



THE OAKHAM HERALD

April 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)

Non-emergency police #: 508-886-4003 PRESS 0

Activities Coordinator: Melanie Silva

COA BOARD MEMBERS:

Chair: Barbara Wreschinsky
Vice-Chair: Jan Handrahan
Treasurer: Clare Hendra
Secretary: Rick Hendra
Members: Priscilla McGlynn -
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)
Barbara Wreschinsky (proofer)

APRIL EVENTS at the SenCen:

Blood Pressure Clinic: Wed., April 10, from 11
till 11:45 am. Walk in - no charge!

Blood Pressure & Glucose Screening: Tuesday,
April 30, 11 am till 1 pm.

Podiatry Clinic: Monday, April 15, from 9 am –
2:30 pm (call for appointment).

April 3: 10:30a: Fire Chief Tim Howe:
THE NEW FIRE TRUCK!

April 5: Lunch & Learn with Dena Hengst

April 9 & 23: Get Geeky with Melanie – 10:45

April 10: Wreath-Making w/ Lynn Hartman at
12:30 at the Fire Station

April 12: Council On Aging meeting – @ 12:00p

April 17: National Health Care Decision Day
10-10:45, with Aaron Langlois

Film - "The Odd Life T. Green" @ 12:30p

April 19: The Lunch Bunch goes to The *Café On the
Common* in Barre @ 12:30pm

April 20: Earth Day roadside trash pickup! 10a-2p

April 24: Frugal Fun Field Trip! The Blessing Barn
in Mendon

April 25: SHINE at 10:00 am

April 26: "Spring Up" Potluck Lunch! 12:30p

May 1: Window Sill Herb Gardens w/ Lynn Hartman
at 12:30 at the Fire Station

Zumba Gold Mondays – 10:30 – 11:15, No.
Brookfield 1st Congregational Church

Wii Bowling Tuesdays: from 10 - 11 am

Yoga Tuesdays: from 1 – 2 pm. **(Continued on p. 2)**
(Continued from p. 1)

Tue/Wed/Thur Walk Aways from 11 - 12pm

Coffee w/ Friends Wednesdays from 9 till Lunch

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

Quiet Time Fridays - w/ Music for Wii bowling or
quiet contemplation, 10 – 12pm

* * *

OAKHAM ROADWAY CLEANUP FOR EARTH DAY!

Saturday, April 20, 2024 - 10:00am to 2:00pm

This year's Earth Day is on Monday, April 22nd. We'd like to get a jump on it, and invite Oakham residents to join us in a roadside clean-up day, before all the ticks and grass grow too high. Please help us and pick up litter on our roadways on April 20th from 10am-2pm. We will have a dumpster available for drop off behind the municipal buildings - Fire, Police and Highway. Blue trash bags and gloves will be available.

This is only for roadside trash that can go into your regular trash, please. No electronics, tires, mattresses, or other items not usually disposed of in your weekly trash.

We will be holding our Recycling Day on June 8th where we will be accepting electronics, mattresses, medical sharps, and medications as we have in years past.

For more information, please go to <https://www.oakham-ma.gov/board-health/events/7946>

POT LUCK LUNCHES:

On March 22 and in February too, the SenCen hosted pot luck lunches: a "meatless Friday" and a chile cook-off respectively. Turnout has been growing as good food and good company are drawing folks out.

This April 26, at 12:30p, we'll be hosting a "Spring Themed" pot luck. You're all invited! Bring food!!

RUTLAND REGIONAL ALERTS

Rutland Regional Alerts, powered by Smart911 is the official emergency notification system used by the Towns of Barre, Hubbardston, Oakham, Rutland, and Warren to communicate with community residents during emergencies. Sign up now to receive free alerts from your community officials via text message, email, and/or voice message. Registration can be done here: <https://www.rrecc.us/alerts>

In addition to emergency alerts, you can also choose to receive customizable community notifications. These include notifications about severe weather, safety, health, utility disruptions, major traffic incidents, and more. This service is provided by the Rutland RECC at no cost to the public; though message and data rates may apply.

Add your address to receive geo-targeted alerts. Indicate what types of alerts you want to receive including weather, traffic, emergency, and more. Indicate how you want to be notified by text, email, and/or voice message.

SPRING WREATH MAKING W/ LYNN HARTMAN:

Mark your calendars for April 10 at 12:30... We will be making Spring wreaths with Lynn Hartman (of the Herb Farm, in Barre) at the Fire Barn (thank you Tim!) Very excited to be working with them.

