

February 2017

FEBRUARY is HEART MONTH. Be kind to your heart

Eat wisely, drink plenty of water, accept that which is inevitable (don't worry), relax completely, sleep sufficiently, check up occasionally, enjoy enthusiastically, and above all exercise rationally. Give 5% of your time to keeping well. You won't have to give 100% getting over being sick.

Since we are now in the midst of the flu and cold season, we respectfully ask that if anyone has any symptoms of a cold or of the flu, please refrain from coming to the Back Door Café/Sr. Center until the fever or coughing has subsided. We are doing our best at sanitizing the areas, but your help at keeping us all healthy and safe from illness would be appreciated

REMINDERS:

Quarterly property taxes are due on February 1, 2016.

Did you remember to check your fire/smoke detectors and carbon monoxide detectors for the New Year? There have been a rash of fires recently, so play it safe, check those life savers!

THANK YOU

The members of the Council on Aging would like to express their appreciation to everyone who sent Christmas cards, notes and thank you cards during the holiday season. It means a lot to us that you took the time during this busy season to remember us.

.VALENTINE DINNER- Sign up now

Members of the Oakham Congregational Church have invited all seniors to a home cooked turkey dinner complete with all the fixin's and homemade pie for dessert on Saturday, February 11, 2017 at 5:00 p.m.

Your Council on Aging will provide some tasty, small tidbits and punch for hors d'oeuvres before dinner.

Also, for your enjoyment, the Council on Aging is proud to present **Gary Landgren**, a well recommended pianist and entertainer, who will render lively interpretations of popular songs, which most of us remember, in the Honky Tonk style. We will surely recognize songs as "Let me call you sweetheart" and "By the light of the silvery moon". So come join us for an evening of fun and camaraderie in Fellowship Hall of the church. We hope to see many at our first event of the New Year.

There is no charge for this special event; however, a free will donation will be gratefully accepted.

Keep positive thoughts that the weather will cooperate with us again this year. See you there!

VALENTINE LUNCH AT THE CAFÉ

On Tuesday, February 14, 2017 at 11:45 a.m. student volunteers will be serving a Valentine lunch at the Back Door Café. The menu will include Burgundy Meatballs, pasta, carrots dinner roll and Cheesecake Mousse w/ Strawberries for dessert. The COA will be playing a few short games of Valentine Bingo at 11:00 a.m. for anyone interested in joining us. Prizes will be Valentine themed. Don't forget to wear **red** for the day☺!

FEBRUARY BIRTHDAYS:

This month's birthday celebration lunch will be held on Thursday, February 23, 2017 at 11:45 a.m. at the Back Door Café. We invite all birthday

celebrants to join us for a complimentary lunch consisting of Chicken Cacciatore, Penne pasta, Italian blend vegetables and for dessert, cake with ice cream. We will also have our regular birthday drawing for a gift certificate and 3 drawings for attendance. Hope you will come.

Our Birthday Best Wishes go to:

Barbara Doss, Ann Dalton, Carole Cordiner, Dot Jodray, Barbara Toupin, Werner Tessnau, Rosemary Cameron, Judith Snay, Dick Bechan, Marilyn Leary, Sigrid Fontaine, Val Fontaine, Ruth Bealand, Linda Mueller, Elaine Griffith, Ebert, Diane Murray, Rosemary Zalneraitis, Martha Skowrya, Marcia Dwelly, David Kennington, and Joan Stewart.

Please reserve a dinner by calling 508-882-5251 on or before February 17, 2017.

Many happy returns to all☺

MANY THANKS TO:

Ken and Linda Housman for their donation of a large and more modern television to the Oakham Senior Center for our enjoyment. It looks great and it fits in our limited space perfectly, with just a few adjustments. We appreciate their thoughtfulness.

Speaking of a few adjustments, we thank Jim Willard for providing those much needed adjustments. It took a bit of planning and a some hours of work to prepare a spot for the large TV but he did it all in short order and within one day we were able to watch the news, weather and other programs. Thank you, Jim, for your support and efforts on our behalf.

We also send our appreciation to Brian Huard and Jefferey Cairns, neighbors of Jim Willard, who helped to move the heavy TV to the senior center, to unload the car and to carry it into the room and to lift it into place. It was a great cooperative effort to complete the project.

The Council extends a sincere thank you to Natalie Sokol, Jordan Dean and Barbara Goodwin for their thoughtful donations to the Senior Center.

FEBRUARY CALENDAR

- February 1 – Property Taxes due
- February 2 – Happy Ground Hog Day
- February 3- Trivial Pursuit 10:30 a.m.
- February 5- Cards 2:00 p.m.
- February 6 – **Last day to reserve for Valentine Dinner**
- February 6 – Easy exercise 10:30a.m.
- February 7- Bingo 12:20 p.m.
- February 10- Last day to reserve for Valentine lunch
- February 11- **Valentine Dinner and Entertainment 5:00 p.m.**
- February 13- Easy Exercise 10:30 a.m.
- February 14 – **HAPPY VALENTINE’S DAY – Val. Bingo 11:00 Lunch 11:45a.m.**
- February 17- Trivial Pursuit 10:30 a.m.
- February 17- Last day to reserve for Birthday Lunch
- February 19- Cards 2:00 p.m.
- February 20- **CLOSED-PRESIDENTS’ DAY**
- February 21- Bingo 12:20 p.m.
- February 23- Birthday Lunch 11:45a.m.
- February 27- Easy exercise 10:30 a.m.
- February 28-Mardi Gras
- March 1- Ash Wednesday

PEN PALS

The pen pal program has been in full swing this fall. We received and answered our first introductory letters to our secret pen pals. The second set of letters was a bit less formal as we are getting to know our partners. We were able to complete our second letters just in time for the students to receive them before going on the winter holiday break.

As of this printing, we are looking forward to our third letters and, if all goes well, our replies will be sent in time for Valentine’s Day. Jane Pease or Betty Montgomery will be calling the adult pen pals to let them know when to retrieve their letters from the Sr. Center and when their replies will be due. We are so pleased that most of the adults have gotten their letters returned to the Sr. Center promptly. It does make the job of coordinating this program run smoothly.

A LOOK AHEAD

We are anticipating that the annual St. Patrick’s Day lunch of the usual Irish meal of Corned Beef will be served on Thursday, March 16, 2017 because meat is not ordinarily served on Fridays during Lent and St. Pat’s day is on a Friday.

So, we at the Back Door Café will be offering the great Baked Potato Bar on Friday, March 17, 2017. This has been a very popular lunch in the past so we hope many will mark their calendars now and reserve their baked potato by March 10, 2017. More info will be in the March Herald.

OAKHAM COUNCIL ON AGING
2 COLDBROOK Rd. #6
OAKHAM, MA 01068

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VALENTINE DINNER

Saturday, February 11, 2017

5:00 p.m.

**Oakham Congregational
Church**

**With Gary Landgren on the
Honky Tonk piano**

**Reserve by February 6, 2017
508-882-5251**

VALENTINE LUNCH

Tuesday, February 14, 2017

11:45 a.m.

Back Door Café

**Valentine Bingo
11:00 a.m.**

**Reserve by February 9, 2017
508-882-5251**