



ORANGE FRIENDLIES

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



FEBRUARY 2015

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

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? Which ever the case, we don't care because things are really heating up here! Tara Graham who brought us MELT has now brought us Zendoodle! Come try the free seminar on February 4. If enough people like it, I'll have her teach a course.

Did you ever wonder how Tyler City Road got it's name? Attend the February 12 Lunch & Learn and you will hear all about the city within the Town.

And things will really heat up on February 9 when the Lions Club of Orange sponsor our Valentine's Pizza Party. For the girls we have Johnny P. performing.

Be sure to get your nomination in for Living Treasure. Each year three Orange Residents are selected to receive the Living Treasure Award. Veteran's don't forget to complete your registration form for the Veteran's Wall.

Dennis Marsh,
Senior Services Coordinator

Save the Date - OCS Benefit Concert

"Spring Into Action" Friday evening April 17th at 7:30PM at the High Plains Community Center Gym. Orange Community Services Presents the first time ever Food and Fuel Bank Benefit Concert featuring Orange's own Gary Harger and featuring Art Bellucci on piano. Special guests include Barbie Harger, and the Orange Chorale! Join us as we celebrate Broadway, the American Songbook, and Spring, the season of renewal. Reception immediately following the concert in the Café. Tickets are \$20

All proceeds from this event will benefit the Orange Community Assistance Programs which includes the Food and Fuel Bank. Please come and support these vital programs. Tickets available at Orange Community Services Department. Stop by for your tickets or call us at 203-891-4788.

A Word from the Director

I hope you all had a great January and are staying warm and dry. Please be sure to wear layers and cover exposed skin. Also, have adequate heat and fuel so that you can remain safe and warm. The Holiday Basket and Gift Programs were a big success. There were several sizeable donations from local businesses to the Community Assistance Fund; along with many generous donations from numerous sources within our community. All donations go to Orange residents in need. We are truly privileged to have such a generous community. A heartfelt thank you to all! Stop by anytime, my door is always open! Have a marvelous February and Happy Valentines Day.

Joan Cretella, Director
Orange Community Services

Veteran's Wall

Come join us **May 1 at 2pm** as we honor the men and women who have served our country. The extensive program will include a scrolling frame picturing living town veterans, and will honor the 6 different branches of service. Registration forms are available through Orange Community Services, please submit by April 1. This Wall of Honor will be forever a part of our mission and values, and will serve as a daily reminder as to the Service, Sacrifice and Honor of our Veterans. Call (203) 891-4784 for more information.



Zendoodle is Here!

Tara has done it again! Fitness, Wellness, MELT, now **Zendoodle!** Join us **February 4 at 11:30am in room 2** for Zendoodle. What is Zendoodle? It is easy to learn, relaxing, and a fun way to create beautiful images by drawing structured patterns. Almost anyone can use it to create beautiful images, and increase focus, by providing artistic satisfaction with an increased sense of personal well-being. Call the office to register for this **free seminar!**

Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **February 3** from 10 – 11:30am for blood pressure screenings. The **OVNA Blood Pressure check**, 4th Thursday of the Month at the OVNA.

Hearing Aid Check & Cleaning



Tuesday, **February 3**, 10:00am, **Miracle Ear of Orange** will be here for a free check & cleaning of your hearing aid. Call the office at (203) 891-4784 to RSVP.

AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **February 5**. 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.

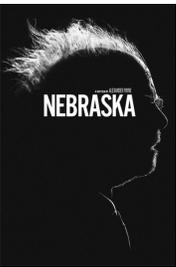


Lunch & Fun!

Have you ever wondered where Tyler City Road got its name? Many of you know that the railroad use to run through Orange. Join us Thursday, **February 12, 11:30am**, for **Tyler City Station**, with **Robert Belletzkic**. Participants bring their lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.



Movie of the Month



Friday, **February 20** 1:00pm, "**Nebraska**" with Bruce Dern, William Forte, and June Squibb. An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize. Popcorn & soda will be served. Call to reserve a seat.

Money Management

Money Management Club, every other Friday from 9:00 to 10:00am. The group will meet again on **February 6 and February 20**. 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 **February 27**, from 2:00-3:30pm in Lounge. This month's title is The Invention of Wings by Sue Monk Kidd.



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.



Save the Date - OCS Volunteer Recognition

Save the date for a Volunteer Recognition event on April 20 from 1:30-3pm in the cafe. "Coffee and" will be served. Please call the office at 203-891-4784 to let us know you will be attending.

Flower Arranging Seminars

Come join us for a Flower Arranging class on Friday **February 6**—Valentine's Theme. 10-12 in room 2. \$10 fee will be applied to cover the cost of materials. Call or stop by to register (203) 891-4784.

