



# ORANGE FRIENDLIES

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



**JANUARY 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

Greetings all! It is the New Year and so it's time to make resolutions on how life can be better.

Something I had been working on to improve this year was Lunch & Fun and judging by the attendance I believe I have succeeded. Also, I wanted to offer more free and exciting classes. In recent months we have had Flower Arranging with Mary Errato, Teen Tech Talk, and new this January are Creative Writing with Trish O'Leary-Treat and MELT with Tara Graham. But that's not all! Stay tuned as we will have Zandoodle coming in February!

Also we are planning a very special tribute to our Veterans this May. The Veteran's Wall will be unveiled.

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!

Dennis Marsh,  
Senior Services Coordinator

## Winter Light

Winter is coming on with lots of force. As the days get shorter and the nights get colder, even the best of us can get a little envious of those who can leave town for a warmer climate. Come join in a discussion with Dawn Silver from Bridges on **January 26 from 11:30-12:30pm**, about how to beat back those feelings of low motivation and energy that many people experience during this cold season. Come share what you do to cope with the blues that may accompany the weather and hear what you can do to help keep yourself moving in a positive direction.

Dawn will also be available for informal discussions on Thursday **January 29** from 10-12pm.

## A Word from the Director

Happy and healthy New Year! I hope you enjoyed the Holidays and had a great December. I would like to thank all who donated to the Community Assistance Fund, the Food Pantry, and the Holiday Basket and Gift Program. Donations went to residents and families in need, your kindness and generosity is so greatly appreciated. This year Community Services is looking for volunteers for two of our programs, the Handyman Job Skills Bank and the Friendly Visitor Program. The Handyman Program volunteer assists residents with chores, yard cleanup, cleaning, and organizing just to name a few. The Friendly Visitor Program volunteer provides social interaction with persons who are homebound. For example, the volunteer would visit the resident, call, play cards, or read aloud and more, depending on the volunteer and the resident. If you are interested please contact Denise Stein or Joan Cretella at 203-891-4788. Stop by my office any time, the door is always open.

**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. 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.

## Coming in February: Zandoodle!

Tara has done it again! You love her in Fitness! You love her in Wellness! You loved it when she brought us MELT! Well she has done it again. Join us in **February** for Zandoodle. What is Zandoodle? 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, increase focus and creativity, and providing artistic satisfaction along with an increased sense of personal well-being.

## Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **January 7** 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, **January 8**. 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, **January 8, 11:30am**, for *Ventriloquist, Larry Novia*. Larry is an award-winning ventriloquist and stand-up comedian, who has been thrilling audiences throughout New England for decades. Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available.



## Movie of the Month



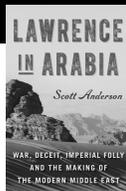
Friday, **January 23 1:00pm**, "Las Vegas" with Michael Douglas, Robert DeNiro, Morgan Freeman, and Kevin Kline. Three sixty-something friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal. Popcorn & soda will be served. Call to reserve a seat.

## Money Management

**Money Management Club**, every other Friday from 9:00 to 10:00am. The group will meet again on **January 9** with **Chad Lombardi**. The group will also meet **January 23**. 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 **January 23**, from 2:00-3:30pm in Lounge. One meeting a month. This month's title is Lawrence in Arabia by Scott Anderson.



## Hearing Aid Check & Cleaning



Monday, **January 12, 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.

## 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, **January 13** at 4:00pm in the Sr. Lounge. RSVP to the office at (203)891-4784.

## Creative Writing with Trish

**Creative Writing Workshop**, Friday 10:30-12:00 **Jan 9-March 13** in room 2. If you enjoy writing but find you seldom have time to do it, join our new Creative Writing Workshop. In 10 weeks, you will have written and edited material to be proud of. Whether you want to write family stories, personal essays or a description of your recent travels, the workshop leader, Trish O'Leary-Treat, can help you get organized and generate topics to write about. The workshop is designed to give you a friendly, supportive forum in which fellow writers can share their writings with one another.

