Steve Schnabl: Executive Director- administers the affairs of the organization within the operations policies established by the Board of Trustees. Handles funds development, long range planning and community relations.

Jeanne Glaser: Operations Administrator– responsible for the day to day operations of the agency, provides administrative support and assistance to all Oxford Seniors' staff and board members; schedules trips & travel; publishes monthly newsletter and manages front office.

Sabrina Jewell: Outreach & Marketing Coordinator- responsible for the provision of information and assistance to inquiries from older adults and/or their family members including information about Medicare/Medicaid, insurance questions, benefits, food stamp eligibility, housing, and caregiver counseling. Responsible for marketing of Oxford Seniors in collaboration with the Executive Director including writing articles for media publication and giving presentations in the community.


Pam Sprague: Craft & Activity Coordinator- plans and assures a variety of programs and activities are offered by Oxford Seniors. Writes column for monthly newsletter.

Chris Quimby: Driver/Trainer/STNA - responsible for the safe and timely transportation of riders of Oxford Seniors’ door-to-door transportation; coordinates training and record keeping associated with credentialing of drivers and Oxford Seniors.
### August 2018 Top of the Hill Cafe Lunch Menu

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 or cancel a meal before 9:00am.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
</table>
| 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 | 4 oz LS Spaghetti Sauce/Meatballs  
1/2 c Spaghetti Noodles  
Parmesan Cheese Packet  
1 c Tossed Salad w/Dressing  
1 Dinner Roll  
1 ea 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 Hamburger on a Whole Wheat Bun w/Lite Mayonnaise, Lettuce, Tomato and Onion  
1/2 c Scalloped Potatoes  
1/2 c Broccoli  
1 ea Fresh Fruit in Season |
| 3 oz Roast Chicken w/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 | 1 c Meat Lasagna  
1/2 c Vegetable Medley  
1 Slice Garlic Bread  
1 ea Fresh Fruit in Season  
1 ea 2 inch Square Cake  
Dt: 6 ea Vanilla Wafers | 1 c Beef & Noodles  
1/2 c Garden Peas  
1 c Tossed Salad w/Dressing  
1 Dinner Roll  
1/2 c Chilled Pineapple  
1/2 c Pudding  
Dt: 1/2 c Sugar Free Pudding | 3 oz Chicken Strips  
1/2 c Baked Beans  
1 c Tossed Salad w/Dressing  
1 Dinner Roll  
1/2c Gelatin with Mandarin Oranges & Bananas  
Dt: 1/2 c Sugar Free Gelatin |
| 1 c LS Homemade Chicken and Noodles  
1 c Tossed Salad w/Dressing  
1/2 c LS Broccoli  
1/2 c Applesauce  
2 ea. Sugar Cookies  
Dt: 1 Pkg Graham Crackers | 4 oz Beef Fritter  
1/2 c Green Beans  
1/2 c Oven Browned Potatoes  
1—2oz Corn Bread  
1/2 c Pears  
1/2 c Pudding  
Dt: 1/2 c Sugar Free Pudding | 1 c Homemade Chili w/Beans  
1/2 c Spaghetti with Onions and Shredded Cheese  
1/2 c Green Beans  
3 Pkg. Saltine Crackers  
1/2 c Hot Spiced Apples  
1 ea. Fudge Brownie  
Dt: 6 ea Vanilla Wafers | 1 c Homemade Beef, Tomato, Macaroni Casserole  
1/2 c Vegetable Medley  
1 Dinner Roll  
1/2 c Pears  
1/2 c Chocolate Pudding  
Dt: 1/2 c Sugar Free Pudding |
| 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 LS Whipped Potatoes/Gravy  
1/2 c Broccoli  
1 Dinner Roll  
1 ea Fresh Fruit in Season  
1 ea Fudge Brownie  
Dt: 6 ea Vanilla Wafers | 1 c Breakfast Casserole with Sausage, Onion & Gr. Pepper  
Alt. 1c Breakfast Casserole with Cheese Only  
1/2c Diced Potatoes w/Herbs  
1 c Tossed Salad w/Dressing  
1—2oz. Muffin  
1/2 c Fruited Ambrosia Salad | 3 oz Breaded Pork Tenderloin on a Whole Wheat Bun with Lite Mayonnaise, Lettuce, Tomatoes and Onion  
1/2 c Mixed Vegetables  
1 sq Fruited Gelatin Salad  
Dt: 1/2 c SF Fruited Gelatin Salad |

*Available Monday thru Thursday*
MISSION STATEMENT
Oxford Seniors is Dedicated to Serving Seniors and Strengthening Community.

