



ORANGE FRIENDLIES

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



JULY 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.

A Word from the Director

Greetings all! I hope you all had a great June and are enjoying your summer. This month we celebrate the United States, our history, heritage and freedom. July Fourth is actually, when in 1776, The Declaration of Independence was adopted by Congress, freeing our country from Great Britain. We celebrate with family, parades, fireworks, concerts and barbeques. As we celebrate July 4th, let us take a moment to reflect on our freedoms that so many of us take for granted. When I think of the Fourth of July, the words from a popular song written by Lee Greenwood come to mind. "I'm proud to be an American where at least I know I'm free and I won't forget those who died to give that right to me." So, enjoy the Holiday and your July. Stop by anytime, my door is always open.

Joan Cretella, Director
Orange Community Services

Maplewood Mondays

4th Monday of the Month—**July 18**, 2-3pm, **Chef Leif** will bring his culinary delights for you to sample. Call (203) 891-4788. Your taste buds are sure to be pleased!

Summer Cookout

This year's *Summer Cookout* in the High Plains Pavilion will be held on Monday **Aug. 16** with a rain date of Tuesday, Aug 17 from 5 to 8 pm. **The Elderly Brothers** will perform. Tickets go on sale on July 1, only \$15. Thank you to the Orange Lions for cooking & serving



Summer Concerts

Orange Community Services will partner with the OEDC Farmers' Market for 3 outdoor all ages shows in the Gazebo. Orange Transportation is available to Orange seniors or disabled residents, for the **Thursday** night concerts. Call (203) 891-4788 for a ride. So bring your family and your friends! Since its free, bring your friend's family!

July 14, Thursday 6:30-8:30pm—Six 2 Midnight—Amity's Own. Rain date is Thursday July 21.

August 11, Thursday 6:30-8:30pm—Fools on the Hill—Beatles Tribute Band. Rain date, Thursday August 18

WORD FROM THE SENIOR SERVICES COORDINATOR

As most are well aware, it is with heavy heart that our wonderful Health & Wellness Coach Tara Graham has relocated to PA. She has done a fabulous job as the senior center Fitness instructor. She introduced Melt, Zendoodle, and Adult Coloring to our members. She taught Friday Yoga, Hiking, and Pilates. Tara presented monthly Wellness topics and a weekly Spiritual Wellness book club. She will be missed. As we move forward I have to table some of these wonderful classes for the summer. However I will look to bring back as many of these classes as I can. With that being said, please welcome our Zumba Gold instructor Danielle Petit as she leads us in Fitness. The ever capable and always delightful Aubry Monahan will be her primary back up. Marianne Bauer will continue to be a substitute as needed. Thank you all for your patience and understanding while I sorted out the details. We truly have been blessed with wonderful instructors and whenever one leaves, their departure leaves a big hole.

Dennis Marsh,
Senior Services Coordinator

Special Week Long iPad & iPhone Classes

Some folks have said a 4 week commitment is tough... SO Aubry has agreed to teach iPhones & iPads all in one week! **iPad August 8-12 (5 days) from 9-11am**, and **iPhone July 15-19 (5 days) from 9-11am**. Each class is only 1 week for \$25 each. So enroll today to knock them out in a week!!! Pre-registration is required, minimum of 7 students.

Blood Pressure Screenings with the Parish

The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center **July 5** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **June 23** at OVNA.

Lunch & Fun — Name that Tune

Thursday, **July 21**, *Name that Tune*. Enjoy Name that Tune with Mary & Al Errato and their player piano! You bring your bag lunch at 11:30 and we will supply coffee and dessert. Show at noon. Be sure to RSVP.

Bocce

Join us for Bocce on Wednesdays at 10am along the building on the fairground side. Call (203) 891-4784 with questions. All abilities welcome. No Fee!

Ice Cream Social

Monday, **August 25**, 1:30—3:00pm, **Willie & Jan Band** will be performing at our Summer Ice Cream Social. Call to reserve a seat at (203) 891-4784. Limited to 80 people

Movie of the Month

Friday, **July 15**, **The Big Short**, **1:00pm**. Starring Ryan Gosling, Christian Bale, and Steve Carrell. Four denizens in the world of high-finance predict the credit and housing bubble collapse of the mid-2000s, and decide to take on the big banks for their greed and lack of foresight. Popcorn & soda will be served. Call for a seat.



