



# ORANGE FRIENDLIES

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



**JANUARY 2016**

**Senior Center Telephone: 203-891-4784**

**Check our website for all senior center activities: [www.orangeseniors.org](http://www.orangeseniors.org)**



*Mission Statement: The Orange Senior Center provides activities that promote independence, creativity, physical and emotional health, and lifelong learning for residents over the age of 55.*

## WORD FROM THE SENIOR SERVICES COORDINATOR & DIRECTOR

Greetings all! It is the New Year and you may remember me telling you as a kid how each January 1<sup>st</sup> my mother would open her purse, count her money and proudly proclaim, or begrudgingly declare, “Well boys we are up 35¢! I guess we are starting this year off better than last year.” It is also the time to make resolutions. So count your coins and make your plans. How can you make life better and how do you want to improve your life? Here at the Orange Senior Center we offer so many different classes that can help you do just that.

In the spirit of improving we found over the year some things we need to improve upon. For example, I have asked the instructor to plan their courses for 50 minute hours. This will allow for transition time between classes. I reiterated that classes are to begin the first week of each quarter—January, April, July and October.

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. Courses will run 10 weeks for \$50 with Fitness and Zumba Gold being the exception. Lastly the out of town fee for membership for 2016 is due.

Dennis Marsh,  
Senior Services Coordinator

## Orange Players “Let Me Tell You”

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

## A Word from the Director

Hello everyone, I hope you enjoyed your Holidays! Hard to believe another year has come and gone. Winter and the cold weather are upon us. Please be sure to stay warm and dry. Bundle up when you are outside and keep your heat at a comfortable temperature when inside. I would like to thank all who donated and contributed to our Community Assistance and 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. The New Year is a time of reflection and renewal. Here is a New Years quote from Audrey Hepburn “The most important thing is to enjoy life and be happy, that is all that matters.” Wishing you all a happy and healthy New Year! Stop by anytime, my door is always open.

**Joan Cretella, Director,  
Orange Community Services**

## Call for Living Treasure Nominations

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

## Non-Resident Membership Dues

Current non-resident members of the center must renew their memberships for 2016 by January 1. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. Renewals can be made by coming to the office or by sending a check made out to Treasurer, Town of Orange. All paid members receive the monthly newsletter and can take classes at the center, go on day trips and participate in all activities. There is no membership fee for Orange residents but they do need to complete a registration card in order to be put on the mailing list to receive the monthly newsletter. If you are not sure if you have completed a registration card, please stop by our office and we can check for you.

### Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **Jan 5** from 10 – 11:30am for blood pressure screenings. The **OVNA Blood Pressure check, 3rd Thursday of the Month: Jan 21** at OVNA.

### AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **Jan 7**. 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, **Jan 5 & 19** in the Senior Lounge, from 9:00 to 10:00am. This is intended for entertainment purposes only.

### Lunch & Fun!

Thursday, **January 14** 11:30am, *Negotiations with George Laskos*. Coffee and desserts will be at 11:30 and the program begins at noon. Call the office to register

### Movie of the Month

Friday, **Jan 15**, **The Second Best Exotic Marigold Hotel, 1:00pm**. As the Best Exotic Marigold Hotel has only a single remaining vacancy - posing a rooming predicament for two fresh arrivals - Sonny pursues his expansionist dream of opening a second hotel. Popcorn & soda will be served. Call for a seat.

### Wellness Seminar—Food Labels

Join us **January 15** for Wellness Workshop at 11:15am. **Clean Eating Concepts** – Understand food label claims. Discuss controversial ingredients. Review pesticide use in produce and learn how to budget your organic dollars. Call or stop by the office to register.

### Book Club

The monthly book club will meet **Jan 22**, from 2:00-3:30pm in room 3. This month's title is **The Cave & the Light by Arthur Herman**.

### Laughter Yoga

If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven health benefits. Feel great for Free!!! **Wednesday 9-9:30am** in the café.

