



THE OAKHAM HERALD

May 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: 508-882-5501

Activities Coordinator: Melanie Silva

Email: silvalining322@gmail.com

Cell: 508-864-9224

COA BOARD MEMBERS:

Chair: - seeking -

Vice-Chair: - seeking -

Treasurer: Lucy Tessnau

Secretary: Priscilla McGlynn

Members: Rick Hendra

- 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

MAY EVENTS:

Blood Pressure Clinic: Thurs. May 11
from 11 till 11:45 am

Podiatry Clinic (by appointment only):
Monday, May 22nd (by appointment
only) Call Lucy.

May 5: Lunch & Learn – Dr. Donna Bartlett
after Zumba, w/ lunch!

May 10: Movie Wednesdays (after lunch)
“A League of Their Own” (pg)

May 17: Rick Hendra on the Roots of Rock
& Roll – 10 am at the Senior Center

May 19: The Lunch Bunch will meet at noon
at The 308 in E. Brookfield (the old
Lakeside Inn).

May 24: Opening Day for the Bravehearts!
10:30 am at Fitton Field. See Melanie.

Corn Hole Tuesdays, Coffee & Cards
Every Tuesday from 10 - 11 am,
outside if nice, at the Church if not.

Coffee Wednesdays - with friends! social
hour – Every Wednesday 9 - 10 am
1st Wed: Recipes & Restaurants
Last Wed: Where to? Field trips?

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

LUNCH & LEARN: May 5 at Lunchtime



Dr. Donna Bartlett is a Board-Certified Geriatric Pharmacist with 20 years of experience in retail pharmacy and over 10 yrs. experience

in outreach to seniors. She's also an associate professor of pharmacy practice at Mass College of Pharmacy and Health Sciences University. She'll be meeting with us on May 5, after Zumba, to talk about managing medications and their side effects, affordability, and prescription coverage including Medicare, Medicaid, and commercial insurance coverages.

MOVIE WEDNESDAYS: March 10 at 1 pm

"A League of Their Own": a smart, sweet comedy from 1992 starring Geena Davis, Tom Hanks, Lori Petty, and Madonna. The film is based on the true story of the All-American Girls Professional Baseball League in the 1940's. It's rated PG-13 for mild swearing, innuendo, and Tom Hanks' drinking. Parents rated it fine for 11+. Great way to warm up for our Bravehearts game!

THE WORCESTER BRAVEHEARTS!

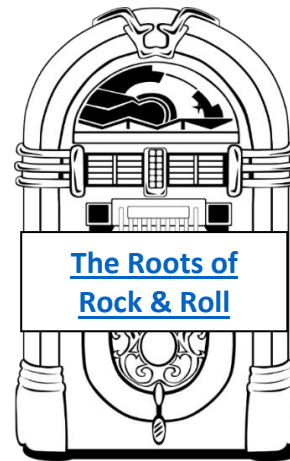
Yes, on **May 24**, we will be at Opening Day for the Bravehearts game at Holy Cross' Fitton Field, a sweet, small ballpark flanked by a parking garage just off Rt. 290. The game starts **at 10:30 am(!)**, leaving you the afternoon open for whatever in Worcester. It's a good time, with friends. Elderbus avail.

The Bravehearts play in the Futures Collegiate Baseball League, which is composed of local college players, many headed for the major leagues. The Bravehearts play against teams like the Brockton Rox, the Vermont Lake Monsters, and the Pittsfield Suns. Contact Melanie!

THE ROOTS OF ROCK & ROLL:

What was the first rock & roll song? Where did the music come from? Where did it go? Is it one music or many? On **May 17, at 10 am**, our editor, **Rick Hendra** – former DJ at WCUW radio, currently teaching roots music history at the Worcester Institute for Senior Education (WISE) at Assumption U. – will address, if not answer, those questions. Using his Spotify jukebox, pictures, and extensive music library as he goes, Rick will be keeping it conversational and fun.

