



ORANGE FRIENDLIES

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



DECEMBER 2014

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.

WORD FROM THE SENIOR SERVICES COORDINATOR

Happy Holidays! Be sure to come out and enjoy all our special events. Tickets are on sale for the annual Holiday Dinner Dance. Come pick up some items made with love at our annual Holiday Market. Be sure to vote for your favorite decorated door. Don't miss our Holiday Cabaret with Ashly Cruz. And don't miss the Racebrook Choir.

We have 2 Lunch & Fun this month. First we hear about Shakespeare in Love. The following week we will have another tour of one of Orange's spectacular historical sites. This time we will visit the Stone-Otis House. You probably drove by it a million times, but when was the last time you have been in it?

The trips for 2015 are out and ready for your review. So be sure to check them out and circle your favorites trips. Register early so you will be sure to have a seat. Diane & I worked very hard this fall coming up with some new and exciting trips. We hope you will enjoy them!

Lastly it is once again that time of the year where out of town residents need to renew your membership.

Dennis Marsh,
Senior Services Coordinator

Call for Nominations for Living Treasures

Nominations are currently being accepted through **March 13, 2015** for the 2015 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, Town Hall, and can be printed from the town's website at www.orange-ct.gov, www.orangeseniors.org or Facebook/Orange Senior Center. The three individuals chosen will be honored at Pasta Festa! on May 15, 2015.

3rd Annual Holiday Market

Friday, December 5, just in time for the holiday! Local crafters and vendors will be on hand from 10-3pm. All proceeds go to the Community Assistance Fund. We do need baked items for the Senior Center Bake Sale table.



A Word from the Director

Seasons greetings! I hope you all had a great Thanksgiving. As the Holiday Season is upon us, Community Services will be busy with food baskets for our families and residents in need. We look for organizations, businesses and residents to sponsor the baskets. We can also use donations of gift cards to distribute to supplement the baskets. Please let us know if you wish to be a sponsor, just give us a call at Community Services 203-891-4788. If you are able please consider a monetary donation for our Community Assistance Fund which supplements the Food Bank and helps residents with fuel costs. I want to thank all those that have already made donations, it is much appreciated. Have a happy and healthy Holiday. Stop by my office any time, the door is always open!

Joan Cretella, Director Orange Community Services

Holiday Dinner Dance

Come join us at the Grassy Hill Lodge for our annual Senior Center Holiday Dinner Dance on Sunday, **Dec. 7 from 12 to 3:30**. The Good 2 Go Band will be the musical entertainment from 1 to 3:30. The menu choices are Prime Rib, Chicken Cordon Bleu, or Baked Salmon. There will be a cash bar. The cost this year will again 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 go on sale Nov 3.

8th Annual Holiday Door Decorating Contest

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. 26**. All doors need to be decorated by Dec. 3. Voting will take place between Dec. 3 and 12. The winner will be announced at the Holiday Cabaret on December 15.

Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **December 2** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month at the OVNA.

AARP Smart Driving course

The next AARP Driver’s Training course will be Thursday, **December 4**. 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.

Lunch & Fun!

Join us Thursday, **December 11, 11:30am**, for *Shakespeare in Love (and Lust, Marriage, Romance, Sexuality)* with **PJ O’Connell**. Enjoy what the great poet/playwright had to say about these facts of life in a vibrant, moving presentation. Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.



2nd Lunch & Fun!

Join us Thursday, **December 18, 12:00am**, for a *Tour of the Stone Otis House*. Ginny Reinhard of the Orange Historical Society will lead through this piece of Orange history. We will not be having lunch and dessert as we will be at the Stone Otis House Call the Center so we may give Ginny a head count.

Money Management

Money Management Club, every other Friday from 9:00 to 10:00am. The group will meet again on December 5 & 19. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles of interest. This group is intended for entertainment purposes only.



Book Club

Come join us for our **FREE** Senior Center Book Club to be held **December 1**, from 2:00-3:30pm in Lounge. One meeting a month. This month’s title is *My Beloved World* by Sonia Sotomayor.



Racebrook School Choir

Monday, **December 22, 1:00—1:30pm**, the Racebrook School Choir will perform selected holiday songs in the café. Come enjoy them and encourage them. Call the office at (203) 891-4784 to RSVP.



Teen Tech Talk

Teen Tech Talk, a partnership between the Orange Senior Center and Or Shalom, brings Amity Teens to the Senior Center to teach seniors how to use their iPhones, iPads, and laptops. The sessions are the 2nd Tuesday of the month, **December 9** at 4:00pm in the Sr. Lounge. RSVP to the office at (203)891-4784.



Movie of the Month



Friday, **November 21, 1:00pm**, “**Dallas Buyer’s Club**” with Matthew McConaughey, and Jennifer Garner. In 1985 Dallas, electrician and hustler Ron Woodroof works around the system to help AIDS patients get the medication they need after he is himself diagnosed with the disease. Popcorn & soda will be served. Call to reserve a seat.

