



ORANGE FRIENDLIES

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



FEBRUARY 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.

WORD FROM THE SENIOR SERVICES COORDINATOR & DIRECTOR

February has arrived. Did anyone see if Punxsutawney Phil saw his shadow? Is this the end of winter or are we due for another 6 more weeks? So much to do, so little time! This month we have the **Lions' Club Valentine's Pizza Party**. The **Motion Man** is performing at Lunch & Fun—he is sure to make you laugh and astound you!

We are always growing and adding more. This month we are adding a new and exciting class on **Children's Books**. In Children's Book we will be reading, writing, and appreciating this genre of literature.

On May 13 & 14, 2016 Orange will take on **RAGNAR** a 200 mile relay race. Denise Stein and I are forming a 12 member team to run this race to raise funds for the Community Assistance Fund (the Emergency Fuel Bank and Food Pantry), but we need your help! We need financial pledges and sponsors. You can help us run these grueling 200 miles!

Lastly, a few reminders, anyone attending a class must be a member, all classes are to be pre-registered for, and payment for a class must be made upon registration.

Dennis Marsh,
Senior Services Coordinator

A Word from the Director

Hello all, I hope you had a Happy New Year and enjoyed your January! Winter is upon us full force so be sure to stay warm and dry. I would like to say thank you again to all who donated and contributed to our Food and Fuel Banks and to our Holiday Programs. These programs help Orange residents in need and are maintained solely by donation and the generosity of individuals, residents, businesses, organizations and schools. So, take good care and have a wonderful February! Stop by any time, my door is always open.

Joan Cretella, Director,
Orange Community Services

Non-Resident Membership Dues

2016 non-resident memberships dues are due. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. Make checks out to "Treasurer Town of Orange". Orange residents do not pay dues.

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 or Town Hall, and can be printed from the town's website. The three individuals chosen will be honored at **Pasta Festa! on May 20, 2016.**

Save the Date: Volunteer Fair

Save the Date of **March 18** for the Volunteer Fair. Orange Community Services along with Vitas Healthcare, Woodbridge Human Services and the Orange Visiting Nurses Association are hosting a Volunteer Fair at the High Plains Community Center Gym. For further information call (203) 891-4784

Save the Date: Volunteer Recognition Party

Save the Date of **April 18, 1-3pm** for the Volunteer Recognition Party. All volunteers are invited for a special party for us to say thank you for all you do. To RSVP call (203) 891-4784

Orange Lions Club Valentine's Pizza Party



Monday, **February 8**, 1:30—3:00pm,
Michael Ciulla will be performing at the Orange Lions' Club Valentine's Pizza Party.

You may recognize Michael as the lead singer with Kickback Duo. Call to reserve a seat as we need to know how many pizzas to get! We look forward to seeing you there. Thank you Lions!



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at High Plains Center **Feb 2** from 10 – 11:30am for blood pressure screenings. The OVNA Blood Pressure check, 3rd Thursday of the Month: **Feb 18** at OVNA.

AARP Smart Driving course

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

Money Management

Money Management Club, will meet Tuesday, **Feb 2 & 22** in the Senior Lounge, from 9:00 to 10:00am. This is intended for entertainment purposes only.

Lunch & Fun!

Thursday, **February 11** 11:30am, *Motion Man with Jody Scalise*. Take a mechanical man, giant bubbles, toilet plungers, gibberish, a ukulele, spinning plates, 8 foot streamers, a parasol, floating hat: things that float over the audience, heaps of laughter, and a man squeezing through a picture frame. Put them in a blender and you have the Motion Man! Coffee and desserts will be served at 11:30 and the program begins at noon. Call the office to register.



Movie of the Month

Friday, **Feb 12**, *Birdman*, **1:00pm**. Frustrated by the progress of his latest Broadway play, a former popular actor's struggle to cope with his current life as a wasted actor is shown. Popcorn & soda will be served. Call for a seat.

Wellness Seminar—Food Labels

Join us **February 26** for Wellness Workshop at 11:15am. **Bio-individuality**: Learn how to use different dietary concepts such as metabolic type, blood type and ayurveda to understand your personal health blueprint. Call or stop by the office to register, 203-891-4784.

Book Club

The monthly book club will meet the 4th Friday of the month, on **Feb 26**, from 2:00-3:30pm in room 3. This month is **The Cave & the Light** by **Arthur Herman**.

