



# ORANGE FRIENDLIES

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



DECEMBER 2015

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

Happy Holidays to one and all. So much is happening that changes had to be made, the Grassy Hill Lodge is no more so we had to move the Holiday Dinner Dance to Birchwoods at Oak Lane in Woodbridge. So please be aware of the new venue and I'll see you there!

We have moved to a computer database and have been finding non-members attending classes. Be aware you must be a member of the Orange Senior Center to participate in the center's activities. The only exception is non-members can attend the over night trips. Aids are able to participate with the participant for classes and activities. They do have to pay to attend a trip. Otherwise anyone wishing to participate in the center's activities must sign up in the office.

Lastly, look for the 2016 trips insert in this month's newsletter. I added a 3 part museum series. It should be a lot of fun!

Dennis Marsh, Senior Services Coordinator &  
Joan Cretella, Director Orange Community Services

## Holiday Dinner Dance at a New Location

Come join us at our new venue — **the Birchwoods at Oaklane in Woodbridge** for our annual Senior Center Holiday Dinner Dance on Sunday, **Dec. 6 from 12:30 to 3:30**. The Good 2 Go Band will be the musical entertainment from 1 to 3:30. The menu choices are Beef or Fish. There will be a cash bar. The cost this year will be \$20 per person thanks to the generosity of the Olga Fund of the Orange Foundation who gave us a grant to pay for the music and to reduce the price of the ticket. Payment and meal choice must be made at the time of reservation. Tables will seat 8 to 10 persons. If you wish to be seated with particular people, payment for the group must be made at the same time. Checks are payable to Treasurer, Town of Orange. Tickets are currently on sale.

## Holiday Door Decorating

Clubs, Community Groups, Civic Organizations, Schools and Town Departments are invited to decorate one of the hallway doors at the Community Center for the annual Holiday Door Decorating Contest. Stop by the Community Services office and pick up an entry form. The entry **deadline is Nov. 25**. All doors need to be decorated by Dec 4. Voting will take place between Dec. 4 and 13. The winner will be announced at the Holiday Cabaret on December 14.

## Orange Players "Let Me Tell You"

The Orange Players and the Senior Center will present a Readers' Theatre program of music and monologues -- serious and funny, -- on Monday, **January 25<sup>th</sup>** at 1:30 p.m. for coffee, tea and dessert and for the performance of "Let Me Tell You," directed by Peg Meisenhelder and Pat Miller. "Let Me Tell You" is composed of a collection of monologues by authors ranging from Richard Sheridan, Mark Twain, to modern authors such as Tim Robbins, Steve Martin -- and several others. Sign up in the office

## Call for Living Treasure Nominations

Nominations are currently being accepted through March 11, 2016 for the 2016 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, Town Hall, and can be printed from the town's website. The three individuals chosen to be honored at the Senior Center's Pasta Festa! on May 20, 2015.

## Special Event!!! Maplewood Monday, Holiday and Ugly Sweater Cabaret



Join us for a very special **Monday with Maplewood** as they host our Holiday Cabaret. What will make it



even better is if you wear your **ugliest Holiday sweater**. Maplewood will start at 2:00 The **Yuletide Carolers** will sing from 3-4, call to let us know you are coming!

## Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **Dec 1** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 3rd Thursday of the Month: **Dec 17** at OVNA.

## AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **Dec 3**. 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.

## FREE Excel Class

Join us for a free Excel class with Tom George on December 3 & 10 from 9 to 11:00. Seats are limited so call the center to sign up. (203) 891-4784



## Free Yoga Dance Trial

Try out Yoga dance for free on Thursday, **Dec 17** from 10-11am. If you were ever curious about this fun class now is the time to try it out! Call the office to reserve your spot.

## Money Management

**Money Management Club**, Tuesday, **Dec 1** will host **First Niagara Bank** and explore their financial and bank products. **Dec 15** will be a general discussion meeting in the Senior Lounge, from 9:00 to 10:00am. This is intended for entertainment purposes only.

