



# ORANGE FRIENDLIES

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



APRIL 2016

Senior Center Telephone: 203-891-4784

Check our website for all senior center activities: [www.orangeseniors.org](http://www.orangeseniors.org)



*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.*

## WORD FROM THE SENIOR SERVICES COORDINATOR & DIRECTOR

So much going on its nearly impossible to keep it all straight, but let me tell you... This month we have the **Peck Place Prom on April 8**, a Welcome Spring Cabaret on **April 11 with Pierce Campbell**, Volunteer Recognition on April 18, all as we prepare for **Pasta Festa at the Grassy Hill Country Club** (not the Lodge). We have lectures from the **University of New Haven, VNA**. Be sure to join us for **Maplewood Mondays**, **travel presentations**, and all things Tara!

We have several trip presentations to learn about our extended trips and we have scheduled a second chance to see **"An American in Paris"** on Broadway. If you already saw it you can see **"Bright Star"** instead.

On May 13 & 14, 2016 Orange will take on **RAGNAR** a 200 mile relay race. Denise Stein and I have formed a team to run this race to raise funds for the Emergency Fuel Bank and Food Pantry, but we need your help! **Please find on the back of the Newsletter a coupon to send in a donation of any amount to support this team.**

Dennis Marsh,  
Senior Services Coordinator



## Peck Place Senior Prom

Peck Place School will once again host a Senior Prom at the Peck Place School on Friday, **April 8** from 10:30 am to 1:00 pm. There will be a buffet style lunch and beverages. This is an actual prom with music and dancing. The attire is dressy, but you could wear what makes you comfortable. Just RSVP to the senior center so we can tell them how many will be attending. Line Dancing led by our Line Dance instructor, Evelyn Hahn.

## Volunteer Recognition Party

Allow us to celebrate you on **April 18, 1-3pm** with a Volunteer Recognition Party. All volunteers are invited for a special party for us to say thank you for all you do. Dessert and thank you from 1-2, entertainer from 2-3. To RSVP call (203) 891-4784.

## A Word from the Director

Hello all hope you enjoyed March and are doing well! I wanted to use my space this month to promote mental health awareness in our community. During the month of April and May Community Services will be co sponsoring two events with the Region 2 Mental Health Board and Catchment Area Council 6. We are offering Mental Health First Aid Training which is an 8 hour certification course. This is offered on two Fridays April 29 and May 6 from 12:00 PM to 4:30 PM with lunch provided. Upon completion of the course participants will be able to recognize, understand, respond and assist others that may be experiencing mental health issues. The other is a suicide prevention training called QPR which stands for Question Persuade Refer. This is offered on Wednesday May 18<sup>th</sup> from 6PM to 8PM. Participants will be able to recognize the warning signs of suicide, know how to offer help and know how to get help. Space is limited to 30 persons for each offering. Both to be held at the HPCC. Interested parties can register for the courses by contacting Joan Cretella at [jcretella@orange-ct.gov](mailto:jcretella@orange-ct.gov) or 203-891-4788. Have a great month of April and enjoy the spring weather! Stop by anytime my door is open.

Joan Cretella, Director  
Orange Community Services

## New Location! Pasta Festa

Join us on Friday, **May 27 from 5 to 8** for our annual Pasta Festa! **We will be at a new location**, at the beautiful, Grassy Hill Country Club 441 Clark Lane, Orange. The highlight of the evening will be the presentation of this year's Living Treasure Awards to Gail Nixon, Ginny Reinhard, & Pat Zeoli. Winners of the raffle will go home with some great prizes donated by individuals and local businesses. Tables of 8 to 10 are available. If you wish to be seated with particular people, payment for the group must be made at the same time. Otherwise we cannot guarantee that you will be sitting together. Please let us know if you would like to donate a prize for the raffle. Tickets go on sale Friday, April 1 at \$30 per person.



## Blood Pressure Screenings with the Parish

The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center **April 5** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **April 28** at OVNA.

## AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, April 7. The cost of the "AARP Smart Driving Course" will be \$15 for AARP members and \$20 for non-members. Call the center to sign up.

## Money Management

**Money Management Club**, will meet Tuesday, **April 5 & 19** in the Senior Lounge, from 9:30 to 10:30am. All welcomed. This is intended for entertainment purposes.

## Lunch & Fun — Feng Shui

Thursday, **April 14** 11:30am, **Feng Shui with Joan Law**. I had great feedback when Joan spoke about Feng Shui at the Spiritual Wellness meeting. Feng Shui is a Chinese philosophy of harmonizing with your environment. Coffee and desserts will be served 12:00—1:00pm. Be sure to RSVP.

## Movie of the Month

Friday, **April 15**, Oscar Nominated Best Picture—**Bridges of Spies, 1:00pm**. Bridge of Spies is a historical drama based on the 1960 U-2 incident. Popcorn & soda will be served. Call for a seat.

## Wellness Seminar—Food Labels

Join us **April 8** for Wellness Workshop at 11:15am to discuss Mindful Eating and Weight Loss: Learn about portion distortion, snacking, sugar addiction and cravings. Call or stop by the office to register, 203-891-4784.

## VNA Community Healthcare Lectures

**Save the Dates**

**May 2** from 1-2pm the VNA Community Health Care will present "Getting Help at Home". On **June 6** they will present "Beat the Heat". RSVP to (203) 891-4784

## Book Club

The monthly book club will meet Friday, on **April 29**, from 2:00-3:30pm in room 3. This month is April 29 People of the Book by Geraldine Brooks

## Welcome Spring Cabaret

Monday, **April 11**, 1:30—3:00pm, **Pierce Campbell** will be performing at our Welcome Spring themed Cabaret. We look forward to seeing you there. Call to reserve a seat at (203) 891-4784

**Limited Time!**

## Excel Class

Tom George will teach Excel **April 7 & 14** from 1-3:00pm. Fee for class is \$10. Stop by the office to sign up.

## Maplewood Mondays

4th Monday of the Month—**April 25**, 2-3pm, **Chef Lief** will bring his culinary delights for you to sample. Call (203) 891-4788. Your taste buds are sure to be pleased!



## Technology, Writing, and other classes

### Monday

**iPad for Beginners**, Monday **April 4–25, 9-11am, \$20**  
**Technology Office Hours**, Mondays **11-12pm**, for help with a Tablet, Smartphone or Laptop. By appointment only,  
**Afghan Ladies**: 4th Monday of the Month, Apr 25, at 1:00pm in the Senior Lounge

### Tuesday

**Intermediate iPad**, Tuesdays, **April 5—26, 9-11am, \$20**  
**Crafts**, Friday, **April 22—1-3pm** pre registration, \$30

### Wednesday

**Children's Books**, Wednesdays, **April 6– June 8, 10-11:30am**. Reading, Writing, and Appreciation \$50  
**Photography**, Wednesdays, **10-12** Apr 6 - Apr 26, \$20

### Thursday

**Excel**, Thursday **April 7 & 14**, 1-3:00pm, \$10

### Friday

**Creative Writing**, Fridays, **April 1– June 10, 10:30-12noon, \$50**  
**Tea & Scrabble**, Fridays, **12-2pm**

## ~ Wellness Corner ~

The Orange Senior Center believes strongly in offering as many classes and activities as possible that encourages positive health. We have the best team of instructors, so be sure to join us in any number of our healthy activities!

