



THE OAKHAM HERALD

June 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

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: - seeking -

Vice-Chair: - seeking -

Treasurer: Lucy Tessnau

Secretary: Priscilla McGlynn

Members: - seeking -

Alt. Members Pauline Dwelly

Jane Pease

Assoc. Members: Jan Pierce

BACK DOOR CAFÉ:

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly

Diane Rochette

NEWSLETTER: Rick Hendra

Lucy Tessnau

JUNE EVENTS: (see also p. 2)

Blood Pressure Clinic: Thurs., June 8
from 11 till 11:45 am. No charge!

Podiatry Clinic: Taking appointments for
August now. Call Lucy @ 882-3358

June 2: Lunch & Learn with Lisa Holloway,
life coach and yoga instructor will join
us at noon. (see p. 3 for more)

June 14: Flag Day

June 16: The Lunch Bunch meets at 12:30
at The Connection, on Mechanic St. in
Spencer. Let us know if coming.

June 18: Happy Father's Day!

June 19: Closed for the Juneteenth holiday!

June 21: Tina Bemis at the Fire Station at
noon (p. 3 for more)

Movie Wednesdays at noon: (p. 3 for more)

June 7: "Still: A Michael J. Fox Movie"

June 28: "Pal Joey"

Corn Hole Tuesdays: Every Tuesday from
10 - 11 am, outside the Church if nice,
at the Senior Center if not.

Coffee Wednesdays - with friends! social
hour – Every Wednesday 9 - 10 am

Please note the change in scheduling:

Zumba: Gold - Every MONDAY and Fri. from
10:30 - 11:15 am in the Voting Room

JUNE 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
28	29 10:30am Zumba	30 10am Corn Hole	31 9am Coffee w/ Friends	1	2 10:30am Zumba 12:00 Lunch & Learn w/Lisa Holloway Life Coach/Yoga Instructor	3
4	5 10:30am Zumba	6 10am Corn Hole	7 9am Coffee w/ Friends 1:00pm MOVIE STILL	8 11:00-11:15am Blood Pressure Clinic	9 10:30am Zumba	10
11	12 10:30am Zumba	13 10am Corn Hole	14 9am Coffee w/ Friends Bridge of Flowers	15	16 10:30am Zumba 12:30pm Lunch Lunch The Connect Restaurant In Spencer	17
18	19 10:30am Zumba	20 10am Corn Hole	21 9am Coffee w/ Friends 1:00pm Bemis	22	23 10:30am Zumba	24
25	26 10:30am Zumba 9:00am-1:00pm Podiatry Clinic	27 10am Corn Hole	28 9am Coffee w/ Friends 1:00pm MOVIE Pal Joey	29	30 10:30am Zumba	1

LUNCH & LEARN: June 2 at Noon



LISA HOLLOWAY is a National Board-Certified Health and Wellness Coach, with a focus on diet. She is also a Ramsey Solutions Master

Financial Coach, useful in a different way. And she's certified by Yoga Renew as a 200 hour yoga teacher, registered with Yoga Alliance. She also has a Masters of Science in Vocational Rehabilitation Counseling and a Bachelor of Science in Psychology. She's a Certified Rehabilitation Counselor who spent eight years working with people with a variety of disabilities, especially in the areas of career counseling, life skills, community involvement, and mental health. On top of that, she's a stay at home mom and farmer.

Sounds like someone it would be good to know. Come, have lunch, listen and talk...

MOVIE WEDNESDAYS! 1 pm at the SenCen:

June 7: "Still: A Michael J. Fox Movie", Follows the life of beloved actor and advocate Michael J. Fox, exploring his personal and professional triumphs and travails, and what happens when an incurable optimist confronts an incurable disease.

June 28: "Pal Joey" is a 1957 American musical comedy directed by George Sidney, loosely adapted from the Rodgers and Hart musical play, starring Rita Hayworth, Frank Sinatra, and Kim Novak. Sinatra won a Golden Globe award for his role as the wise-cracking, love-bitten Joey Evans. Along with its strong box-office success, Pal Joey earned four Academy Award nominations.

Songs include "Betwitched (Bothered & Bewildered)", "The Lady Is A Tramp", and "My Funny Valentine"...

TINA BEMIS POT PLANTING:

Our annual First Day of Summer flower pot planting with Tina Bemis will be held June 21, at 1 pm, at the Oakham Fire Station. There are 26 folks already signed up and only 2 or 3 spaces left, so if you'd like to join us, please contact Lucy at 882-3358 ASAP.

PEN PALS: CIRCLE JUNE 8!

