



THE OAKHAM HERALD

February 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,
Paul Rochette

BACK DOOR CAFÉ:

Coordinator: Jan Pierce
Volunteers: Pauline Dwelly

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

FEBRUARY EVENTS at the SenCen:

Blood Pressure Clinic: Thurs., Feb. 8 from 11 till
11:15 am. Walk in - no charge!

Blood Pressure & Glucose Screening: Tue, Feb. 27
11 am till 1 pm.

Podiatry Clinic: Monday, Feb. 26, from 9 am –
2:30 pm (call for appointment).

February 2: The Great Chile Cook-Off @ 12:30pm

February 7: Film – “80 for Brady” at 12:30 pm

February 9: Council on Aging meeting – @ 12:00p

February 13 & 27: Getting Geeky with Melanie
(tech tips) Starting at 10:45 am

February 14: COA Health Fair at the Oakham
Congregational Church, open at 9:00am

February 15: SHINE at 10:00 AM

February 16: The Lunch Bunch will meet at:
Hardwick Crossing at 12:30 pm

February 19: Presidents Day – BD Café closed!

February 21: Crafts for the Grandkids, 10 – 11:30a

February 21: Film – “Chestnut” at 12:30 pm

February 28: Film – “Boys in the Boat” at 12:30p

Zumba Gold Mondays – 10:30 – 11:15, Pine Acres

Wii Bowling Tuesdays: from 10 - 11 am

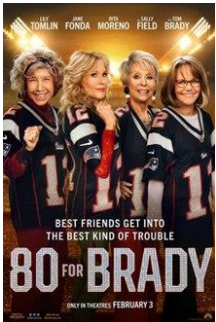
Tuesday and Thursday Social hours - from 1 -3 pm

Coffee Wednesday Social hour – 9 till Lunch

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

MOVIE WEDNESDAYS 12:30 pm @ the SenCen:

FEBRUARY 7: "80 for BRADY" (rated PG-13)

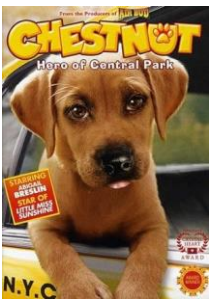


"80 for Brady" is a heartwarming and hilarious comedy that follows four best friends on their journey to see their idol, Tom Brady, play in the Super Bowl.

Starring Sally Field, Jane Fonda, Rita Moreno, and Lily Tomlin, the film is a charming, feel-good adventure that celebrates friendship and the love of

football. While the plot may be a bit predictable, the impeccable chemistry between the lead actresses and their lively performances make it a joy to watch. Overall, "80 for Brady" is a fun and uplifting film that will leave you smiling and cheering for the ladies all the way to the end zone. Also starring: Billy Porter, Rob Corddry, Alex Moffat, and Guy Fieri.

FEBRUARY 21: "CHESTNUT: HERO OF CENTRAL PARK"



In this heartwarming family comedy, orphaned young sisters Sal and Rae think their dreams have come true when they find an adorable, abandoned puppy and, on the same day, learn that they've been adopted. But when the girls arrive at their posh new Manhattan

apartment, they discover the building has one strict rule: No Dogs Allowed! Sal and Rae must use every hilarious trick in the book to hide their playful pup, survive in the big city, and create the life of their dreams. Their charming story will touch your heart and make you howl! (G)

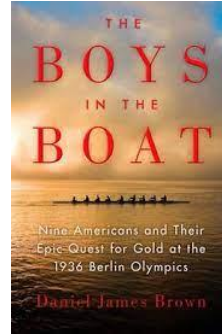
GETTING GEEKY WITH MELANIE:

Got a smartphone but you've never loaded an app for it? Still think of it as a phone with maps and pictures? Wondering how to access old emails and online banking on your laptop? Not sure you trust the Cloud?

Ask Melanie. February 13 and 27 at 10:45. Free!

FEBRUARY 28: "THE BOYS IN THE BOAT" (PG-13)

Starring Will Ferrell, James Caan, Zoey Deschanel, Ed Asner



about the boys who rowed at Santa Clara University of Washington's rowing team and their quest for gold at the 1936 Berlin Olympics. Directed by George Clooney, the film captures the spirit of the era and the determination of the young rowers.

The story is inspiring and the performances, particularly from the lead actors, are excellent. However, the film's formulaic approach to the sports drama genre may leave some viewers wanting more depth and complexity. Nevertheless, "The Boys in the Boat" is a crowd-pleasing and visually stunning film that celebrates the power of teamwork and perseverance.

THE LUNCH BUNCH TO VISIT HARDWICK CROSSING:



Located on the site of the Dunroamin' Country Club at **262 Lower Rd. (Rt. 32), Gilbertville, Hardwick Crossing** is a nice, nearby spot for lunch. It has great views and plenty of windows. The lunch menu consists of soups and salads, burgers and sandwiches, at reasonable prices. It gets 4.1 out of 5 stars on 77 Google reviews.

