

# oxford seniors



CREATING COMMUNITY SINCE 1953

**JUNE  
2022  
ISSUE**

## DIRECTOR'S LETTER

**Hello for June 2022,**

**Any worthy accomplishment requires great effort.**

This time 60 years ago, a group of dedicated and sincere Oxford area older adults were about to achieve a huge dream. Our building on Tollgate Drive was about to be officially opened later in the Fall. This group of visionary volunteers had worked tirelessly, and in unison, to achieve their goal of creating a senior center in Oxford. A group of seniors had been meeting informally for fellowship since 1953, using the Presbyterian Seminary for a meeting space. Their efforts are still appreciated today.

I have no doubt of the significant effort of the folks who won the support to acquire the land on Tollgate Drive and then to gather all the necessary financial support to design and construct our building. Help from the City of Oxford, the Ohio Department of Aging and may local donors brought the dream to fruition.

But above all, it was the commitment that the organizing team had to achieve it.

The original group had no staff support; it was an entirely volunteer effort. They used their own expertise and the ability to recruit community leaders to help then succeed. Art Goldner and Fred Brower committed the land, as they had done for the Tri Center Park. Banker/



**HOURS OF OPERATION**  
MON.–FRI. | 8:30 AM - 4:30 PM  
SAT. & SUN. | CLOSED

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**WWW.OXFORDSENIOR.ORG**

**922 Tollgate Drive, Oxford, OH 45056**  
**Phone: 513-523-8100 Senior Transportation: 513-523-1717**

# JUNE | TOP OF THE HILL CAFÉ

All meals include a 1/2 pint of 1% low fat milk and 1 teaspoon of margarine. Available Monday thru Thursday. \$2.50 suggested donation for adults 60 or older. Alternate meals are available with a 24 hour notice. **Please call 523-8100 to reserve a meal by 2:00pm the day before you wish to eat.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 c Meat Lasagna 1/2 c Vegetable Medley 1 Slice Garlic Bread 1 piece Fresh Fruit in Season 2 Cookies Dt: 6 Vanilla Wafers	3 oz Roast Chicken with Gravy 1/2 c Garden Blend Rice 1/2 c Carrots 1 c Tossed Salad w/Dressing 1 Dinner Roll 1/2 c Fruit Cocktail
6	7	8	9
3oz Grilled Chicken Breast on a Whole Wheat Bun with Lite Mayonnaise 1/2 c Garden Peas 1 c Tossed Salad w/Dressing 1/2 c Fruit Cup	1 c Homemade Beef, Tomato, Macaroni Casserole 1/2 c Vegetable Medley 1 Dinner Roll 1/2 c Peaches 1/2 c Chocolate Pudding Dt: 1/2 c Sugar Free Pudding	2 oz LS Beef BBQ on a Bun 1/2 c Mixed Vegetables 1/2 c Coleslaw 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers	1 c LS Homemade Chicken and Noodles 1 c Tossed Salad w/Dressing 1/2 c LS Broccoli 1/2 c Applesauce 2 Cookies DT: 1 Pkg Graham Crackers
13	14	15	16
1 c Beef Quesadilla Casserole with 2T Sour Cream & 1/4c Homemade Salsa 1/2 c Green Beans 1 - 2 oz Corn bread 1/2 c Peaches 2 Cookies Dt: 1 Pkg Graham Crackers	1 c Homemade Chicken Pot Pie 1/2 c Corn 1 Dinner Roll 1 c Tossed Salad w/Dressing 1/2 c Hot Spiced Apple Slices	3 oz LS Pot Roast w/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Broccoli 1 Dinner Roll 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers	3 oz Bourbon Chicken 1/2 c Vegetable Fried Rice 1/2 c Japanese Stir Fry Vegetables 1 c Tossed Salad w/Dressing 1 Fortune Cookie
20	21	22	23
1 c Homemade Beef Stew 1/2 c Corn 1 - 2oz Corn bread 1 c Tossed Salad w/Dressing 1/2 c Mandarin Oranges 3 Graham Crackers	4 oz LS Spaghetti Sauce/Meatballs 1/2 c Spaghetti Noodles Parmesan cheese packet 1 c Tossed Salad w/Dressing 1 Dinner Roll 1 piece Fresh Fruit in Season 1/2 c Pudding Dt: 1/2 c Sugar Free Pudding	3 oz LS Roast Turkey w/Gravy 1/2 c Dressing 1/2 c Sweet Potatoes 1/2 c Vegetable Medley 1/2 c Pineapple Chunks	3 oz Homemade Meatloaf w/Gravy 1/2 c LS Whipped Potatoes/Gravy 1/2 c Carrots 1 Dinner Roll 1 piece Fresh Fruit in Season 1 Fudge Brownie Dt: 6 Vanilla Wafers
27	28	29	30
3 oz Hamburger on a Whole Wheat Bun w/ Lite Mayonnaise Lettuce, Tomatoes and Onion 1/2 c Scalloped Potatoes 1/2 c Broccoli 1 piece Fresh Fruit in Season	3 oz Salisbury Steak/Gravy 1/2 c LS Whipped Potatoes/ Gravy 1/2 c Carrots 1 Slice of Bread 1/2 c Applesauce 1 Fudge Brownie Dt: 1 Pkg Graham Crackers	3 oz Chicken Parmesan 1/2 c Noodles & 1/2 c LS sauce 1 c Tossed Salad w/ Dressing 1 Dinner Roll 1/2 c Fruit Crisp w/ Topping Dt: 1/2 c Peaches	3 oz Pulled Pork w/Gravy 1/2 c Sweet Potato Pudding 1/2 c Green Beans 1 - 2oz Corn bread 1/2 c Fruited Ambrosia Salad 2 Sugar Cookies