## Amity's Own Cabaret

Friday, **January 16, 1:30—3:00pm**, **Collin Taylor Monahan, an Amity graduate**, will be performing contemporary tunes on his acoustic guitar. 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. 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](http://www.orange-ct.gov), [www.orangeseniors.org](http://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 holiday season!

## Wellness

Wednesday, **January 21**, Tara will discuss "Wheat: The Unhealthy Whole Grain" 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.**

**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 \$71pp**. 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** (  ).

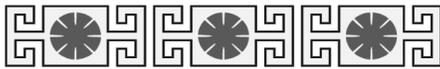
**NEW YORK SPRING SPECTACULAR with the Rockettes! April 1, 2015**. Lunch at Carmine's served family style with Rigatoni & Broccoli and Chicken Parmigiana. Enjoy this brand new show featuring the Rockettes. **Cost: \$169 pp**. Includes transportation, lunch, show, & driver gratuities. **Full payment due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

**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** (    ).

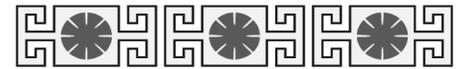
**ENTERTAINMENT BY THE SEA—Myrtle Beach, April 18-24, 2015**. A no minimum trip, details to follow. **Cost: TBD. Full payment due at reservation. Now accepting registrations** (   ).

**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 & \$15 Meal Voucher, transportation, & 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** (  ).



# January 2015



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<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>		<p><b>1</b></p> <p><b>NEW YEAR'S DAY CENTER CLOSED</b></p>	<p><b>2</b></p> <p><b>NEW YEAR'S CENTER CLOSED</b></p>
<p><b>5</b></p> <p>Eggplant Rollatini W/ Marinara Sauce/Parmesan Cheese Penne Pasta Winter Mixed Vegetables Garlic Breadstick Peach and Pear Halves Low Fat Milk</p>	<p><b>6</b></p> <p>Orange Juice Cheeseburger on Wheat Roll/Ketchup Coleslaw Lettuce &amp; Tomato Brownie Low Fat Milk</p>	<p><b>7</b></p> <p>Sliced Pork/LS Gravy Roasted Sweet Potato Green Peas W/Pearl Onions Pumpnickel Bread Scalloped Apples Low Fat Milk</p>	<p><b>8</b></p> <p>Oven Roasted Chicken Mashed Potatoes Green Beans Biscuit Mandarin Oranges Low Fat Milk</p>	<p><b>9</b></p> <p>Minestrone Soup Cheese Ravioli W/basil white Sauce grilled vegetables parmesan cheese Italian Bread Seasonal Fresh Fruit Low Fat Milk</p>
<p><b>12</b></p> <p>baked pork /LS Gravy Escalloped Potatoes Cooked Red Cabbage Rye Bread Cinnamon Applesauce Low fat milk</p>	<p><b>13</b></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><b>14</b></p> <p>Meatballs with sauce Ziti W/Sauce Sliced Zucchini parmesan cheese Italian Bread Sliced Peaches low fat milk</p>	<p><b>15</b></p> <p>Fried Chicken Quarter Collard Greens Corn and Okra Biscuit Bread Pudding W/ Topping low fat milk</p>	<p><b>16</b></p> <p>crab cake Tartar sauce Roasted New Potatoes Broccoli Rye Bread Apricots</p>
<p><b>19</b></p> <p><b>MARTIN LUTHER KING DAY CENTER CLOSED</b></p>	<p><b>20</b></p> <p>Vegetable Lasagna Tossed Salad W/Tomato Italian Dressing Garlic Bread Fresh Seasonal Fruit</p>	<p><b>21</b></p> <p>Tangerine Baked Chicken Brown Rice Oriental Vegetables Whole Wheat Roll fruit compote Low Fat Milk</p>	<p><b>22</b></p> <p>Pulled Pork on Wheat Bun Baked Sweet Potato Fries Coleslaw pumpkin bread pudding cranberry juice Low Fat Milk</p>	<p><b>23</b></p> <p>Creamed Broccoli Soup 3 oz Vegetable Omelet roasted potato w/ pepper and onions Peas and Carrots Multigrain Bread Fruit Cocktail</p>
<p><b>26</b></p> <p>meatballs grinder roll Parmesan cheese Green Beans Marinated Cucumber and Tomato Salad Seasonal Fresh Fruit Low Fat Milk</p>	<p><b>27</b></p> <p>Cranberry Juice Roasted Chicken W/Hickory BBQ Sauce fresh acorn squash Potato Salad Rye Bread banana Pudding Low Fat Milk</p>	<p><b>28</b></p> <p>Sweet &amp; Sour Pork Chop Brown Rice Pilaf oriental blend vegs Multigrain Bread Pineapple Chunks</p>	<p><b>29</b></p> <p>Mandarin Chicken Rice Oriental Blend Vegetable Oatmeal Bread Low Fat Milk</p>	<p><b>30</b></p> <p>Grape Juice cream of mushroom soup/ LS crackers Cod in a Chunky Tomato &amp; Mozzarella Sauce Brown Rice Scandinavian Blend Veg. Rye Bread Birthday Cake</p>