### Breaking News!!!!

#### Water Color with Graham Dale

I am sure you all join me in wishing Audrey great happiness as she retires from teaching water color here at the Senior Center. With her retirement, we are left with a vacancy. Graham Dale has graciously agreed to teach the course starting January 6, 10-12pm, 10 weeks for \$50.

### Fun with Aubry!

This month we have added even more fun with Aubry.

**iPad for Beginners, Monday Jan 4-25, 9-11am**

**Movie Club, Mondays, Jan 4 & 25 1-3pm—**

You go to the theater on your own and watch an agreed upon movie. Then we get together each week to discuss the movie seen. Meet Jan 4 to discuss the class.

**Intermediate iPad, Tuesday Jan 5-26, 9-11am**

**Craft, Tuesdays, Jan 4, 11, & 25, 1-3pm —Scarf,** limited to 15 people, fee: \$10, pre registration required

**Poetry, Fridays, Jan 8-29, 9-10:30pm**

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

### Creative Writing

Join us as Trish O'Leary-Treat leads fabulous creative writing class, **Fridays at 10:30am**. Call or stop by the office to enroll!

### MELT: Foam Rolling

You heard about the benefits of Foam Rolling from Tara Graham. Join us at MELT: Foam Rolling on Tuesdays at 11:15 in room 4. Call to reserve a spot.

### Hiking Club

Thank you for joining us. The Hiking club will return in the Spring. We hope to see you there!

### ~ 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:** Will resume in the Spring

**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

**Tap Dancing:** Monday with Karen at 10:00am

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

**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.**

**ESCAPE THE COLD @ MOHEGAN SUN—Wednesday, January 27-28, 2016.** At Mohegan Sun every turn leads to a new adventure with an indoor 7-story waterfall, the world's largest and most spectacular planetarium dome and the awe-inspiring Wombi Rock. **Cost \$163pp** double. This no-minimum trip includes round trip transportation, Hotel Accommodations, 2 Buffet Vouchers, \$20 free slot play. **Full payment due at registration** (    ).

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

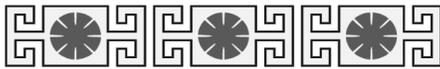
**BROADWAY—AN AMERICAN IN PARIS. April 6, 2016.** Enjoy lunch at the famous Italian Restaurant Buca di Beppo. Meal served family style with platters of salads, baked rigatoni and spaghetti with meat sauce, chicken parmigiana and homemade cheesecake. **Cost: \$229pp.** Includes transportation, Orchestra/Front 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** (    ).

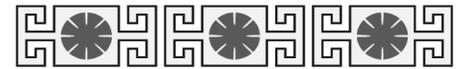
**WESTCHESTER THEATER—MAN OF LA MANCHA. April 21, 2016.** Enjoy a matinee performance where you will receive a choice of entrée upon arrival. After lunch sit back and relax with the musical "Man of La Mancha". Inspired by one of the greatest novels of all time. Join us on this Getaway that lets you relive 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 on 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** (    ).