# DIRECTORY

## MISSION STATEMENT

Oxford Seniors is Dedicated to Serving Seniors and Strengthening Community.

**Oxford Seniors is a non-profit organization funded by:**

Council on Aging of Southwestern Ohio

Butler County United Way

Butler County Elderly Services Program

City of Oxford

Oxford Community Foundation

Molyneaux Foundation

Oxford Masonic Lodge #67

Other organizations and citizens of Oxford and Surrounding communities

## MEMBERSHIP

**Annual Dues \$25**

Memberships are available for those 50 years and older at the Senior Center's Office.

No person shall, on the grounds of race, gender, color, national origin, sex, income or disability be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity conducted by Oxford Seniors. Additional information on Oxford Seniors non-discrimination obligations can be obtained by contacting the Executive Director at (513) 523-8100.

## Board of Trustees

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Dave Dennett, Vice President

Bobby Coley, Treasurer

Randy Allman, Secretary/President Emeritus

### Trustees

Barbara Cox

Wendy Richardson

Bill Snavely

Edna Southard

Ed Theroux

Jonathon Vivoda

Leping You



## Staff & Volunteers

Steve Schnabl,  
Executive Director

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Operations Administrator

Sabrina Jewell,  
Outreach & Marketing  
Coordinator

Jennifer Marcum,  
Meals on Wheels  
Coordinator & Volunteer  
Coordinator

Jacqueline Uhler,  
Business Manager

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Program/Activity  
Coordinator

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Lead Driver

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Joanne Harper, Driver

Dean Mullins, Driver

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Linda Charleville  
Activity Program  
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Lisa Shelley,  
STNA/Driver

Claire Nagle,  
Registered Nurse

Elaine Davis  
Activities Assistant



**Butler County United Way**  
**Community Partner**

# DIRECTOR'S LETTER

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funeral home operator Harry Ogle and realtor Jack Fryman were important components of the building committee. Christine Van Gorden and Erma McCreary spearheaded the older adult membership. City Manager Dennis Stuckey and Council on Aging Executive Director Bill Bogart added their endorsements and leverages for funding.

That dream, obviously, became a reality in 1982, with additional space renovations added in 1984 and 1985.

Move 60 years forward to 2022.

Oxford Seniors has recently faced challenges to recover from the COVID-19 impact, especially the State's forced closure. Membership numbers have dropped. Lunch attendance before the closure was often 15-20; now 6-10 a day. Adult Day averaged 12 clients per day, but now is around 8. Friday Potlucks are at half it's former attendance.

Sadly, during the past two years we have lost many very active members to relocations to be closer to family, moving into care facilities, or death. Another segment are still wary of the virus, and rightly so as it continues to ebb and flow.

I believe that Oxford Seniors remains a very important component of the Greater Oxford community. We are exploring some new ideas, like relocation of both the ADS and the senior center. We continue to experiment with new activities and programs that will attract higher levels of participation.

And we strive to be as dedicated to our dreams as were our founders.

Happy 60<sup>th</sup> Anniversary.

 All my best,

Steve

## **JOB OPENING**

Oxford Seniors seeks personable, experienced clerical person to join our team. Computer skills necessary. Paid part-time weekday position. Call Jeanne Glaser or visit office for application. Position open until filled. Please share with your friends and family so we find the best fit!

## **BOARD NOMINATIONS OPEN**

Our Board Nominations Committee will be selecting a slate of three trustees for two-year terms as voting members of Oxford Seniors' Board of Trustees. The slate must be approved in August so that it will appear in the September newsletter as advance notice to the membership who will vote to adopt or amend the slate at the Annual Meeting on Friday, September 30. Term begins October 1, 2022.

Please refer possible candidates to Steve Schnabl before Friday, July 22.

# ART AND HAPPINESS



Do the arts make you happier? According to a recent art news blog, the arts in all forms can make you happier whether you pick up a paintbrush or go to a museum or gallery, but it doesn't make you happier if you don't go to a variety of events. Here in Oxford, our Oxford Community Arts Center, Miami University Art Museum and Oxford Seniors are all locations that offer opportunities for engaging with art.

Actually, this is old news. Friedrich Nietzsche wrote that "the beautiful promises happiness" and the French writer Stendhal said something similar, but of course, art is not required to be beautiful. Art can

and should be challenging, interesting, exciting, annoying, dismaying. It should make us think and think visually.