**Adult Coloring/Zendoodle**: Tuesday at 1:00pm, with Tara \$25 for 4 weeks.

**Chair Exercise**: Monday, Wednesday & Friday with Hank at 11:00am

**Fitness**: Tuesday & Thursday with Tara at 9:00 & 10:00am

**Laughter Yoga**: Wednesday with Connie at 9-9:30am

**Line Dancing**: Friday with Evelyn at 1:00pm

**MELT**: Monday & Thursday with Tara at 11:15am, \$25

**MELT Roller**: Tuesday with Tara at 11:15am, \$25

**Pilates for Seniors**: Mon & Fri with Tara at 10am, \$50

**Spiritual & Emotional Wellness**: Friday with Tara at 1:00pm. This month we will continue with— Real Happiness by Sharon Salzberg. The cost of the book is \$15

**Tai Chi**: Friday with David & Harry at 11:45am

**Tap Dancing**: Monday with Karen at 10:00am

**Yoga**: Monday with Dee at 9:15am

Wednesday with Sue at 9:00 & 10:15am

Friday with Tara at 9:00am

**Yoga Dance**: Thursday with Andrea at 10:00am

**Zumba Gold**: with Danielle on Monday at 11:00am, Wednesday at 11:00am, Friday at 10:30am

<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
Thursday Bridge Thursday 1:00—3:00pm \$50.00, 10 wks	Apr 7 – June 9	This class is for beginners of Bridge and those who want to learn the game.	Al Pol Room 2
Friday Bridge Fridays, 1:00-3:00pm \$50.00, 10 wks	Apr 1 – June 3	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned.	Al Pol Room 2
Childrens Books Wednesday 10:00-11:30 \$50.00, 10 wks	Apr 6 – June 8	Structured class of Reading, Writing, and what it takes to get published as a children's author	Aubry Monahan Room 2
Creative Writing Friday 10:30-12:00 noon \$50.00, 10 wks	Apr 1 – June 3	If you enjoy writing but find you seldom have time to do it, join our new Creative Writing Workshop.	Aubry Monahan Room 6
Fitness T/Th 9:00 & 10:00am \$30.00, 10 wks	Apr 5 – June 21	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health.	Tara Graham Gym
Line Dancing Fridays, 1-2:00pm	Ongoing \$2.00/class	Dancers form one or more lines and repeat a sequence of steps.	Evelyn Hahn Gym
MELT Mon & Thurs 11:15am \$20.00, 4 weeks	Apr 4 - Apr 28	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate the whole body. See Tara to purchase MELT balls &/or roller	Tara Graham Room 4 Need kit to attend
MELT Roller Tuesday 11:15am \$20.00, 4 weeks	April 5 - April 26	Come to a MELT Foam Roller class and learn simple self-treatments to remain active, healthy, and pain-free for life.	Tara Graham Room 4 Need foam roller
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Mar 29 – June 7	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Photography Wednesdays, 10:00-12:00 \$20.00, 4 wks	Apr 6 - Apr 26	Learn how to use and improve your skills with electronic devices (iPhone, iPad, etc) in photo taking and manipulation.	Ed Jolley Computer Lab
Pilates for Seniors Monday & Friday 10:00am \$30.00, 10 wks	Apr 1 - June 13	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility. No class May 30	Tara Graham Room 2
Poetry Friday 9:15-10:15am \$50.00, 10 wks	Apr 1 – June 3	Students will read, write, and discuss poetry. It will be a lot of fun if you appreciate poetry.	Aubry Monahan Room 2
Tai-Chi Fridays, 11:45-12:45pm \$50.00, 10 wks	Apr 1 – June 3	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults.	David Chandler Gym
Tap Dance, Monday 10-11:00am \$50.00, 10 wks	Apr 4 - June 13	Set those feet dancing and feel the excitement of dance! No class May 30	Karen Goodman Room 15
Yoga – Mondays 9:15-10:30am \$50.00, 10 wks	Apr 4 - June 13	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class May 30	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Apr 6 - June 8	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Yoga – Fridays 9:00-10:00; 10 wks \$50.00 or free if in other Yoga	Apr 1 – June 3	Yoga has been found to improve health, flexibility, awaken inner energy and quiet the mind.	Tara Graham Senior Lounge
Yoga Dance Thursdays, 10:00—11:00am \$50.00, 10 wks	Apr 7 – June 9	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 11/26.	Andrea Cashman Senior Lounge
Zumba Gold Mon 11-12, Wed 11:00-12:00, Fri 10:30-11:30	Apr 1 - June 13 10 weeks	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class May 30	Danielle Pettitt Gym

## TRIPS

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.