Free Tax Aid

Free income tax assistance is provided at the senior center by the AARP Tax-Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Sessions are held on **Wednesdays from 9 to 12 pm starting February 4**. Call the center to schedule an appointment with a certified AARP Tax-Aide counselor. If married, both husband and wife should be present. Call for an appointment (203) 891-4784.

Technology, Writing, and other classes

Monday

iPhone for Beginners, Monday **Feb 1-29, 9-11am**
Technology Office Hours, Mondays **11-12pm**, for help with a Tablet, Smartphone or Laptop. by appointment only, call for a 10 min appointment (203) 891-4784.

Movie Club, Mondays, **Feb 1, 8, 22, & 29 - 1-3pm**: You go to the theater on your own and watch an agreed upon movie. Then meet each week to discuss the movie.

Tuesday

Intermediate iPhone, Tuesdays, **Feb 2-23, 9-11am**

Typing, Tuesdays, **Feb 3– 24, 11:30 –12:30pm**

Crafts, Tuesdays, **Feb 2, 9, 16, 23—1-3pm**

limited to 15 people, fee: \$10, pre registration required

Wednesday

Children's Books, Wednesdays, **Feb 17– May 4, 10-11:30am**. Reading, Writing, and Appreciation **\$30**
Photography, Wednesdays, **10-12 Jan 6– Feb 10** with Ed

Friday

Poetry, Fridays, **Feb 5-26, 9:15-10:15am**
Creative Writing, Fridays, **Jan 8– Mar 11, 10:30-12noon** with Aubry

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

Adult Coloring: Tuesday with Tara at 1:00pm

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

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

Hiking: Mondays at the Racebrook Track

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

MELT Roller: Tuesday with Tara at 11:15am

Pilates for Seniors: Monday & Friday with Tara at 10am

Spiritual & Emotional Wellness: Monday with Tara at 11:30am. This month's book— **Better Than Before: Mastering the Habits of Our Everyday Lives** by Gretchen

Rubin. The cost of the book is \$10

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 8:30am

Yoga Dance: Thursday with Andrea at 10:00am

Zendoodle: Friday with Tara at 1:00pm

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

TRIPS

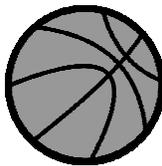
For day trips please make checks payable to "Treasurer, Town of Orange". Overnight and extended-stay trip checks are usually made out to the tour company.

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.

CT FLOWER SHOW & LUNCH—No minimum trip **February 18, 2016** (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** (  ).

MOHEGAN SUN AAC WOMEN'S BASKETBALL CHAMPIONSHIP GAME—**Monday, March 7-8, 2016**.

Enjoy the AAC Tournament Championship Game. Will UConn Women be the reigning champion once again!?! Enjoy the 7 story waterfall, the world's largest planetarium dome and awe-inspiring Wombi Rock. The hotel at Mohegan Sun has been designed for a new standard of excellence. Standing 34 stories tall with 1,200 luxury guest rooms and suites, it features fine dining, retail shopping, live entertainment, and a luxurious day spa. **Cost \$228pp** double. This no-minimum trip includes round trip transportation, Hotel Accommodations, 2 Buffet Vouchers, \$20 free slot play, and driver's gratuity. **Full payment due at registration** (  ).



ACE IN THE HOLE—WHEN IRISH EYES ARE SMILING—**Thursday, March 17, 2016**. Depart for the Royal Manor in Garfield NJ. Enjoy a fun filled St. Patrick's Day celebration starring Jimmy Walsh, Pete Pamtellis and the Green River Band. In addition you will enjoy the Irish comedian Dave Heenan. Lunch is served family style, features Corned Beef & Cabbage, Roast Chicken, Irish Pea Soup, Irish Soda Bread, Boiled Potatoes, and more. **Cost \$100pp**. This no-minimum trip includes round trip transportation, Festivities & Lunch at the Royal manor, and driver's gratuity. **Full payment due at registration** ().



NEWPORT PLAYHOUSE & CABARET—**One Slight Hitch. March 31, 2016**. You will enjoy a great buffet, a wonderful play and a fun-filled cabaret. They offer a large variety of hot and cold foods, main entrees, side dishes, beverages, and homemade desserts. After lunch enjoy the hilarious comedy One Slight Hitch. **Cost: \$100pp**, includes group transportation, lunch and driver's gratuity. **Full payment due at registration** ().