Jean-Jacques Rousseau wrote that when everything else is gone, when we have lost all that is most dear, "at least we have art," an old friend reminded me years ago. That's the consolation. I would add to Rousseau's profundity that we also have nature and its wonders. Whatever it is, we must get out of ourselves in order to achieve a measure of happiness.

But if art supposedly makes you happy, how do we account for so many depressed artists? Any art historian can come up with many examples. In *Born under Saturn*, Rudolf and Margot Wittkower asked if artists are crazier than other people. Citing some fascinating cases, they answered that yes, many artists were crazier by the standards of the societies in which they lived.

What does that have to do with art giving joy and happiness? The answer is complex. Certainly art and joy are connected, but not if you engage in the same kind of art all the time. You've got to vary your act if you want to be happy. At least that's what the recent studies have shown.

Social scientists give many reasons for art being good for you. Here are a few: Art can make you healthier, can improve behavior in children and adolescents, and can reduce depression in older adults. (Ed. Note: Like the Opening Minds Through Art (OMA) Project). But the research shows that the arts may make you happier only if you attend a broad range of types of events. It appears that although artists themselves may be underemployed, underpaid, and depressed, they show higher job satisfaction, on average, than non-artists, probably because they have more autonomy.

There is much more to say, but the bottom line is that it is hard for me to imagine living without art in all its variety and without nature in all its wonder.

*Edna Carter Southard*  
May 11, 2022

*\*If you are interested in submitting an article for the newsletter, please contact Jeanne Glaser at 513-523-8100 or [jglaser@oxfordsenior.org](mailto:jglaser@oxfordsenior.org)*

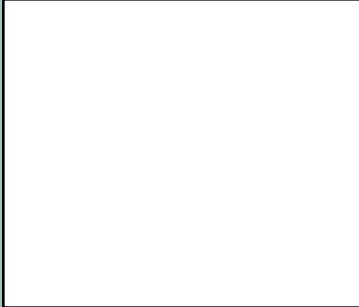
oxford services  
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 75 Lynn Avenue, Oxford, OH 45056  
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**MEALS on WHEELS**  
**GREATHER OXFORD**  
**Oxford Seniors Latest Enhancement**

    
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# BIRTHDAYS & ANNIVERSARIES



## WELCOME!

Kay Moore  
Chris Skoglund  
Lydia Skoglund



Alma Seward	6/1	Marilyn Robinson	6/14
George Schmid	6/1	Bill Slover	6/15
Tonya Lakes	6/2	Pat Willeke	6/18
Betty Flick	6/3	Judy Fisher	6/21
Linda Schnur	6/5	Jim Morgan	6/23
Brenda Wright	6/5	Carol Acuragi	6/25
Nick Asher	6/5	Don Byrkett	6/28
Bob Blackburn	6/6	Connie Everhart	6/29
William King	6/8	Loma Wynn	6/30
Susan Chabot	6/8	Warren Elliott	6/30
Pauly Zody	6/8		

**Birthday & Anniversary Pot Luck.**  
**June 3rd at 12:00 pm**



Doug & Sherry Ward

6/6



# RED DOOR COMMUNITY CONCERTS



## Red Door Community Concerts



**Concert #6 - June 10, 2022 - 12:15pm  
at Holy Trinity Episcopal Church  
David Castillo**

The final concert this season features David Castillo, Mexican-born conductor and organist, on the church's magnificent Nordlie Opus 27 tracker organ. David was the organist at Holy T when the organ was acquired in 2017. In fact, he went to its original home in Kansas to evaluate it. He thought it was a perfect fit for Holy Trinity, with a wonderful soft, full sound. At that time he was also a full time law student at Northwestern University in Chicago and commuted to Oxford to play the organ on weekends!

Before the organ was installed at Holy Trinity, David had graduated from law school and moved to Cincinnati for his first legal position. He also moved to a new job as Music Director at St. Catharine of Siena Church where he has now been for six years. There he conducts the choir and the instrumental ensemble, while also overseeing the Siena Music Series and providing organ music for services and recitals.

David holds both a PhD in Choral Conducting and a Doctor of Law degree from Northwestern. He is passionate about music and the law and finds the two work well together. His concert will feature an exciting mix of Mexican, traditional and improvisational music.



# OUTREACH & MARKETING

We can provide the following services:

- Medicare & Rx Plans, Medicaid, OPERS, STRS, SERS and other insurance
- Benefits and eligibility checks and application assistance- SNAP, Senior food boxes, etc.
- Assistance with housing and utility issues
- Are you turning 65 in 2022? If so, you may need to sign up for Medicare.

**Call Sabrina, OSHIIP Counselor for an appointment today.  
513-523-8100**



*Ohio Senior Health Insurance Information Program*



Event by **Miami University Performing Arts Series**

**Oxford Community Arts Center**

Tickets

[PASWineTasting.givesmart.com](https://www.paswinetasting.com)

General Admission | \$65

Unlimited tastes of regular pours

Taste wines from around the world, collected by our beloved wine professor and certified wine educator Jack Keegan.

Enjoy a tempting array of light bites.