## Lunch & Fun!

Thursday, **December 17**, 11:30am, **Five Wishes with Joyce Buselli of Vitas**. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. You choose the person you want to make health care decisions for you if you are unable. Sandwiches, coffee and desserts will be at 11:30 and the program begins at noon. Call the office to register

## The Secret: Discussion & Documentary

We read *The Secret* in Tara's Spiritual Wellness class. Now its time to see the Documentary and discuss it and your successes. **Dec 22 at 10:30am**.

## Wellness Seminar—Nutrition Basics

Confused about what to eat? You are not the only one. Join us on Dec 15, 11:15am for Nutrition Basics with Tara.

## Movie of the Month

Friday, **Dec 18**, **Boyhood**, 1:00pm. It took 12 years to make. The life of Mason, from early childhood to his arrival at college. Popcorn & soda will be served. Call for a seat.

## Book Club

Nov/Dec monthly book club will meet **December 4**, from 2:00-3:30pm in room 3. This month's title is **My Father's Country** by **W. Bruhns**.

## Hiking Club

Each week Tara Graham will lead a different hike. Dress appropriately and bring a water bottle, hiking stick or trekking pole. Meet at **8:30am** in the location parking lot

**1st Monday** of the Month—**Housatonic Overlook**

**2nd Monday** of the Month—**Racebrook Track**

**3rd Monday** of the Month—**Turkey Hill Preserve**

**4th Monday**—**Orange Triangle Trail**

Make sure to update your emergency contact information with the senior center.

## Fun with Aubry!

This month we have added even more fun with Aubry.

**Holiday Craft, Dec 21, 1-3pm** —**Gingerbread House**, limited to 15 people, fee: \$10, pre registration required

**Social Media, Dec. 8-29, 9-11am** —

4 weeks of the most popular sites



**Poetry, Jan 5, 11-12pm**



**Tea & Scrabble, Fridays 12-2pm**

**Literature to Film Appreciation, Jan 4, 1-3pm**— read the passage then watch how the film interpreted it.

## Intro to MELT: Foam Rolling

You heard about the benefits of Foam Rolling from Tara Graham. Join us at Intro to MELT to learn about the foam rolling on Dec 1 & 16 at 9am. Call to reserve a spot.

## ~ 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 to lead us to a better healthier lifestyle, so be sure to join us in any number of our healthy activities!

**Adult Coloring:** Friday with Tara at 1:00pm

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

**Fitness:** Tuesday & Thursday with Tara at 8:45 & 10:00am

**Hiking:** Monday with Tara at 8:30am

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

**MELT:** Monday & Thursday with Tara at 11:15am

**Pilates for Seniors:** Monday with Tara at 10am

**Spiritual & Emotional Wellness:** Wednesday with Tara at 11:30am. This month's book— **The Four Agreements: A practical Guided to Personal Freedom** by Don Miguel Ruiz.

The cost of the book is \$10

**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 8:30am

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

**Zendoodle:** Wednesday with Tara at 12:30pm

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

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

## 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.**

**AN AMISH CHRISTMAS GETAWAY featuring THE MIRACLE OF CHRISTMAS at the Sight & Sound Theater, December 9-11, 2015.** Stay at The Country Inn of Lancaster, enjoy "A Christmas Story" at the Dutch Apple Dinner Theater, visit the National Christmas Center, Elva's Barnyard Studio for a "Chalk Talk" presentation with Elva Hurst. Shop the Brickerville Shops and the Amish Quilt & Craft Shop. Have dinner inside a real Amish home. Attend "The Miracle of Christmas" at the Sight & Sound Theater. Also includes visits to the Bird in Hand Market and Long-



wood Gardens. **Cost: \$487pp for double** Includes transportation, Hotel Accommodations, 4 meals, 2 Christmas Shows and driver's & Tour Director gratuity. **Final Payment due November 9** ( ).

**IN THE CHRISTMAS MOOD with the World Famous Glenn Miller Orchestra at Aqua Turf Club in Plantsville December 10, 2015.** This world famous orchestra is the most popular and sought after swing band in the world. Let's listen and dance to... "String of Pearls", "Moonlight Serenade", "Chattanooga Choo Choo", & "Tuxedo Junction" among others. Enjoy a family style lunch of Garden Salad, Pasta, Chicken Parmesan & Broiled Scrod with cracker crumb topping, vegetable, potato, rolls, dessert and beverage. **Cost: \$90pp** Includes transportation, admission, lunch and driver's gratuity. **Full payment due at registration** ( ).