Also, please be aware that the first two rows of seats on the bus are reserved for the escort and riders with special needs. To reserve a special needs seat you must notify the Senior Center staff at sign-up.

**BROADWAY—AN AMERICAN IN PARIS. April 6, 2016.** This trip is full but we will be going again on September 14. You can choose from An American in Paris for **\$209pp** or Bright Star for **\$189pp**. Both shows includes transportation, Orchestra/Front Mezzanne Tickets, lunch and driver’s gratuity. **Full payment due at registration** (👟👟).

**HEART of the SOUTH—April 10-17, 2016.** Welcome to America’s most inviting cultural region. Take some time to experience the city that has given us great music and incredible food: the “Jazz Capital of the World.” A journey through New Orleans, Natchez and Lafayette. **Cost: \$2,349pp double occupancy, single \$2,899; triple \$2,419.** Includes group transportation to Bradley Airport, round trip air, air taxes and fees/surcharges, hotel transfers and driver’s gratuity. **Deposit and insurance due at registration** (👟👟👟).

**WESTCHESTER THEATER—MAN OF LA MANCHA. April 21, 2016.** Enjoy a matinee performance where you will receive a choice of entrée upon arrival. After lunch sit back and relax with the musical “Man of La Mancha”. Inspired by one of the greatest novels of all time. Join us on this Getaway that lets you relive the glorious tradition of musical theater. **Cost: \$99pp.** Includes transportation, show, lunch and driver’s gratuity. **Full payment due at registration** (👟).



**WILL & ANTHONY: The essence of Broadway meets the music of old Italy at Aqua Turf. May 24, 2016.** These identical twins will delight you with their fresh take on pop standards, Broadway show stoppers and classical Italian music. Family style lunch: garden salad, Pasta, chicken parmesan, & salmon, vegetable, potato, rolls. **Cost \$92.** Includes transportation, lunch, admission and driver’s gratuity. **Full payment due at registration** (👟).

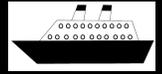
**MUSEUM TRIP—WHITNEY MUSEUM, HIGH LINE & CHELSEA MARKET. Saturday, June 4, 2016.**

**Date Change!** Enjoy a guided walking tour of the High Line park at a former raised railway. Visit the Whitney Museum, time at Chelsea Market, for lunch and shopping on your own. **Cost: 76pp, Full payment due at registration** (👟👟👟).

## Trip Presentation Slide Shows and discussions.

Join our tour representative for trip presentations on:

**March 22, Tuesday at 4:00pm for Canyon Country**  
**April 19, Tuesday at 4:00pm for Hawaiian Cruise**  
**April 25, Monday at 4:00pm for The Plains of Africa**  
**Coming soon... at 4:00pm for Tropical Costa Rica**



**?MYSTERY TRIP?—Thursday, June 16, 2016.** *Legends and Saints, Beauty all Around.* Lunch is choice of Chicken Francaise with lemon and capers or Tropical Mahi Mahi with mango pepper relish, vegetable, potato, dessert and coffee. **Cost \$80pp.** Includes transportation, entrance fee, lunch, and driver’s gratuity. **Full payment due at registration** (👟👟).



**ALASKA DENALI DISCOVERY aboard the Norwegian Sun—June 16-27, 2016** 12 days. Experience Alaska by land and sea on this 12 day adventure featuring Denali National Park and cruising aboard NCL’s Norwegian Sun. This ship offers a special kind of freedom with nine restaurants featuring cuisine from around the world plus a dozen different bars and lounges. **Cost: \$3,479pp Inside stateroom, \$3,709pp Oceanview \$4169pp Deluxe Balcony.** Includes round trip air, 4 night escorted Alaska land tour with 7 meals; 7-night cruise accommodations based on double occupancy; all port and departure taxes; all meals, activities and entertainment aboard ship; Trip insurance. **Deposit due at registration** (👟👟👟).



