



# ORANGE FRIENDLIES



Orange Senior Center • High Plains Community Center  
Orange, Connecticut 06477

## SEPTEMBER SPECIAL EDITION

Senior Center Telephone: 203-891-4784

Check out our website at: [www.orange-ct.gov/782/Community-Services](http://www.orange-ct.gov/782/Community-Services)

Follow us on Twitter and Facebook at Orange Senior Center



*Mission Statement: The Orange Senior Center provides activities that promote independence, creativity, physical and emotional health, and lifelong learning for residents over the age of 55.*



Please be aware that the first 10 days of an enrollment period for a class, trip or activity, sign up will be open to Orange residents only. After that, enrollment will be open to all.

### A WORD FROM THE SENIOR SERVICES COORDINATOR

2020 is the year that keeps giving and challenging our fortitude. From Pandemic to power outages, we have taken so much from 2020 already. Unfortunately the Health & Safety Fair was been canceled as another causality of Covid. But we will persevere and forge ahead...

Chair Exercise, Bocce, Laughter Yoga have all returned to the Senior Center. In September Yoga, Fitness, Zumba and Painting & Drawing will return.

Our beloved Director Joan has retired with the close of August. We thank her for her years of service to Community Services and to the Town of Orange. We wish her all the best.

Welcome to our new Administrative Assistant, Jessica "JD" DelMedico who joined us in July. She is proving to be a wonderful addition to the team.

Here's to 2020 turning around and finishing on a high note...

Dennis Marsh  
Senior Services Coordinator

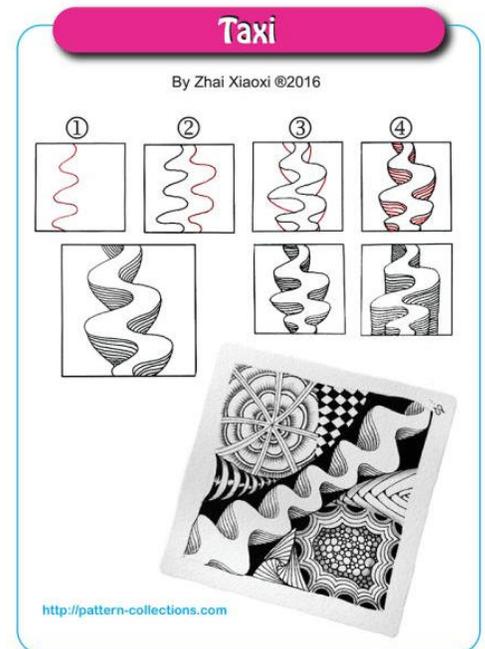
### Welcome to Jessica "JD"

Please join us in welcoming our new Administrative Assistant and Transportation Coordinator, Jessica "JD" DelMedico. JD joins us from the Public Works office and made the transfer when the full-time Administrative Assistant position became available. JD is a hard working young woman who brings a lot of excitement and passion to the position. Be sure to give her a big welcome next time you are in the office.



### Doodling: Taxi

Doodling can be fun and relaxing. Here is a doodle for you to try at home. For more on Doodles, watch Suzanne's OGAT video on <https://youtu.be/u0LFUCELn10>. Just go to the Town website at Orange-CT.gov. Put your mouse over departments, and click on the Senior Center (all the way over to the right). There you will find a link to click on. Enjoy!



### Virtual Classes

Yoga and Zumba have returned to the Senior Center. However, if you would like to participate in David Chandler's **Tai Chi**, via Zoom—call the office with your email and we will ask the instructor to email you an invite.

Chair Exercise may have resumed but if you would still like to participate in **Chair Exercise** while at home, visit the Town Website at Orange-ct.gov and under Departments you will see a link to the Senior Center. There you will find the Chair Exercise video. <https://media.discovervideo.com/show?vg=2e01f56ca0&vt=1&ch=f0ba0e7d06>.

If you would like to learn how to use **Peapod** with Josh, visit this link: <https://youtu.be/fwUN7ILGwRM>.

**WE ARE AVAILABLE  
BY PHONE AND EMAIL!**

**Community Services & Orange Senior Center  
Monday - Friday, 8:30 AM - 4:30 PM**

**Dennis Marsh - Senior Services Coordinator**  
203-891-4789  
dmarsh@orange-ct.gov

**Denise Stein - Outreach Worker**  
203-891-4787  
dstein@orange-ct.gov

**Jessica DelMedico - Transportation**  
203-891-4788  
jdelmedico@orange-ct.gov

**Transportation**

Orange Community Services transportation service for senior/disabled residents needs to maintain social distance for safety of residents and drivers. All passengers must wear facial covering and complete a questionnaire. This service runs Monday through Friday from 7:00 am until 6:00 pm. At least 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven, North Haven, Hamden, and additional local areas by request on a case by case basis. Suggested donations are—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call (203) 891-4788 to apply and schedule a ride.

