



THE  
**OAKHAM  
HERALD**

Number 1

January 2016

508-882-5251

Closed Wednesdays

Back Door Cafe

**It's 2016. Just where did 2015 go?**

**Our wish to all of our readers:**

**May the New Year be kind to all  
and bring each of you Joy, Health and  
Good Fortune.**

Pauline, Jane, Lucy,  
Linda, Anne, Tammy,  
And Meg

**January Calendar:**

**Closed** – January 1 – Holiday

**Chair exercises:** Jan 4, 11, 18, 25  
10:30 a.m.

**Cards:** January 3, 10, 17, 24, 31

**Bingo:** Jan 5, 19

**Trivial Pursuit:** Jan. 8 and 22

**Closed:** Jan. 18 – Martin L. King Day

**Birthday lunch:** January 12 – 11:45  
a.m.

**Chinese New Year Lunch** – Jan. 20  
11:30a.m.- Empire Buffet Restaurant in  
Southbridge. Need a ride? Call Lucy.

**EASY CHAIR EXERCISES**

Every Monday we gather at the drop in  
center to get energized for the week  
ahead. It is a great way to keep our  
muscles toned and to combat winter

fatigue and a more sedentary winter  
lifestyle.

How was your holiday season?  
Stressful? Too much food at the parties  
and family gatherings? Did you follow  
the average American in gaining weight?  
Exercise is the best way to de-stress and  
to start getting ready for spring. It will  
be here before you know it. So, join us  
on Mondays for a small fee of \$2.00 per  
class between 10:30 a.m. and 11:15 a.m.  
at the drop in center. You will be glad  
you did.

**\$5 LUNCH AT THE EMPIRE  
CHINESE BUFFET**

Weather permitting, on Wednesday,  
January 20, 2016 everyone who would  
like to join us for a Chinese lunch at the  
Empire Buffet Restaurant in Southbridge  
will meet at the Back Door Café to car  
pool at 11:00 a.m. Reservations have  
been set for 11:30 a.m. We still have a  
few openings left, so if anyone wishes to  
join us, please call ASAP 508-882-5251  
to sign up.

Several of us have been traveling to this  
Chinese restaurant for 5 years now at  
this time to commemorate the Chinese  
New Year. There is always a nice variety

of dishes from which to choose and the food has always been fresh and delicious. The buffet is all you can eat and we only ask for \$5 per person, due at sign up time at the Back Door Café.

### **JANUARY BIRTHDAYS**

All seniors celebrating a January birthday are cordially invited to a complimentary lunch at the Back Door Café on Tuesday, January 12, 2016 at 11:45 a.m. The menu this year is one our favorites, Buttermilk chicken, red bliss potatoes, mixed vegetables and soup of the day followed by cake and ice cream for dessert. Reservations by Jan. 7, 2016, by calling 508-882-5251.

#### **Happy January Birthday to:**

Rick Hendra, David Graham, David Laperle, Phil Warbasse, Stephen Collette, Helen Bechan, Ellie Downer, Cherie Labarre, Ward Holloway, Art Gray, Walter Derrick, Jean Pariset, Charles Grover, Leo McCaffrey, Eugene Hutchinson, Henry Marchand, Leo Berube, Bob Whyte, Susan Smichinsky, Helene Lenahan, Brad Taylor, Linda Swenson, June Hallberg, Carrie Whyte, Janet Collette, Wayne Baldwin, Robert Branham, Stan Gutowski, Marcia Gaillardet, Stephen Wentzell, Bob Lomax, Robert Korteling, Carla Smith, Nancy Hughes, Peter Totas, James Bealand, Natalie Sokol, and Mary Alexander and James Mellen.

We wish you all a joyful day with friends and family.

### **PEN PALS**

The first letters written by our fourth grade pen pals have been received and

distributed to their senior partners. Responses to their letters were due on December 15, 2015 so that each student would have a note before leaving for the December vacation.

Thank you to every adult pen pal for getting your replies to the COA in such a timely fashion. Everyone submitted his/her letter almost exactly on time.

### **HOLIDAY LUNCH**

On Wednesday, December 16, 2015 all Oakham seniors were invited to a special holiday lunch sponsored by the Oakham Center School faculty and students. We were treated to a simply delicious baked chicken dinner and apple spice cake for dessert. Following the lunch we enjoyed a delightful holiday musical presentation that included performances by the second, third and special needs classes. We had a wonderful show of support for these students by having such a large attendance. Everyone present agreed that this was a wonderful way to spend a December afternoon. We were all in the holiday spirit when we left the school

We extend a heartfelt thank you to the faculty, staff and students at the school who were involved in making this such a special occasion and we wish you all a very happy holiday season and a relaxing and fun vacation.

### **STUDENTS AT THE BACK DOOR CAFE**

Mrs. Karen Melanson and her students have been coming to the Back Door Café every Tuesday at lunchtime to assist in serving. This is a great community service for them and a nice

way for us to get to know more of Oakham's children.