Movie Club

If you love to go to the movies and talk about them, then this club is for you. Instructor Aubry Monahan, a Boston University film school graduate, will assign the group a current movie playing in theaters. The group will discuss the film theme, style, techniques, actors, etc. Meetings are the 1st & 3rd Monday from 1-3pm in room 2. Films are assigned in class for the upcoming meeting. Cost is \$20 a month. Contact Aubry at aubryhelp@gmail.com

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	July 7 By Reservation	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
Afghan Ladies 4th Monday 1:00—2:00pm	July 25 No Fee	Group of knitters or crotchetiers who work on afghans for various causes.	Claire Westerink Senior Lounge
Billiards Tues & Thurs 1:00pm Friday 10:00am	Ongoing No fee	Enjoy Billiards with a group of new friends. Cue sticks are available for use. See if you can sink the 8 on the break!	Volunteer Room 3
Bingo Thursdays, 1:00-3:30pm	Ongoing	Cards are \$1.25 for the first card, \$.25 for each card after. Paper sheets are a \$1.00 each. Refreshments are served during intermission	Volunteer Cafe
Book Club Friday, 2:00—3:00pm	July 22 No Fee	This month's book is <u>Closing of the Western Mind</u> by Charles Freeman	Paula Samuel Room 3
Chair Exercise Mon, Wed & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities. Wednesday in Cafe	Hank Katon Senior Lounge
Chess Tues & Thurs 1:30pm	On going No Fee	Join us for a stiff game of chess with the Chess Club	Tues in Cafe Thurs in Lounge
Legal Clinic 1st Wednesday of month 9:00am	Ongoing No Fee	Attorneys from Floman DePaola will be available by appointment to discuss basic legal needs. In some cases an office visit may be needed.	Attorneys from Floman DePaola Town Conf rm
Laughter Yoga Wednesdays, 9:30am	Ongoing No Fee	If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven health benefits. Feel great for free!	Connie Pino Cafe
Money Management Tuesday 9:30am	July 5 & 19 No fee	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Duati Senior Lounge
Pickleball Wednesday 1:00pm	Will return in September	Area residents get together for Pickle ball. It's like ping pong meets tennis!?! . Come check it out!	Volunteer Gym
Ping Pong Mon 11:00am, Wed 12:00noon	Ongoing No fee	Enjoy Ping Pong with a group of new friends. Paddles and balls are available for use.	Volunteer Room 3
Wii Bowling Thursdays 10:00am	Ongoing No Fee	All the fun of traditional bowling but with out the heavy ball!	Volunteer Room 3

Class	Date	Description	Instructor
Bridge Lessons: Thursday Thursday 1:00—3:00pm \$50.00, 10 wks	July 7 – Sept 15	This class is for beginners of Bridge and those who want to learn the game. No class 8/4	Al Pol Room 2
Bridge Lessons: Friday Fridays, 1:00-3:00pm \$50.00, 10 wks	July 1 – Sept 9	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 8/5	Al Pol Room 2
Creative Writing Friday 10:30-12:00 noon \$50.00, 10 wks	Will return in September	If you enjoy writing but find you seldom have time to do it, join our Creative Writing Workshop.	Aubry Monahan Room 6
Fitness T/Th 9:00 & 10:00am \$30.00, 10 wks	July 5 – Sept 8	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health.	Danielle Pettitt Gym
Floral Arranging Friday 10:00 & 12:00pm \$20.00	Will return in September	Mary & Al will return to lead a monthly floral arrangement class in September. Pre-registration is required with a minimum of 8 students.	Mary Errato Room 2
iPhone Wednesday 9:00-11:00am \$20.00, 4 wks	July 6 – July 27	Learn the popular features that go under utilized on the iPhone. This class is great for beginner or novice.	Aubry Monahan Computer Room
Line Dancing Fridays, 1-2:00pm	Will return in September	Dancers form one or more lines and repeat a sequence of steps.	Evelyn Hahn Gym
MELT Thurs 11:15am \$25.00, 5 weeks	TBD	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate the whole body. See Tara to purchase MELT balls &/or roller	Room 4 Need kit
MELT Roller Tuesday 11:15am \$30.00, 6 weeks	TBD	Come to a MELT Foam Roller class and learn simple self-treatments to remain active, healthy, and pain-free for life.	Room 4 Need foam roller
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	July 5 – Sept 6	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Senior Lounge
Photography Wednesdays, 10:00-12:00 \$20.00, 4 wks	TBD	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 Friday 10:00am \$50.00, 10 wks	TBD	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility.	Room 2
Tai-Chi Fridays, 11:45-12:45pm \$50.00, 10 wks	July 8 – Sept 9	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class July 1	David Chandler Gym
Tap Dance, Monday 10-11:00am \$50.00, 10 wks	Will return in September	Set those feet dancing and feel the excitement of dance! No class May 30	Judy Nilsson Room 15
Yoga – Mondays 9:15-10:30am \$50.00, 10 wks	July 11 - Sept 19	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 7/4 or 9/5	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	July 6 - Sept 7	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	July 7 - Sept 8	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 11:00-12:00, Fri 10:30-11:30	July 6 - Sept 9 10 weeks	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 9/5	Danielle Pettitt Gym