**A Word from the Outreach Worker**

After serious storms such as Isaias there is plenty of room for scammers. Please remember to avoid doing business with someone who:

1. Requires you pay in cash, wire transfer or any form of untraceable payment
2. Refuses to offer you a contract in writing
3. Offers you a low cost for work but it needs to be completed under the condition that you commit immediately
4. Doesn't provide references
5. Solicits business from you instead of you going to them
6. Doesn't provide references
7. Will not provide proof of their credentials

For a full copy of all this information, stop by the office.

**Fall Computer Classes**

**Intro Computers** Oct 7—28, 5– 7:00pm \$35,  
minimum of 6 people required, with Josh

**Intermediate iPad** Nov 4—Dec 2, 5-7:00pm \$35,  
minimum of 6 people required  
with Josh



**AARP Smart Driver Program**

Due to Covid-19, AARP has canceled all in person programs through the end of the year. For those interested in the **AARP Smart Driver** online course, their is an online class. AARP is offering a special 25% off discount through the remainder of the year. Visit the AARP Driver Safety website, and enter the promo code "DRIVINGSKILLS" at [www.aarpdriversafety.org](http://www.aarpdriversafety.org) This discount is good until the December 31, 2020. Current classroom price is \$15 for an AARP member and \$20 for a non-member. On October 1, 2020 the price goes \$20 for a member and \$25 for a non-member.

**AARP Foundation Online Tax Program**

Many people have relied on the Senior Center's AARP Tax Help Program. The AARP Tax Volunteers will not be returning this year. However I found that the **AARP Foundation** is offering **online tax help**: [https://signup.aarpfoundation.org/preparing-your-taxes-online/?utm\\_source=google&utm\\_medium=ppc&utm\\_campaign=tax\\_aide\\_2020&cmp=TAXEAIDE\\_2020\\_PPC\\_GoogleSearch](https://signup.aarpfoundation.org/preparing-your-taxes-online/?utm_source=google&utm_medium=ppc&utm_campaign=tax_aide_2020&cmp=TAXEAIDE_2020_PPC_GoogleSearch)

**COVID Screening**

COVID-19 SCREEN

Before you come to the senior center you need to consider the Covid Screening and assess whether you should or stay at home.

Do you have a fever or symptoms of lower respiratory illness?

Sore Throat _____	Nausea _____
Cough _____	Vomiting _____
Shortness of Breath _____	Diarrhea _____

In the past 14 days have you had contact with someone with or suspected to have Covid, or is ill with respiratory illness?

Do you live in a community where community-based spread of Covid is occurring?

Have you been in the hospital or a nursing facility for the last 14 days?

If you answer yes to any of these questions then you should remain at home.

If you do visit the senior center then safe practices: Facial Covering and Social Distancing must be observed.

## Reopening Schedule

In order to begin to reopen the senior center for activities we must adhere to state guidelines. At this point in time we must wear facial coverages and practice 6 feet of social distancing. You also will be asked the questions of the Community Services COVID-19 Screen form. All classes must be signed up for in advance in the senior center office. Instructors will be responsible for checking students in. If you do not pay for the class in advance the instructor will direct you to the office to make payment and answer the questions on the COVID questionnaire.

Class	Date	Description	Instructor
<b>AARP Driver's Safety</b> First Thursday, 9:00-1:00pm	On Hold until 2021	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$20, Non-members \$25.	AARP Instructor Room 2
<b>Afghan Ladies</b> 4th Monday 1:00—2:00pm	Sept. 28	Group of knitters and crocheters who make afghans for veterans. New members welcomed!	Claire Westerink Senior Lounge
<b>Billiards</b> Tues & Thurs 1:00pm	Ongoing No Fee	Enjoy Billiards with a group of new friends. Cue sticks are available for use. <b>Only 8 participants</b>	Room 1
<b>Bocce</b> Wednesday, 10:00am	Ongoing No Fee	Join us for Bocci in the warm months and Corn Hole when it gets cold. All abilities welcome.	Pete Pepe Bocce Court
<b>Chair Exercise</b> Monday, Wednesday, Friday 11:00am	Ongoing No Fee	This is a great form of exercise for seniors or for those with disabilities.	Ann Losh Café
<b>Fitness</b> T/Th 8:30am \$50.00, 10 wks with a minimum of 24 students	Oct 1 - Dec 8	This fun-filled class combines stretching & balance to burn calories and improve health. No class 11/3 nor 11/26	Danielle Pettit Gym
<b>Painting and Drawing</b> Tuesdays, 9:30-11:30am \$55.00, 10 wks with a minimum of 10 students	Oct 6 - Dec 8	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 8
<b>Tai-Chi</b> Fridays, 11:45-12:45pm \$55.00, 10 wks	TBD	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults.	David Chandler Room 3
<b>Tap Dance</b> Monday, 10:00-11:00am \$55.00, 10 wks with a minimum of 10 students	TBD	Set those feet dancing and feel the excitement of dance!	Judy Nilsson Room 15
<b>Yogalates</b> Wednesdays, 10:30-11:30am \$55.00, 10 wks with a minimum of 10 students	TBD	Dynamic technique that combines the best of yoga and Pilates. Yogalates is a safe and strong practice that improves overall health.	Traci Weber Room 5
<b>Yoga – Mondays 9:00am</b> \$55.00, 10 wks with a minimum of 10 students	Oct 5 - Dec 14	Yoga has been found to improve health, flexibility, awaken inner energy, & quiet the mind. (No class Oct 12)	Andrea Cashman Room 4
<b>Yoga – Wednesdays</b> 9:00am & 10:05am \$55.00, 10 wks with a minimum of 10 students each class	Oct 7 - Dec 16	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. (No class Nov 11)	Saskia Smith Room 3
<b>Yoga Dance</b> Thursdays, 10:00—11:00am \$55.00, 10 wks with a minimum of 10 students	TBD	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed.	Andrea Cashman Lounge
<b>Zumba Gold</b> Fridays, 8:30—9:30am \$35.00, 10 wks with a minimum of 18 students	Oct 2 - Dec 11	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class Nov 27	Danielle Pettit Gym