Oxford Senior Citizens, Inc., is a non-profit organization funded by:
Council on Aging of Southwestern Ohio
United Way of Oxford, Ohio & Vicinity
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, 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.

OXFORD SENIORS
922 Tollgate Drive
Oxford, OH 45056
523-8100 Office
523-1717 Senior Transportation

BOARD OF TRUSTEES

OFFICERS
President............................... Tina Osso
Vice President......................... Jessica Kopp
Treasurer.........................Randy Allman
Secretary......................... Fritzi Wellman
President Emeritus..............Rich Bement
Treasurer Emeritus...............Don Falk

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Bob Coley                     Kate Rousmaniere
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STAFF & VOLUNTEERS
Executive Director .................Steve Schnabl
Operations Administrator ......Jeanne Glaser
Outreach Coordinator...........Sabrina Jewell
Volunteer Coordinator ......Jennifer Marcum
Bookkeeper..................Lisa Brunckhorst
Crafts/Activity Coordinator ....Pam Sprague
Driver/STNA..................Chris Quimby
Driver........................Paul Schiller
Driver..........................John Eversole
Driver..........................Sean Yates

COMMUNITY ADULT DAY SERVICE
Director & LPN..................Debbie Curry
Activity Program Assistant/STNA. Stacy Lay
RN BSN ................................Jan Jewell
STNA..........................Shanna Cianchetti
Driver/STNA..................Chris Quimby
Nurses Aide/Driver...........Marcia Schlichter
Activity Assistant...........Jody Kress
August 2018

Routine is comforting and comfortable. I think that is one reason why we work. Having a schedule to keep, tasks to do – it organizes our lives. We have to think about what to wear, and be sure it is ready, fuel for the car, where we will park. We kinda get upset if someone else has parked in the spot we usually do, even though there are plenty of others.

When I was a child, some of our dinners were routine. Fridays were always fish sticks, green beans and home-made macaroni and cheese. Sundays we had southern fried chicken and corn fritters – until dad discovered the thrill of fire and meat... then that became the Sunday routine meal. Wednesdays were meatloaf. Comforting and comfortable. We knew what was coming.

The thing is, routine can also be restricting, curbing creativity and become unintentionally exclusive – as in we’ve always done it this way, no need to change. I’ve often repeated, “if it ain’t broke, don’t fix it” which precludes even thinking about other ways to accomplish what ever our goal is whether filling our stomachs or building a widget. Not to mention change is hard when you are comfortable.

But the world is changing, and we change with it or get left behind. And the key to keeping up is embracing new ways to do things while respecting the history of how we got here. This is what the Oxford Senior Center is facing. We have spent the last year and a half looking at our board structure and changing it to reflect the realities of today while setting the stage for tomorrow. We have practically a whole new board, with younger members and fresh perspectives, it is exciting to see us come together with the goal of keeping the center vibrant, welcoming and expanding our reach into the Oxford community.

The next step is to focus on our staff and how to best utilize their talents. We hired our new Executive Director, Steve Schnabl, in April of 2017 because of his experience in the field, particularly in fund development. In order for us to expand our membership, meet new challenges and develop programming to attract more of the community to the center, we need money. And Steve has done an amazing job, along with the stellar staff, of increasing every aspect of our current events bringing in more revenue, attracting new donors and grants.

But he needs to be able to focus on developing new sources of funding and building an endowment fund to insure our sustainability, while balancing his life challenges and not dealing with the day to day operations of the center. To that end, the board decided to reduce his hours in the office to 20 per week and 12 hours per week out of the office to integrate us further into the community, network and build the relationships that will help us meet our financial goals. Steve will work closely with the board to continue our forward trajectory as we respond to emerging needs.

With the money we are saving by reducing Steve’s hours, we have promoted Jeanne Glaser to Operations Administrator, she will be responsible for the day to day operations of the center, with staff reporting to her and she will report to Steve. Jeanne, along with our amazingly dedicated staff, have been and will be the glue that keeps us together as we move forward into the changing world. It is my hope that you all will embrace the future, not be afraid to shake up your routines at the center – and join us in this exciting and challenging quest.

Tina Osso, President
Hello for August 2018,

I always think of August as the hottest month of the year, with temperatures mostly in the 90’s and the grass turning brown from lack of rain. For some odd reason, “in the 90’s” also makes me think of a large group of our active and former members who have reached that significant decade of life.

So Friday the 17th, we will honor members and friends over age 90 at our Friday noon pot luck luncheon in the Great Room at the center. If you fit that category, please call to alert us that you are planning to come as one of our honored guests. Y’all come!