NEW! Flower Arranging Seminars

Come join us for a Flower Arranging Seminar on Friday before the holidays. **Dec 19—Christmas/Hanukkah** Theme. 10-12 in room 4. \$10 fee will be applied to cover the cost of materials. Call or stop by to register (203) 891-4784.



Holiday Cabaret—Ashly Cruz

Monday, **December 15, 1:30—3:00pm**, **Ashly Cruz** will be performing the Holiday Music in her own passionate style. We will also have **Al & Mary Errato** as special guest with their player piano and the Orange Chorus will sing a few Christmas Carols. We look forward to seeing you there. Call to RSVP.



Membership Renewal Time

Current non-resident members of the center must renew their memberships for 2015 by January 1. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. Membership renewal dues can be made at the office or by sending a check made out to Treasurer, Town of Orange.

Zumba Gold Class Changes

We now offer Zumba Gold 3 times a week! 1 class for \$30 or 2+ for \$60. Monday 11-12, Wednesday 11-12, and Friday for 10:30 - 11:30am in the gym. Stay fit this holiday season!



Wellness

Thursday, **December 9**, Tara will discuss “**No Sugar**” **Holiday Desserts** from 11:30am-12:30pm. Call to let us know you are coming at (203) 891-4784.



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.

TEXAS TENORS—Thursday, **December 11**. A return engagement for America's Got Talent stars, The Texas Tenors. With a mix of classical and country sounds, they have the perfect show to start your holiday season. **Cost \$59pp**; includes transportation, reserved seating, Foxwoods Bonus Package, and driver's gratuity. **Full payment due at registration** (👟👟).



2015 TRIPS

MAGGIE DIXON CLASSIC: UCONN WOMEN'S BASKETBALL at MADISON SQUARE GARDEN—Sunday, **January 4, 2015**. The Maggie Dixon Classic between UConn Women and former Big East Conference Rival St. John's. There is nothing like seeing a live game. **Cost TBD**. This no minimum trip includes transportation and tickets to the game. Lunch is on your own at MSG. **Full payment due at registration** (👟👟).

HAPPY 80TH BIRTHDAY ELVIS featuring Jeff Krick @ the Hu Ke Lau—Sunday, **January 11, 2015**. We will sing Happy Birthday to the only KING of Rock N Roll at this exclusive matinee show at the Hu Ke Lau in Chicopee MA. Jeff Krick will amaze you with his talent and Elvis looks. Choice of Prime Rib or Baked Scrod. **Cost \$71**. This shared trip includes transportation, lunch, reserved seating, taxes and gratuities. **Full payment due at registration** (👟).

ESCAPE TO SOME SUN @ MOHEGAN SUN—Wednesday, **January 28-29, 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 19, 2015** (snow date 2/20). "The Spirit of Spring" 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 Cutlet Parmesan served with all the trimmings. **Cost \$76**. Includes transportation, Lunch, & Admission. **Full payment due at registration** (👟👟👟).

MOHEGAN SUN 2015 AAC WOMEN'S BASKETBALL TOURNAMENT CHAMPIONSHIP GAME—March 9-10, 2015 no minimum overnight trip. **Cost \$223pp** double. Includes transportation, hotel accommodations, AAC Final Game Ticket, 2 Complimentary Buffets, free \$20 Slot Play, taxes, gratuity and baggage handling. **Full payment due at registration** (👟👟👟).

WOMEN OF IRELAND at the Aqua Turf - **March 10, 2015**. Experience the talents of some of Ireland's finest female performers. This performance is an innovative and exciting full stage concert. Family style luncheon includes your choice of sliced corned beef or baked scrod. **Cost: \$89 pp**. Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation. Now accepting registrations** (👟).

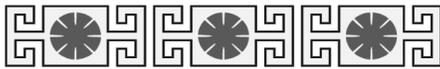
BROADWAY—Beautiful—Carol King Musical OR A Gentlemen's Guide to Love & Murder (You Choose the Show) - **March 25, 2015**. Lunch at Pietrasanta Italian Restaurant—known for their delicious Italian cuisine. Choose between either **Beautiful—Carol King Musical**—the story of the chart topping legend. Or **A Gentlemen's Guide to Love & Murder**—Broadway's newest sensation. **Cost for Beautiful: \$279 pp and cost for Gentlemen's Guide is \$208 pp**. Includes transportation, lunch, admissions, & driver gratuities. **Full payment due at reservation. Now accepting registrations** (👟).

NEW YORK SPRING SPECTACULAR with the Rockettes! April 1, 2015. Lunch at Carmine's served family style with Rigatoni & Broccoli and Chicken Parmigiana. Enjoy this brand new show featuring the Rockettes. **Cost: \$169 pp**. Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation. Now accepting registrations** (👟).