All the Senior Pen Pals who have been writing to our 4th grade students throughout the year have received special invitations from the students to meet them for a delicious ice cream sundae social at the school. Please let Jane Pease know whether or not you can attend at: (508) 882-0040.

****A special note: we are starting to sign up seniors who would like to be pen pals next year. We usually need about 34 senior volunteers, men and women. We hope you'll consider volunteering for this most worthwhile program. If you can help, please notify Jane Pease at 508-882-0040. A big thank you to those who were kind enough to volunteer time with a student this year.

OAKHAM FIRE DEPT ANNUAL COOK-OUT:

There will be a hot dog and hamburg cook out at 12:00p.m. on Friday, July 21 – sponsored by the Oakham COA and the Oakham Fire Dept held at the Oakham Fire Station. There is no cost for this event but we are asking that a small salad be brought to share with others. Make whatever you like best. Thank you. We hope that many will attend whether or not you bring a salad.



MEDICAL APPLIANCES:

At this time we have an overabundance of medical appliances such as walkers, commodes, transport chairs etc. Please do not bring any more to us! Although we appreciate all the effort, we have no space remaining to store more appliances. We are overloaded for the first time ever. THANK YOU! And don't forget :these are here for you when needed.



IN SYMPATHY...

We sadly note the passing of **Leonard Sansoucy** of Gaffney Road on April 16. Len was



born in Holyoke, grew up in Chicopee, and enlisted in the Army after high school. He was an MP in Heidelberg, Germany, and after his discharge he joined the Campus

Security team at Mt. Holyoke College. Pursuing his passion for law enforcement, he joined the Mass. State Police in 1986. He was an undercover narc, worked computer forensics with the 9/11 team, taught at the Academy, and cruised the Turnpike till retirement in 2013.

He enjoyed hunting and archery, traveling, and earth moving with his Kubota tractor. He also enjoyed making wine, listening to opera (he once let a speeder go because she was listening to Puccini), and reading, which his sister Carol encouraged as a child. He raised his children to be readers and over the last several years they formed a Zoom book club to enjoy reading together.

Len was a lifelong Red Sox fan, and on Lou Gehrig Day 2022, he threw the first pitch, thanks to Compassionate Care ALS, which works with victims of ALS - Lou Gehrig Disease – from which he died.

Len leaves his wife, Juli; his children, Laura Scott, Lisa Moriarty, and Lindsay Pollard; his stepchildren Sara and Abigail Holmes; as well as grand-children and many dear friends. Also his sisters, Eileen Ringenbach, Nancy Gadsby, Linda McMahon, and Deborah Sansoucy. His sister Carol Sypek, predeceased him. Our condolences to all.

We are also sad to report that **Alden Brodmerkle** of Old Turnpike Rd. passed away at home on May 5. He was 89. Alden was known for his work ethic. He drove construction trucks and ran his own saw mill. He'd clear lots and log trees. He also loved to read – anything he could get his hands, they say. And he enjoyed traveling to Colorado, Kansas, and New Mexico to visit family.

He leaves his wife of 67 years, Virginia; his children Alden Jr., Barbara, Margaret, and Richard Brodmerkle, grand and great-grand children. His brother Norman predeceased him.

We also want to extend our condolences to Ernie and Marilyn Brunelle on the passing of Ernie's brother Phil Brunelle of North Brookfield, age 93. He was a Navy Seabee, stationed in the Philippines, a golfer, a gardener, and a casino gambler we hear. Our sympathies to the family.

We were also sorry to hear that Eliot Starbard's dad, Kenneth Starbard of Holden, died on April 29. He grew up in Holden, served in the Pacific during WWII, and had a 40 year career with the Worcester City Water Department. Again, our sympathies to the extended Starbard clan.

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

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**OAKHAM HISTORICAL ASSOCIATION:**

We will continue to have open house the last Sunday of the month from 1 to 4 PM through October. And we have some interesting events planned:

- On Sunday, July 30 there will be two speakers presenting the revolutionary war from the British side. That's also an open house day.
- In mid-July there will be an agronomy trivia night – held at agronomy vinyard. Check our website for more information.
- The town wide yard sale sponsored by the OHE will occur Saturday, August 26. More information in the next issue.

Also: our new website is up and running. The address is [www.oakhamhistory.net](http://www.oakhamhistory.net)  
For further information, please reach us at our email: [oakhamhistoricalassociation.net](mailto:oakhamhistoricalassociation.net).

**THE VIRTUAL JUKEBOX: a monthly feature**



This month's juke looks back to Rick Hendra's May presentation on the "Roots of Rock & Roll", focusing on **rock instrumentals** from the 50's. The saxophone was big back then, a carry-over from R&B. The organ would pop up now and again, but soon, with better amps from Leon Fender, the guitar came to the fore.