Life events affect all of us. Sometimes, the results are celebrations, and others are plain bothersome. Many of you know that when I started at Oxford Seniors about fifteen months ago, my wife was facing some serious health issues that resulted in her moving to the Knolls Healthcare pavilion last October. Fortunately, the tides have turned and Jan has recently been able to move back home. I’m celebrating! Of course, I want to be able to take advantage of being with her more. Our Board of Trustees worked with me to transfer some of my day-to-day operations responsibilities off my plate, and have focused my work assignments on strategic planning projects, community relations and developing resources to sustain or grow our organization. I will be in the office each weekday (except for holidays and vacations) from 11 am until 3 pm, plus additional hours working from home. My change is effective August 1.

I congratulate Jeanne Glaser for taking on many of my former responsibilities, along with her well-deserved promotion to a new position, Operations Administrator. Most of you know that Jeanne is highly organized, personable and she capably handles every assignment. More than once, I’ve heard her described as the “glue” who holds Oxford Seniors together. Not only will Jeanne have more responsibility, but she is also gaining more authority with which to address her new responsibilities. Jeanne’s promotion was effective at the start of July.

On a sadder note, we bid goodbye to Frances Strick who has been both an active member and our daily volunteer for many years handling lunch sign-ins and cashiering for the Top of the Hill Café. She is an avid jigsaw puzzle solver, a great card player and a wonderful friend whom we will miss. She is moving to New Castle, IN to live with one of her sons and his wife. We hope to see her visit Oxford occasionally, and we have talked about points of interest near or in New Castle that may be a great place for one of our day trips.

If you have other suggestions for day trips, please call the office to let us know.

In closing, I want to applaud our many 2018 Annual Appeal donors who have already helped us exceed our $25,000 goal by more than $2000, with gifts still coming! THANK YOU!! Many donors told us that they were motivated to generously support our $5000 anonymous matching challenge grant. That challenge earned us $1 for each $1 from a new donor or an increased gift amount from a 2017 donor. And, while we set an ambitious goal that was $10,000 more than last year’s, any funds we raise above the goal are still needed to help pay for our 2018 programming.

Please remember that September includes our 30th Annual Masters Games, and our annual meeting, with elections of officers and several of our trustees. If you are interested in serving on our board, please contact me ASAP so our Nominations Committee can consider you.

Best wishes,
fleet of vehicles; provides personal care to Adult Day Service participants.

Lisa Brunckhorst: Bookkeeper, manages accounting, payroll and billing for contracts with Council on Aging and other funding sources.

Debbie Curry, LPN: Director of Community Adult Day Service - responsible for the overall operation and delivery of adult day services. Co-Facilitator for the Alzheimer’s support group through the Alzheimer’s Association.

Stacy Lay, STNA: Activity Program Assistant-Adult Day Service – plans and assures a variety of programs and activities are offered at the adult day service; provides personal care to participants.

Jan Jewell, RN: Registered Nurse at Adult Day Service – provides nursing documentation in adult day service clients’ charts and oversight of clients’ general wellbeing at the service.

Shana Cianchetti, STNA/Driver - provides personal care to participants as well as transportation for participants to and from the adult day service. Also leads activities.

Marcia Schlicter and Jody Kress, retired RNs - caregivers as needed to fill in when fulltime Adult Day Service staff are on vacation and for days off. Both are drivers and lead activities as well.

Help Assemble Packets for Miami’s Off-Campus Walkabouts

August 21st, 22nd and 23rd
9:00-11:00 am
(additional time 1:00-3:00 pm on Tues. August 21st)
Oxford Seniors
922 Tollgate Dr./523-8100
Below is a list of current member(s) who may be in the hospital, nursing facilities or at home recovering. Cards and/or visits would lift their spirits and many times encourage healing.

Vera Hatton, Judy Woolum  
The Knolls of Oxford  
6727 Contreras Rd.  
Oxford, OH 45056  
Elmo Seyberth  
Bradford Place  
1302 Millville Ave. Rm 205  
Hamilton, OH 45013

Norma Campbell,  
Premier Estates  
6099 Fairfield Rd.  
Oxford, OH 45056  
Rebecca Shoupe  
The Woodlands of Hamilton  
896 NW Washington Blvd  
Hamilton, OH 45013

Phoebe Bolser, Nelly Bly Cogan, Peter Dahoda, Phylliss Demass,  
Wayne & Phyllis Gibson, Beth Keiser, Chris Peterson, Jan Reinhart,  
Maurine Saylor, Jane Strippel, Janie Weinrich  
Woodland Country Manor  
4166 Somerville Rd  
Somerville, OH 45064

Carolyn Bentley  
Mallard Cove Senior Living  
1410 Mallard Cove Dr., Rm 5212  
Sharonville, OH 45246

In Loving Memory of ...