YOGA with LISA HOLLOWAY:

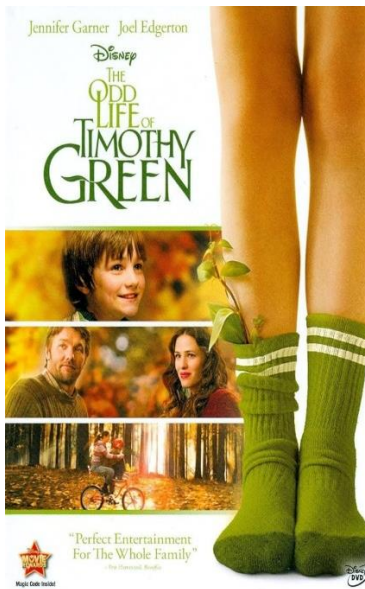
Lisa Holloway from the Listening Center in Barre will be leading us in Hatha yoga with props: each person could have a chair, for instance, and use it as they need it. She can do a slow class and give options. She will make modifications as needed. As she gets to know you, your abilities and your challenges, it will be easier for her to guide you and create classes that are specific just for you.

If you are interested, YOU NEED TO SIGN UP!

Please let Melanie know.

MOVIE WEDNESDAYS 12:30 pm @ the SenCen:

April 17: "The Odd Life of Timothy Green" (rated PG)



The Odd Life of Timothy Green is a 2012 American fantasy film directed by Peter Hedges and written by Hedges and Ahmet Zappa (another son of Frank). The film stars Jennifer Garner, Joel Edgerton, C.J. Adams, Dianne Wiest, and the wonderful M. Emmet Walsh, just recently deceased. The film tells the story of a couple

who bury a box in their backyard containing all their wishes for a child, and a young boy named Timothy mysteriously appears at their door the next day.

The acting gets consistently favorable reviews, including this from Roger Ebert, who says the film is

"accessible to all but the youngest children, and I suspect their parents will enjoy it, too. It respects the integrity of its story by dealing with real emotions of loss and parting. It's intelligently constructed by writer-director Peter Hedges (who wrote "What's Eating Gilbert Grape" and "About a Boy"); instead of being simpleminded like too many family films, it treats the characters with care and concern."

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? Wondering how to block spam? Not sure you trust the Cloud?

Ask Melanie. April 9 and 23 at 10:45. Free!

THE LUNCH BUNCH Will Be at the Café On the Common:



Café on the Common is the new restaurant that's moved in behind Picasso's, which closed during the pandemic in 2020. Jada and Dewey McConologue are the co-owners and chefs, serving an "American Menu" of comfort foods including pizzas, meat pies, tapas and quiches, morning noon and night. They have an open mic for music on Thursday nights. Just about every entree is under \$20. Google reviews gave it an enthusiastic 4.7 stars out of 5.

WALK AWAY THE STRESS! By Barbara Wreschinsky

After a conversation at the recent Chili event, several of us decided to fit walking in as a part of our exercise efforts on days that Melanie doesn't offer Zumba Gold or Functional Fitness.

On the nicer days we dress for the weather, meet at the Senior Center at 11:00 (on Tuesdays, Wednesdays, and Thursdays) and plan our walk. We try to accommodate everyone's pace and distance needs. So far four of us have met and walk about a mile. It takes about 20-25 minutes and we are back in time for the congregated meal if reservations are made. On inclement days we will try DVD's for walking indoors.

Please join us when you are able. Walking with friends and good conversation does help to walk away stress! Please park behind the Town Hall in order to make parking at the back door available to seniors attending the lunch program.

Seniors should consult their physician before initiating any new exercise program!

OLD STONE WALL

By Susan Richard

*Old stone wall, you are timeless.
Sadly, few people near
Seem to know your history,
The farmer whose land you once secured
passed on before curiosity compelled me
To seek out your complicated story.*

*I went to the Library and
The Historical Association
where I garnered only shards of information.*

*I only know what I see, Stone.
Stone! Smooth and rough like a
Man's face,
Hard and cold, too.
You won't crumble and break
Like some stones do.*

*In sunlight, it seems
You've been sprinkled with crushed scintillating
diamonds—
White, black, and yellow, each fine as sand.
Rain washes you and feeds the moss and lichen
That make their home on your faces.*

*You defy hurricanes and blizzards
Standing tall and statuesque
Never bending to the wind or
Fearing snow drifts.*

*Who imagined you?
Who was the architect who drew up the plans? Was it
A farmer, her husband or one of their children?
Or did an engineer stand at a table with
Charcoal and parchment and draft a design ?
Was it an artist who had a good eye?
Who carried the stones like Paul Bunyon
and laid them so well
that nothing has moved them these past 200 years.
Once you were probably a protector of Merino sheep,
Or maybe horses in the pasture you'd keep.*

*We see you dressed in black granite and various grays
Like quilt patches put together in an uneven array
Yet unsewn and unmortared,
Your pieces stay together.
They don't rip like fabric
Or crumble like bricks.
You stand there, solid and strong.
Holding memories.
Seeing all.
Saying nothing.*

OAKHAM HISTORICAL MUSEUM REOPENING SOON!