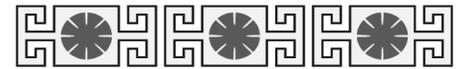
HELLO DOLLY!! at the Warner Theater - **Sunday May 3, 2015**. Lunch at San Marino in Waterbury with a choice of Veal Parmigiana, chicken marsala, or stuffed filet of sole. Then enjoy the show at the Warner Theater **Cost: \$96**. Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation. Now accepting registrations** (👟).

TRAINS, WINERIES & TREASURES OF NORTHERN CALIFORNIA April 13 –21, 2015. 9 days, 13 meals. Highlights include San Francisco, Sonoma, Yosemite National Park, Railtown State Historic Park, Sacramento, Lake Tahoe, Winery Tour, Sonoma Wine Country, and Napa Valley Wine Train. **Cost: \$2,979 pp** for a double room. Includes Round Trip Air, Transportation to & from Bradley Airport, Air Taxes, and Hotel Fees. Trip insurance is available. **Insurance & Deposit due at reservation** (👟👟👟).

WESTCHESTER THEATER—WEST SIDE STORY May 6, 2015. A Timeless Classic. **Cost: \$99pp** includes Transportation, lunch, and Driver's gratuity. **Full payment due at reservation. Now accepting registrations** (👟).



December 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Eggplant Rollatini W/ Marinara Sauce/Parmesan Cheese Penne Pasta Winter Mixed Vegetables Garlic Breadstick Peach and Pear Halves	2 Orange Juice Cheeseburger on Wheat Roll/Ketchup Coleslaw Lettuce & Tomato Margarine Brownie	3 Sliced Pork/LS Gravy Roasted Sweet Potato Green Peas W/Pearl Onions Pumpnickel Bread Scalloped Apples Low Fat Milk	4 Oven roasted Chicken qtr Mashed Potatoes Green Beans Biscuit Mandarin Oranges Low Fat Milk	5 Minestrone Soup/ Unsalted Crackers Cheese Ravioli W/basil white Sauce grilled vegetables Italian Bread Seasonal Fresh Fruit Low Fat Milk
8 baked pork /LS Gravy Escalloped Potatoes Cooked Red Cabbage Rye Bread Cinnamon Applesauce Low fat milk	9 Apple Juice Roast Turkey/LS Gravy Cranberry Sauce Roasted Sweet Potato green beans Whole Wheat Roll Pumpkin Pie	10 Meatballs with sauce Ziti W/Sauce Sliced Zucchini parmesan cheese Italian Bread Sliced Peaches low fat milk	11 Taco Ground Beef Over Brown Rice Fiesta Blend Vegetables 6" Corn Tortilla Taco sauce Chopped Let & Tom tropical fruit	12 crab cake Tartar sauce Roasted New Potatoes Broccoli Rye Bread Apricots
15 Chicken Stew Egg Noodles Spinach Salad W/ Shredded Carrots Vinaigrette Dressing Cornbread apple Crisp Low fat Milk	16 Pot Roast W/ LS Gravy Potato Latkes W/ Applesauce Carrots Rye Bread Jelly Donut Low fat Milk	17 Tangerine Baked Chicken qtr Brown Rice Oriental Vegetables Whole Wheat Roll fruit compote Milk	18 Beef Wellington Twice Baked Potato Peas & Pearl Onions Snowflake Dinner Roll Margarine Holiday Cake Milk	19 Creamed Broccoli Soup Vegetable Omelet roasted potato w/ pepper and onions Peas and Carrots Multigrain Bread Fruit Cocktail Milk
22 meatballs grinder roll Parmesan cheese Green Beans Marinated Cucumber and Tomato Salad Seasonal Fresh Fruit Milk	23 Cranberry Juice Roasted Chicken W/Hickory BBQ Sauce fresh acorn squash Potato Salad Slice Rye Bread banana Pudding	24 Sweet & Sour Pork Chop Brown Rice Pilaf oriental blend vegg Multigrain Bread Pineapple Chunks Milk	25 CHRISTMAS CENTER CLOSED	26 CENTER CLOSED
29 Pasta "Romescio" (Spaghetti, Diced Chicken, Cherry Tomatoes, Parsley) Parmesan Italian Blend Vegetables Garlic Bread Peach Slices in Juice	30 Chicken Breast W/Spinach & Red Pepper Brown Rice Parsley Carrots Sparkling Juice Herbed Dinner Roll Holiday Cake Milk	31 Mixed Fruit Juice Salisbury Steak W LS Mushroom Gravy Egg Noodles Collard Greens Slice Pumpnickel Bread Oatmeal Cookie Milk	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.	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.