Ellis Miller  
Tom Wilson

And when 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

Caregiver Support Group

The Caregiver Support group meets twice a month: the second and fourth Thursdays. We meet in the conference room at the Oxford Senior Center at 1:15 pm.

If you also want to have lunch at the Senior Center, call the Oxford Seniors the day before to make a lunch reservation. Lunch is served around 12:15 pm. 513.523.8100

What is a Caregiver Support Group?

* It is a safe haven for sharing true feelings (that won't be shared outside the meeting)  
* Every member understands the trials and the joys of caregiving  
* A place to make new friends  
* Information about resources and coping mechanisms  
* Advice on what lies ahead  
* Help dealing with family members

If you are a caregiver and want some support, you are invited to attend the second and fourth Thursday of each month. For more information call Patricia Willeke 513.523.3321. Or email at willekpa@miamioh.edu.
Outreach & Marketing

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 2018? 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

************************************************************************************

Oxford Parkinson’s Information & Support

There is a monthly gathering on the 4th Thursday of the month from 6:30-8:00 p.m. at The Knolls Pavilion. 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.

Please contact Linda Scholten at 513-523-4608 or lindascholten@yahoo.com

For Parkinson Support and Wellness Check out www.parkinsoncincinnati.org

Oxford Area PFLAG will not hold a Community Meeting in August. Stay tuned for details on the September picnic.

https://www.facebook.com/OxfordAreaPFLAG/ oxfordareapflag@gmail.com

Do you need food assistance?
Shared Harvest sponsors the Senior Commodity Food Box Program - a box of shelf stable foods available once a month. Must be 60 or older with gross monthly income of $1,287 or lower.

Contact Sabrina to apply: 513-523-8100 or sjewell@oxfordsenior.org

Happening Now!

New Card! New Number!
Individual Reiki sessions begin on Tuesdays

Beginning on August 7th, Linda Church will offer 30 minute, hands-on/off Reiki between 1:30 and 3:30 on Tuesday afternoons at the Senior Center. These sessions provide an occasion for deep relaxation and stress relief that often leads to less pain, worry, or anxiety.

Each session begins with an opportunity for comments or questions. The person then sits in a chair, fully clothed, while Linda puts her hands gently on or over different parts of their body. At the end there is time to talk about the experience if desired. Each person’s experience is different. Some people feel heat, cold, or tingling, maybe see colors, maybe nothing in particular, but most people finish by saying, “Wow, that was lovely. I feel so relaxed.” Call Oxford Seniors at 513-523-8100 to sign up for a Reiki Session.

Cool Health Tools for You and Your Families Safety.

www.Drugs.com is an informative website with a free mobile app. This app gives you drug information, interactions and warnings, and it does so much more. It can help you identify medications you may have questioned. It puts pricing and discounts at your fingertips. It has a symptom checker, medication record, many links to research and health articles. You may find this app especially helpful as it lists drugs by medical conditions. You can type most anything into the search bar and it will pull up helpful links.
Masters Games 2018
Schedule of Events

Monday, September 10
8:00 a.m. Fitness Walk
8:45 a.m. Kick-Off, Sponsored by Oxford’s Parks and Recreation, featuring Lil Tereen, retired Miami University Field Hockey Coach
9:30 a.m. Pool, 9-Ball tournament
10:00 a.m. Scrabble @ The Knolls of Oxford, 6727 Conteras Rd, Commons Game Room. The Knolls will provide a complimentary lunch following the tournament
1:00 p.m. Wii Bowling & Ice Cream Social @ Woodland Country Manor, 4168 Somerville Rd, Somerville (all are welcome to the ice cream social)
4:00 p.m. Horseshoes @ Oxford Community Park 6801 Fairfield Rd. (Center’s horseshoes only)

Tuesday, September 11
9:00 a.m. Shuffleboard (co-Ed partners)
2:00 p.m. Chair-Ballon Volleyball @ Pristine Senior Living, 6099 Fairfield Rd.
3:00 p.m. Bocce Ball @ TRI Community Center, 6025 Fairfield Rd.

Wednesday, September 12
9:00 a.m. Shuffleboard (co-Ed partners)
9:30 a.m. Pickle Ball @ Miami Rec Center 547 E. Campus Ave. Free for Silver Sneaker Members & free for Rec Center members, all others pay $6.00 to the Rec Center (2 divisions, ladies & men)
2:00 p.m. Chair-Ballon Volleyball Finals @ Pristine Senior Living, 6099 Fairfield Rd.