Save these dates on your calendar:

- **May 5th @ 2:00 pm - History of the Oakham Fire Dept and Police Dept** presented by Police Chief Fred Gehring and Fire Chief Tim Howe. Come and see an old fire truck and our new fire truck and hear how the Departments came to be and the changes that occurred over the years.
- **May 26th - Donna Neylon will present the History of the Oakham Center School**

SHINE: Serving the Health Insurance Needs of Everyone

SHINE is a State provided, free service to seniors. They can answer your questions about Medicare. They are there to assist you. And one of their counselors comes by the SenCen once a month to be available.

Their next visit will be on April 25. 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 a time.

NATIONAL HEALTH CARE DECISION DAY:

April 17 is National Healthcare Decision Day, and from 10 till 10:45 we'll be joined by Aaron Langlois, who has worked professionally in end of life/serious illness care for over 20 years. This conversation exists to inspire, educate, and empower the public and providers about the importance of advance care planning.

LUNCH & LEARN WITH DENA HENGST

Dena is a local Reiki Practitioner who will be sharing her stress release techniques and relaxation practices with us April 5 at 12:15. YOU NEED TO SIGN UP before 4/05

GOOD TIMES WITH FRIENDS...

POT LUCK LUNCH, 3/22.



BROWN BAG CONCERT AT MECHANICS HALL, 3/20



APRIL 2024

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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|--|--|---|--|-----|
| | 1 10:30am Zumba Gold | 2 10am Wii Bowling 1:00pm Yoga | 3 9am Coffee w/ Friends 10:30am Show & Tell w/Fire Chief Tim The New Truck! | 4 11:00am Walk Away | 5 10:30am FUN Fitness New Braintree 12:15 Lunch & Learn Dena Hengst | 6 |
| 7 | 8 10:30am Zumba Gold | 9 10am Wii Bowling 10:45am GeekMel 11:00am Walk Away 1:00pm Yoga | 10 9am Coffee 11:00-11:45am BP Clinic 12:30pm Hartman's Wreath Making | 11 11:00am Walk Away | 12 10:30am FUN Fitness New Braintree 12:00pm COA MTG | 13 |
| 14 | 15 10:30am Zumba Gold 9:00a-2:30p Podiatry Clinic | 16 10am Wii Bowling 11:00am Walk Away 1:00pm Yoga | 17 9am Coffee w/ Friends 10:00am Nat'l HC Decision Day 12:30pm MOVIE The Odd Life of Timothy Green | 18 11:00am Walk Away | 19 10:30am FUN Fitness New Braintree 12:30pm Lunch Bunch Cafe on the Common | 20 |
| 21 | 22 10:30am Zumba Gold | 23 10am Wii Bowling 10:45am GeekMel 11:00am Walk Away 1:00pm Yoga | 24 9am Coffee w/ Friends 10:00am Frugal Fun Field Trip | 25 10:00am Shine 11:00am Walk Away | 26 10:30am FUN Fitness New Braintree 12:30pm Spring Up Potluck Senior Center | 27 |
| 28 | 29 10:30am Zumba Gold | 30 10am Wii Bowling 11:00a - 1:00p BP Glucose Clinic 11:00am WalkAway 1:00pm Yoga | | | | |

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

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IN SYMPATHY...

We note with deep regret the passing of Robert Lomax Sr., who lived on No. Brookfield Rd. and worked at Bigelows Nursery in Northboro for 37 years. You may remember him as that solid looking gent often wearing an open-buttoned shirt and shorts out of season. He'll be missed. His daughter, Christine Mardirosian, and son, Robert Lomax Jr., have also lived long in Oakham, and we extend them and their family our condolences.

We were also saddened to hear of several of Oakham neighbors who have lost family recently. Linda Qualters' mother, Isabella McKinlay of Rutland (born in Scotland), died back in January and we're sorry we missed that till now. Our condolences to her, her husband Rick, and their family.

Our sympathies also to Jonathan Poe and wife Kathy, whose father, Russell Henderson, also of Rutland, passed back in February. He was the State Commander of the Disabled American Veterans Organization.

Anita (Orsi) Rosiello lost her sister, Diane (Orsi) Whitcomb of Surfside Beach in So. Carolina, which is always hard. Our sympathies go out to her and her family.

FRUGAL FUN FIELD TRIP!



To the BLESSING BARN...

On April 24, we will be going to the Blessing Barn in Mendon: 4 floors of awesome finds! And when you get tired of poking around there, they have the Blessing Barn Bookstore & Cafe next door. This is hopefully the first of many field trips!

The van leaves at 10:00am. We will have you back no later than 4:00pm.