



# ORANGE FRIENDLIES

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



JULY 2014

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

Ah, music and ice cream, it must mean summer is here! With that comes Summer Concerts and Ice Cream Socials. Speaking of ice cream and music, Paul Shlien will sing the Beatles at our July Ice Cream Social. You might remember him from the Lions Club Pizza Party where he sang Billy Joel and Elton John songs. What a show! 🎵 🎵 🎵

July also brings the return of Wayne Rioux of Vitas Innovative Hospice Care and their Veterans' Coffee Hour.

We are taking Lunch & FUN on the road as we continue to meet the requests from the 2013 survey. One survey respondent asked to go to historical Orange sites, so this month Lunch & FUN is going to the Orange Historical Society's "Nathan Bryan-William Andrew House" where Ginny will tell us about the history of the building.

But don't forget about Tara's Wellness Seminars. She's spoken about them before, and this month we'll have samples to try at her "Smoothies and Juicing" discussion. Who knew vegetables could taste so good!



Dennis Marsh  
Senior Services Coordinator

## A Word from the Director

Hope all of you enjoyed June. Summer officially began June 21. With the warmer weather and higher temperatures please remember to stay cool and hydrated. Drink plenty of water, limit activities, stay inside in air conditioning or by a fan. Thank you to all those who have donated yard. It is appreciated. I hope you continue to participate in the wide range of activities the senior center has to offer. I continue to meet and see many of you regularly and I welcome all to stop by my office any time. The door is always open! Have a great Fourth of July and a great rest of the month!

Joan Cretella  
Director, Community Services

## Summer Cookout

This year's *Summer Cookout* under the High Plains Pavilion will be held on Tuesday **Aug. 12** with a rain date of Wednesday, Aug 13 from 5 to 8 pm. Hot dogs and hamburgers will be grilled and served with salads, followed by dessert and coffee. "Good 2 Go" will perform. Tickets go on sale on July 1, for only \$15.

## Computer Lab

**Who wants to use a computer?!!** The computer lab is available for drop-in use for all members from 8:30am, - 4:30pm Monday—Friday. You will be asked to sign in.

## FREE! Summer Concerts—all ages welcomed

Are you ready for outdoor summer music. Orange Community Services is again scheduling 3 outdoor, all ages, shows in the Gazebo and we want you to come out for them! Orange Transportation is available to Orange seniors or disabled residents for the Wednesday night concerts. Call (203) 891-4788 for a ride. Bring your family and friends, and since it's free, bring your friend's family!

**June 25, Wednesday 6-8pm—Valiante Hart**—Americana/Folk band. Rain date is Thursday June 26.

**July 23, Wednesday 6-8pm—White Eyed Lizards**—Calypso band. Rain Date is August 6.

**August 20, Wednesday 6-8pm—The Whiskey Boys**—Bluegrass band. Rain date is Thursday, August 21.

Thank you to our sponsors: Crunch Fitness, The Goddard School, Geico Insurance, Orange Visiting Nurses Association, Affordable Dentures, and Maplewood of Orange for making it all possible.



**Blood Pressure Screenings with the Parish**

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **July 1** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **July 26** at OVNA.

**AARP Smart Driving course**

The next AARP Driver’s Training course will be Thursday, **July 3**. 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!**

Thursday, **July 10**, *Orange Historical Society*, will give us a tour of the “**Nathan Bryan-William Andrew House**”. Ginny Reinhard will give us a **FREE**, hour-long presentation of the home. If you need a ride, you can take the Community Service van, or drive yourself. Van leaves at 11:45am from the Senior Center There is very limited parking, so if you drive yourself, park at the Old Tavern Baseball fields. Call the Center to reserve a seat.



**Book Club**

Come join us for our **FREE** Senior Center Book Club to be held the 4<sup>th</sup> Friday of each month—**July 25**, from 2:00-3:30pm in Lounge. One meeting a month.



**Money Management**

**Money Management Club**, will meet once a month for July & August. The next meeting is Friday, **July 18**, from 9:00 to 10:00am. 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.

**Movie of the Month**



Friday, **July 11**, 1:00pm, “**Saving Mr. Banks**” Starring Emma Thompson and Tom Hanks. Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen. Popcorn & soda will be served. Call the Center to reserve a seat.