We invite all of our readers to help in supporting this excellent program and the students' work by joining us on Tuesdays for lunch. It means a lot to these young people to see adults involved in their projects. Please be sure to call 2 days ahead to make reservations so that we will order enough meals.

### **CARDS**

More card players would be most welcome at the drop in center on Sunday afternoons at 2:00 p.m. Usually they play whist and/or pitch until 4:00 p.m. When finished, a light snack is provided. If you would to join, it is very easy. Just come to the site and meet new friends. The more players, the better.

### **COMING SOON: THE ANNUAL VALENTINE DINNER**

If all goes well, and the weather cooperates, we are planning the annual Valentine Dinner for Saturday evening, February 13, 2016 at 5:30 p.m. at the Oakham Congregational Church. This special occasion is co-sponsored by the church family who prepares a most delicious turkey dinner with all the fixings and homemade pies for dessert and the Oakham Council on Aging who prepares the tables, the hors d'oeuvres and baskets for the prize table and other events of the evening. This is one of our most well attended events of the year, so it is necessary to sign up as early as possible. Call 508-882-5251 or sign up at the Back Door Cafe to reserve a place and then mark your calendar so that you will not make other plans for that date.

### **PAST MONTHS:**

We were quite busy in November and December preparing for the holidays. We also had fun preparing events for the holiday programs.

While having Thanksgiving at Charlie's we would like to announce that Calvin Stewart and Allen Stanhope won the drawing for gift cards to Charlie's.

### **FUTURE EVENTS**

**The Council has been putting a lot of thought into planning some different and, we hope, most enjoyable programs for all of you. We were very energized by the wonderful attendance and support that we received in 2015 and we hope that this interest in our efforts will continue into the New Year.**

**In addition to the Chinese Buffet Lunch in January and the Valentine dinner in February, we are also planning a delightful class on decorating raw eggs in the Ukrainian style as this year's SPRING event. The class will be offered at the drop-in center around Wednesday, March 16, 2016 at 10:00 a.m. – 12 noon. This class is open to anyone who would like to learn this process, senior or not. The fee, which includes instruction and all materials needed, is \$10 per person. Each of us will leave with 2 completed projects just in time for SPRING. Sign up by calling the Back Door Café at 508-882-5251. More information will be coming in the February Herald.**

OAKHAM COUNCIL ON AGING  
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OAKHAM, MA 01068

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The printing of this newsletter is partially funded by the Executive Office of Elder Affairs.

In April we will be presenting a lovely class on pressing flowers and creating beautiful projects with them at no cost. Keep this in mind as another fun SPRING event.

In May we are planning on having Pat Perry of SneekPeek, Inc. come to Oakham again with another one of her programs, The American Song Book. She has always put on a great show for us in the past. Remember Under the Petty Coats? A Victorian Tea? Christmas at the White House through the Decades? This show will include toe tapping, foot stomping music from George Washington's time through World War Two. Audience participation is encouraged. There is no fee for this program. At this time, we are looking at May 18 2016, just in time for Memorial Day, Armed Forces Day, and Flag Day.

On June 8, we will hold the annual Student/Senior picnic at the Back Door Café. It is at this event that we thank the students who have helped us throughout the year and recognize their graduation to the next class.

In addition to all of these ideas, the Council on Aging has also been planning our annual Cook-out, Eat-in held at the church. This is provided that we can entice someone to do the grilling for us. We will do the rest. Let us know if you can help out. We need your help!

Also, we are considering participating in the annual town wide yard sale again. **BUT, WE NEED HELP.** It is a lot of work for only two and three people. We need helpers the day before to set up for a couple of hours and we need help throughout the entire day of the yard sale.

January 1 – **CLOSED FOR HOLIDAY**  
January 3 – Trivial Pursuit 10:30 a.m.  
January 7 – BINGO 12:20P.M.  
January 17 – Trivial Pursuit 10:30 a.m.  
January 20 -**CLOSED FOR HOLIDAY**  
January 21 – Blood Pressure Clinic  
11:30 a.m.  
January 21 – BINGO 12:20 p.m.  
January 23 – Deadline to sign up for  
Chinese Buffet  
January 24 – Deadline to reserve for  
Birthday Lunch  
January 28 – Birthday lunch 11:45 a.m.  
January 29 - \$5 lunch at Chinese  
Buffet – meet at Sr. Center  
To car pool at 11:00 a.m.

#### **OUR APPRECIATION TO:**

Maude Stone and Phyllis Phoenix for their kind donations given in memory of our friend and card player, Bob Sibley, who recently passed away.

Natalie Sokol and Nancy Chaisson for their donations to help us continue with our programs.

Linda Barringer, Linda Housman, Betty Montgomery, Marna Mucha, Paula McManus and Lucy Tessnau for volunteering to work at the Holiday store at the school.

