



THE OAKHAM HERALD

January 2024

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: 508-882-4072 (Backdoor Cafe);
508-882-4073 (COA)

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: Barbara Wreschinsky
Vice-Chair: Jan Handrahan
Treasurer: Clare Hendra
Secretary: Rick Hendra
Members: Priscilla McGlynn -
Lucy Tessnau
Alternate: Becky Austin
Volunteers: Jane Pease, Judy Menard,
Susan Richard, Paul Rochette

BACK DOOR CAFÉ:

Coordinator: Jan Pierce
Volunteers: Pauline Dwelly

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

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January EVENTS: (see also p. 2)

Blood Pressure Clinic: Thurs., Jan. 11, from
11 till 11:15 am. Walk in - no charge!

Podiatry Clinic: Monday, Jan. 22, from 9 – 1 pm
(call for appointment).

JANUARY 1: HAPPY NEW YEAR!

January 9: Getting Geeky with Mel (tech tips)
Starting at 10:45

January 10: Film – “TBD” @ 1:00 pm

January 12: Council on Aging meeting – @ 12:00

January 15: Martin Luther King Day

January 18: SHINE at 10:00 am

January 19: The Lunch Bunch will meet at:
the Empire Buffet in Southbridge at 12:30

January 23: Getting Geeky with Mel (tech tips)
Starting at 10:45

January 24: Film – “TBD” @ 1:00

Zumba Gold Mondays – from 10:30 - 11:15 am
at Pine Acres.

Wii Bowling Tuesdays: from 10 - 11 am

Tuesday and Thursday Social hours - from 1 -3 pm

Coffee Wednesday Social hour – 9 till Lunch

BBC Thursdays: at 12:30 – Crafts & BBC miniseries

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

HOLIDAY ACTIVITIES AT THE SEN CEN

SENIOR CENTER HOLIDAY PARTY:



The Council on Aging held its Annual Holiday Party on the 19th of December. From 9 in the morning till the afternoon, folks came and went enjoying food, companionship, and good cheer. The food was great, from pastries to sandwiches to fruits and cheeses.

COA members busied themselves assembling holiday baskets for Jan to bring to homebound seniors. When that was done, Melanie and Sandy W. led us all in a game of seasonal trivia, with winning baskets spread around widely. And then Sandy led those assembled in a round of carols and seasonal songs. It really was a fine time for all.



BEMIS ANNUAL HOLIDAY CENTERPIECE WORKSHOP



Tina Bemis gave her annual holiday centerpiece workshop, this year at the Fire Station, which provided all the space needed and then some. We had a good turnout and a good time, too.



WHAT IS WII BOWLING?

Wii Bowling is the latest sporting activity available for your health and enjoyment at the SenCen, every Tuesday at 10 am. The game is quite similar to real life bowling, only instead of the ball in your palm you have a remote. You can throw it with a hook, or from an angle, and just let go of a button to release the ball. The rest is body English. It's not as strenuous as the being at the lanes, but it's certainly more convenient. And it's fun! Just come on down any Tuesday morning at 10 am and join right in. We'll show you how.



FLASH FICTION:

“CLOSING TIME”

By Rick Hendra

The old mutt scabbled to his feet, shuffled to the door, and sat there like he did every night at closing time, waiting for a master who would return no more, while his missus snored fitfully in bed.

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.*

CELEBRATE CHINESE NEW YEAR @ EMPIRE BUFFET



The Senior Center has made an annual tradition of celebrating the Chinese New Year at the EMPIRE BUFFET at 846 Main St. (Rt. 131) in Southbridge. Just take Rt 49 south to Rt. 20, then a quick right/left onto Fiskdale Rd. south to Rt 131. It's all you can eat and the choices are plenty for a standard \$12.99. gets 4.2 stars out of 5 on 652 Google reviews! RSVP at the SenCen or call: 508-882-4073.

PEN PAL REMINDER: Senior Response letters are due back in the box by the Library by 1/3/2024. Thank you!
Jane Pease

OAKHAM COA HEALTH FAIR:

The Oakham COA will hold a Health Fair on Feb. 14 from 9:00 am till 2:00 pm. Some of the vendors scheduled are Charm Medical Supplies, Fallon Summit, Careforth, Fallon Navacare, the Worcester D.A., Peaceful Creations Reiki, and health reps Lisa Holloway, Life Coach and Yoga instructor, and Kathie Fontaine, massage therapist. We hope to see you there.

SHINE:

(Serving the Health Insurance Needs of Everyone)

Do you need help with Medicare or Medicaid? Do you have questions about your coverage? Open enrollment has recently closed, but, if you are planning to retire soon and will be signing up for Medicare, it may benefit you to speak with a representative. There is a SHINE representative available, on the third Thursday of each month, at Oakham Senior Center.

If you would like to schedule an appointment, please call the senior center at 508-882-4073 and speak with a volunteer or leave a message. You will receive a call to schedule an appointment.



IN SYMPATHY...



We sadly note the passing of Edmond Samaha, of Stamford, CT. He'd been living the last couple years with his daughter-in-law, Melissa Samaha and her partner, Craig Phillips, on Ware Corner Rd. in Oakham. He was 83 years old.

JANUARY 2024

Questions or Sign-ups call Melanie
508-864-9224
silvalining322@gmail.com

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 10am Wii	3 9am Coffee w/ Friends	4	5 10:30am FUN Fitness New Braintree	6
7	8 10:30am Zumba Gold Pine Acres	9 10am Wii 10:45am Geeky Mel	10 9am Coffee w/ Friends 1:00pm MOVIE	11 11:00-11:15am Blood Pressure Clinic	12 10:30am FUN Fitness New Braintree 12:00pm COA MTG	13
14	15 10:30am Zumba Gold Pine Acres Martin Luther King Day	16 10am Wii	17 9am Coffee w/ Friends	18 10:00am Shine	19 10:30am FUN Fitness New Braintree 12:30pm Lunch Bunch Empire Buffet	20
21	22 9:00a-2:30p Podiatry Clinic 10:30am Zumba Gold Pine Acres	23 10am Wii 10:45am Geeky Mel	24 9am Coffee w/ Friends 1:00pm MOVIE TBD	25	26 10:30am FUN Fitness New Braintree	27
28	29 10:30am Zumba Gold Pine Acres	30 10am Wii	31 9am Coffee w/ Friends			

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

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**FROM THE COUNCIL ON AGING:**

The COA met on Dec. 8. The meeting began with a review of activities we've worked on over the holiday season, including:

- the Veterans Day celebrations
- the Thanksgiving Dinner for vets and seniors
- plans for holiday gift baskets for homebound seniors
- and gift cards from Hannafords for all seniors over age 75 (with thanks to the Selectboard and the Alden Fund);

However, we had some events canceled, too, in part due to health problems amid the pressures of the season.

Barbara W. noted that the new laptop, printer, and accessories donated by Steve Dollinger (thanks again!) are being set up now and should be available for use in the SenCen in the new year.

Rick reported that the monthly menus for the Back Door Café will now be posted on our COA website, making them more available.

New business focused on needed items we might request assistance with from ARPA Funds, now under consideration by the Selectboard:

- priority #1 is the wiring in the Senior Center, as there are few outlets and they tend to be overloaded – especially with the new tech equipment.
- We also need a new tile floor and paint job
- We have need for lock boxes for our keys, to provide easier access for COA members at different times.
- Signage would be helpful – outside, perhaps on the building, announcing the presence of the Senior Center and Back Door Café; also, perhaps, a more easily manageable sign posting COA activities
- Round tables would be a good addition to the dining area, to facilitate conversation and assure that no one gets stuck by themselves on the end.