



THE OAKHAM HERALD

Number 9: October 2017

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, Tues, Thurs, Fri **9a.m.-1p.m.**

CLOSED: **Wednesdays**, Saturday, Sundays
And major Holidays

PHONE: 508-882-5251

STAFF: Lucy Tessnau, part-time, interim
Director

COA BOARD MEMBERS:

Chair: Pauline Dwelly

Vice-Chair: Rick Hendra

Members Steve Ober
Priscilla McGlynn

Alt. Members Tammy Gehring
Meg Goodrow

Assoc. Members: Jane Pease
Jan Pierce
Joan Kimball

BACK DOOR CAFÉ

Coordinator: Jan Pierce

Volunteers: Pauline Dwelly
Diane Rochette
Lil Nichols

October at the Back Door:

Is any month more beautiful than October in New England? No sweat, no snow, no biting bugs... And all in full color!

IT'S OFFICIAL! We will be leisurely cruising the 17 miles of shoreline and islands of Lake Webster on an old fashioned paddle wheeled riverboat on **Thursday, Oct. 5, 2017.**

PENNY BINGO AND PIZZA – will resume again on Oct. 25 beginning at 10:00 am at the Back Door Café. (see full announcement inside).

Chair exercise classes – Mondays at 10:30

Trivial Pursuit – every 1st and 3rd Friday of the month. We welcome all challengers!

Bingo – every 1st and 3rd Tuesday. Prizes will be \$1 for each winning card and a complimentary lunch to the winner of the cover-all.

Cards – 2 pm every Sunday afternoon, followed by refreshments.

OCTOBER BIRTHDAYS:

We extend our Best Wishes to all seniors who are celebrating an October birthday. The Council on Aging most cordially invites each of you to join us for a complimentary lunch at the Back Door Café on any day convenient to you during your birthday month. Simply look at the menu enclosed and chose a lunch you would like and bring a friend to celebrate your special day. Please call 508-882-5251 48hrs in advance to make your reservations.

PENNY BINGO AND PIZZA:

A good combination for a fun few hours. We will resume this popular event on October 25, 2017 beginning at 10:00 am at the Back Door Café. All you need bring with you are your pennies for the variety of bingo games that we will play. There is no limit to the number of cards you can play in any one game for 2 pennies per card. Nominal prizes will be awarded to the winners.

Following bingo everyone will be treated to salad, pizza slices of your choice, a beverage and a special dessert provided by the Council on Aging. **To register for this event call 508-882-5251 or sign up at the Back Door Café** and be sure to tell us your favorite type of pizza.

HAPPY HALLOWEEN

Don't forget to wear black and orange and holiday accessories on October 31, 2017 for lunch. Dessert is pumpkin mousse!

More Good Things To Do:

THE OAKHAM HISTORICAL ASSOC. PRESENTS:

The **2nd HARVEST BUFFET AND DANCE** to benefit the Oakham Historical Museum Building Fund. Join them for an evening of dining and dancing at Quail Hollow Country Club and help them build the barn for the oversized collections.

Music by DJ George Paradis, cash bar and 50/50 raffle. Tickets are \$35 pp. Doors and Bar open at 5 p.m., Buffet at 5:30 p.m.-7:00 p.m. and dancing 7:00 p.m. – 10:00 p.m.

The buffet will include maple pork loin, roasted breast of turkey, stuffing and gravy, chicken and broccoli casserole topped with creamy Romano sauce over rice pilaf, and roasted veggies. (See enclosed reservation form and flyer).

FIRESIDE CHATS AT THE FOBES –

Wednesday, October 18 at 1:00 p.m. – Author and historian J.R. Greene presents the “Creation of the Quabbin Reservoir”

Wednesday, November 8 at 1:00 p.m.- WWII Veteran and author John Katsaros presents his book “Code Burgundy: The Long Escape”.

Wednesday, December 13at 1:00 p.m. – Author Ed Orzechowski presents his book “You'll Like It Here”, an account of a patient at the Belchertown State School.

AUGUST YARD SALE

Even though the Senior Center did not hold a yard sale this year during the Town Wide Yard Sale, we did set up a table at the Tessnau's yard sale full of items that were stored in the Senior Center and that we needed to remove so as to create more space. Our thanks go to Pauline Dwelly of Oakham, Joan Kimball of N. Brookfield and Bob Pierce from Rutland who kindly volunteered their time to monitor the table and to receive donations made by the shoppers. We are pleased to announce that we received almost \$300 in sales and donations. This will be used to help us to continue with the exercise class and our bingo gatherings and will help to offset the \$5 lunch at Charlie's in November so that we will not have to increase the cost to our guests. Well done, ladies and gentleman!

Speaking of Charlie's:

If you are planning to join us for the \$5 pre-Thanksgiving lunch, please sign up soon. The \$5 is due at sign up. We usually cap the list at 30 guests and we are at 25 as of this printing. We will be meeting at the restaurant on Wednesday, November 15, 2017 at 11:30 a.m. for a delicious turkey dinner served with a salad, rolls and dessert, a great deal for the price and company.



SEPTEMBER HARVEST POT LUCK LUNCH -

What a nice variety of delicious dishes were prepared for that special event. Thank you to everyone who participated and shared their recipes with us. Below is one of the recipes perfect for a fall lunch or dinner.

SQUASH AND APPLE BAKE

2-POUND BUTTERNUT OR BUTTER-CUP SQUASH

½ cup brown sugar (packed)

¼ cup melted butter or margarine

1 tablespoon flour

1 tsp salt

½ tsp mace

2 baking apples, cored and cut into ½-inch slices

Heat oven to 350 degrees. Cut each squash in half. Remove seeds and fibers; pare squash. Cut into ½-inch slices. Stir together remaining ingredients except apple slices. Arrange squash in ungreased baking dish, 11 ½ x 7 ½ x 1 ½ inches; top with apple slices. Sprinkle sugar mixture on top; cover with foil. Bake 50 to 60 minutes or until squash is tender. Serves 6.

* * *

The true harvest of my daily life is ... intangible and indescribable as the tints of morning or evening. It is a little star-dust caught, a segment of the rainbow which I have clutched.

Henry David Thoreau

OAKHAM COUNCIL ON AGING

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

October Profile: *Claudia Lacerte* –

We scaled back our Senior Center yard sale this year due largely to the reduced role of long-time yard sale dynamo, Claudia Lacerte. Claudia's not getting around like she used to and couldn't be there to help us organize and price everything. We missed her expertise.

Claudia ran yard sale fundraisers for years as a volunteer in the North Brookfield schools, one of her many volunteer efforts over the years – including Abby's House, the women's shelter in Worcester. Before that, she had a 22 year career at Thom McCann's in Worcester – where, as union steward, she led a successful strike for the right of expectant women to work their jobs as long as they wanted, instead of being terminated, per company policy, after their first trimester.

Claudia and Everett built their own house over a small running brook on remote corner of Oakham. Animal lovers, they fed the local critters, who soon grew comfortable stopping by their front porch for food – raccoons and possum, even bears were welcome. Still are. Less welcome at Claudia's home are all the electronic devices that distract us from being there, being present, with the world around us and those we love. She has no computer, no smart phone, no app's of any description. Just a CD player, for the music she loves.

Claudia lives alone, somewhat precariously. But she has the support of an active network of friends among the police and fire departments, the Senior Center, and even St. Joseph's Abby. It's good to give something back to someone who has given so much over the years. But visiting with Claudia is just a delightful way to while away the hours... One of Oakham's originals.