**CHRISTMAS IN HAWAII—with Bright Nights. December 16, 2015.** Depart for Chicopee MA for the Hu Ke Lau Restaurant and Dinner Theater. Enjoy a complete luncheon with choice of Prime Rib or Chicken and broccoli with Pork Fried Rice. Enjoy the "Christmas in Hawaii" show featuring Polynesian dancers. After the show depart for Holyoke Mall and the Christmas Tree Shop. Our last stop is the Forest Park in Springfield MA for Bright Nights festival featuring more than 2.5 miles of magnificent displays. **Cost: \$75pp** Includes transportation, Luncheon & Polynesian Show and driver's gratuity. **Full payment due at registration** ( ).

### Billiards, Ping Pong, & Chess

**Billiards** meets Mondays at 1:00, Tuesday at 10:00, Thursday at 1:00, & Friday at 10:00.

**Ping Pong** plays Monday at 11:00 & Wednesday at 12:00.

**Chess** plays Tuesday & Thursdays at 1:30.

## 2016 TRIPS

**ESCAPE THE COLD @ MOHEGAN SUN—Wednesday, January 27-28, 2015.** At Mohegan Sun every turn leads to a new adventure with an indoor 7-story waterfall, the world's largest and most spectacular planetarium dome and the awe-inspiring Wombi Rock. **Cost \$163pp** double. This no-minimum trip includes round trip transportation, Hotel Accommodations, 2 Buffet Vouchers, \$20 free slot play. **Full payment due at registration** ( ).

**CT FLOWER SHOW & LUNCH—No minimum trip February 18, 2015** (snow date 2/19). "In the Spotlight" at the CT Flower & Garden Show at the Connecticut Convention Center. Lunch stop at the Chowder Pot. Choice of lunch: Prime Rib, Baked Stuffed Scrod or Chicken Marsala served with all the trimmings. **Cost \$77.** Includes transportation, Lunch, Admission 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. **Full payment due at registration** ( ).

**COLORADO ROCKIES—June 3-11, 2016.** 9 days, 12 meals. The highlights include: Denver, Rocky Mountains National Park, Grand Junction, Arches National Park, Canyonlands National Park, Colorado National Monument, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park, Pike's Peak Cog Railway, and Garden of the Gods. **Cost: \$2,879pp double occupancy, single \$3,629; triple \$2,849.** Includes group transportation to Bradley Airport, round trip air, air taxes and fees/surcharges, hotel transfers and driver'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** ( ).