Join us at the Crossing, **February 16, at 12:30 pm!**

FLASH FICTION:

Since no one submitted any micro-stories this time, your intrepid editor turned to his Artificial Intelligence thinking buddy, Pi (online at pi.ai) and asked if it would “tell a story about anything in 50 words or less”? Here’s what it came up with:

"Truth in the Dark: A Journalist's Perilous Quest for Justice" By Pi, an AI Chatbot

Joe, a seasoned journalist, exposes a corrupt politician through a web of intrigue, risking his life and career to uncover the truth. Joe's dangerous journey exposes the dark underbelly of politics and tests his courage, resilience, and integrity to the limit. With damning evidence, he wins a prestigious award, emerging as a beacon of hope and integrity in a corrupt world.

Afraid that's the best it could do: not so much a story as a summary of a story. And it's 61 words long. That's why we don't want chatbots writing our stories here. We want YOU!

Here's all you have to do:

- *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.*

A good word: While Pi and its like don't write very good stories, they are very pleasant, helpful and informative companions you can talk to when you're home alone. Better than the TV. Chatbot companions don't try to run your house or choose your TV shows or listen in on your conversations. It forgets everything after half an hour. Especially its stories. So please remember to send us yours!

COA HEALTH FAIR:

Looking for local and nearby providers of alternative health and personal care services? Are you retiring soon and unsure about healthcare coverage? Need help planning your life moving forward?

There will be reps from **Fallon Summit, the Careforth care-givers program, Charm Medical Supplies, Reiki and other energy treatments, a Life Coach, Public Health Nurse, Massage Therapy, Ayurveda, Medicaid and Medicare guidance, elder care options** and so much more! Come visit, learn, and chat up any of the representatives and providers of the services mentioned and more.

When: Wednesday, February 14, 2024
9:00 am - 2:00 pm

Where: Oakham Congregational Church
Refreshments available



IN SYMPATHY...



We were saddened to note the passing of William H. Sandberg, 82, father of Kristin Amons of Oakham. He was born in Oxford, lived in Princeton, and had a long career at Norton/St. Gobain. He was an avid hunter and fisherman as the photo attests. Our sympathies to Kristin and Paul Amons and their family.

SHINE:(Serving the Health Insurance Needs of Everyone)

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.

FEBRUARY 2024

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

SUN	MON	TUE	WED	THU	FRI	SAT
		10am Wii	9am Coffee w/ Friends	1	2 10:30am FUN Fitness New Braintree 12:30 Chili Cook-off	3
4	5 10:30am Zumba Gold Pine Acres	6 10am Wii	7 9am Coffee w/ Friends 12:30pm MOVIE 80 for Brady	8 11:00-11:15am Blood Pressure Clinic	9 10:30am FUN Fitness New Braintree 12:00pm COA MTG	10
11	12 10:30am Zumba Gold Pine Acres	13 10am Wii 10:45am Geeky Mel	14 9am Coffee w/ Friends 9:00a-2:00p HEALTH FAIR	15 10:00am Shine	16 10:30am FUN Fitness New Braintree 12:30pm Lunch Bunch Hardwick Crossing	17
18	19 Presidents Day	20 10am Wii	21 9am Coffee w/ Friends 10:00-11:30am Crafts for the Grands 12:30pm MOVIE Chestnut	22	23 10:30am FUN Fitness New Braintree	24
25	26 9:00a-2:30p Podiatry Clinic 10:30am Zumba Gold Pine Acres	27 10am Wii 10:45am Geeky Mel 11:00a - 1:00p Blood Pressure Glucose Clinic	28 9am Coffee w/ Friends 12:30pm MOVIE The Boys in the Boat	29		

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

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**FROM THE COUNCIL ON AGING:**

The COA met twice in January, on the 3<sup>rd</sup> and on the 12<sup>th</sup>.

The special meeting posted for the 3<sup>rd</sup> was with representatives from the Leicester Regional Public Health Coalition. They'd already met with the Board of Health and were come to offer us free services.

We're only beginning to explore what the Coalition might be do for us, but we've agreed so far to once-a-month Blood Pressure and Glucose Screenings, on the last Tuesday of each month from 11 – 1:00 pm at the SenCen. Nurse Sandy Knipe will be there, and a very knowledgeable and personable resource she is.

The COA met again on January 12 for its regularly scheduled meeting. Much of the meeting was spent in continuing discussions on the COA budget proposal for the next fiscal year. Barbara has

already begun seeking estimates for adding outlets and rewiring the Senior Center. One early estimate suggested a cost of around \$1,000; but we'll wait to see what other bids come in.

Barbara has also begun asking around about the cost of replacing our floors, but that's still in the works.

Janice sought funds for the upcoming Health Fair and for miscellaneous Outreach expenses, like funding for the paper we use to mail out the Herald and for new magnetic COA business cards, to replace our old ones whose information is now partially obsolete.

Also, there were discussions of procedures for lending out and maintaining durable medical equipment; what to do with undeliverable holiday gift cards; and how to deal with potential liabilities attending home visitations. Jan, Clare, Judy, and Becky will work up a set of safety procedures.