# September Word Search



SEPTEMBER  
SCHOOL  
ACORN  
SUNFLOWER  
CLASSROOM

LABOR DAY  
FALL  
AUTUMN  
HARVEST  
SAPPHIRE

MORNING GLORY  
EQUINOX  
PATRIOT DAY  
CONSTITUTION DAY  
ASTER



## Trip Policy

For day trips, please make checks payable to “Treasurer, Town of Orange”. Overnight and extended-stay trip checks are usually made out to the tour company. The first 10 days of an enrollment period for a class, trip or activity, sign up will be open to Orange residents only. After that, enrollment is open to all.

Refunds cannot be made after 30 days out from departure for day trips, unless a replacement can be found. To reserve a special needs seat, you must notify the Senior Center staff at sign-up.

## EXTENDED TRIPS

**DISCOVER SWITZERLAND, AUSTRIA & BAVARIA August 19—28, 2021** 10 days, 12 meals. Bern, cheese making demonstrations, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Austrian Alps, Choice on Tour, Innsbruck, Salzburg, Mirabell Gardens, St. Peter’s Restaurant, Bavaria, Neuschwanstein Castle, Tyrolean Folklore Show. **Cost: \$3,999 double pp. Deposit and Insurance due at registration.** (    considerable walking).

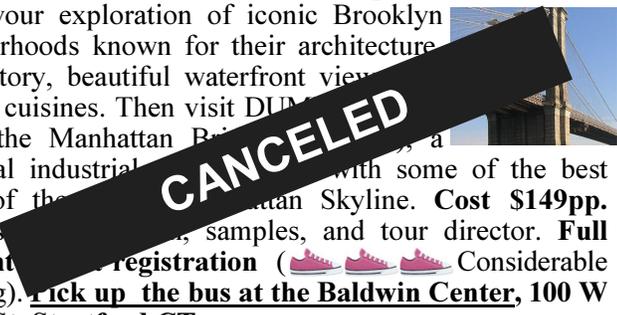


## 2020 DAY TRIPS

**All trips for the remainder of the Summer have been canceled.**

**ENDLESS SUMMER@ Amarante’s, September 2, 2020** from Friendship Tours. Epic musical journey featuring Michael O’Keefe, New York born singer who has been entertaining for 28 years. He was drawn to a variety of classic R&B and the Doo Wop. Highlights the very best of the 50’s, **Cost \$90pp.** Includes transportation, lunch, and show. **Full payment due at registration** (  Minimal Walking).

**BROOKLYN NOSHING TOUR September 12, 2020.** Begin your exploration of iconic Brooklyn neighborhoods known for their architecture, rich history, beautiful waterfront views, and cultural cuisines. Then visit DUMBO. Under the Manhattan Bridge, a historical industrial neighborhood with some of the best views of the Manhattan Skyline. **Cost \$149pp.** Includes drinks, samples, and tour director. **Full payment due at registration** (    Considerable Walking). **Pick up the bus at the Baldwin Center, 100 W Broad St, Stratford CT.**



## MORE TRIPS FOR 2020

**LET'S LAUGH! National Comedy Center and more. September 13, 2020** from T & A Tours. Travel to Jamestown, New York for a three night stay at the luxurious Chautauqua Harbor Hotel. Enjoy a tour of the hometown of Lucille Ball. We will visit the Lucille Ball Dezi Arnez Museum and Desilu Studios. We will visit the National Comedy Center and enjoy a 90-minute cruise on Chautauqua Belle. Enjoy a visit to the Grape Discovery Center and enjoy an evening performance of "Serenade to Broadway". **Cost \$659pp for a double room.** Includes transportation, 5 meals, Cruise, 3 nights hotel stay, admissions, and local winery tasting. **Full payment due at registration. Pick up the bus at the exit 40 commuter lot off I95 Milford CT.** (👟👟👟 Considerable Walking).