Sample rare and exquisite wines in the Premium Pour area for an extra charge.

All in the beautiful Oxford Community Arts Center in Oxford, OH

You must be 21 years old to attend.



June is PRIDE month!

Come visit our booth at Hamilton Ohio Pride Festival, Saturday, June 4<sup>th</sup>, beginning at 11 am



Please email us at [oxfordareapflag@gmail.com](mailto:oxfordareapflag@gmail.com)

**Please check our Facebook Page for updates.**  
[www.Oxfordareapflag.org](http://www.Oxfordareapflag.org)

FYI: LGBTQ+: Lesbian, Gay, Bi-Sexual, Transgender, Queer or Questioning, + many more adjectives defining people's gender & sexuality.



We are proud sponsors of the Uptown Music Night on June 16th.

The evening will feature "The Blue Leaf's Band"  
(Pop Rock / Progressive Rock)

# SENIOR FARMERS' MARKET NUTRITION PROGRAM



4601 Malsbary Road  
Blue Ash, OH 45242  
(513) 721-1025  
(800) 252-0155  
www.help4seniors.org



## Senior Farmers' Market Nutrition Program

The United States Department of Agriculture (USDA) Senior Farmers' Market Nutrition Program (SFMNP) provides fresh, nutritious, unprepared locally grown fruits, vegetables, herbs and honey through farmers markets, roadside stands and community supported agriculture programs.

**Program eligibility:** To be eligible, a senior must live in Butler, Clermont, Clinton, Hamilton, or Warren counties, be age 60 or older and have an annual household income that is less than 185% of the poverty level. Each eligible senior in a household may apply.

<input type="checkbox"/> 1 person in household with income of \$0-\$25,142	<input type="checkbox"/> 2 persons in household with income of \$0-\$33,874	<input type="checkbox"/> 3 persons in household with income of \$0-\$42,606
<input type="checkbox"/> 4 persons in household with income of \$0-\$51,338	<input type="checkbox"/> 5 persons in household with income of \$0-\$60,070	<input type="checkbox"/> 6 persons in household with income of \$0-\$68,802

**How does the program work?** Eligible seniors who apply receive 10, \$5 coupons to redeem during the growing season at participating farmers' markets. Coupons expire October 31, 2022. Once a senior is approved for the program, COA will send the coupons, a letter with instructions on how to redeem the coupons and a list of participating markets.

**What if a senior is unable to get to a market or farm stand?** A senior may list a designated shopper on their application who will be permitted to pick up the produce for them. One person may shop for up to two other people.

**What types of foods are part of the program?** Eligible foods include locally grown, fresh vegetables, herbs, fruits and honey.

**How can seniors apply?** Applications for the 2022 program will be available in April 1, 2022. Apply online at [help4seniors.org](http://help4seniors.org), or Download and print the application and mail to:

Council on Aging  
ATTN: Farmers Market Program  
4601 Malsbary Road  
Blue Ash, OH 45242

If you are unable to apply online or download and/or print the application, please call us at [\(513\) 721-1025](tel:5137211025) or [\(800\) 252-0155](tel:8002520155) and select Option 2 from the menu to reach our call center and request an application be mailed to you.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture and the support of the Ohio Department of Aging and Council on Aging of Southwest Ohio.

This institution is an equal opportunity provider

Council on Aging is designated by the state of Ohio to serve older adults and people with disabilities within a multi-county region. We are experts at helping people with complex medical and long-term care needs, offering a variety of services via publicly funded programs. Our mission: *Enhance lives by assisting people to remain independent through a range of quality services.*

# Uptown Music

OXFORD, OH

THURSDAYS | 7PM | UPTOWN PARKS  
 ENJOYOXFORD.ORG/UPTOWNMUSIC



**JUNE 2**

**The Klaberheads**

[ Big Band ]

**JUNE 9**

**Cincinnati Symphony  
 Orchestra Brass Institute  
 in Concert**

[ Classical / Light Pops ]

**JUNE 16**

**The Blue Leaf's Band**

[ Pop Rock / Progressive Rock ]

**JUNE 23**

**My Brother's Keeper**

[ Progressive Bluegrass Band ]

**JULY 2 (SATURDAY)**

**Bluewater Kings Band**

[ 60s-Today ]

**JULY 7**

**Lisa Biales Belle of the  
 Blues Band**

[ Folk / Americana ]

**JULY 14**

**Jasperoo and Linus Tate**

[ Instrumental Americana /  
 Pop Rock Covers ]

**JULY 21**

**John Kogge & The  
 Lonesome Strangers**

[ Americana Folk / Blues ]

**JULY 28**

**Michelle Robinson Band**

[ Country ]

**AUGUST 4**

**Rachel Maxann**

[ Vintage Indie Rock /  
 Post-Modern Folk ]

**AUGUST 11**

**U.S. Air Force  
 Band of Flight**

[ Rock ]

**AUGUST 18**

**Premium Blend**

[ Jazz Fusion ]

**AUGUST 25 - 7:30PM**

**Butler Philharmonic  
 Orchestra**

[ Orchestra ]

