



ORANGE FRIENDLIES

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



AUGUST 2016

Senior Center Telephone: 203-891-4784

Check our website for all senior center activities: 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.

A Word from the Director

Hello everyone, I hope you had a great month of July and are continuing to enjoy the summer. During the warmer weather be sure to drink plenty of water and stay hydrated. If you have air conditioning use it or have fans to keep cool. Stay indoors during days; venture out in the early morning or evening when it is cooler. Be aware that the Community Center is a cooling center so you are welcome to stop by to cool off. Did you know that August is National Aviation Month, Family Fun Month, National Peach Month and National Picnic Month? The official flowers for August are the Gladiolus and Poppies. On August 12 1877, Thomas Edison invented the phonograph. August is the last full month of summer, so enjoy! Stop by any time my door is always open.

Joan Cretella, Director
Orange Community Services

Summer Cookout

This year's *Summer Cookout* in the High Plains Pavilion will be held on Tuesday **Aug. 16** with a rain date of Wednesday, Aug 17 from 5 to 8 pm. **The Elderly Brothers** will perform. Tickets are on sale now, only \$15. Thank you to the Orange Lions for cooking & serving.



WORD FROM THE SENIOR SERVICES COORDINATOR

Welcome to our new Tap instructor Judy Nilsson. Tap is Mondays from 10-11 in room 15. Check it out and see if it is for you.

Summer continues to roll on with our final **summer concert** on August 11. Thank you to all our sponsors. The **Summer Picnic** will be August 16. Be sure to thank the Lions for cooking and serving at the picnic.

September 16, will be our annual **Health & Safety Fair**, from 9-12. Lastly be sure to join us for our **Traveling Chef** on August 17. We will be having a Turkey Carving Station for Lunch. \$5 per person, call to reserve a seat. The **Rotary Lobsterfest** is August 13. We have tickets.

Dennis Marsh,
Senior Services Coordinator

Special Week Long iPad & iPhone Classes

Some folks have said a 4 week commitment is tough... SO Aubry has agreed to teach iPhones & iPads all in one week! **iPad August 8-12 (5 days) from 9-11am**, and **iPhone Aug 15-19 (5 days) from 9-11am**. Each class is only 1 week for \$25 each. So enroll today to knock them out in a week!!! Pre-registration is required, minimum of 7 students.

Summer Concerts

Orange Community Services has partnered with the OEDC Farmers' Market for 3 outdoor all ages shows in the Gazebo. Orange Transportation is available to Orange seniors or disabled residents, for the **Thursday** night concerts. Call (203) 891-4788 for a ride. So bring your family and your friends! The final concert will be:

August 11, Thursday 6:30-8:30pm—Fools on the Hill—Beatles Tribute Band. Rain date, Thursday August 18



Yale



Your Home Town Agency
203-891-4752



Lunch & Fun — Pizza & Jeopardy

Thursday, **August 11, 11:30am** join **Utopia Home Care** as they sponsor *Pizza & Jeopardy* Lunch & Fun. You know the popular game show so come out to answer trivia questions but be sure to form your answer as a question! Call to let us know you are coming (203) 891-4784.

Lunch & Fun — Orange Poems

Thursday, **August 18, *Orange Poems***, with John Ulatowski You bring your bag lunch at 11:30 and we will supply coffee and dessert. Show at noon. Be sure to RSVP.

Fully Fit Weight Training Demonstration

Monday, **August 22, 1:30pm** for a weight training demonstration. Come join the fun while getting fully fit! Weight training makes you stronger, wards off osteoporosis, slims you down with leaner muscle mass and helps boost your fitness level! You don't need heavy weights to get great results! So grab a buddy and let's go! Call to let us know you are coming at (203) 891-4784.

Movie of the Month

Friday, **August 19, *Joy*, 1:00pm.** Starring Jennifer Lawrence, Robert DeNiro, and Bradley Cooper. Joy is the story of the title character, who rose to become founder and matriarch of a powerful family business dynasty. Popcorn & soda will be served. Call for a seat.

Health & Safety Fair

The 15th Annual Health and Safety Fair will be held on Friday, **September 16 from 9:30 am to 12 noon.** Vendors representing all sorts of agencies will be on hand to give out information about products and services that benefit older adults. The Parish Nurses of Griffin Hospital will be on hand. The Yale New Haven Mammography van is scheduled to attend. Call (203) 688-1010 for an appointment. The Orange VNA will offer blood pressure screenings. There will be raffle prizes and refreshments. Sponsored by Coldwell Banker, Orange Visiting Nurses Association, Maplewood of Orange and the Orange Senior Center. Admission is free. For more information call (203) 891-4784.