**THE BIG E FAIR—Connecticut Day, September 23, 2020.** This no minimum trip will take you to "New England's Great Show". With nearly one million people passing through the gates, it's one of the top fairs in the country. **Cost: \$57pp.** Includes admission, admission to the Big E, and driver's gratuity. **Full payment due at registration** (👟👟👟 Considerable Walking).

**THE EDWARDS TWINS at the Aqua Turf, October 23, 2020.** The world famous Edwards Twins perform one impersonation act in the world. You will be amazed by their vocals and looks. You will be seeing and hearing the real superstars. **Cost: \$99pp.** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** (👟 Minimal Walking).

**OKTOBERFEST at Krucker's, October 20, 2020.** This lovely resort in Pomona, NY features its popular Oktoberfest with great food and music... the genuine spirit of an Oktoberfest. Lunch is a choice of Sauerbraten with red cabbage or sliced pork loin with sauerkraut. **Cost: \$100pp.** Includes transportation, lunch and driver's gratuity. **Full payment due at registration** (👟👟 Some Walking).



**KINKY BOOTS at Westchester Theater. November 5, 2020. No minimum trip.** After lunch, sit back and relax as you enjoy the musical. Charlie Price is struggling to live up to his father's expectations and continue the family shoe business. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola. **Cost: \$119pp.** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** (👟 Minimal Walking).



**A BOB HOPE USO STYLE TRIBUTE at the Grand Oak Villa. November 12, 2020.** Join us at the Grand Oak Villa for a tribute to America's Veterans. Bob Hope's life in comedy comes alive with a look-a-like and sound-a-like tribute. Enjoy a family style menu of pasta with homemade sauce, roast turkey with gravy & sliced roast beef. Carafes of red & white wine on every table. **Cost: \$90pp.** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** (👟 Minimal Walking).



**MACY'S THANKSGIVING DAY PARADE "Broadway's Longest Running Show". November 26, 2020. No minimum trip.** Welcome the Holiday Season at one of the most beloved Holiday Events ever. This spectacular and colorful parade winds through the streets of Manhattan—in one of the Big Apple's most eagerly anticipated events. **Cost \$87pp.** Includes transportation and tour director. **Full payment due at registration** (👟👟👟 Considerable Walking). **Pick up the bus at the Baldwin Center, 100 W Broad St, Stratford CT.**



**MIRROR of MATHIS—at the Aqua Turf. December 3, 2020.** Enjoy a Johnny Mathis Christmas Tribute starring David Robbins. You will be in complete awe, as soon as he hits the stage. His remarkable resemblance and vocal abilities will leave you speechless. Family style menu: Garden Salad, Pasta, Chicken Parmesan & Boiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage. **Cost: \$97pp.** Includes transportation, admission to the show, lunch and driver's gratuity. **Full payment due at registration** (👟 Minimal Walking).



**TOWN OF ORANGE  
COMMUNITY SERVICES**

525 Orange Center Rd.  
Orange, CT 06477

PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 722  
MILFORD, CT 06460

Current resident or

**\*\*\*\*\* FROZEN MEAL PROGRAM \*\*\*\*\***

There is a special meal program consisting of a box of 5 frozen meals during the Covid-19 pandemic. We can deliver them or you can come by and pick the meals up. Delivery is only available to Orange residents. Call the office to complete an application. Suggested donation is \$3 per meal, would be greatly appreciated if you are able.



**Orange Visiting Nurses Association**

OVNA is busy navigating through this pandemic and preparing for this years Flu Vaccine Clinics. We continue to monitor the CT Department of Health for guidance on precautions. We are also consulting with Dr. Mohammad as we want to provide the vaccine in the safest environment for everyone. We are preparing all possibilities. We will keep you updated as we get closer.

**Food Assistance**

Community Services has an Emergency **Food Bank** available for Orange residents in need. Call Denise Stein (203) 891-4787 for assistance.

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**Youth Services Job Bank**

Do you need help with yardwork or light clean up around the house? The Youth Services Job Bank provides a wide range of services by pre-screened students ages 13-16. These students can do yardwork, garden help, house cleaning/household chores, mother's helper/party helper, etc. Contact Youth Services with your needs and a Job Bank member will be selected to come do the job!

**Jessica Simone**, Youth Services Coordinator,  
(203) 891-4785