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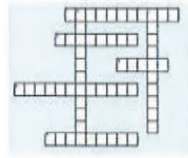
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# JUNE CALENDAR OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 3:00 OMA	<b>2</b> 9:00 Whittling 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool	<b>3</b> 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Friday Program Birthdays & Anniversaries 2:00 Golf Cards
<b>6</b> 9:30-10:30 Exercise 2:00-4:00 French Club	<b>7</b> 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	<b>8</b> 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds 2:30 Ecology Club	<b>9</b> 9:00 Whittling 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool	<b>10</b> 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Ecology Club Presentation & Bird Bingo 2:00 Golf Cards
<b>13</b> 9:30-10:30 Exercise 2:00-4:00 French Club	<b>14</b> 10:30-11:30 Bible Study 1:00 Bowling	<b>15</b> 9:00-11:40 Massage 9:30-10:30 Exercise	<b>16</b> 9:00 Whittling 10:00 Hand Clay	<b>17</b> 9:30-10:30 Exercise 12:00 Friday Potluck

	1:30-4:00 Pool	10:45-11:45 Songbirds 1:00 Sit Down With Steve	10:30 Bingo 1:30-4:00 Pool 2:00-4:00 Stained Glass	1:00 Movie - "Secondhand Lions" 2:00 Golf Cards
<b>20</b>	9:30-10:30 Exercise 2:00-4:00 French Club 1:00 Shuffleboard	<b>21</b> 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	<b>22</b> 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds	<b>23</b> 9:00 Whittling 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool 2:00-4:00 Stained Glass
<b>27</b>	9:30-10:30 Exercise 2:00-4:00 French Club 5:30-7:00 Senior Seminar "Stay @Home Longer"	<b>28</b> 10:30-11:30 Bible Study 1:00 Bowling 1:30-4:00 Pool	<b>29</b> 9:00-11:40 Massage 9:30-10:30 Exercise 10:45-11:45 Songbirds	<b>30</b> 9:00 Whittling 10:00 Hand Clay 10:30 Bingo 1:30-4:00 Pool 2:00-4:00 Stained Glass
				<b>24</b> 9:30-10:30 Exercise 12:00 Friday Potluck 1:00 Sock Hop 2:00 Golf Cards

# MASTERS GAMES PLANNING COMMITTEE



## 2022 Masters Games Planning Committee

We will begin planning our 2022 Masters Games. Our first meeting will be Friday, June 10, 2022 at 2:00p.m. here at the Senior Center.



If anyone is interested in helping plan our Masters Games, which is scheduled for September 12<sup>th</sup> through September 23<sup>rd</sup>, please contact Jennifer Marcum at 523-8100 ext #123 or [jmarcum@oxfordsenior.org](mailto:jmarcum@oxfordsenior.org). Our meetings are scheduled for Friday, June 10<sup>th</sup>, Friday, July 8<sup>th</sup>, Friday, August 12<sup>th</sup> and Friday, October 7<sup>th</sup> at 2:00p.m. here at the Senior Center in the Conference Room.



### We will need assistance with:

- Getting food donations for the Awards Ceremony
- Scheduling events
- Organizing events
- Score keeping during certain events
- Picking up food from local restaurants the day of the awards ceremony
- A chairman to coordinate each event



### The events for 2022 Masters Games are:

- |                           |                     |               |
|---------------------------|---------------------|---------------|
| -Basketball               | -Crossword Puzzle   | -Horseshoes   |
| -Bocce Ball               | -Darts              | -Pickle Ball  |
| -Bowling                  | -Euchre             | -Pool         |
| -Bridge                   | -Fitness Walk       | -Scrabble     |
| -Chair Balloon Volleyball | -Golf (a card game) | -Shuffleboard |
| -Corn Toss                | -Golf               | -Wii Bowling  |
| -Croquet                  | -Hike               | -Yatzee       |

**PLAY - COMPETE - EXERCISE**

# POOL NEWS/PIE MAKING CLASS



## Hamilton Clobbers Oxford To Take 2-of-3 Pool Tournaments; Just Misses Setting Record For Win Margin

In doing their best impersonation of the 2022 Cincinnati Reds baseball team (3 wins, 22 losses as of May 5), Oxford Seniors' billiards team recently embarrassed itself in a manner probably not seen since the end of the last Ice Age.

After topping the visitors from Hamilton by a score of 203-180 on **Thursday, April 21** the local guys seemed to have forgotten everything they ever knew about the game of eight-ball. They went so far as to lend credence to Chicken Little's assertion that the sky was, indeed, falling, dropping the next two weeks' contests to the Hamiltonians by the largest margins in

Thursday afternoon tournament play in at least the last four months.

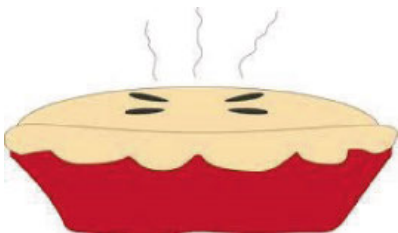
Details of the two Disasters on Tollgate Drive are as follows:

**April 28:** Hamilton set the tone for the day early, expanding on their modest 10-point, first-round lead in every round that followed, leading by 20, 35 and 40 points after four rounds. Four wins in the five games of the final round gave the visitors a resounding 50-point triumph, 213-163. (The only bigger margin occurred when Oxford defeated Hamilton by 54 on January 27 of this year.)