**Wellness**

Tuesday, **July 22**, Tara will discuss **Smoothies and Juicing** from 11:30am-12:30pm. Smoothies and juicing are a great and tasty way to add more vegetables into your diet. She will provide samples to try. Call to let us know you are coming at (203) 891-4784.



**Ice Cream Social**

Our annual Ice Cream Social will be **August 18**, 1:30—3:00pm. Sal Anastasio will sing and play the piano. We must limit this event to the first 80 people. To reserve a seat at this *free* event call the office at (203) 891-4784.

**Ice Cream with the Beatles**

Join us for Beatles and Ice Cream on **July 21 1:30—3:00pm**. Paul Shlien will sing and play Beatles songs on the piano. We must limit this event to the first 80 people. To reserve a seat at this *free* event call the office at (203) 891-4784.



**Ballroom Moves**

You asked for it, you got it. Straight from the 2013 Survey request list, we will have a ballroom dance class called “**Ballroom Moves**” on **Tuesdays from 10:30-11:30am. July 1 through Sept 16 for 12 weeks** with Susan Woods for **only \$25**—what a deal!. Just RSVP at (203) 891-4784. You don’t need a partner so you don’t have an excuse.



**Bocce**

Don’t stay cooped up, come out in the sun! Join me for **Bocce on Wednesdays at 10:00am**. The court and balls are also available at other times. Just stop by. For our scheduled game call to let me know you are coming (203) 891-4784.



**MARY-ANN WHITE’S RECIPE OF THE MONTH**

Mary-Ann is a realtor from Coldwell Banker. She makes home made dessert for our Cabarets. Those who attend the Cabarets often ask for her recipes. She has been gracious enough to share them with us. Mary-Ann can be reached at (203) 589-3383

**What You Need**

For those of you that know my cooking – I like it to look pretty but be easy. I use the store bought pound cake and it makes it real easy.

- 4 cups fresh strawberries
- 1 pkg. (12 oz.) frozen prepared pound cake, thawed, cut into 14 slices
- 1-1/3 cups blueberries, divided
- 1 tub (12 oz.) COOL WHIP Topping, thawed

**Make It**

**SLICE** 1 cup strawberries; halve remaining strawberries. **COVER** bottom of 13x9-inch dish with cake slices; top with sliced strawberries and 1 cup blueberries. Spread **COOL WHIP** over berries.

**ARRANGE** strawberry halves and remaining blueberries on **COOL WHIP** to resemble a US flag. Keep refrigerated.



## 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.

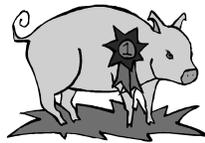
**ALL YOU CAN EAT LOBSTER** – Tuesday, **July 8**. Great lobster and lots of laughs at the Delaney House in Holyoke MA. Hilarious comedy with Bobby Darling & Dr. Devine. **Cost \$93pp**. Includes transportation, gratuity, and lunch. **Full payment due at registration** (👟). Departs from the Orange Congregational Church.

**BOSTON POPS @ TANGLEWOOD**—Sunday, **July 13**, Keith Lockhart, will conduct with Jason Alexander as the special guest. **Cost \$131**. Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** (👟👟👟). Departs from the HPCC.

**ODYSSEY LUNCHEON CRUISE** – Tuesday, **August 12**, Luncheon Cruise on Boston Harbor aboard the Odyssey. Lunch includes fresh Caesar Salad, Lobster Bisque, Tuscan Chicken, Grilled Salmon, Beef Short Ribs, or Seafood Ravioli Grantinee. **Cost \$85pp**. Includes transportation, cruise on Boston Harbor, driver's gratuity, and elegant luncheon. **Full payment due at registration** (👟). Departs from the Orange Congregational Church.

**VILLA ROMA RESORT**—Monday, **September 8-12**. Located in the beautiful Catskill Mtns, Callicoon NY. Enjoy three delicious meals a day, full days of scheduled activities, nightly entertainment of comedians, singers, and more! Indoor and outdoor pools and saunas, spa and salon, fitness center, pool tables, reduced green fees. On the way home stop at the Monticello Raceway & Casino. **Cost \$569pp** double. Includes transportation, accommodations, baggage handling, 11 meals, entertainment, dining & housekeeping gratuities, and driver's gratuity. (👟).