Thursday, September 13
9:00 a.m. Darts
1:00 p.m. Frisbee @ the TRI Community Center, 6025 Fairfield Rd

Friday, September 14
9:00 a.m. Corn Toss (There will be a complimentary hotdog lunch)

Monday, September 17
9:00 a.m. Crossword Puzzle
9:15 a.m. Golf Tourney--co-ed Scramble & Putting Contest at Oxford Country Club, 6200 Conteras Rd. Lunch $14.00, riding cart $7, non-club member $10 guest fee. Club Members charge fees to your Country Club account. Nonmembers pay at Club with Visa or Master Card No Cash. Teams will be formed based on skill level.
1:00 p.m. Euchre
5:00 p.m. Croquet & Ice Cream Social @ Oxford Community Park 6801 Fairfield Rd. (all are welcome to the ice cream social)

Tuesday, September 18
9:00 a.m. Bowling @ Oxford Lanes, 4340 Oxford-Reily Rd $3 for three games, 4 Age categories
9:00 a.m. Golf -- Card Game (please bring $2.70 to play with the day of game)
2:30 p.m. Badminton @ the TRI Community Center, 6025 Fairfield Rd. (inside gym)

Wednesday, September 19
9:00 a.m. Bridge @ The Knolls of Oxford, 6727 Conteras Rd, Commons Game Room. The Knolls will provide a complimentary lunch following the tournament
9:00 a.m. Pool, 8-Ball Tournament
1:30 p.m. Dance with a local band "The Prime Timers" ($5.00 cover charge to be paid at the door)
"masters games registration is not required to attend dance"
5:00 p.m. Croquet Finals @ Oxford Community Park 6801 Fairfield Rd. (only if needed)

Thursday, September 20
9:00 a.m. Hike Bachelor Preserve Loop off of Route 73 by the Dewitt Log Cabin. Meet at parking lot, wear good walking shoes
1:00 p.m. Yahtzee
4:00 p.m. Basketball (foul shot & spot shooting contest) @ TRI Community Center, 6025 Fairfield Rd. (inside gym)

Friday, September 21
12:00 p.m. Luncheon
1:00 p.m. Awards Ceremony featuring Steve Baker, Assistant Athletic Director & Director of Broadcasting, "The Voice of The Red Hawks"

All events are at Oxford Seniors unless a specific location is listed
30th Anniversary
Oxford Seniors
Creating Community Since 1953

2018 Masters Games
Adults 50 Years & Older
Entry fee is $12.00
Additional donations accepted

Please complete form and return by August 28th to: Oxford Seniors 922 Tollgate Dr. Oxford, Ohio 45056

Name: __________________ Sex: Female ☐ Male ☐
Address: ____________________________ Age as of 9-10-18 _______
City: __________________ State: _______ Zip: _______
Telephone: __________ email: _______________

How many years have you participated in Oxford Seniors Masters Games: _______

Shirt Size: (Circle One) ALL SHIRT SIZES ARE FINAL!

LADIES: XS S M L XL 2XL
MEN: S M L XL 2XL

Please check the events you will be entering (Do not sign-up for overlapping events!):
We do ask that everyone who registers for the games make sure their schedules are clear so that they can attend the entire event; if an event is scheduled for more than one day; everyone needs to attend both days.

☐ Badminton ☐ Basketball ☐ Bocce Ball
☐ Bowling (Please Circle Age Group: 50-64 / 65+)
☐ Bridge ☐ Chair Balloon Volleyball
☐ Corn Toss ☐ Croquet
☐ Crossword Puzzle ☐ Darts ☐ Euchre
☐ Golf Scramble (Please Circle for Golf Lunch: Salad or Club Sandwich) (Circle skill level A B C)
☐ Fitness Walk ☐ Frisbee ☐ Golf (a card game)
☐ Hike ☐ Horseshoes ☐ Pickle Ball
☐ Pool (Please Circle 8 ball and/or 9 ball) ☐ Scrabble
☐ Shuffleboard ☐ Wii Bowling
☐ Yahtzee

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, absolve all sponsors and individuals assisting in the presentation of the Oxford Masters' Games of all claims of damages, demands and actions what so ever in any manner or growing out of my participation in this activity, that I assume those risks, that I will assume and pay my own medical expenses and emergency expenses in the event of accident, illness or other incapacity, regardless of whether I have authorized such expenses. I attest that I am physically fit and sufficiently trained to participate in these games.

I have no physical restrictions that would prohibit my participation in the Oxford Masters' Games. I assume responsibility for informing my physician of my intention to participate in the Masters' Games.

I agree and consent to the use of photographs and interview for publicity and advertising by the Masters' Games, and I waive all claims for any compensation for such use.