**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** (    ).



# January 2016



**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> <b>CLOSED FOR NEW YEARS DAY</b> </p>
<p><b>4</b> Unstuffed peppers Over rice Carrots Rye bread Fresh fruit low fat milk</p>	<p><b>5</b> Crab cake/tartar sauce/lemon Coleslaw vinaigrette Corn on the cob Whole wheat bread Marble cake fat milk</p>	<p><b>6</b> Vegetable barley soup crackers Chicken with lemon and garlic Oven roasted potato Wheat dinner roll low fat milk</p>	<p><b>7</b> Turkey/LS gravy Sweet potato pone Green beans Cranberry sauce Pumpnickel bread Fresh fruit low fat milk</p>	<p><b>8</b> cheese lasagna Parmesan cheese Tossed salad with tomato and Italian dressing Italian bread low fat milk</p>
<p><b>11</b> Chicken cacciatore Penne Fresh zucchini Garlic breadstick Apple juice Chocolate chip cookie low fat milk</p>	<p><b>12</b> breaded Veal cutlet with gravy Smashed potato Green beans wheat bread Fresh fruit cherry pie low fat milk</p>	<p><b>13</b> Swedish meatballs with LS mushroom gravy Bowtie noodles Baked acorn squash Rye bread Fruit cocktail low fat milk</p>	<p><b>14</b> Chicken noodle soup crackers Broccoli quiche Scandinavian blend vegs Roast potato Wheat dinner roll low fat milk</p>	<p><b>15</b> Light crunch fish Tartar sauce/lemon Wild rice pilaf Spinach salad with carrot and raspberry vinaigrette marble rye low fat milk</p>
<p><b>18</b> <b>CLOSED FOR MARTIN LUTHER KING DAY</b> </p>	<p><b>19</b> Fried Chicken Quarter Collard Greens Corn &amp; Okra Biscuit Bread Pudding W/Topping Low Fat Milk</p>	<p><b>20</b> Pot roast/LS gravy smashed potato mixed vegetables wheat bread Cranberry juice Carrot cake low fat milk</p>	<p><b>21</b> Herb roasted chicken qtr with LS gravy confetti brown rice Green beans marble rye pears low fat milk</p>	<p><b>22</b> Spinach grandoli Tossed salad with balsamic vinaigrette Broccoli Parmesan cheese Garlic bread low fat milk</p>
<p><b>25</b> Meatloaf/LS gravy Mashed potato Green beans Pumpnickel bread Apricots low fat milk</p>	<p><b>26</b> Chicken parmesan Penne with sauce Parmesan cheese Fresh zucchini Italian bread Grape juice Oatmeal cookie low fat milk</p>	<p><b>27</b> Cream of carrot soup crackers Cheese omelet Sweet potato fries Spinach Wheat bread Fresh fruit low fat milk</p>	<p><b>28</b> Roast pork/LS gravy Baked potato/ sour cream Peas and carrots Applesauce garnish Rye bread Peaches low fat milk</p>	<p><b>29</b> Potato crusted fish Wheat bun Tartar sauce/lemon Pasta and vegetable salad Sliced lettuce &amp; tomato Chocolate pudding low fat milk</p>

## RESERVED FOR SPONSORS

<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
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 <b>No Fee</b>	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 <b>No Fee</b>	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 5 – Mar 8	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Photography Wednesdays, 10:00-12:00 <b>No Fee, 5 weeks</b>	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 9:30-10:30am <b>No fee</b>	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 - January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am Beginner iPad 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 iPad 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 - January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Jan 11: Cabaret: Katie Stone 1:30pm  Jan 18: Closed for Martin Luther King Day Holiday  Jan 25: 2nd Cabaret: Orange Players—"Let Me Tell You" 1:30pm  Jan 25: Afghan Ladies	Jan 5: Parish Nurses Blood Pressure 9am  Jan 5 & 19: Money Management 9:00-10:00am	Jan 6: Legal Clinic, 9am Call for an Appointment  Jan 27—28 Mohegan Sun overnight Trip	Jan 7: AARP Driving Course, 9:00am  Jan 14: Lunch & Fun—Art of Negotiations 11:30am	Jan 15: Movie of the Month The 2nd Best Budapest Hotel 1:00pm Jan 22: Book Club: <u>The            Cave &amp; the Light</u> 2pm

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

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PERMIT NO. 722  
MILFORD, CT 06460

Current resident or

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**“ORANGE FRIENDLIES” - January 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**

The Town of Orange provides a transportation service for senior residents and handicapped residents. This service runs Monday through Friday from 8:00 am until 4:00 pm. 24 to 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven and Hamden, and tries not to go to New Haven or Hamden after 3pm due to traffic. It is donation based—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call Kim Callahan (203) 891-4788 to schedule a ride.

**Word from the Municipal Agent**

I am writing this on December 10 and the weather outside is not frightful, but you will be reading this in January. Just a friendly reminder that you need to be careful when it comes to the ice and snow. Please don't fall, I just fell this summer and it was not fun. Watch that ice and snow.

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