**THE BIG 'E' FAIR** – Springfield, MA. Wednesday, **September 17**. Connecticut Day at the Big E, "New England's Great State Fair," is the premier event each Fall with nearly one million guests passing through the gates every September. It is ranked among the top fairs in the country. **Cost \$47pp**; includes transportation, admission, and driver's gratuity. **Full payment due at registration.** (👟👟👟)



**DEAD MEN'S TALES**—Tuesday, **September 23**. Enjoy a 90 minute walking tour that shows some of Newport RI's most historic pirate sites. After the tour, enjoy lunch at the Atlantic Beach Club. Free time to shop. **Cost \$89pp**; includes transportation, tour, lunch and driver's gratuity. **Full payment due at registration** (👟👟👟).

**DOO WOP OLDIES SHOW**—Tuesday, **September 30**. Starring the Rock & Roll legend The Clusters. Enjoy a family-style menu including snacks on arrival garden salad, rolls, penna pasta, roasted potatoes, mixed vegetables, chicken carciofo, stuffed pork, and Italian rum cake. **Cost \$72pp**; includes transportation, tour, lunch and driver's gratuity. **Full payment due at registration** (👟).

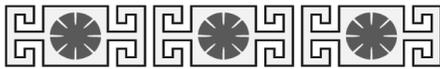
**KIKU, THE NEW YORK BOTANICAL GARDEN**—Wednesday, **October 8**. Discover the exquisite beauty of *kiku*-meticulously cultivated chrysanthemums at the New York Botanical Garden. There will be time on your own for shopping and lunch on Arthur Avenue. **Cost \$66pp**. Includes transportation, driver's gratuity, and admission. **Full payment due at registration** (👟👟👟).

**ALBUQUERQUE BALLOON FIESTA** – Wednesday, **Oct 8—October 13** (6 days 8 meals). Highlights include: Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Loretto Chapel, and the Santa Fe School of Cooking. Includes round trip air from Bradley Intl. Airport, air taxes and fees/surcharges, hotel transfers and group transportation to/from Bradley Airport. **Cost is \$2,399pp**, double. **Cancellation insurance is available** (👟👟👟).

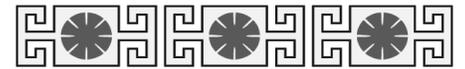
**ATUMUMN IN LANCASTER**—Wednesday, **October 15-17**. Enjoy two evenings at the Country Inn of Lancaster plus the show *Crazy for You* at Dutch apple Dinner Theater. Enjoy an Amish Farmlands tour, visit the Amish Quilt & Craft Shop, stop at Elva's Barnyard Studio, enjoy Lititz Downtown Shopping Area, see the Sight & Sounds Millenium Theater presentation of *Moses*, and a visit to the Longwood Gardens. **Cost \$455pp** double. Includes transportation, accommodations, 4 meals, admission to 2 shows, taxes, baggage handling, driver's gratuity, and tour director's gratuity. **Full payment due at registration** (👟👟👟).

**OKTOBERFEST**—Tuesday **October 21**. Enjoy a German meal at the East Side Restaurant with a choice of Jaeger Schnitzel, German Pot Roast, Sauerbraten, Burgermeister, knockwurst & bratwurst with sauerkraut chicken schnitzel or baked stuffed sole. The trip includes a scenic foliage train ride and German entertainment. **Cost \$87pp**; includes transportation, train ride, entertainment, and driver's gratuity. **Full payment due at registration** (👟).

**SOUTH PACIFIC at WESTCHESTER THEATER**—Thursday, **October 30**. Rogers & Hammerstein's award-winning musical based on James A. Michener's, Pulitzer Prize-winning book "Tales of the South Pacific" is set on an island during WWII and tells two parallel love stories. Recognizable songs are "Some Enchanted Evening", "I'm Gonna Wash that Man Right Out of My Hair", and "There is Nothing Like a Dame". **Cost \$97pp** Includes transportation, lunch, driver's gratuity, admission to the show. **Full payment due at registration** (👟).