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	August 4 By Reservation	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 15
Afghan Ladies 4th Monday 1:00—2:00pm	August 22 No Fee	Group of knitters or crocheters who work on afghans for veterans.	Claire Westerink Senior Lounge
Billiards Tues & Thurs 1:00pm Friday 10:00am	Ongoing No fee	Enjoy Billiards with a group of new friends. Cue sticks are available for use. See if you can sink the 8 on the break!	Volunteer Room 3
Bingo Thursdays, 1:00-3:30pm	Ongoing	Cards are \$1.25 for the first card, \$.25 for each card after. Paper sheets are a \$1.00 each. Refreshments are served during intermission	Volunteer Cafe
Book Club Friday, 2:00—3:00pm	August 26 No Fee	This month's book is <u>Circling the Sun</u> by Paula McClain	Paula Samuel Room 3
Bocce Wednesday, 10:00am	Ongoing No Fee	Join us along the building on the fairground side. All abilities welcome.	Bocce Court
Chair Exercise Mon, Wed & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities. Wednesday in Cafe	Hank Katten Senior Lounge
Chess Tues & Thurs 1:30pm	On going No Fee	Join us for a stiff game of chess with the Chess Club	Tues in Cafe Thurs in Lounge
Legal Clinic 1st Wednesday of month 9:00am	Ongoing No Fee	Attorneys from Floman DePaola will be available by appointment to discuss basic legal needs. In some cases an office visit may be needed.	Attorneys from Floman DePaola Town Conf room
Laughter Yoga Wednesdays, 9:30am	Ongoing No Fee	If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven health benefits. Feel great for free!	Connie Pino Cafe
Money Management Tuesday 9:30am	Will return Sept 20	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Duati Senior Lounge
Ping Pong Mon 11:00am, Wed 12:00noon	Ongoing No fee	Enjoy Ping Pong with a group of new friends. Paddles and balls are available for use.	Volunteer Room 3
Wii Bowling Thursdays 10:00am	Ongoing No Fee	All the fun of traditional bowling but with out the heavy ball!	Volunteer Room 3

Class	Date	Description	Instructor
Bridge Lessons: Thursday Thursday 1:00—3:00pm \$50.00, 10 wks	July 7 – Sept 15	This class is for beginners of Bridge and those who want to learn the game. No class 8/4	Al Pol Room 2
Bridge Lessons: Friday Fridays, 1:00-3:00pm \$50.00, 10 wks	July 1 – Sept 9	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 8/5	Al Pol Room 2
Creative Writing Friday 10:30-12:00 noon \$50.00, 10 wks	Will return in September	If you enjoy writing but find you seldom have time to do it, join our Creative Writing Workshop.	Aubry Monahan Room 6
Fitness T/Th 9:00 & 10:00am \$30.00, 10 wks	July 5 – Sept 8	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. Price increase to \$40 in October	Danielle Pettitt Gym
Floral Arranging Friday 10:00 & 12:00pm \$20.00	Will return in September	Mary & Al will return to lead a monthly floral arrangement class in September. Pre-registration is required with a minimum of 8 students.	Mary Errato Room 2
iPad & iPhone One week only 9:00-11:00am, \$25.00	Aug 8-12 then Aug 15-19	Learn the popular features of an iPad in one week, Aug 8-12. Learn the popular features of an iPhone in one week, Aug 15-19.	Aubry Monahan Computer Room
Line Dancing Fridays, 1-2:00pm	Will return in September	Dancers form one or more lines and repeat a sequence of steps. Starting in Sept, all participants must register in the office. 10 weeks session for \$25	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	July 5 – Sept 6	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Senior Lounge
Pickleball Wednesday 1:00pm	Will return in September	Area residents get together for Pickle ball. It's like ping pong meets tennis!?! Come check it out!	Volunteer Gym
Tai-Chi Fridays, 11:45-12:45pm \$50.00, 10 wks	July 8 – Sept 9	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class Sept 2	David Chandler Gym
Tap Dance, Monday 10-11:00am \$50.00, 10 wks	July 11 - Sept 12	Set those feet dancing and feel the excitement of dance!	Judy Nilsson Room 15
Fully Fit Weight Training Demonstration Monday, 1:30pm FREE	August 22 Try it Out!	Weight training makes you stronger, wards off osteoporosis, and slims you down with leaner muscle! You don't need heavy weights to get great results!	Michele Tenney Gym
Yoga – Mondays 9:15-10:30am \$50.00, 10 wks	July 11 - Sept 19	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 9/5	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	July 6 - Sept 7	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Yoga Dance Thursdays, 10:00—11:00am \$50.00, 10 wks	July 7 - Sept 8	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed.	Andrea Cashman Senior Lounge
Zumba Gold Mon 11-12, Wed 11:00-12:00, Fri 10:30-11:30, 10 wks	July 6 - Sept 9	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 9/5	Danielle Pettitt Gym