I have read this entry form and understand the terms and conditions stated therein and voluntarily execute this entry. I attest that I have full knowledge of the risks involved in the events.

Signature: ___________________________ Date: ________/

In case of emergency contact: ___________________________ Telephone number: ___________________________
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<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>9:00-4:30 Open Pool</td>
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<td>9:00 Massage</td>
<td>9:00 Stained Glass</td>
<td>9:30 Exercise</td>
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<td>9:30 Exercise</td>
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<td>9:00 Stained Glass</td>
<td>11:30 Bingo</td>
<td>11:00 Blood Pressure</td>
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<td>9:30 Donut Trail Part 1</td>
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<td>9:30 Exercise</td>
<td>12:15 Luncheon</td>
<td>12:00 Covered Dish</td>
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<td>10–3 Pottery</td>
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<td>10:45 Songbirds</td>
<td>1:15 Pool Competition</td>
<td>1:00 Birthdays, Anniversaries &amp; New Member Welcome</td>
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<td>10:30 Bible Study</td>
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<td>12:15 Luncheon</td>
<td>1:15 Caregiver Support</td>
<td>2:00 Cards/Open Pool</td>
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<td>3:00 French Club</td>
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<td>5:00 Supper Club</td>
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<td>1:15 Cards</td>
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<td>6:00 Alz. Association</td>
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<td>9:30 Massage</td>
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Well, we took most of July off (at least I did). Kate and I took a cruise on a boat from Boston to Nova Scotia for ten days. It was a small ship and was much fun, even though we had to row all the way.

This August we are putting together our new and improved road book. We’ll keep some of the old songs and add some new ones. This’ll begin my 8th season with the Songbirds and I wouldn’t miss it for anything.

In the beginning I thought I’d do it for a couple of weeks, and here it is, seven years later, and I only forgot Hopewell once. Anyhow, come join us and remember…..

Keep a song in your heart!
Later,
JBB
Friday Programs

Friday Lunch Program
August Organizers: Richard & Dana Vaughn

3rd
Birthdays, Anniversaries & New Members
Musician: Lucy Herndon

10th
Jay Williams—Singer/Musician
Musician: Mary Vincent

17th
90+ Birthday Celebration
Musician: Joan Shaver

24th
Shuffleboard Practice Tournament
No Musician

31st
“Fashion Show of a Different Kind” with Kenna Ervin
Musician: Ron Hautau

90+ Birthday Celebration
Join us in a celebration for our members and friends who are 90+
Friday, August 17th
1:00pm

Kenna Ervin, Mary Kay Consultant and Pink Cadillac Recipient
presents
“A Fashion Show of a Different Kind”
Friday, August 31st
1:00pm

Join us for a fun afternoon with our own Oxford Seniors’ models and check out Kenna’s newest pink Cadillac

A sincere Thank You to all our sponsors who have contributed to our luncheons! Their generosity is greatly appreciated.
If everyone in the world lived like Americans, we would need five planets. Try out the Footprint Calculator at www.footprintcalculator.org to find out your Ecological Footprint and learn about solutions to help us all tread more lightly on the Earth.

Oxford Seniors Ecology Club meets on the first Thursday of each month from 3-4:15 p.m. All are welcome to learn about environmental issues and discuss advocacy for our Earth. Contact (513) 523-8100 for more information.

Join us for a tour of the Rumpke Recycling Center

Wednesday August 29th

Leaving the center at 8:45am for a 10:00am tour of the facility

Suggested donation of $7 for transportation

Please sign up at Oxford Seniors or call the office at 523-8100 to have your name added to the list

Please donate your Coke rewards points to Oxford Seniors.

The codes are found on the inside of the plastic bottle caps and the boxes from 12 or 24 packs. Just drop off the bottle caps or cut outs from the boxes in the front office.

Points are used to purchase things that are enjoyed by our members, including Bingo prizes, magazine subscriptions and more pop.

Coke rewards includes not just Coke products, but also other brands such as Minute Maid, Powerade, Barg’s, Tab, Fanta, Fresca, Fuze, Mello Yellow, Dasani, Sprite, Seagram’s, and Pibb.

Thursday, August 23rd

Leaving the center at 9:00am

Tickets: $36 per person (includes lunch and show)

Transportation: Suggested Donation is $10 for members

Call the office to check availability of remaining tickets
Monday Night Programs

Alzheimer's Association
Caregiver/Family Support Group
Monday, August 13th at 6:00pm
Oxford Seniors

This group meets the Second Monday of the month in the craft room at Oxford Seniors. This is a peer support group for family caregivers of individuals with Alzheimer’s disease or a related dementia.

This group provides an opportunity to discuss caregiving challenges and share helpful tips, while receiving support from others in similar situations.