# July 2014



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>Lunch Program</b> The senior lunch 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. People under 60 years of age will need to pay the full price of \$5.60 a meal. Call Ellen in the kitchen by noon the day before to register (203) 891-4765.</p>	<p><b>1</b> Philly cheesesteak grinder with pepper and onion Steak fries Green beans Mandarin oranges Low fat milk</p>	<p><b>2</b> Ziti primavera with chicken Spinach salad with mushrooms and vinaigrette dressing Italian bread Apple juice Sherbet Low fat milk</p>	<p><b>3</b> Lemonade BBQ Beef Ribs Baked Beans Coleslaw Wheat Roll Margarine Strawberry Shortcake</p>	<p><b>4</b> Closed for Holiday </p>
<p><b>7</b> Tilapia with lemon &amp; dill Oven roasted potato Spinach Rye bread margarine Pineapple Low fat milk</p>	<p><b>8</b> Beef and broccoli Brown rice Carrots Marble rye bread Fresh fruit Low fat milk</p>	<p><b>9</b> Spaghetti with Chicken meatballs Tossed salad Garlic bread Cranberry juice Italian ice Low fat milk</p>	<p><b>10</b> Sliced turkey/ LS gravy Baked sweet potato Green beans Cranberry sauce Wheat bread Peaches Low fat milk</p>	<p><b>11</b> Vegetable soup Spinach quiche Three bean salad Wheat dinner roll Grape juice Chocolate chip cookie Low fat milk</p>
<p><b>14</b> Chicken Cordon Bleu Rice Pilaf French Green Beans Croissant Fruit &amp; Pudding Parfait Low fat milk</p>	<p><b>15</b> Spinach grandoli ravioli Tossed salad with Cucumber and Italian Dressing Italian bread Fruited jell-o Low fat milk</p>	<p><b>16</b> Chicken Gumbo soup Crab cake/ tartar sauce Sweet potato fries Coleslaw Pumpnickel bread Pears Low fat milk</p>	<p><b>17</b> Pot roast with gravy Mashed potato Fresh zucchini and Yellow squash Wheat dinner roll Cranberry juice Carrot cake Low fat milk</p>	<p><b>18</b> Turkey, ham and Cheese, grinder Mustard Carrot/raisin salad Fruit cocktail Low fat milk</p>
<p><b>21</b> Hamburger on wheat bun with ketchup Baked beans Carrots Pineapple juice Ice cream cup Low fat milk</p>	<p><b>22</b> Turkey a la king Rice Broccoli Biscuit Margarine Cranapple juice Brownie Low fat milk</p>	<p><b>23</b> Meatloaf/LS gravy Mashed potato Scandinavian blend Pumpnickel dinner roll Margarine Orange juice Lemon pudding Low fat milk</p>	<p><b>24</b> Macaroni and cheese with salmon Summer spring blend Wheat bread Margarine Fresh fruit Low fat milk</p>	<p><b>25</b> Vegetable lasagna Caesar salad Garlic breadstick Margarine pineapple Low fat milk</p>
<p><b>28</b> Sliced pork &amp; gravy Apple stuffing Mixed vegetables Dinner roll Applesauce garnish Grape juice Iced vanilla cake Low fat milk</p>	<p><b>29</b> Turkey a la king Rice Broccoli Biscuit Margarine Cranapple juice Brownie Low fat milk</p>	<p><b>30</b> Meatloaf with gravy Mashed potato Scandinavian blend Pumpnickel dinner roll Orange juice Pudding Low fat milk</p>	<p><b>31</b> Sliced pork &amp; gravy Apple stuffing Mixed vegetables Dinner roll Applesauce garnish Grape juice Iced vanilla 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>

