



THE
OAKHAM
HERALD

Number 8

SEPTEMBER 2015

Back Door Cafe
Closed Wed.
508-882-5251

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, opportunities for community involvement, and providing services as needed.

A THOUGHT FOR THE DAY:

**AGE IS NOT LOST YOUTH BUT A
NEW STAGE OF OPPORTUNITY
AND STRENGTH. AFTER ALL,
LIFE DEPENDS ON
OPPORTUNITY.**

Your Council on Aging works hard every day to create opportunities that benefit you. What are they? We work tirelessly to provide our residents with educational opportunities of subjects pertinent to them, to foster a caring community, to provide up-to-date health and legal information, fuel assistance information, tax assistance, exercises for continued good health, programs on nutrition, art, literature and history so we never stop learning, entertainment, special events..

So often we hear from seniors that they are not "ready yet" for our Back Door Café or drop-in center. Our question, "Not ready for what?" Not ready to have fun? To learn? To meet with

friends and to make new friends in town? To socialize with your peers? To help others in town? To stay connected? To take advantage of your taxes at work?

If we have missed providing what you would like to see or that would entice you to give us a try, please don't hesitate to contact us. We are in need of suggestions and ideas.

We are very pleased to announce two new members of the Council on Aging- Ann Lambert and Meg Goodrow. We look forward to working with them throughout the year. The members of the 2015 Council are Pauline Dwelly, Linda Saupe and Ann Lambert. Alternates appointed are Meg Goodrow and Tammy Gehring. New Associate members are Jane Pease and Certe

SIT AND BE FIT:

The Council on Aging is sponsoring an **opportunity** for everyone to maintain

muscle tone, to improve over all health, to improve spinal strength, to experience some pain relief, to increase range of motion and to increase movement in joints and muscles, to increase energy level, vitality and metabolism, to build muscle strength and to remain flexible by doing low impact exercises while seated.

Every Monday, at 10:30 a.m. our program of chair exercises is held. Why not join us and give the program a try. With fall and winter arriving we all have a tendency to become more sedentary. These simple exercises will help to keep us moving and less stiff. The cost is \$2 per class for an 8-week session. This is a very low price. Sign up at the Back Door Café or call 508-882-5251 or just show up on any Monday.

FALL IS JUST AROUND THE CORNER:

Have you noticed the nights are getting shorter? The leaves have already begun to change color? The blueberry season has just ended?

The Council on Aging is taking this as an **opportunity** to welcome the fall season, to gather with our friends and to share a Pot Luck Lunch on Wednesday, September 23, 2015 at 12:00 noon. Our past Pot Luck lunches have been well attended and received. The variety of salads and entrees always amaze us. We are fortunate to have such excellent cooks in Oakham. So, come and join us. Bring your favorite dish to share. The Council on Aging will provide the dessert for the day. Sign up by calling the Back Door Café at 508-882-5251 on or before September 21.

OTHER ACTIVITIES

Closed – Labor day – Sept 7

Trivial Pursuit – Sept 4 and 14

Chair Exercises – Sept 14, 21, 28

Bingo – Sept 8 and 22

Cards – Sept 13, 20, 27

Pot Luck – Sept 23

Sept Birthday Lunch – Sept 24

Pen Pals will be assigned as soon as the list is given to us by the teachers.

FALL BIRTHDAYS

All those celebrating September birthdays will be given the **opportunity** to celebrate and share they day with their friends and the Council on Aging at the Back Door Café on September 24, 2015 at 11:45 A.M

Those having September birthdays include:

Marion Eames, Marsha Holm, Karen Kilday-Harper, Ed Schuster, Frank Packard, Jason Goodrow, Deborah Williams, Paul Northway, Mary Warbasse, Jordan Dean, Gordon Wentzell, Kurt Brierly, Lynda Schuyler, Earlene Lajoie, Linda Barringer, Marcia Casault, Karen delaGorgendiere, Elaine Narrow, Denise Packard, Don Apholt, Janet Janaitis, Michael Johnston, Barbara Laborde, Sheryl Moulton and Sheryl Parker.