*Look for more information on upcoming trips*



# December 2015



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<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 cake/tartar sauce/ lemon Coleslaw vinaigrette Corn on the cob Whole wheat bread Pineapple juice Frosted Marble Cake low fat milk</p>	<p><b>2</b> Vegetable barley soup Chicken with lemon &amp; garlic Oven roasted potato Broccoli Wheat dinner roll Peaches low fat milk</p>	<p><b>3</b> Turkey/LS gravy Sweet potato pone Green beans Cranberry sauce Pumpnickel bread Fresh fruit low fat milk</p>	<p><b>4</b> cheese lasagna Parmesan cheese Tossed salad with tomato and Italian dressing Italian bread Mandarin oranges low fat milk</p>
<p><b>7</b> Chicken cacciatore Penne Fresh zucchini Garlic breadstick Apple juice Chocolate chip cookie low fat milk</p>	<p><b>8</b> breaded Veal cutlet with LS gravy Smashed potato Green beans wheat bread Fresh fruit low fat milk</p>	<p><b>9</b> Pot Roast W/LS Gravy Potato Latkes Applesauce Garnish Carrots Rye Bread Jelly Donut Low Fat Milk</p>	<p><b>10</b> Chicken noodle soup Light crunch fish Tartar sauce/lemon Wild rice pilaf Spinach salad with carrot and raspberry vinaigrette marble rye low fat milk</p>	<p><b>11</b> Broccoli quiche Scandinavian blend vegg roast potato Wheat dinner roll Fresh fruit low fat milk</p>
<p><b>14</b> Beef and bean chili Baked potato/sour cream Fiesta blend Tortilla chips fruited jello with topping 8 oz low fat milk</p>	<p><b>15</b> Minestrone soup Seafood salad plate with seafood salad, lettuce, tomato, beet salad Portuguese roll Fresh fruit low fat milk</p>	<p><b>16</b> Herb roasted chicken qtr with LS gravy confetti brown rice Green beans marble rye low fat milk</p>	<p><b>17</b> Pot roast/LS gravy smashed potato mixed vegetables Cranberry juice Carrot cake low fat milk</p>	<p><b>18</b> Spinach grandioli Tossed salad with olives and balsamic vinaigrette broccoli Parmesan cheese Garlic bread pineapple low fat milk</p>
<p><b>21</b> Meatloaf/LS gravy Mashed potato Green beans Pumpnickel bread Apricots low fat milk</p>	<p><b>22</b> Chicken parmesan Penne with sauce Parmesan cheese Fresh zucchini Italian bread Oatmeal cookie low fat milk</p>	<p><b>23</b> Beef Wellington Twice Baked Potato Peas &amp; Mushrooms Snowflake Dinner Roll Cranberry Juice Holiday Cake Low Fat Milk</p>	<p><b>24</b> Roast pork/LS gravy Baked potato/ sour cream Peas and carrots Applesauce garnish Rye bread low fat milk</p>	<p><b>25</b>  <b>CLOSED FOR CHRISTMAS</b></p>
<p><b>28</b> Sweet and sour pork Brown rice Oriental blend Wheat bread Mandarin oranges low fat milk</p>	<p><b>29</b> Chicken Breast W/Spinach &amp; Red Pepper Brown Rice Parsley Carrots Herbed Dinner Roll Holiday Cake Low fat Milk</p>	<p><b>30</b> Stuffed salmon/ rosemary cream sauce Mashed potato California blend marble bread Baked Apple Slices low fat milk</p>	<p><b>31</b> Broccoli stuffed chicken with supreme sauce roasted sweet potato Collard greens Wheat bread 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>

# RESERVED FOR SPONSORS

<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	Oct 1 – Dec 10	This class is for beginners of Bridge and those who want to learn the game. No class 11/26	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Oct 2 – Dec 11	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/27	Al Pol Room 2
 Creative Writing Friday 10:30-12:00 noon <b>No Fee</b>	Oct 2 – Dec 11	If you enjoy writing but find you seldom have time to do it, join our new Creative Writing Workshop.	Trish O’Leary- Treat Room 6
Fitness T/Th 8:45-10:00am \$25.00, 12 wks	Oct 1 – Dec 22	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health.	Tara Graham Gym
 Introductory Art Thursdays, 9:30-11:30am \$40.00, 10 wks	Oct 8 – Dec 10	Intro to Art is for beginners. You will be introduced to use various mediums as you begin your exploration of the arts. No class 11/26	Graham Dale Room 6
 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 <b>No Fee</b>	Ongoing Free	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate the whole body. No class 11/26	Tara Graham Room 4 Need kit to attend
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 6 – Dec 8	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Photography Wednesdays, 10:00-12:00 <b>No Fee</b> , 5 weeks	Dec 2 - Dec 30	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 Mondays 10:00am <b>No Fee</b>	Sept 14 - Dec 14	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility.	Tara Graham Gym
Poetry Tuesday 11-12pm <b>No fee</b>	Oct 6- Dec 8	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	Oct 2 – Dec 11	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 \$25.00, 5 wks	Sept 14 - Oct 19	Set those feet dancing and feel the excitement of seeing a dance come together!	Karen Goodman Room 15
Yoga – Mondays 9:15-10:30am \$60.00, 12 wks	Sept 14 - Dec 7	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind.	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Oct 7 - Dec 16	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. No class 11/11	Sue Neufeld Senior Lounge
Yoga – Fridays 8:30-9:30; 15 wks \$60.00 or free if in other Yoga	Sept 4 – Dec 4	Yoga has been found to improve health, flexibility, awaken inner energy and quiet the mind. No class 11/27	Tara Graham Senior Lounge
Yoga Dance Thursdays, 10:00—11:00am \$50.00, 10 wks	Oct 1 – Dec 10	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 10:45-11:45 1 class: \$30.00, 2+ class \$60	Oct 5 - Dec 18  10 weeks	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 11/27	Danielle Pettitt Gym
Zendoodle Wed 12:30pm	Ongoing Free	Create beautiful images from repetitive doodles. Easy to learn and relaxing.	Tara Graham Room 2