**PILGRIM BELLE—Isaac’s on America’s Waterfront. Wednesday, June 22, 2016.** Go Paddlewheelin’! Cruise Plymouth Harbor in style and comfort aboard the Pilgrim Belle, a Mississippi-style paddlewheeler. Get a narrated account of this historic town and seaport. Isaac’s Restaurant is a favorite of locals with the finest cuisine served by a friendly staff. Choice of Chicken Cordon Bleu or Baked Scrod. **Cost: \$73pp,** includes group transportation, lunch and driver’s gratuity. **Full payment due at registration** (👟👟).



**THE BOSTON POPS at TANGLEWOOD—with Seth MacFarlane. Sunday, July 10, 2016.** Depart for the Berkshires on this no minimum trip. After lunch we head over th Tanglewood for the Boston Symphony Orchestra/Pops. Special gust Seth MacFarlane joins conductor Keith Lockhart. Our seats are in the covered area of “The Shed”. **Cost: \$137pp,** includes group transportation, lunch, show and driver’s gratuity. **Full payment due at registration** (👟).

## TRIPS Continued

### EXTENDED STAY AND OVERNIGHT TRIPS.

**LOBSTER BASH**—starring Bobby Justin. **Thursday, July 14, 2016.** Visit the Quiddnessett Country Club in Kingston RI overlooking the Narragansett Bay. Featured entertainer is a the dynamic and versatile Bobby Justin. Choice of Lobster Luncheon or Petite Filet Mignon **Cost: \$87pp**, includes group transportation, lunch, show and driver's gratuity. **Full payment due at registration** (  ).

**CONNECTICUT LIGHTHOUSE TOUR.** **August 16, 2016.** Enjoy this no minimum tour aboard the Sea Jet, a smooth sailing, catamarian equipped with modern airline style seating on 2 enclosed AC passenger decks with a spacious outdoor viewing deck. Enjoy the narrated history of 7 lighthouses and 2 forts. After the cruise we will visit Mohegan Sun Casino where you will receive a casino package including food credit. **Cost: \$64pp**, includes group transportation, lighthouse tour, casino bonus package and driver's gratuity. **Full payment due at registration** (   ).

**LOBSTERFEAST & PATSY CLINE TRIBUTE.** **August 25, 2016.** Enjoy this no minimum trip to the Log Cabin in Holyoke, MA. The lobster feast menu includes clam chowder, New England boiled lobster, barbecued ribs and chicken served with corn and a baked potato, followed by a strawberry ice cream sundae. Following lunch Janice Dee pays tribute to Patsy Cline. **Cost: \$100pp**, includes group transportation, lunch & show, and driver's gratuity. **Full payment due at registration** (  ).

**2nd Chance** **BROADWAY — AN AMERICAN IN PARIS or BRIGHT STAR.** **September 14, 2016.** Enjoy lunch at the famous Italian Restaurant Buca di Beppo. Meal served family style with platters of salads, baked rigatoni and spaghetti with meat sauce, chicken parmigiana and homemade cheesecake. After lunch enjoy your choice of either **An American in Paris cost \$209pp** or **Bright Star cost: \$189pp**. Includes transportation, Orchestra/Front Mezzanine Tickets, lunch and driver's and tour director's gratuity. **Full payment due at registration** (   ).

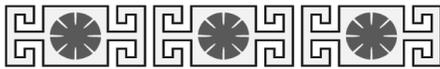


**NETHERLANDS, BELGIUM & PARIS featuring historic Bruges—September 12 -22, 2016.** 11 days, 14 meals. The highlights include: Amsterdam, Hortus Botanicus, Volendam, Diner's Choice in Amsterdam, Brussels, Dinner Stroll, Bruges Choice of Bruges Walking Tour or Canal Cruise, Paris Seine River Cruise, Giverny. **Cost: \$3,999pp double occupancy, single \$5,049.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (    ).