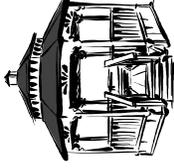
# RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	July 3 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 15
Afghan Ladies 4th Monday 1:00pm	On going No fee	These volunteers help make Afghans for children in foster care. <b>Need Yarn!</b>	Clair Westerink Senior Lounge
Ballroom Moves Tuesday, 10:30—11:30am \$25.00, 12wks	July 1— Sept 16	Free demonstration for the month of June. Classes begin in July. You don't need a partner!	Susan Wood Room 15
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	July 10 – Sept 11	This class is for beginners of Bridge and those who want to learn the game.	Al Pol Lounge
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	July 11– Sept 19	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class Aug 1	Al Pol Lounge
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
Fitness T/Th 9:00am \$25.00, 12 wks	July 1 – Sept 18	This fun-filled class combines lightweight lifting, stretching, and balance which burns calories and improves health.	Tara Graham Cafe
Choir Friday 1:00 - 2:45pm	Ongoing No fee	Join the senior chorus. <b>All accepted.</b> In Room 15	Tamara Witkin Marcus
Computers Refresher Wednesday 9:30—11:30am \$25.00, 4 wks	July 9— July 30	Re-visit some of Word's best functions: tables, charts, and clip art to name a few. Dust off those computer skills in our friendly lab environment.	Kathleen Gorelick Computer Lab
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	Returns in Sept	Dancers form one or more lines and repeat a sequence of steps. Will resume in September	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks	July 1 – Sept 16	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Cafe
Tai-Chi Fridays, 11:30-12:30pm \$55.00, 11 wks	July 11 - Sept 26	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 7/4 or 8/29	David Chandler Room 15
Tap Dance Mondays, 10:00-11:00am \$50.00, 10 wks	Sept 8 - Nov 17	Set those feet dancing and feel the excitement of seeing a dance come together! Class will resume in the Fall. (5 classes Nov 24 - Dec 22 for \$25)	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	July 2 - Sept 17	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Cafe
Yoga – Mondays 9:15-10:30am \$30.00, 6 wks	July 14– Aug 18	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind.	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	July 2 - Sept 17	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, 9:30—10:30am \$40.00, 8 wks	June 19 – Aug 14	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 7/17, 8/21 or 8/28	Andrea Cashman Senior Lounge
Zumba Gold Wednesdays, 11:00-12:00pm \$20.00, 6 wks	July 16 - Aug 20	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to easily follow by all individuals.	Danielle Pettitt Room 15
Zumba Gold Fridays, 11:00-12:00pm \$20.00, 6 wks	July 25 - Aug 29	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to easily follow by all individuals.	Danielle Pettitt Room 15

## Quick View of classes and activities - July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 11:00 am Chair Exercise 1:00 pm Billiards	9:00 am Fitness 9:30 am Painting/Drawing 10:00 am Billiards 10:30 am Ballroom Moves 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 9:30am Computer Refresher 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	9:00 am Fitness 9:30 am Yoga Dance 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 11:00am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Choir 1:00 pm Bridge Intermediate

## Special Events - July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
July 21: <b>Ice Cream Social—</b> <b>Paul Shlien plays the</b> <b>Beatles 1:30pm</b> July 28: <b>Afghan Ladies 1pm</b>	July 1: <b>Parish Nurses</b> <b>Blood Pressure</b> July 8: <b>All You Can Eat</b> <b>Lobster Trip</b> July 22: <b>Wellness Gluten</b> <b>Free Grains 12:30pm</b>	July 2: <b>Legal Clinic,</b> Call for an Appointment July 9: <b>Leadership Session 4</b> July 23: <b>Summer Concert</b> <b>White Eyed Lizard—</b> <b>calypso band 6-8pm</b> Rain date Aug 6 <div style="text-align: center;">  </div>	July 3: <b>AARP Driving</b> Course, 9:00am July 10: <b>Lunch &amp; FUN</b> <b>—Bryan Andrew</b> <b>House Tour 11:30pm</b>	July 11: <b>Money</b> <b>Management Club.</b> 9:00am July 11: <b>Movie of the Month</b> <b>Saving Mr. Banks</b> 1:00pm July 13: <b>Tanglewood Trip</b> July 25 <b>Money</b> <b>Management Club.</b> 9:00am July 25: <b>Book Club 2:00pm</b>
Aug 18 <b>Ice Cream Social</b> With Sal Anastasio 1:30pm <div style="text-align: center;">  </div>	Aug 12: <b>Summer Picnic</b> <b>5-8pm</b>			

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

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Current resident or

**“ORANGE FRIENDLIES” - July 2014**  
**Senior Services Coordinator—Dennis Marsh, 203-891-4784**

**Movie of the Month**

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 Starring Emma Thompson and Tom Hanks. Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen. Popcorn & soda will be served. Call the Center to reserve a seat.



**Vitas Veterans Coffee Hour**

**July 7, 12 –1pm** VITAS Innovative Hospice Care, Wayne Rioux, a U.S. Army Vietnam Era Veteran will discuss benefits available at the very end of life. Veterans and family members are encourage to attend. Call the office (203) 891-4784 to RSVP.

**Lunch Program**

Join us for Lunch from **11:30—12:00pm**. Call Ellen in the kitchen by noon the day before to register (203) 891-4765.



**Lunch & FUN: Tour Bryan Andrew House**

Thursday, **July 10**, *Orange Historical Society*, will give us a tour of the **“Nathan Bryan-William Andrew House”**. Ginny Reinhard will give us a FREE, hour-long presentation of the home. If you need a ride you can ride the Community Service van on over, or drive yourself. Call the Center to reserve a seat.

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