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.

THE BOSTON POPS at TANGLEWOOD—with Seth MacFarlane. Sunday, July 10, 2016. Depart for the Berkshires on this no minimum trip. After lunch we head to Tanglewood for the Boston Symphony Orchestra/Pops. Special guest Seth MacFarlane. Our seats are in the covered area of "The Shed". **Cost: \$137pp**, includes group transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

LOBSTER BASH—starring Bobby Justin. Thursday, July 14, 2016. Visit the Quidnessett Country Club in Kingston RI overlooking Narragansett Bay. Featured entertainer is the dynamic Bobby Justin. Choice of Lobster Luncheon or Petite Filet Mignon **Cost: \$87pp**, includes group transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

CONNECTICUT LIGHTHOUSE TOUR. August 16, 2016. Enjoy this no minimum tour aboard the Sea Jet, a smooth sailing, catamaran equipped with modern airline style seating on 2 enclosed AC passenger decks with a spacious outdoor viewing deck. Enjoy the narrated history of 7 lighthouses and 2 forts. Stop at Mohegan Sun Casino and receive a casino package including food credit. **Cost: \$64pp**, includes group transportation, lighthouse tour, casino bonus package and driver's gratuity. **Full payment due at registration** ( ).

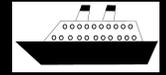
LOBSTERFEAST & PATSY CLINE TRIBUTE. August 25, 2016. Enjoy this no minimum trip to the Log Cabin in Holyoke, MA. The lobster feast menu includes clam chowder, boiled lobster, barbecued ribs and chicken served with corn and a baked potato, and a strawberry ice cream sundae. Janice Dee pays tribute to Patsy Cline. **Cost: \$100pp**, includes group transportation, lunch & show, and driver's gratuity. **Full payment due at registration** ().

BROADWAY—AN AMERICAN IN PARIS or BRIGHT STAR. September 14, 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. After lunch enjoy your choice of either **An American in Paris cost \$209pp** or **Bright Star cost: \$189pp**. Includes transportation, Orchestra/Front Mezzanine Tickets, lunch and driver's and tour director's gratuity. **Full payment due at registration** ( ).

Trip Presentation Slide Shows and discussions.

Join our tour representative for trip presentations on:

October 17 at 4:00pm for Tropical Costa Rica



THE BIG E FAIR—Connecticut Day. September 21, 2016. This no minimum trip will take us to "New England's Great State Fair." With nearly one million guests passing through the gates it is ranked among the top fairs in the country. **Cost: \$51pp** Includes transportation, Admission to the Big E and driver's gratuity. **Full payment due at registration** (  ).

BUDDY JEWEL—Country Music Star! September 23, 2016. No minimum trip. Buddy Jewel was the 1st USA Network "Nashville Star" winner beating Miranda Lambert in the finals. Our luncheon will be at Chez Josef, the region's premiere banquet facility. Menu features choice of Yankee Pot Roast, Stuffed Filet of Sole, or Chicken Florentine. **Cost: \$86pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

MY MOTHER'S ITALIAN, MY FATHER'S JEWISH & I'M IN THERAPY!—Foxwoods Casino. October 5, 2016. No minimum trip. Steve Solomon's two-time award winning one-man show has met rave reviews to become one of the longest running shows in Broadway history. Enjoy a luncheon buffet featuring a variety of tasty foods at Foxwoods and receive a free \$10 slot machine token. **Cost: \$82pp** Includes transportation, luncheon buffet, show, casino bonus and driver's gratuity. **Full payment due at registration** ( ).