Orange Lions Club Valentine's Pizza Party

Monday, **February 9**, 1:30—3:00pm, **Johnny P** will be performing at the Orange Lions' Club Valentine's Pizza Party. We look forward to seeing you there. Call to reserve a seat as we need to know how many pizza's to get!

Membership Renewal Time

Current non-resident members of the center must renew their memberships for 2015. 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.

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.

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 10:45 - 11:45am in the gym. Stay fit this winter!

Wellness

Monday, **February 9**, Tara will discuss "Easy weight loss tips you can slip into your everyday life." 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.

Trips in July and August usually depart from the Orange Congregational Church.

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 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 waitlist only** (👟).

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 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. Includes Air, Transportation to & from Bradley Airport, Air Taxes, and Hotel Fees. Trip insurance is available. **Insurance & Deposit due at reservation** (👟👟👟).

ENTERTAINMENT BY THE SEA—Myrtle Beach, April 18-24, 2015. A no minimum trip, with 4 live shows and an oceanfront hotel. **Cost: \$1,202pp double. Full payment due at registration** (👟👟).



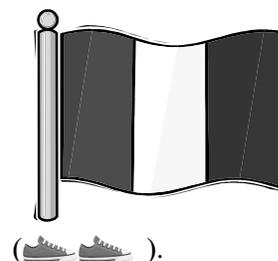
NEIL SEDAKA at Mohegan Sun, Tuesday April 21, 2015. Singer/songwriter Neil Sedaka will be performing many of his recorded hits as well as the songs he has written for other artists. Sing along to "Oh Carol", "Calendar Girl", and "Breaking up is Hard to Do". **Cost: \$93pp.** Includes show, \$15 free bet, and a \$15 Meal Voucher, transportation, & driver gratuities. **Full payment due at registration** (👟👟).

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 registration** (👟).

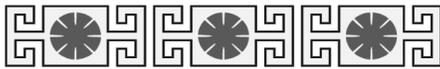
WESTCHESTER THEATRE—West Side Story—May 6, 2015. A modern version of Shakespeare's Romeo and Juliet, set on the mean streets of New York during the turbulent 50's. **Cost: \$99pp** includes transportation, lunch, show, and driver's gratuity. **Full payment due at registration** (👟).



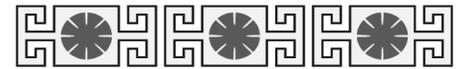
ITALIAN FEAST at Hunt's Landing, May 21, 2015. Celebrate Italy! You don't have to be Italian to enjoy this special event. Buffet lunch includes Minestrone, Chicken Marsala, Beef Steak Pizziola, Lemon Peppered Fish, Pasta and more. **Cost: \$97pp** includes transportation, lunch. Activities, Driver's Gratuity. **Full payment due at registration**



TICKET TO RIDE—A Tribute to the Beatles. June 9, 2015. The Beatles, the most influential Band of the Sixties. Recreating the Beatles sound and harmonies in the original key. Choice of Penne Pasta **Cost: \$76pp,** includes transportation, lunch and show. **Full payment due at registration** (👟).