THE VIRTUAL JUKEBOX: A Monthly Feature



For this month's jukebox, we're sharing a listen to the music that Rick will be playing and talking about at his session on the roots of rock and roll on May 17. The music is drawn from 4 streams of music that came together to form the mighty river of rock: pop, country, R&B, and gospel. And they all date from the 40's and early 50's, long before the dawn of Elvis...

CORNHOLE TUESDAY MORNINGS:

Our cornhole group is growing – helped along by our move outside to the Common in this beautiful spring weather. And our first female player has joined us too – more to come, we hope! Open to all. 10am start.

COMING IN JUNE:

- Join us for our annual First Day Of Summer flower pot planting with Tina Bemis at the Oakham Fire Station at 1:00pm. With the appropriate colors and the shape of container we will be designing a Fire Pot arrangement to imitate a backyard camp fire. Please sign up ASAP. We need to have 15 participants to have the class run.

ELDER BUS NEWS:

In order to make a reservation on the Elder Bus for doctors' appointments or food shopping or picking up prescriptions, please be sure to call 1-800-321-0243 at least 48 hrs. in advance. Reservations are also necessary 48 hrs. in advance to take advantage of these regular offerings: a trip to Hannaford's in N. Brookfield every Wednesday and a trip to Walmart in Leicester the 4th Tuesday of each month. It's really a good deal. Check it out.



COFFEE WITH FRIENDS...

The buzz is growing about Wednesday mornings at the SenCen. A growing group of seniors, women mostly but not all, has been gathering with Melanie for conversation and camaraderie with an underlying purpose: to dream up and plan other events and activities to help us keep the conversation going and deepen our camaraderie. What can we do to have fun? Maybe learn something? Craft something? Go somewhere? Why not? Join us – it's open to all, from 9 am till noon. Stop by and have a cuppa!



IN SYMPATHY...

We were saddened to note the passing of Mark Blanchard, age 65, after a short illness.



He was born in Worcester and graduated from Worcester Boys Trade and from Worcester Industrial Technical Institute (WITI). He opened his

first mechanics business shortly after graduating. He loved working on hot rods with his wife and daughter and taking part in classic car shows. They were a team.

Mark married Karen Houlihan and they stayed together for 38 years. They sadly lost their only daughter, Katrina, back in 2016.

Mark was an outdoorsman and enjoyed going camping in his RV, hunting and fishing and spending time with Karen at their campsite in Maine. He was a member of the So. Barre Rod and Gun Club. He attended the Assembly of God Church in So. Barre and often spoke of the Lord. He was a good soul, a kind man who saw the good in everyone.

He leaves his wife Karen Blanchard and his brother, Daniel. Also, his Auntie Bev, his sister-in-law, several cousins, his best friend, Jimmy MacRae, and lots of other friends and family. He will be truly and sadly missed.

We also extend our condolences to Richard and Helen Linehan on the passing of Richard's twin brother, David. That's hard...

**Oakham Council on Aging
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Oakham, MA 01068**

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WHAT'S "MAY DAY"?

May Day has its roots in ancient pagan festivals that celebrated the arrival of spring, fertility, and new growth. These festivals were held throughout Europe and included traditions like dancing around a maypole, crowning a May Queen, and lighting bonfires.

Over time, these pagan celebrations were adapted by Christian churches and became associated with the feast day of St. Walpurga, a Christian saint (canonized on May 1), known for her healing powers.

In the late 19th century, May Day became associated with the labor movement and the

struggle for workers' rights. In 1886, labor unions in the United States organized a general strike to demand an eight-hour workday. On May 1st of that year, thousands of workers went on strike in Chicago, provoking what became known as the Haymarket Massacre after a violent brawl and a bomb thrown at police left 8 dead.

Despite this horrific event, May Day continued to be associated with the labor movement, and it became an important day of protest and solidarity for workers around the world. In 1889, the International Socialist Congress declared May 1st as International Workers' Day, and the holiday is now observed in many countries as a day to honor workers and to call attention to issues facing working people. In the US, we celebrate Labor Day instead, and use "mayday" as a distress call.