BROADWAY—AN AMERICAN IN PARIS. April 6, 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. **Cost: \$229pp**. Includes transportation, Orchestra/Front Mezzanine Tickets, lunch and driver's gratuity. **Full payment due at registration** ( ).

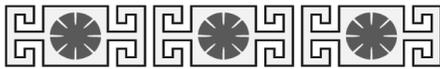
HEART of the SOUTH—April 10-17, 2016. Welcome to America's most inviting cultural region. Take some time to experience the city that has given us great music and incredible food: the "Jazz Capital of the World." A journey through New Orleans, Natchez and Lafayette. **Cost: \$2,349pp double occupancy, 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** ().

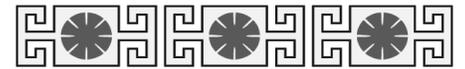
MUSEUM TRIP—WHITNEY MUSEUM, HIGH LINE 7 CHELSEA MARKET. May 12, 2016. Enjoy a guided walking tour of the High Line park at a former raised railway. Visit the Whitney Museum, home to the finest collection of 20th century American Art in the world. Time at Chelsea Market, enclosed urban food court for lunch and shopping on your own. **Cost: TBA. Full payment due at registration** (  ).

WILL & ANTHONY: The essence of Broadway meets the music of old Italy. 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** ().

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** (  ).



February 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Sweet and sour pork Brown rice Oriental blend Wheat bread Mandarin oranges low fat milk</p>	<p>2</p> <p>Beef stew Bowtie noodles Diced squash Wheat dinner roll Fresh fruit low fat milk</p>	<p>3</p> <p>Stuffed salmon/ rosemary cream sauce Mashed potato California blend marble bread Iced vanilla cake low fat milk</p>	<p>4</p> <p>Broccoli stuffed chicken with supreme sauce roasted sweet potato Collard greens Wheat bread Fresh fruit low fat milk</p>	<p>5</p> <p>Shrimp bisque crackers spinach frittata carrots zucchini wheat bread low fat milk</p>
<p>8</p> <p>Chinese New Year Mandarin Chicken Rice Oriental Vegetables Oatmeal Bread Mandarin Oranges Low Fat Milk</p>	<p>9</p> <p>Crab cake/tartar sauce/ lemon Coleslaw vinaigrette Corn on the cob Whole wheat bread Marble cake fat milk</p>	<p>10</p> <p>Ash Wednesday Fish Almondine Small Baked Potato Sour Cream French Green Beans Wheat Dinner Roll Angel Food Cake W/ Strawberry Topping Low fat Milk</p>	<p>11</p> <p>Turkey/LS gravy Sweet potato pone Green beans Cranberry sauce Pumpnickel bread Fresh fruit low fat milk</p>	<p>12</p> <p>cheese lasagna Parmesan cheese Tossed salad with tomato and Italian dressing Italian bread low fat milk</p>
<p>15</p> <p>CLOSED FOR PRESIDENTS' DAY</p>	<p>16</p> <p>breaded Veal cutlet with gravy Smashed potato Green beans wheat bread Fresh fruit cherry pie low fat milk</p>	<p>17</p> <p>Swedish meatballs with LS mushroom gravy Bowtie noodles Baked acorn squash Rye bread Fruit cocktail low fat milk</p>	<p>18</p> <p>Chicken noodle soup crackers Light crunch fish Tartar sauce/lemon Wild rice pilaf Spinach salad marble rye pineapple low fat milk</p>	<p>19</p> <p>Broccoli quiche Scandinavian blend vegs Roast potato Wheat dinner roll Fresh fruit low fat milk</p>
<p>22</p> <p>Beef and bean chili Baked potato/sour cream Fiesta blend Tortilla chips Mixed fruit juice Diet fruited jello low fat milk</p>	<p>23</p> <p>Minestrone soup Seafood salad plate with seafood salad, lettuce, tomato, beet salad Portuguese roll Fresh fruit low fat milk</p>	<p>24</p> <p>Herb roasted chicken qtr with LS gravy confetti brown rice Green beans marble rye pears low fat milk</p>	<p>25</p> <p>Pot roast/LS gravy smashed potato mixed vegetables wheat bread Cranberry juice Carrot cake low fat milk</p>	<p>26</p> <p>Spinach grandoli Tossed salad with balsamic vinaigrette Broccoli Parmesan cheese Garlic bread low fat milk</p>
<p>29</p> <p>Meatloaf/LS gravy Mashed potato Green beans Pumpnickel bread Apricots 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