TRAVELING CHEF

The Traveling Chef will return on Wednesday, **August 17**, 11:30am, where the chef will present the Carving of the Day: Turkey. \$5 per person, call (203) 891-4784 to reserve a seat.



HOLIDAY HILL

Holiday Hill is a Statewide Senior Outing—in Prospect CT. **August 22 & September 1, 9:00am—4:00pm.** \$32pp. Make checks out to Holiday Hill & mail to Holiday Hill, P.O. Box 338, Cheshire CT 06410. Call (800) 533-0029 for information.



HOLIDAY HILL

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.

CONNECTICUT LIGHTHOUSE TOUR. August 16, 2016. Enjoy this no minimum tour aboard the Sea Jet, a smooth sailing, catamaran 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. Stop at Mohegan Sun Casino and 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, boiled lobster, barbecued ribs and chicken served with corn and a baked potato, and a strawberry ice cream sundae. Janice Dee pays tribute to Patsy Cline. **Cost: \$100pp**, includes group transportation, lunch & show, and driver's gratuity. **Full payment due at registration** ().

BROADWAY—AN AMERICAN IN PARIS or BEAUTIFUL. 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 **Beautiful cost: \$189pp**. Includes transportation, Orchestra/Front Mezzanine Tickets, lunch and driver's and tour director's gratuity. **Full payment due at registration** ( ).

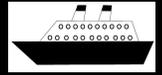
THE BIG E FAIR—Connecticut Day. September 21, 2016. This no minimum trip will take us to "New England's Great State Fair." With nearly one million guests passing through the gates it is ranked among the top fairs in the country. **Cost: \$51pp** Includes transportation, Admission to the Big E and driver's gratuity. **Full payment due at registration** (  ).

BUDDY JEWEL—Country Music Star! September 23, 2016. No minimum trip. Buddy Jewel was the 1st USA Network "Nashville Star" winner beating Miranda Lambert in the finals. Our luncheon will be at Chez Josef, the region's premiere banquet facility. Menu features choice of Yankee Pot Roast, Stuffed Filet of Sole, or Chicken Florentine. **Cost: \$86pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

Trip Presentation Slide Show and discussion.

Join our tour representative for trip presentations on:

**October 17 at 4:00pm for
Tropical Costa Rica**



MY MOTHER'S ITALIAN, MY FATHER'S JEWISH & I'M IN THERAPY!—Foxwoods Casino. October 5, 2016. No minimum trip. Steve Solomon's two-time award winning one-man show has met rave reviews to become one of the longest running shows in Broadway history. Enjoy a luncheon buffet featuring a variety of tasty foods at Foxwoods and receive a free \$10 slot machine token. **Cost: \$82pp** Includes transportation, luncheon buffet, show, casino bonus and driver's gratuity. **Full payment due at registration** ( ).

LAST OF THE RED HOT LOVERS —Newport Playhouse & Cabaret. October 13, 2016. No minimum trip. This unique dinner theater menu includes boiled lobster, shrimp cocktail, Roasted Chicken, Creole shrimp, rice and more. Enjoy reserved seating for this hilarious comedy by Neil Simon. After the show you will return to your table for more entertainment with music and laughter. **Cost: \$107pp** Includes transportation, lunch buffet, show and driver's gratuity. **Full payment due at registration** ().

GERMANFEST at the William Inn. October 28, 2016. No minimum trip. Join us for Williamstown MA Germanfest Celebration with a stop at the Yankee Candle Company **Cost: \$109pp** Includes transportation, Germanfest, Yankee Candle Company and driver's gratuity. **Full payment due at registration** ( ).

SATURDAY NIGHT FEVER at Westchester Theater. November 10, 2016. No minimum trip. Saturday Night Fever is one of the most loved dance stories of all time. A stage version of the 1977 hit movie. Packed with over twenty hit songs. **Cost: \$99pp** Includes lunch, show, transportation, and driver's gratuity. **Full payment due at registration** ().