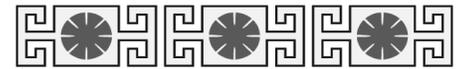
**CANYON COUNTRY featuring Arizona & Utah—October 20-28, 2016.** 9 days, 11 meals. The highlights include: Scottsdale, Oak Creek Canyon, Kaibab National Forrest Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, and Las Vegas. **Cost: \$2,999pp double occupancy, single \$3,759.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (    ).

**THE PLAINS OF AFRICA featuring Kenya Wildlife Safari—March 9-22, 2017.** 14 days, 33 meals. The highlights include: Nairobi, Shaba National Reserve, Lake Nakuru, Masai Mara, Karen Blixen Home, Mt. Kilimanjaro, and 13 Wildlife Safaris. **Cost with early booking discount: \$6,899pp double occupancy, single \$8,299.** Includes group transportation to/from airport, attraction taxes and fees, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (    ).

**TROPICAL COSTA RICA, November 6-14, 2017.** 9 days, 13 meals. Highlights include: San Jose Coffee Planation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, and more. **Cost: \$2,599pp double occupancy, single \$3,049.** Includes group transportation to/from airport, around trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (    ).



# April 2016



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>Program runs Mon. through Fri., 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. to register (203) 891-4765.</p>	<p>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt. All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.</p>			<p><b>1</b> Crab Cakes/Tartar Sauce Baked Beans Coleslaw Small Sandwich Roll fruit blend juice Berry strudel Low Fat Milk</p>
<p><b>4</b> Baked Pork loin/gravy Roasted Potatoes Zucchini Squash Multigrain Bread Applesauce Low Fat Milk</p>	<p><b>5</b> Apple Juice Hot Open Turkey Sandwich W/Gravy on Wheat Bread Cranberry Sauce Sweet Potato Fries blended Broccoli Oatmeal Cookie Low Fat Milk</p>	<p><b>6</b> Grape Juice Baked Stuffed Peppers Carrot Coins Dinner Roll Ice Cream Cup Low Fat Milk</p>	<p><b>7</b> Ziti With Sauce Parmesan Cheese Tossed Salad/Tomato Italian Dressing Bread Stick Peaches low fat milk</p>	<p><b>8</b> Cream of Carrot Soup Unsalted Crackers Tuna Salad Carrot Sticks, Cucumber &amp; Tomato Rye Bread Grapes low fat milk</p>
<p><b>11</b> Oven Fried Chicken Macaroni and Cheese Green Peas Wheat Bread Pears and Peaches Low Fat Milk</p>	<p><b>12</b> Split Pea Soup Unsalted Crackers Turkey Sloppy Joe on Wheat Bun Green Beans Seasonal Fresh Fruit Low Fat Milk</p>	<p><b>13</b> Meatloaf/LS Gravy Mashed Potatoes California Blend Veg Wheat Roll Mandarin Oranges Low Fat Milk</p>	<p><b>14</b> Stuffed Salmon Filet W/ Lemon Dill Sauce Roasted New Potatoes Spinach Pumpnickel Bread marble cake Pineapple Juice Low Fat Milk</p>	<p><b>15</b> Eggplant Rolatini Penne with Sauce Parmesan Cheese Italian Blend Veg Garlic Bread Apricots Low Fat Milk</p>
<p><b>18</b> Hamburger on Wheat Bun Catsup, Lettuce, Tomato &amp; Pickle Steak Fries Coleslaw Pineapple Low Fat Milk</p>	<p><b>19</b> Broccoli Quiche Zucchini &amp; Tomatoes Hash Browns Whole Wheat Bread Frosted Chocolate Cake Orange Juice Low Fat Milk</p>	<p><b>20</b> Sliced Roast Turkey LS Gravy Baked Sweet Potato Peas &amp; Carrots Family Grain Bread Scalloped Apples Low Fat Milk</p>	<p><b>21</b> BBQ Chicken Quarter Baked Beans Collard Greens Corn Bread Melon Low Fat Milk</p>	<p><b>22</b> Vegetable Barley Soup Unsalted Crackers Seafood Salad Plate, Lettuce &amp; Tomato Lemon Orzo Veg Salad Wheat Roll Fresh Fruit Low Fat Milk</p>
<p><b>25</b> Lite Crunch Fish Lemon/Tartar Sauce Sweet Potato Fries Zucchini &amp; Yellow Squash Multi Grain Bread Apricots Low Fat Milk</p>	<p><b>26</b> Beef Stew Noodles Baked Acorn Squash Biscuit Peaches Low Fat Milk</p>	<p><b>27</b> Tangerine Chicken Brown Rice Pilaf Oriental Blend Veg Rye Bread Pineapple &amp; Mandarin Oranges Low Fat Milk</p>	<p><b>28</b> Pineapple Juice Chicken Gumbo Soup Roast pork/gravy scalloped Potatoes Green &amp; Wax Beans Wheat Dinner Roll Coffee cake Low Fat Milk</p>	<p><b>29</b> Beef &amp; Bean Chili Baked Potato Wedges Tossed Salad W/Tomato &amp; Shredded Cheese Tortilla Chips Fresh Orange Wedges Low Fat Milk</p>