Class	Date	Description	Instructor
Bridge—Beginners Thursday 1:00—3:00pm \$50.00, 10 wks	Jan 7 – Mar 10	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 \$50.00, 10 wks	Jan 8 – Mar 11	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
Creative Writing Friday 10:30-12:00 noon No Fee	Jan 8 – Mar 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 9:00 & 10:00am \$25.00, 12 wks	Jan 5 – Mar 24	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 \$50.00, 10 wks	Jan 7 – Mar 10	Intro to Art is for beginners. You will be introduced to use various mediums as you begin your exploration of the arts.	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 No Fee	Ongoing Free	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
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Jan 12 – Mar 15	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Photography Wednesdays, 10:00-12:00 No Fee, 5 weeks	Jan 6 - Feb 3	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	Jan 4 - Mar 21	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility. No class 1/18, 2/15	Tara Graham Room 2
Poetry Friday 9:15-10:15am No fee	Jan 8 – Mar 11	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	Jan 8 – Mar 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 \$50.00, 10 wks	Jan 4 - Mar 21	Set those feet dancing and feel the excitement of dance! No class 1/18 & 2/15	Karen Goodman Room 15
Yoga – Mondays 9:15-10:30am \$50.00, 10 wks	Jan 4 - Mar 21	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 1/18, 2/15	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Jan 6- Mar 9	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Yoga – Fridays 8:30-9:30; 10 wks \$50.00 or free if in other Yoga	Jan 8 – Mar 11	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	Jan 7 – Mar 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 10:30-11:30 1 class: \$30.00, 2+ class \$60	Jan 4 - Mar 21 10 weeks	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 1/18 & 2/15	Danielle Pettitt Gym
Zendoodle Friday 1:00pm	Ongoing Free	Create beautiful images from repetitive doodles. Easy to learn and relaxing.	Tara Graham Room 2

Quick View of classes and activities - February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am Beginner iPhone 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 1:00pm Spiritual Wellness 1:00 Movie Club	9:00 & 10:00am Fitness 9:00am Intermediate iPhone 9:30am Painting/Drawing 10:00am Billiards 1:00pm Social Bridge 1:00pm Adult Coloring 1:00pm Crafts 1:30pm Chess	9:00am Laughter Club 9:00am Yoga 10:00am Photography 10:00am Watercolor 10:15am Yoga 11:00am Chair Exercise 11:00am Zumba Gold 12:00pm Ping Pong 12:45pm Duplicate Bridge	9:00 & 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	9:00am Yoga 9:30am Poetry 10:00am Billiards 10:30am Zumba Gold 10:30am Creative Writing 11:00am Chair Exercise 11:45am Tai-Chi 12:00pm Scrabble & Tea 1:00pm Zendooodle 1:00pm Bridge Intermediate 1:00pm Line Dancing

Special Events - February 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 8: Lions' Club Pizza Party 1:30pm Feb 15: Closed for Presidents' Day Holiday Feb 22: Afghan Ladies	Feb 2: Parish Nurses Blood Pressure 9am Feb 2 & 22: Money Management 9:00-10:00am	Feb 3: Legal Clinic, 9am Call for an Appointment Feb 3, 10, 17, & 24: AARP Taxes	Feb 4: AARP Driving Course, 9:00am Feb 11: Lunch & Fun— Motion Man 11:30am Feb 18: Trip Departure— CT Flower Show	Feb 12: Movie of the Month The 2nd Birdman 1:00pm Feb 26: Wellness: Bio-Individuality 11:15 am Feb 26: Book Club: <u>The Cave & the Light</u> 2pm

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



Current resident or

“ORANGE FRIENDLIES” - February 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.

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

Orange transportation provides a 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, Woodbridge, Milford, West Haven, New Haven, Hamden, North Haven, Derby-Griffin Hospital. Additional Local areas by request on a case by case basis. 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 (203) 891-4788 to schedule a ride.

Word from the Municipal Agent

On February 22 at 1:00 p.m. Ofc. R. Amarone will be at the center to speak about personal safety. I invite everyone to come as this is an important issue and he has a lot of knowledge and will be able to give a lot of advice. Please call to reserve your spot. Refreshments will be served. So come one come all.

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