**May 5:** Chanting the mantra "Not in our house" as they chalked up their cue sticks, Team Oxford outdid their first-round performance of the previous week by dropping four of the five opening games to quickly fall into a 20-point first-round hole, from which they never recovered. Hamilton applied icing to their victory cake in round five, sweeping all five of that round's games to close out another thrashing of the local guys, this time by 43 points, 214-171.

Stay tuned to the next Oxford Seniors newsletter to learn of further exploits by the guys who are still wondering what train ran over them recently at 922 Tollgate Drive.

## Pie Making Class with Etta Jean Crawford



Who doesn't love Etta Jean's pies?! Learn to bake from the best on June 15<sup>th</sup> at 9:30 a.m.

Make sure to sign up, only the first 15 people can take this one time class, and a \$1 donation will get you a slice of her famous pie! She will be demonstrating how to make a lemon pie, and coconut cream pie.

# PROGRAMS & ACTIVITIES

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Participants must register for some activities ahead of time by calling the Oxford Seniors office.

**Congregate Lunch** Lunch will be from 11:45-1:15 Monday through Thursday. Lunch is served at 12:15. Reservations must be made at least one day in advance by calling the office. Suggested lunch donation is \$2.50.

**Pool** Tournament takes place Thursday from 1:30-4. Practice day is Tuesday from 1:30-4. Please feel free to bring a snack and drink for yourself.

**Exercise** Monday, Wednesday, and Friday at 9:30.

**Bingo** We will play Bingo Thursday from 10:30-11:30. Prize donations are always welcome!

**French Club** The French Club will meet on Mondays from 2-4.

**Bible Study** Bible Study will be held Tuesday from 10:30-11:30, led by Pastor Steve Elkins.

**Stained Glass** Stained Glass Class will meet Thursday from 2:00-4:00 (new time.) The room will be also be open Tuesdays from 1:00-4:00. Fees are per project. Instructor: Ayako Reiff

**Hand Clay** Hand building with clay will meet Thursday from 10:00-12:00. Instructor: Sheila Wilson

**Songbirds** Wednesday 10:45-11:45 join us for Songbirds.

**Cards and Table Games** Friday 1:30-4:00 join us for group card games such as Golf. Call to reserve a table at other times throughout the week. Bring your own games or choose from our collection.

**Duplicate Bridge**:Wednesday evening starting at 6:00. Please enter through west doors and bring a partner. Organized by Paula.

**Hand and Foot Massage**:Sign up ahead of time for a free hand or foot massage with Laura Brooks. 20 minute sessions from 9:00-12:00 Wednesdays.

**Whittling**:Thursday morning at 9 a.m. Class is currently full, but we have a waiting list available.

**Craft of the Month**Make sure you check the sign up sheet folder, to sign up for the craft of the month in June.

**Shuffleboard** Monday June 20<sup>th</sup> at 1:00 . Sign up sheet is in the folder.

## **\*Unfinished Project Round Up\***

We have a collection of unfinished projects in our stained glass room. Please let us know if you have a project here you want us to save for you. We need to make space for new projects but we don't want anyone to miss out on finishing their artwork.

**Please bring in a picture to put in our display case of your Father, in honor of Father's Day.**



# FRIDAY PROGRAMS



## Birthdays & Anniversaries

June 3rd

If you are celebrating a birthday or anniversary in June, Please join us at the head table for our Friday lunch. You'll receive first in line privilege for lunch and you'll have the opportunity to share a little bit about yourself after the meal.



## Ecology Club

June 10th

A presentation on how native plants benefit birds followed by Bird Bingo (including prizes) .



## Movie

June 17th

"Secondhand Lions" - 111 minutes

This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. At first shocked by his uncles' unconventional behavior that includes ordering African lions through the mail, the boy soon becomes enthralled with unraveling the mystery that has followed the uncles for years. Hearing tales of their exotic adventures involving kidnapped princesses, Arabian sheiks and lost treasure, not only brings him closer to his uncles but also teaches him what it means to believe in something... whether it's true or not.

## Programs follow our Friday Pot Luck!!



## Sock Hop

June 24th

Grab your dancing shoes, and poodle skirts! We are going to have a **Sock Hop**, June 24<sup>th</sup> at 1 pm. Get ready to shake, rattle, and roll! Prizes will be awarded for The Best Dressed and Best Dancer! Come enjoy music from the 50's and 60's, a root beer float, and fun with friends. (Dancing and dress attire is NOT required)



# ECOLOGY CLUB

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## Cooking over an Open Flame

Nearly 3 billion people – almost all women - still cook (and heat their homes) over an open fire. They have historically used wood, charcoal and dried animal dung and more recently kerosene. These fires produce lots of smoke and cause severe respiratory disease in women and children. Indoor air pollution kills 1,250 children under 5 DAILY.