February 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Spaghetti, Diced Chicken, Cherry Tomatoes, Parsley Italian Blend Vegetables Garlic Bread Peach Slices in Juice Milk</p>	<p>3</p> <p>Tomato Bisque w/ Crackers Seafood Salad on Romaine Lettuce W/Cucumber & Tomato Multigrain Roll Banana Milk</p>	<p>4</p> <p>mixed fruit juice Salisbury steak with LS mushroom gravy Egg Noodles collard greens Pumpnickel Bread Oatmeal Cookie</p>	<p>5</p> <p>Stuffed Chicken Breast with supreme sauce Braised Carrots brown rice pilaf Whole Wheat Roll Pumpkin Pie Slice grape juice Milk</p>	<p>6</p> <p>Beef Barley Soup/LS WW Crackers broccoli Quiche Fresh Spinach Salad/ Vinaigrette Bread Stick Seasonal Fresh Fruit Milk</p>
<p>9</p> <p>Eggplant Rollatini W/ Marinara Sauce/Parmesan Cheese Penne Pasta Winter Mixed Vegetables Garlic Breadstick Peach and Pear Halves</p>	<p>10</p> <p>Orange Juice Cheeseburger on Wheat Roll/Ketchup Coleslaw Lettuce & Tomato Brownie Low Fat Milk</p>	<p>11</p> <p>Sliced Pork/LS Gravy Roasted Sweet Potato Green Peas W/Pearl Onions Pumpnickel Bread Scalloped Apples Low Fat Milk</p>	<p>12</p> <p>Oven Roasted Chicken Mashed Potatoes Green Beans Biscuit Mandarin Oranges Low Fat Milk</p>	<p>13</p> <p>Beef Braciolo W/Gravy Au Gratin Potatoes Grilled Vegetables Wheat Dinner Roll Holiday Cake Low Fat Milk</p>
<p>16</p> <p>PRESIDENT'S DAY CENTER CLOSED</p>	<p>17</p> <p>Apple Juice Roast Turkey/LS Gravy Cranberry Sauce Roasted Sweet Potato green beans Whole Wheat Roll Pumpkin Pie low fat milk</p>	<p>18</p> <p>Fish Almondine Baked Potato Sour Cream French Green Beans Wheat Dinner Roll Strawberry Chiffon or Angel Food Cake/Whipped Topping Low Fat Milk</p>	<p>19</p> <p>Taco Ground Beef Over Brown Rice Fiesta Blend Vegetables Corn Tortilla Taco sauce Chopped Lettuce & Tomato tropical fruit low fat milk</p>	<p>20</p> <p>crab cake Tartar sauce Roasted New Potatoes Broccoli Rye Bread Apricots Low Fat Milk</p>
<p>23</p> <p>Grape Juice Chicken Stew Egg Noodles Spinach Salad W/ Shredded Carrots Vinaigrette Dressing Cornbread apple Crisp Low Fat Milk</p>	<p>24</p> <p>Vegetable Lasagna Tossed Salad W/Tomato Italian Dressing Garlic Bread Fresh Seasonal Fruit</p>	<p>25</p> <p>Tangerine Baked Chicken Brown Rice Oriental Vegetables Whole Wheat Roll fruit compote Low Fat Milk</p>	<p>26</p> <p>Pulled Pork on Wheat Bun Baked Sweet Potato Fries Coleslaw pumpkin bread pudding cranberry juice Low Fat Milk</p>	<p>27</p> <p>Creamed Broccoli Soup Vegetable Omelet roasted potato w/ pepper and onions Peas and Carrots Multigrain Bread Fruit Cocktail Birthday Cake Low Fat Milk</p>
<p>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt. All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.</p>	<p>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> Happy Valentines Day!</p>		<p></p>

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Feb 5 Reservations	Can earn a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Room 2
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
Chorus 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
Creative Writing Workshop Postponed 9pm 10 wks, No fee	Jan 9 - March 13	If you enjoy writing but find you seldom have time to do it, join Postponed Creative Writing Workshop.	Trish O'Leary Treat Room 2
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
MELT T/Th 11:15 & 12:15pm 10 wks, No Fee , Kits \$45	Jan 6 - March 12	MELT Hand & Foot Treatments are treatments, where we treat the hands & feet to stimulate a whole body response using small balls.	Tara Graham Room 2 Need kit to attend
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, 11:45-12:45pm \$50.00, 10 wks	Jan 16 – Mar 20	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults.	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 2/16	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	Jan 7 - April 1	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 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 10:45-11:45 1 class: \$30.00, 2+ class \$60	Jan 5 - Mar 23	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals. No class 2/16	Danielle Pettitt Gym

Quick View of classes and activities - February 2015

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 11:15am MELT 1:00 pm Social Bridge & Duplicate Bridge 11:30 am Ballroom Moves 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 11:15am MELT 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 10:45am Zumba Gold 11:00 am Chair Exercise 11:45 am Tai-Chi 1:00 pm Bridge Intermediate 1:00 pm Line Dancing 1:30 pm Chorus

Special Events - February 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 9: Lion's Club Valentine's Pizza Party with Johnny P 1:30pm Feb 16: Closed President's Day	Feb 3: Parish Nurses Blood Pressure 9am Feb 3: Miracle Ear Hearing Aid Check & Cleaning 10:00am	Feb 4: Legal Clinic , 9am Call for an Appointment Feb 4: Zendoodle 11:30qm Feb: 4, 11, 18, & 25: AARP Tax 9-12pm	Feb 5: AARP Driving Course, 9:00am Feb 12: Lunch & Fun - Tyler City Station: 11:30am Feb 26: Dawn Silver Feb 19: CT Flower Show Trip	Feb 6: Money Management 9am Feb 6: Flower Arranging 10am Feb 20: Money Management 9am Feb 20: Movie of the Month Nebraska 1:00pm Feb 27: Book Club

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

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MILFORD, CT 06460

Current resident or

“ORANGE FRIENDLIES” - January 2015
Senior Services Coordinator—Dennis Marsh, 203-891-4784

Veteran’s Wall

Come join us **May 1 at 2pm** as we honor the men and women who have served our country. The extensive program will include a scrolling frame picturing living town veterans, and will honor the 6 different branches of service. To register or for more information, 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

I hope everyone’s holidays were wonderful. If your New Year’s resolution was to volunteer and help out your community look no further than community services. We are looking for handymen and friendly visitors. The latter we are hoping will be able to deliver library books to people who are unable to get out of their house. Give us a call.
Denise Stein, M.S., LPC