These celebrants are most cordially invited to join us for a complimentary chicken pot pie lunch on Thursday, September 23, 2015. Please call and make reservations on or before Sept 22. We hope many of you will do us the honor of attending.

THE GREAT OAKHAM BALL ROLL -sponsored by the Fobes Memorial Library and the Oakham Parks and Recreation Dep't. will take place as part of the Oaktober Fest on Saturday, October 3, 2015. A ball chance can be

purchased for \$5 per ticket. The winner of the fastest ball will win \$1,000 first prize. There will be at least another 20 prizes to be won for other participating balls. Proceeds from this event will be divided between the library and the parks and rec dep't. Tickets may be purchased at various places in town. **The Council on Aging** will be selling tickets at the Back Door Café. We would **appreciate your help** by supporting this event and us by buying tickets from us. We will earn \$1 for each ticket we sell. By purchasing a ticket from us you will be supporting **three** town departments as well as helping the COA to continue with their programs for seniors throughout the year. Thank you.

THANK YOU Very Much to everyone who helped us to make the Yard Sale such a success.

Our sincere appreciation is also sent to the **Oakham Police Association** who, once again, so kindly provided our seniors with a most delicious chicken bar-b-que last month and to the **Lake Dean Campground staff** for all their work and efforts in making this event so enjoyable. This is always such a most pleasant time to spend with friends and neighbors.

We also express our gratitude to the following people for their kind and generous donations sent to the Senior Center in memory of our friend Maude Stone:

Betty Gaidanowicz
Shirley Bunarowski
Gladys and Dudley Bowker
Claudia LaCerte
Mr. and Mrs. Ernest Messier
Florence Muldoon
Natalie Sokol

Calvin and Joan Stewart
The Oakham Fire Association
Dick and Barbara Bechan
Howard and Helen Bechan

The COA also received donations from the following to help us in continuing our special events and programs:

Ron and Maureen Wilkins
Gwen Sanford
Walter Derrick

Thank you to each of you for your thoughtfulness and support. This means a great deal to us.

SUPPORT YOUR LOCAL VOLUNTEER FIREFIGHTERS by participating in their Chicken Bar-b-Que as part of the Oaktober Fest Day.

The Firefighters will be cooking a delicious meal consisting of ½ chicken, potato salad, baked beans, roll and beverage on Saturday evening, October 3 at 5 p.m. Orders need to be placed in advance to ensure that they purchase enough food and not too much as to be wasted. Reservations can be made by ordering tickets on line at www.oakham-ma.gov. or send a check for \$12 payable to Oakham Fire Dep't Assoc. to Parks and Recreation, 2 Coldbrook Rd #1 before Sept 25.

IN OUR THOUGHTS

Please keep the following in your thoughts throughout the coming days: Bob Lindquist, Bettyanne Parsons, Gwen Sanford, , Evelyn Donohue, Sue Walsh and her family, Jill Talevi, Jean and Pat Pariset, Bob Whyte, Betty Spinney, Jeanne Parker, Harold Thurber, the family of Kay McKeen who passed away recently, and Ron & Maureen Wilkins.

Oakham Council on Aging
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The publication of this newsletter is funded in part by the Executive Office of Elder Affairs

We send our most sincere Best Wishes to each of these friends in hope that they will soon be well and with us here again.

So that none may be forgotten, please let us know of any joys, sadness or illness among our neighbors and friends.

SCAMS

They are at it again. Oakham residents have been receiving an abundance of nuisance calls, all of which have been scams. BEWARE! Don't give out any information over the phone to anyone

with whom you have not done any business. This includes scams supposedly from the Sheriff's Department. And they even use the Sheriff's phone number!! They will do anything and go to any extent to get your information and hard earned money.

CHARLIE'S FOR A PRE-THANKSGIVING LUNCH:

We have made reservations for our annual pre-Thanksgiving lunch at Charlie's Restaurant in Spencer on Wednesday, November 18, 2015 at 11:30 a.m. Reservations can be made at any time between now and then by calling the Back Door Café at 508-882-5251. The cost is \$5 per person for a complete turkey dinner with dessert.