Wood gathering is a major cause of deforestation especially in arid and semi-arid regions where trees are scarce to begin with. Women and children regularly walk miles to find wood to cook meals. The problem is especially severe in refugee camps where the surrounding land has been stripped bare. When women and children leave the relative safety of the camp to forage for cooking fuel, they are often the victims of violence.

One solution to this is solar cooking. One solar cooker can save one ton of wood a year. A leading organization, Solar Cookers International, has been working since 1987 to show people how to cook with just the sun. They now have operations in 135 countries helping women learn to use the sun to both cook and pasteurize drinking water. Children can go to school instead of gathering wood and women can develop new skills or make crafts to sell. Respiratory disease plummets! I have used a solar cooker and it can work on sunny summer days even in the Midwest!

But Indoor air pollution from open flame cooking is not confined to undeveloped parts of the world. Many homes in the developed world also use gas stoves to cook, gas water heaters and gas for heating. These appliances burn natural gas, called methane, or propane, a similar hydrocarbon.

While natural gas burns much cleaner than wood or charcoal all burning produces some “pollution”. And methane is especially prone to leaks because it is such a small molecule. It is also a potent greenhouse gas trapping heat up to 80 times more than carbon dioxide.

Gas water heaters and furnaces are vented so the pollutants are expelled outside. But gas stoves and fireplaces are not required to be vented. Scientists have recently begun to measure air quality in kitchens and the findings are surprising.

Burning gas stoves release several kinds of gasses including - methane, carbon monoxide, carbon dioxide, formaldehyde (a carcinogen) and nitrogen dioxide. Levels of nitrogen dioxide can rise quickly reaching 50 -400 times the normal level in just a few minutes. This can even exceed the outdoor air standards. Nitrogen dioxide has been linked to breathing problems including wheezing and asthma, especially in children. Running the hood vent helps - as long as it vents outside - but does not eliminate the problem completely. Homes with gas stoves have measurable levels of methane all the time because of small leaks.

**The Eco Club meets on the second Wednesday of the month from 2:30pm to 4:00pm. All are welcome to attend.**

# SUPPORT GROUPS



Kim Ogle continues to facilitate a bi-monthly (2 x a month) in-person and virtual grief group. The meetings for June are Wednesdays the 8th and 22nd at 4:30pm at Oxford Seniors. Questions? Please email Kim Ogle at [kkogle24@gmail.com](mailto:kkogle24@gmail.com).



## Oxford Parkinson's Information & Support

There is a monthly gathering on the 1<sup>st</sup> Thursday of the month from 6:30-8:00 p.m. at The Loft at Oxford Bible Fellowship. The group includes individuals with Parkinson's and their spouses, partners, or other caregivers. Importantly, it is not just a couples group. All are welcome in any combination. Contact Sara Penhale for more information. 513-593-0059



Butler Behavioral Health has a wonderful counseling program - **UPLIFT** - for older adults (60+) who experience symptoms of depression and/or anxiety. BBH offers appointments using telehealth (by phone). UPLIFT focuses on strengthening problem solving skills and increasing physical, social, and pleasant activities.

UPLIFT includes 8 sessions with an UPLIFT counselor which center on specific issues chosen by the client and works on generating action steps from <https://www.bbhs.org/what-we-do/services-for-seniors/> or the upcoming week(s). UPLIFT is a Butler County funded service.

513-896-7887

<https://www.bbhs.org/what-we-do/services-for-seniors/>



## Caregiver Support Group

The group is facilitated by Patricia Willeke. If you are interested in more information, please call Oxford Seniors at 523-8100.

# THINGS TO DO IN OXFORD

## Oxford Lane Library Adult Programs

### EDUCATIONAL SEMINARS AT OXFORD SENIORS

Oxford Seniors will again be the location for educational (and social!) seminars appealing to the Boomer and Senior community in the Talawanda School District. Oxford businesswomen and Talawanda graduates Denise Gifford and Marion Schloemer are bringing local experts to deliver in-person seminars from October 2021 to July 2022. Seminars are free, and registration is requested:

<https://www.lynsdaughter.com/senior-seminars>

Snacks and drinks will be served.

**Time:** 5:30pm – 7:00pm

**Location:** In person at Oxford Seniors at 922 Tollgate Drive in Oxford, OH.

#### **(JUNE 27) Stay @Home Longer – Living Independently with In-Home Health Care**

- We know that 90% of folks age 65+ want to stay at home as long as possible, and in-home health care can be the key to achieving the highest quality of life possible. It can enable safety, security, and increased independence; it can ease management of an ongoing medical condition; it can help avoid unnecessary hospitalization; it can aid with recovery after an illness, injury, or hospital stay—all through care given in the comfort and familiarity of home.

#### **(JULY 25) Financing Your Empty Nest -- Mortgage Options in Retirement**

- Whether looking to finance a new home or refinance an existing home to help pay for age-in-place renovations, mortgages can be tricky after retirement. Join us to hear about options for borrowing when retired.

