the following Monday evening. These included a rerouting of all communications with the COA through the Chair [approved by the Selectboard], and concerns about replacing our computer and printer. [The Selectboard and Steve Dollinger helped us find replacements for both]. We also asked and were given permission to elect our Treasurer. Next meeting is Nov. 10 at 12:30 pm.