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Dec 4 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
Afghan Ladies 4th Monday 1:00pm	Ongoing No fee	Volunteers help make Afghans for children in foster care. Need Yarn, knitters & crotchetier!	Clair Westerink Senior Lounge
Ballroom Moves Tuesday, 11:30—12:30pm \$20.00, 10wks	Jan 6— Mar 10	A fun and gentle cardio workout. Keep the mind and body moving, no partner necessary. Group input highly encouraged .	Susan Woods Gym
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	Jan 8 – Mar 12	This class is for beginners of Bridge and those who want to learn the game.	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Jan 9 – Mar 13	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
Chair Exercise 11:00am Monday, Wednesday & Friday	Ongoing No fee	This is a great form of exercise for seniors and for those with disabilities.	Sr Lounge & Cafe
Choir Friday 1:30 - 2:45pm 10 wks, No fee	Jan 9 – Mar 13	Join our new instructor Gary Harger as he leads the senior chorus. All accepted.	Gary Harger Cafe
Fitness T/Th 8:45 & 10:00am \$25.00, 12 wks	Jan 6 – Mar 12	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health.	Tara Graham Gym
Laughter Club Wednesdays 9:00-9:30am	Ongoing	If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven benefits.	Connie Pino Cafe
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	Ongoing	Dancers form one or more lines and repeat a sequence of steps.	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks	Jan 13— Mar 31	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$50.00, 10 wks	Jan 9 – Mar 13	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 11/28	David Chandler Gym
Tap Dance Mondays, 10:00-11:00am \$50.00, 10 wks	Jan 12 - Mar 30	Set those feet dancing and feel the excitement of seeing a dance come together! No class 1/19 or 2/16	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	Jan 7 - Mar 25	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$40.00, 8 wks	Jan 26 - Mar 23	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 1/19, 2/16	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Jan 7 - Mar 11	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	Jan 8 - Mar 12	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 11-12, Fri 10:30-11:30 1 class: \$30.00, 2+ class \$60	Jan 5 - Mar 27	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals. No class 1/19, 2/16	Danielle Pettitt Gym

Quick View of classes and activities - December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00 am Tap Dance 11:00 am Chair Exercise 11:00 am Zumba Gold 11:00 am Ping Pong 1:00 pm Billiards	8:45 am Fitness 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 10:30 am Ballroom Moves 1:00 pm Social Bridge & Duplicate Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor 10:15 am Yoga 11:00am Zumba Gold 11:00 am Chair Exercise 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 9:30 am Yoga Dance 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 10:30am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Bridge Intermediate 1:00 pm Line Dancing

Special Events - December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 1: Bankers Life Medicare Seminar 1:00pm Sunday Dec 7: Holiday Dinner Dance Dec 15: Christmas Cabaret with Ashly Cruz Dec 22: Racebrook School Choir 1:00pm <div style="background-color: black; color: white; padding: 5px; text-align: center;"> Jan 12: Miracle Ear Check & Clean </div>	Dec 2: Parish Nurses Blood Pressure 9am Dec 9: Teen Tech Talk 4pm	Dec 3 Legal Clinic, 9am Call for an Appointment	Dec 4: AARP Driving Course, 9:00am Dec 11: Lunch & Fun - Shakespeare on Love, 11:30am Dec 18: Lunch & Fun—Stone Otis House 12:00pm. Dec 25: Closed for Christmas	Dec 5: Holiday Market Dec 5: Money Management 9am Dec 19: Movie of the Month <i>Book Thief</i> 1:00pm Dec 19: Flower Arranging 10-12pm Dec 26: Closed

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

“ORANGE FRIENDLIES” - December 2014
Senior Services Coordinator—Dennis Marsh, 203-891-4784

Calling All Bakers

At the Holiday Market on Friday, **December 5**, Denise Stein will be having a baked goods table. Proceeds from the table will go to the Community Assistance Fund, which serves low income residents in need of home heating fuel or the food pantry. If you are interested in baking something, please call the Senior Center at (203) 891-4784.

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—Youth Services is seeking a volunteer senior citizen for its Intergenerational Tutoring program. The program is comprised of senior citizens who meet at Case Library every Thursday and tutor a youth in either Elementary or Middle School. The session is 3:30-4:15. A parent brings the student and usually remains in the library until the session is over. Subject most needed is math, but will also consider other subjects as well. This would be a volunteer position. The tutor would have to be able to commit on a regular basis weekly if possible (excluding holidays, school vacations). The sessions run from October through May. Interested seniors can contact John Ulatowski at 203-891-4785 or by email at julatowski@orange-ct.gov

Transportation

The Town of Orange provides a transportation service for senior residents and handicap 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

Shaunte Smith of Banker’s Life
will discuss current Medicare Options
on December 1st
At 1:00pm in room 2

Denise Stein, M.S., LPC