### Computer Tutor Service

Make an appointment with a member of the Reference Team to learn about email accounts, computer basics, Internet basics, eReaders, Word, Excel, PowerPoint and Ancestry.com

### Adult Writing Contest

**Submissions accepted June 1– July 31  
Winners chosen August 15**

Ages 18– up

Calling all adult writers! Enter your original short story or poem for a chance to win a prize. Visit [www.lanepi.org/adultswrite](http://www.lanepi.org/adultswrite) for details.

### Summer Reading Kickoff: Adult Trivia Night

**Friday, June 3, 7:30– 8:30p.m.  
(reservations required)**

Adults, leave the kids at home, gather your squad and come mark the beginning of our “Ocean of Possibilities” summer reading challenge with a trivia night of challenging literary trivia! If you don’t have a team, come on in and make one on the spot with others. Soda and snacks will be provided.

### Summer Reading Program For Adults June 1—August 1

Why should kids have all the fun? Join us for our 9th annual adult summer reading program. Adults 18 and over are invited to participate for a chance to win one of several grand prizes of gift cards and summer themed items valued at \$50. For every book, audiobook or eBook you read between June 1 and August 1, you gain points towards an entry to win one of the prizes. Sign up to participate and log your reading at [www.lanepi.org/summerreading](http://www.lanepi.org/summerreading). The more you read, the better your chance to win!

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311 S. College Ave., P.O. 128 (513) 255-1168 Cell  
Oxford, Ohio 45056 kkgole24@gmail.com

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# COMMUNITY ADULT DAY SERVICE

*a division of Oxford Seniors*

420 S. CAMPUS AVE OXFORD, OHIO 45056 | 513-523-0464  
(STAFF LISTING ON PAGE 3)



## Join Us!

We have a few available spots. You can choose how many days a week you'd like to attend and whether you'd like full day or half day. Contact Lisa Davidson for more information or to schedule a tour 513-523-0464 or email [ldavidson@oxfordsenior.org](mailto:ldavidson@oxfordsenior.org)

## Wish List

Potting soil  
Paper plates for picnics

Thank you  
for supporting ADS

Hours of Operation  
Monday- Friday  
9:00 am- 4:00 pm



Welcome Linda Charleville, our new Activities Assistant. Community Adult Day Service is excited to have Linda join our team. Linda loves to craft and build things. Linda is excited to be planning the activities for the program.

We held the Open House and Basket Raffle on May 19<sup>th</sup>. Everyone had a wonderful time. The community businesses and residents were amazing in supporting the event. We raffled off over 25 baskets! I would like to personally thank everyone. My heart is full. Thanks to Mayor Snavelly for his opening comments.

The beautiful weather has Community Adult Day Service planning a lot of outdoor events for the month of June. Picnics at local parks, Animal visits at Huesten Woods, Grill outs at ADS (Adult Day Service) and a visit to a farm. The participants are looking forward to walks around town and outdoors games at the park.



**Are you a Veteran?** We can help you get approved to attend the Adult Day Program. If you are in a nursing Facility, we can also help you to attend the Community Adult Day Service during the day and transported back to your Nursing Facility. Feel free to give the Director a call at 513-523-0464 or email [ldavidson@oxfordsenior.org](mailto:ldavidson@oxfordsenior.org)

# IN OUR THOUGHTS



*We have no known losses  
to share this month.*

*And until that day arrives  
That we no longer are apart,  
I'll smile and hold you close to me  
Forever in my heart  
By: Unknown Author*

Below is a list of current member(s) who may be in the hospital or nursing facilities. Cards and/or visits would lift their spirits and many times encourage healing.

Rebecca Shoupe, Pat McDonough, Bill Slover, David Osborne, Bob Schuette  
The Knolls of Oxford  
6727 Contreras Rd.  
Oxford, OH 45056

Adele Flower  
2200 Welcome Place #411  
Columbus, OH 43209

Louise Friedman  
411 Western Row Rd. #354  
Mason, OH 45040

Carolyn Bentley  
Mallard Cove Senior Living  
1419 Mallard Cove Dr. Rm 5212  
Sharonville, OH 45246

Susan Osborn  
Bradford Place  
1302 Millville Ave.  
Hamilton, OH 45013

Nelly Bly Cogan, Gil Gordon, Nancy Holley, Janie Weinrich, Mike Farmer  
Woodland Country Manor  
4166 Somerville Rd  
Somerville, OH 45064



In Memory of: Phil Friedman  
Donation By: Jane Flueckiger

In Memory of: Greg McBee  
Donations By: Barb Broida & Jane Flueckiger

In Memory of: Susan Thrasher  
Donations By: Barb Broida, Jane Flueckiger, Melinda Drive Neighbors

In Memory of: Dana Vaughn  
Donations By: Barb Broida, Jane Flueckiger, Jayme Weisbecker

Thank you for your kind donations made in memory of members and friends we've recently lost. This list represents memorial donations received April 26, 2022 through May 19, 2022.





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[www.oxfordsenior.org](http://www.oxfordsenior.org)

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**Annual Picnic Returns**

**July 15th  
12:00 pm**

**More Details To Come**