# RESERVED FOR SPONSORS

**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

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**“ORANGE FRIENDLIES” - April 2016**  
**Senior Services Coordinator—Dennis Marsh, 203-891-4784**

**Hot and Cold Lunches**

The Orange Senior Center offers a hot lunch Monday through Friday. On Tuesdays and Thursdays a cold lunch option is also available. Lunch is served Monday through Friday, 11:30am – 12:00pm. A \$3.00 donation is requested for persons 60 years and over. To register call before 1:00pm the day before (203) 891-4765 .

**Notary Public**

Dennis Marsh is a Notary of Public for the State of CT. So if you need anything notarized, you can come to the senior center for this free service. Be aware he will follow the policy and procedures as established by the common practices of the other town notaries.

**Coldwell Bankers—Mary Ann White’s Recipe for Hawaiian Carrot Cake**

1.5 cups corn oil; 2 cups sugar; 3 eggs; 2 cups flour; 2 tsp. Baking soda; 2 cups shredded carrots (on side of grater); 1 cup chopped nuts; 1 small can crushed pineapple (use juice also); 3/4 cup coconut. Put it all in a bowl and just mix together. 9 x 13 greased and floured pan - 350 degrees - 50 minutes.

Frosting: 4 tbs. flour and 1 cup milk - cook until thick - cool. Add 1 stick margarine, 1/2 cup shortening (I used Crisco) and 1 cup sugar and beat until fluffy.

**Mary-Ann is a realtor from Coldwell Banker (203) 589-3383. She often makes desserts for Cabaret!**

**Support Orange’s Ragnar 200 Mile Relay Race Team**

I want to show my support for Team Orange and support the Town’s Fuel Bank & Food Pantry by pledging \$\_\_\_\_\_

Name: \_\_\_\_\_  
Phone #: \_\_\_\_\_

Please make checks payable to “Treasure-Town of Orange”. Checks can be mailed to Orange Community Service, 525 Orange Center Rd, Orange CT 06477 attention Ragnar.

**Word from the Municipal Agent**

Be sure to register for **April 7**, representative from the State of CT Dept. of Aging will be here at 12:15 to hear what seniors want.

On **April 22**, 10:00am, the University of New Haven will present Oral Hygiene. Registration is required as goodie bags will be provided. Refreshments be served.

Denise Stein, M.S., LP, Elderly Outreach