Monday Night Supper Club
August Sponsors

- August 6th - Moms Demand Action
- August 13th - Alzheimer’s Assoc. Caregiver Support Group
- August 20th – TBD
- August 27th - Movie: Coney Island History—Narrated by Glen Ryle

Coney Island History
Narrated by Glen Ryle

47 Minutes
August 27th
5:45pm

Oxford Seniors
This group meets the Second Monday of the month in the craft room at Oxford Seniors. This is a peer support group for family caregivers of individuals with Alzheimer’s disease or a related dementia.

This group provides an opportunity to discuss caregiving challenges and share helpful tips, while receiving support from others in similar situations.

Monday Night Supper Club
August Sponsors

- August 6th
- August 13th
- August 20th
- August 27th To Be Determined

Mondays at 5:00PM - Reservations required
Sign-up or call the office at 523-8100 to be added to the list (limit 25)
Oxford Seniors celebrating 30 Years of Masters Games! Starting Monday, September 10th and lasting until Friday, September 21st. A Friendly Reminder to change appointments if necessary!

Quilting – Mondays at 1:15pm. Please call if you need help layering a quilt or if it will be your first time attending our class to assure our group will be meeting

Hand Building Clay – Mondays from 10:00am - 3:00pm. Our instructor, Gail Springer, is on summer break. For instruction in the class see Barb Winkler.

Bowling at Oxford Lanes - Tuesday afternoons at 2:00pm. Members from our center are at the Oxford Lanes. The cost is $1.00 a game.

Tuesdays with Reily - A congregate meal is served at the Reily Presbyterian church in Reily Township. Each Tuesday we leave our center at 10:15am. You must sign-up for this ahead of time. The meal arrives at 11:30 am. Suggested donation of $2.50 for lunch and the menu is the same as Oxford Seniors. See sign-up sheets.

Come Cool Off at Oxford Seniors - On Monday, August 6th, at 1:30 pm you are invited to have a vanilla or chocolate ice cream cone and on Thursday, August 23rd at 1:30, you are invited for a root beer float.

Bingo in August - Thursdays from 11:30am-until our lunch arrives we play bingo. We welcome donated prizes.

Woodworking - Our room is available for use Monday-Friday 9am - 3pm. Please notify someone in the office that you will be using the room. All the wood in the shop belongs to Oxford Seniors. Before picking your project and materials, please contact Pam. A small donation may be required. If you use our woodworking room, please clean up after yourself and remember safety first!

Exercise - Monday, Wednesday, and Fridays at 9:30 am until 10:30 am. Usually the instructor is a Miami student. There is a suggested donation of $ 1.00 for the class.

Reiki – Starting on Tuesday, July 24th. Reiki is a half hour, one-on-one session used for stress and healing. Call 523-8100 to sign up.

Stained Glass Class - For current stained glass members the room is available from 9:00am to 4:00 pm on Wednesdays and Thursdays. If you need more time for your projects please call ahead to see if the room is available. A beginner class begins with a very simple project and in time you may choose a more involved pattern.

Butler County Donut Trail - Get your Butler County Donut Trail Passport here at our center, complete the journey, and earn your free SWEET Donut Trail T-shirt. Join us this month as we drive the Donut Trail. For 4 Mondays, beginning on Monday, August 6th, we will leave our center at 9:30 to begin our journey. The first trip will be to the Middletown area, where we visit 3 donut shops. Monday, the 13th, trip number 2, will be to 3 shops in the West Chester area, Monday the 20th, trip 3, is to 3 shops in the Fairfield/ Ross area, and Monday, the 27th, our final destination, the Millville, Ross, Oxford area, where we end up at the Oxford Doughnut Shoppe. No purchase is necessary to get a shirt. Please sign-up there must be at least 6 people interested. See Pam or Jeanne for details.

Time for Corn Toss Practice for Masters - Tuesday, August 21st, at 10:30 am. This is a good time to see if you want to compete in the Masters Games. The boards are a distance of 22 ft. and we play to a score of 21 points. Winners usually have to play multiple times.

South Farm Fishing Pass - South Farm Homeowners’ Association has given Oxford Seniors a pass to fish in their lake on Kehr Rd. The pass is in the office. You must sign it out and please return it promptly so it’s available for
the next person.

**Cards** - Mondays, Tuesdays, and Wednesdays at 1:15 pm, and Fridays at 2:00 pm after our program.

**Display Case** - We invite our members to share their collections. Contact Pam if you have a collection you would like to share.