BOARS HEAD FEAST at WILLIAMS INN with Bright Nights. December 1, 2016. No minimum trip. Coffee stop en route to Williamstown MA at the Williams Inn for a day filled with merriment and a wonderful Christmas Feast. You will be greeted by Beefeater guards and view the cook's procession and viewing of the Boar's Head. After the meal you will be entertained by Miss B Haven Cabaret Troupe. Later, we will stop at the Bright Nights holiday light display. **Cost: \$117pp** Includes transportation, Boar's Head Procession, Christmas Buffet and Cabaret, Bright Nights, and driver's gratuity. **Full payment due at registration** ().

TRIPS Continued

BARBRA & FRANK HOLIDAY SHOW

the concert that never was... at **FOXWOODS CASINO. December 8, 2016.**

No minimum trip. Enjoy a luncheon buffet featuring a variety of tasty foods.

Also included in the tour is a free \$10 slot machine token. Two



great artists paying tribute to their characters, singing the most memorial songs ever written. **Cost: \$77pp** Includes transportation, Casino Bonus, Luncheon Buffet, Holiday Show, and driver's gratuity. **Full payment due at registration** ( ).



EXTENDED STAY AND OVERNIGHT TRIPS.

AUTUMN IN LANCASTER featuring **SAMSON—October 19-21, 2016.** 3 days, 2 nights and 2 shows. No minimum trip featuring Sights & Sounds brand new show "Samson". **Cost: \$489pp double occupancy, single \$619.** Includes round trip transportation, hotel, admission to sites, 4 meals, 2 shows, tax and baggage handling, driver & tour director's gratuities. **Deposit & insurance due at registration** (  )

CANYON COUNTRY featuring **Arizona & Utah—October 20-28, 2016.** 9 days, 11 meals. **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: \$7,099pp double occupancy, single \$8,499.**



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 Plantation, 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** (  )



EXTENDED STAY AND OVERNIGHT TRIPS.

NETHERLANDS, BELGIUM & PARIS featuring **historic Bruges—September 12-22, 2016.** 11 days, 14 meals. **Cost: \$4,199pp double occupancy, single \$5,249.**

Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers.



Deposit & cancellation insurance due at registration (  )

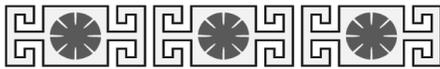
2017 HAWAII CRUISE TOUR.

January 11-21, 2017. No minimum trip.

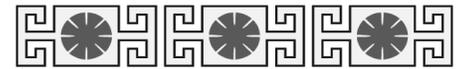
Travel on the Norwegian Cruise Line's Pride of America. 12 Days, 7 Shore Excursions. **Cost: Inside \$4,799pp, Ocean View \$5,399pp, Balcony \$5,699**

Includes Roundtrip Airport Transfer, Pre-Night near Airport, Roundtrip Airfare, Transfers in Honolulu, 2 pre-cruise nights in Waikiki Beach, Bagging Handling, 7 Night Cruise on NCL's Pride of America, All meals & nightly entertainment onboard ship, Tour Escort, and Motorcoach Driver and Tour Escort gratuities Port Charges & Taxes. **Full payment due at registration** (  ).