LAST OF THE RED HOT LOVERS —Newport Playhouse & Cabaret. October 13, 2016. No minimum trip. This unique dinner theater menu includes boiled lobster, shrimp cocktail, Roasted Chicken, Creole shrimp, rice and more. Enjoy reserved seating for this hilarious comedy by Neil Simon. After the show you will return to your table for more entertainment with music and laughter. **Cost: \$107pp** Includes transportation, lunch buffet, show and driver's gratuity. **Full payment due at registration** ().

GERMANFEST at the William Inn. October 28, 2016. No minimum trip. Join us for Williamstown MA Germanfest Celebration with a stop at the Yankee Candle Company **Cost: \$109pp** Includes transportation, Germanfest, Yankee Candle Company and driver's gratuity. **Full payment due at registration** ( ).

TRIPS Continued

EXTENDED STAY AND OVERNIGHT TRIPS.

SATURDAY NIGHT FEVER at Westchester Theater. **November 10, 2016.** No minimum trip. Saturday Night Fever is one one of the most loved dance stories of all time. A stage version of the 1977 hit movie. Packed with over twenty hit songs. **Cost: \$99pp** Includes lunch, show, transportation, and driver's gratuity. **Full payment due at registration** ().

BOARS HEAD FEAST at WILLIAMS INN with **Bright Nights**. **November 10, 2016.** No minimum trip. Coffee stop en route to Williamstown MA at the Williams Inn for a day filled with merriment and a wonderful Christmas Feast. You will be greeted by Beefeater guards and view the cook's Procession and viewing of the Boar's Head. After the meal you will be entertained by Miss B Haven Cabaret Troupe. Later, we will stop at the Bright Nights holiday light display. **Cost: \$117pp** Includes transportation, Boar's Head Procession, Christmas Buffet and Cabaret, Bright Nights, and driver's gratuity. **Full payment due at registration** ().

BARBRA & FRANK HOLIDAY SHOW *the concert that never was...* at **FOXWOODS CASINO**. **December 8, 2016.** No minimum trip. Enjoy a luncheon buffet featuring a variety of tasty foods. Also included in the tour is a free \$10 slot machine token. Two great artists paying tribute to their characters, singing the most memorial songs ever written. **Cost: \$77pp** Includes transportation, Casino Bonus, Luncheon Buffet, Holiday Show, and driver's gratuity. **Full payment due at registration** ( ).

2017 HAWAII CRUISE TOUR.

January 11-21, 2017. No minimum trip. Travel on the Norwegian Cruise Line's Pride of America. 12 Days, 7 Shore Excursions. **Cost: Inside \$4,799pp, Ocean View \$5,399pp, Balcony \$5,699** Includes Roundtrip Airport Transfer, Pre-Night near Airport, Roundtrip Airfare, Transfers in Honolulu, 2 pre-cruise nights in Waikiki Beach, Bagging Handling, 7 Night Cruise on NCL's Pride of America, All meals & nightly entertainment onboard ship, Tour Escort, and Motorcoach Driver and Tour Escort gratuities Port Charges & Taxes. **Full payment due at registration** (  ).

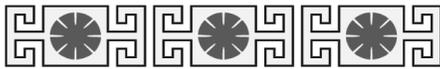
NETHERLANDS, BELGIUM & PARIS featuring **historic Bruges—September 12 -22, 2016.** 11 days, 14 meals. **Cost: \$3,999pp double occupancy, single \$5,049.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (  )

AUTUMN IN LANCASTER featuring **SAMSON—October 19-21, 2016.** 3 days, 2 nights and 2 shows. No minimum trip featuring Sights & Sounds brand new show "Samson". **Cost: \$489pp double occupancy, single \$619.** Includes round trip transportation, hotel, admission to sites, 4 meals, 2 shows, tax and baggage handling, driver & tour director's gratuities. **Deposit & insurance due at registration** (  )

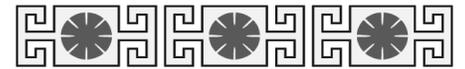
CANYON COUNTRY featuring **Arizona & Utah—October 20-28, 2016.** 9 days, 11 meals. **Cost: \$2,999pp double occupancy, single \$3,759.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (  )

THE PLAINS OF AFRICA featuring **Kenya Wildlife Safari—March 9-22, 2017.** 14 days, 33 meals. The highlights include: Nairobi, Shaba National Reserve, Lake Nakuru, Masai Mara, Karen Blixen Home, Mt. Kilimanjaro, and 13 Wildlife Safaris. **Cost with early booking discount: \$6,899pp double occupancy, single \$8,299.** Includes group transportation to/from airport, attraction taxes and fees, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (  )