**“Good Grief” Support Group** - There were 14 present at our grief group at Larosa’s last month. We have all come such a long way in our grief journey, some finally finding acceptance, a place you think you will never get to. If it’s been a recent loss of a loved one, or even if it’s been some time ago and you feel left alone in your grief, just call our center and let us know that you would like to meet with us. On the last Monday of the month we meet at 5 pm at LaRosa’s Pizzeria in Oxford. Contact Pam Sprague at 523-8100 if you will be attending.

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**How hot is it?**

**The chickens are laying hard boiled eggs.**

**I saw a dog chasing a cat and they were both walkin’.**

Pam Sprague  
Crafts and Activities Coordinator  
p sprague@oxfordsenior.org

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**Oxford Pool Players’ Win Over Hamilton Stops Disappointing 4-Game Losing Streak**

After losing four consecutive tournaments to their foes from Hamilton from mid-June to mid-July, Oxford’s billiards team rallied to victory in a Thursday afternoon “quickie” on July 19. With only four shooters on each team, playing in a 4-round, 16-game tourney format, Oxford posted a win over Hamilton for the first time since June 14. The entire afternoon’s competition was completed in barely more than an hour.

Results of the last five competitions are as follows:

**June 21:** Loaning one player to a shorthanded Hamilton squad, the Oxfordians played from behind the entire day in a 203-169 loss.

**June 28:** Despite trailing the entire afternoon, Hamilton rallied to win the final seven games of the day to clinch a 206-184 win.

**July 5:** Hamilton provided an encore of July 4th fireworks one day late, claiming a whopping 40-point win over Oxford, 216-176.

**July 12:** In 6-vs.-6 competition, Hamilton led the entire day for an easy 29-point victory, 290-261.

**July 19:** In a short 4-on-4, 16-game tournament, Oxford players won the last two games of the day to snap their 4-week losing skid in a 120-116 win.

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**French Club**

Join us in the library at Oxford Seniors  
Monday afternoons from 3:00pm-4:30pm

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Join us each Monday in August as we hit the Butler County Donut Trail. We will leave the center at 9:30 am. Sign up at Oxford Seniors or call 523-8100 to have your name added to the list.
August is upon us already. Miami will be in full swing before we know it with the hustle and bustle of all the students, football and lots of activities. We are really lucky to be in Oxford where they offer something for everyone. We try to do that here at the adult day. We try to offer a wide variety of activities for all our clients. Currently we have a few openings available. If you know anyone who would like information regarding the adult day please have them call Debbie at 513-523-0464. We would love to share what we do and want to serve as many seniors as possible. If you have ever thought about it - give us a try!

We have 2 birthdays in August and both are ADS employees. Marcia Schlichter celebrates on August 1st and Stacy Lay celebrates on August 18th. We would like to extend the happiest of birthday wishes to these special Oxford Seniors employees.

We have several outings planned in August. We will be going to Premier Senior Living on the 7th and 21st to play chair volleyball at 10:30, to the Knolls of Oxford on the 21st at 10:30 for bingo and to Woodland Country Manor on the 28th for an ice cream social at 2pm.

We will continue to have David Palmer come and lead us in a sing-a-long on the piano every Monday at 10:30 am. Thank you David!

Pete Carels will be here on August 8th at 1:45 to lead us in a hour of drum circle fun. Bob Baer will be joining us Wednesday August 22 at 1:45 to lead us in a sing a long. If you would like to join us please feel free. We would love to have you!

We have a couple crafts scheduled for August. A foam ball craft and a flip flop craft. We will also be making some edible goodies together. On the 6th we’ll be making good ol’ summertime rootbeer floats and on the 24th we will be making banana splits. Look for pictures of our projects on our FACEBOOK PAGE at www.facebook.com/communityadultdayservice and be sure to like our page for all the updates.

Miami University speech and hearing students will return on August 30th. We are a clinical site for their first year graduate students studying speech pathology. They come with 2 hours of jammed packed activities and the clients are looking forward to their return.

Please keep in mind that all activities are subject to change and weather permitting. Also, our clients can choose to participate in any activity. We strive to make our atmosphere one that everyone can enjoy their time here.

WE WILL BE CLOSED MONDAY SEPTEMBER 3RD TO OBSERVE LABOR DAY.
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or (800) 477-4574 x6528

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Questions? Contact Beth Keith at (513) 529-8157

Miami University

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2018 Masters Games Planning Committee

We welcome those interested in helping plan our Masters Games, which are scheduled for September 10th through September 21st. Please contact Jennifer Marcum at 523-8100 ext #23 or jmarcum@oxfordsenior.org. Our remaining meetings are scheduled for August 13th and October 8th at 2:00p.m. here at the Senior Center in the Conference room.

We 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 chair to coordinate each event

30th Annual Masters Games