August 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Stuffed Salmon with Lemon Sauce Mashed Butternut Squash Broccoli Tropical Fruit Low Fat Milk</p>	<p>2</p> <p>Hot Open Turkey Sandwich on Rye with Gravy Sweet Potato Fries Jardinere Blend Fresh Fruit Low Fat Milk</p>	<p>3</p> <p>Spanish Chicken Yellow Rice with Vegetables Green Beans Apple Juice Rice Pudding Low Fat Milk</p>	<p>4</p> <p>Roast Beef with Gravy Mashed Potato Spinach Cranberry Juice Fruit Strudel Low Fat Milk</p>	<p>5</p> <p>Rhode Island Clam Chowder Crackers Pasta & Tuna Salad Lettuce & Cucumber Beet Salad Low Fat Milk</p>
<p>8</p> <p>Eggplant Rolatini Penne Pasta Broccoli Pineapple Juice Italian Bread Italian Ice Low Fat Milk</p>	<p>9</p> <p>Lemon Chicken Rice Pilaf Carrots Pumpnickel bread Apple Juice Chocolate Chip Cookie Low fat milk</p>	<p>10</p> <p>Lentil soup crackers Seafood Salad Lettuce & Tomato Marinated cucumber salad Portuguese Roll, Low fat milk</p>	<p>11</p> <p>Hamburger Wheat Bun Lettuce, & Tomato & pickle Potato Salad grapes Low fat milk</p>	<p>12</p> <p>Spinach Quiche fresh Zucchini Broiled Tomato Herbed Breadstick Fruit Cocktail Low fat milk</p>
<p>15</p> <p>Herb Baked Chicken Brown rice pilaf Peas Marble Rye Grape Juice Chocolate Cake Low fat milk</p>	<p>16</p> <p>Meatloaf with Gravy Mashed Potatoes Roman Veggie Blend Multi grain dinner roll Peaches Low fat milk</p>	<p>17</p> <p>Traveling Chef Carving of the Day: Turkey with starch and veggie \$5 per person</p>	<p>18</p> <p>Cream of Zucchini Soup Crackers Light Crunch Fish with Tartar Sauce Mashed Sweet Potato Broccoli Low Fat Milk</p>	<p>19</p> <p>Egg Salad Sandwich Croissant Tossed Salad with Cucumber & Vinaigrette Dressing Three Bean Salad low fat milk</p>
<p>22</p> <p>Pulled Pork with BBQ Sauce Baked Beans Coleslaw Wheat Bun Fresh Fruit Low fat milk</p>	<p>23</p> <p>Italian Wedding Soup crackers Grilled Chicken Caesar Salad Garlic breadstick Fruit Cocktail Low fat milk</p>	<p>24</p> <p>Crab Cake with Tartar Sauce Rice pilaf broccoli slaw Marble Rye Pineapple Low fat milk</p>	<p>25</p> <p>Turkey with Gravy Mashed Potatoes peas and onion wheat dinner roll Cranberry Juice Coffee Cake Low fat milk</p>	<p>26</p> <p>Cheese Baked Ziti with Parmesan Cheese Riviera Blend Italian bread Apple Juice Ice cream cup Low fat milk</p>
<p>29</p> <p>Beef Chili Baked Potato Mexicali blend veggies Corn Bread Apricots Low fat milk</p>	<p>30</p> <p>Pasta with Broccoli Rabe Carrots Multigrain Dinner Roll Grape Juice Tapioca Pudding Low fat milk</p>	<p>31</p> <p>Philly Cheese Steak on Wheat Grinder Roll pepper and onion Sweet potato fries Fresh fruit Low fat milk</p>	<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>	

RESERVED FOR SPONSORS

TOWN OF ORANGE
COMMUNITY SERVICES
 525 Orange Center Rd.
 Orange, CT 06477

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 MILFORD, CT 06460

Current resident or

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

<p align="center"><u>Hot and Cold Lunches</u></p> <p>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 .</p>	<p align="center"><u>Blood Pressure Screenings</u></p> <p>The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center August 2 from 10 – 11:30am for blood pressure screenings. The OVNA Blood Pressure check, 4th Thursday of the Month: August 25 at OVNA</p>
<p align="center"><u>Transportation</u></p> <p>The Town of Orange provides a transportation service for senior/handicapped residents. This service runs Monday through Friday from 8:00 am until 4:00 pm. 24 to 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven, North Haven and Hamden, and additional local areas by request on a case by case basis. It is donation based—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call Kim Callahan (203) 891-4788 to schedule a ride.</p>	
<p align="center"><u>Traveling Chef with Carving Station</u></p> <p>On Wednesday, August 17, 11:30am, Join us for a special lunch program where the Traveling Chef will present the Carving of the Day: Turkey. \$5 per person, call (203) 891-4784 to reserve a seat.</p>	<p align="center"><u>Word from the Municipal Agent</u></p> <p>Happy August to all. I just want to remind people that on Thursday mornings we put out a grocery donation from Trader Joe's. Included in this donation are breads, sweets, produce and ready made foods. Anyone who resides in the town of Orange is welcome to come and share in the bounty.</p> <p>Denise Stein, M.S., LP, Elderly Outreach</p>
<p align="center"><u>Holiday Hill</u></p> <p>HOLIDAY HILL, Statewide Senior Outing—in Prospect CT. August 22 & September 1, 9:00am—4:00pm. \$32pp. Make checks out to Holiday Hill & mail to Holiday Hill, P.O. Box 338, Cheshire CT 06410.</p>	