# RESERVED FOR SPONSORS

<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
AARP Driver's Safety First Thursday, 9:00-1:00pm	Jan 8 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
Choir Friday 1:30 - 2:45pm 10 wks, <b>No fee</b>	Jan 9 – Mar 13	Join our new instructor Gary Harger as he leads the senior chorus. <b>All accepted.</b>	Gary Harger Cafe
Creative Writing Workshop Friday 10:30-12:00pm 10 wks, <b>No Fee</b>	Jan 9 - March 13	If you enjoy writing but find you seldom have time to do it, join our new 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, <b>No Fee</b> , 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 9 – Mar 13	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 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 10:45-11:45 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 1/19, 2/16	Danielle Pettitt Gym

## Quick View of classes and activities - January 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 10:30 am Ballroom Moves 11:15am MELT 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 11:15am MELT 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 10:30 am Creative Writing 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 - January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 12: <b>Miracle Ear Check &amp; Clean</b>  Jan 16: <b>Cabaret—Amity's Own:</b> Collin Taylor Monahan  Jan 19: <b>Closed—</b> Martin Luther King Jr. Day  Jan 26: <b>Winter Light</b>	Jan 6: <b>Parish Nurses Blood Pressure</b> 9am  Jan 13: <b>Teen Tech Talk</b> 4pm _____ <div style="background-color: black; color: white; padding: 5px;">             Sunday Jan 4: <b>UConn—Maggie Dixon Classic Trip</b>              Sun Jan 11: <b>Elvis Trip</b> </div>	Jan 7: <b>Legal Clinic, 9am</b> Call for an Appointment  Jan 21: <b>Wellness—Wheat:</b> The Unhealthy White Grain  Jan 28-29: <b>Mohegan Sun Trip</b>	Jan 8: <b>AARP Driving Course, 9:00am</b>  Jan 8: <b>Lunch &amp; Fun - Ventriloquist:</b> Larry Novia 11:30am  Jan 29: <b>Dawn Silver</b>	Jan 9: <b>Money Management</b> Chad Lomdardi 9am  Jan 23: <b>Money Management</b> 9am  Jan 23: <b>Movie of the Month</b> <i>Las Vegas</i> 1:00pm  Jan 23: <b>Book Club</b>  <div style="background-color: black; color: white; padding: 5px;">             May 1: <b>Veteran's Wall 2pm</b> </div>

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

PRESORTED STANDARD  
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PERMIT NO. 722  
MILFORD, CT 06460

Current resident or

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**“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](mailto: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