## Quick View of classes and activities - December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30am Hiking            9:15 am Yoga            10:00am Pilates            11:00am Chair Exercise            11:00am Zumba Gold            11:00am Ping Pong            11:15am MELT            1:00pm Billiards</p>	<p>8:45 &amp; 10:00am Fitness            9:00am iPhone            9:30am Painting/Drawing            10:00am Billiards            11:00am Poetry            1:00pm Social Bridge            1:30pm Chess</p>	<p>9:00am Laughter Club            9:00am Yoga            10:00am Photography            10:15am Yoga            11:00am Chair Exercise            11:00am Zumba Gold            11:30am Spiritual Wellness            12:00pm Ping Pong            12:30pm Zendooodle            12:45pm Duplicate Bridge</p>	<p>8:45 &amp; 10:00am Fitness            9:30am Intro to Art            10:00am Yoga Dance            11:15am MELT            1:00pm Bingo, Billiards            1:00pm Bridge - Beginners            1:30pm Canasta, Pinochle,            Chess</p>	<p>8:30am Yoga            10:00am Billiards            10:00am Zumba Gold            10:30am Creative Writing            11:00am Chair Exercise            11:45am Tai-Chi            12:00pm Scrabble &amp; Tea            12:00pm Adult Coloring            1:00pm Bridge Intermediate            1:00pm Line Dancing</p>

## Special Events - December 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dec 14: <b>Holiday Cabaret &amp; Monday with Maplewood</b> 2:00pm            Dec 21: <b>Crafts with Aubry:</b> Gingerbread House            Dec 21: <b>Afghan Ladies</b></p>	<p>Dec 1: <b>Parish Nurses Blood Pressure</b> 9am            Dec 1 &amp; 15: <b>Money Management</b> 9:00-10:00am            Dec 1: <b>Wellnes: Intro to Melt</b> 11:15am</p>	<p>Dec 2: <b>Legal Clinic, 9am</b>            Call for an Appointment            Dec 16: <b>Christmas in Hawaii</b> trip departs 9:15am</p>	<p>Dec 3: <b>AARP Driving Course, 9:00am</b>            Dec 3 &amp; 10: <b>Excel Class</b>  <b>Dec 17: Lunch &amp; Fun—Five</b> Wishes 11:30am</p>	<p>Dec 4: <b>Book Club: My Father's Country</b> 2pm            Sunday Dec 6: <b>Holiday Dinner Dance</b>            Dec 18: <b>Movie of the Month Whiplash</b> 1:00pm            Dec 25: <b>Closed</b></p>

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



Current resident or

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**“ORANGE FRIENDLIES” - December 2015**  
**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.

**Orange Youth Services—Area Residents Need Jobs Help? Youth Services Job Bank Can Assist**

The Orange Youth Services Job Bank provides a service of pre-screened students, ages 13-16, who can be employed by area residents to do a large variety of jobs such as yard work, garden help, attics/basements, raking, snow shoveling, small painting, party helper, tutoring, clerical assistance, mother's helper, and more. For further information, please call John Ulatowski, Orange Youth Services Coordinator, at 203-891-4785.

**Transportation**

The Town of Orange provides a transportation service for senior residents and 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 and Hamden, and tries not to go to New Haven or Hamden after 3pm due to traffic. 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.

**Word from the Municipal Agent**

**December 14, 1:00pm**, the University of New Haven will be doing a presentation on Oral Hygiene and the importance of taking care of your teeth and gums. Those who attend will be getting a goodie bag of products to use. Therefore, sign up in advance is necessary. Orange Healthcare Center will be providing light refreshments.  
Denise Stein, M.S., LP, Elderly Outreach