TROPICAL COSTA RICA, November 6-14, 2017. 9 days, 13 meals. Highlights include: San Jose Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, and more. **Cost: \$2,599pp double occupancy, single \$3,049.** Includes group transportation to/from airport, around trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (  )



July 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>1</p> <p>Lemonade BBQ Beef Ribs Baked Beans Coleslaw Wheat Roll Strawberry Shortcake Low Fat Milk</p>
<p>4</p> <p>CLOSED FOR HOLIDAY</p>	<p>5</p> <p>Lemon Chicken Rice Pilaf Carrots Pumpnickel bread Apple Juice Chocolate Chip Cookie low fat milk</p>	<p>6</p> <p>Lentil soup crackers Seafood Salad Lettuce & Tomato Marinated cucumber salad Portuguese Roll, low fat milk</p>	<p>7</p> <p>Hamburger Wheat Bun Lettuce, & Tomato & pickle Potato Salad grapes low fat milk</p>	<p>8</p> <p>Spinach Quiche fresh Zucchini Broiled Tomato Herbed Breadstick Fruit Cocktail low fat milk</p>
<p>11</p> <p>Herb Baked Chicken Brown rice pilaf Peas Marble Rye Grape Juice Chocolate Cake low fat milk</p>	<p>12</p> <p>Meatloaf with Gravy Mashed Potatoes Roman Veggie Blend Multi grain dinner roll Peaches low fat milk</p>	<p>13</p> <p>Spaghetti Chicken Meatballs bean blend Garlic Bread Pineapple Juice Fruited Jello Low Fat Milk</p>	<p>14</p> <p>Chicken Cordon Bleu Rice Pilaf French Green Beans Croissant Strawberry Shortcake Low Fat Milk</p>	<p>15</p> <p>Egg Salad Sandwich Croissant Tossed Salad with Cucumber & Vinaigrette Dressing Three Bean Salad low fat milk</p>
<p>18</p> <p>Pulled Pork Baked Beans Coleslaw Wheat Bun Fresh Fruit low fat milk</p>	<p>19</p> <p>Italian Wedding Soup crackers Grilled Chicken Caesar Salad Garlic breadstick Fruit Cocktail low fat milk</p>	<p>20</p> <p>Crab Cake with Tartar Sauce Rice pilaf broccoli slaw Marble Rye Pineapple low fat milk</p>	<p>21</p> <p>Turkey with Gravy Mashed Potatoes peas and onion wheat dinner roll Apple Juice Coffee Cake</p>	<p>22</p> <p>Cheese Baked Ziti with Parmesan Cheese Riviera Blend Italian bread Apple Juice Ice cream cup low fat milk</p>
<p>25</p> <p>Beef Chili Baked Potato Mexicali blend veggies Corn Bread Apricots low fat milk</p>	<p>26</p> <p>Pasta with Broccoli Rabe Carrots Multigrain Dinner Roll Grape Juice Tapioca Pudding low fat milk</p>	<p>27</p> <p>Philly Cheese Steak on Wheat Grinder Roll pepper and onion Sweet potato fries Fresh fruit low fat milk</p>	<p>28</p> <p>Mandarin Chicken Vegetable Lo Mein Oriental Vegie Blend Wheat bread Mandarin oranges low fat milk</p>	<p>29</p> <p>Tomato Basil Soup grilled cheese or potato crusted fish Cauliflower and roasted red pepper Pineapple Juice Pound cake low fat milk</p>

RESERVED FOR SPONSORS

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

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PAID
 PERMIT NO. 722
 MILFORD, CT 06460

Current resident or

“ORANGE FRIENDLIES” - July 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.

Transportation

The Town of Orange provides a transportation service for senior/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 additional local areas by request on a case by case basis. 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.

Summer Picnic

This year’s *Summer Cookout* in the High Plains Pavilion will be held on Tuesday **Aug. 16** with a rain date of Wednesday, Aug 17 from 5 to 8 pm. Featuring Brian Gille and T-Bone as the **Elderly Brothers**. Tickets go on sale on July 1. Thank you to the Lions Club of Orange for cooking and serving. We couldn’t do it without you!!!



Word from the Municipal Agent

Summer is here! Get out, get exercise and be active. If you need any tips on what kinds of activities to engage in go to go4life.com.

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