



# ORANGE FRIENDLIES

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



**JUNE 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.*

## A Word from the Director

Greetings all, I hope you had a great May! This month summer will begin and we will celebrate, fathers, grandfathers, brothers, uncles and whatever men have impacted our lives. Did you know that we have a used medical equipment closet right here at the High Plains Community Center co-sponsored by the Orange Rotary and Community Services? We have wheelchairs, walkers, canes and more. Residents have donated these items to pass on to others that may need them. So if you are looking for gently used medical equipment contact Community Services at 203-891-4786 or Don Lewis from the Rotary at 203-795-3486. Happy Father's Day and Happy June! Stop by any time my door is always open.

**Joan Cretella, Director**  
Orange Community Services

## VNA Community Healthcare Lectures

On **June 6** they will present "**Beat the Heat**". RSVP at (203) 891-4784. Both presentations will take place in the High Plains Community Center café.

## Maplewood Mondays

4th Monday of the Month—**June 20**, 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!



## WORD FROM THE SENIOR SERVICES COORDINATOR

Did you know that all Senior Center Programs are funded solely by revenue generated by classes, trips and activities? No tax dollars are used for any Senior Center Programming. Funds are always needed to help sustain, support and supplement our offerings. We would appreciate any donations from our residents. We want to continue to provide quality programming to our seniors. So please if you are able, make a donation to the Senior Center and help support our programs. Make checks payable to Treasurer Town of Orange. We thank you for your generosity.

Dennis Marsh,  
Senior Services Coordinator

## Thank You for Your Support!

Thank you everyone for your support with our **RAGNAR**, 200 mile relay race. We couldn't have done it without you. After expenses, we raised over \$4,000 for the Orange Community Assistance Fund—the Town's Emergency Fuel Bank and Food Pantry.

## Introduction to Computers & Word Classes

Join me in welcoming back Kathleen Gorelick as she returns from Florida to teach **Introduction to Computers**, **Tuesdays, June 7-28 from 9-11am**. She will also teach **Word**, **Thursdays, June 2-23 from 9-11am**. Each class is only 4 weeks for \$20.

## 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!

**June 30, Wednesday 6:30-8:30pm—Airborne Jazz—Jazz Band.** Rain date is Thursday July 7.

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

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

### Blood Pressure Screenings with the Parish

The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center **June 7** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **June 23** at OVNA.

### Lunch & Fun — Postcards with Ginny

Thursday, **June 16**, *Postcards with Ginny*. Enjoy some of the Orange Historical Society's extensive collection of postcards. You bring your bag lunch at 11:30 and we will supply coffee and dessert. Speaker 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!

### Memorial Day Cabaret

Monday, **June 13**, 1:30—3:00pm, **T-Bone** (half of the Elderly Brothers) will be performing at our Summer themed Cabaret. Call to reserve a seat at (203) 891-4784

### Movie of the Month

Friday, **June 17**, Oscar winner for Best Lead Actor —**The Revenant**, **1:00pm**. Starring Leonardo DiCaprio While exploring the uncharted wilderness in 1823, legendary frontiersman Hugh Glass sustains injuries from a brutal bear attack. His hunting team leaves him for dead. Pop-corn & 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

### Floral Arrangement

Friday, **June 10**, 10:00 am. **Mary & Al Errato** will lead a Summer theme floral arrangement class. Fee for the class is \$25. Pre-registration is required.

Class	Date	Description	Instructor
<b>AARP Driver's Safety</b> First Thursday, 9:00-1:00pm	June 2 By Reservation	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
<b>Afghan Ladies</b> 4th Monday 1:00—2:00pm	June 20 No Fee	Group of knitters or crotchetiers who work on afghans for various causes.	Claire Westerink Senior Lounge
<b>Billiards</b> 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
<b>Bingo</b> 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
<b>Book Club</b> Friday, 2:00—3:00pm	June 24 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. <b>Wednesday in Cafe</b>	Hank Katon Senior Lounge
<b>Chess</b> 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
<b>Legal Clinic</b> 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
<b>Laughter Yoga</b> 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
<b>Money Management</b> Monday 9:30am	June 6 & 20 No fee	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Duati Senior Lounge
<b>Pickleball</b> Wednesday 1:00pm	Ongoing No fee	Area residents get together for Pickle ball. It's like ping pong meets tennis!?! . Come check it out!	Volunteer Gym
<b>Ping Pong</b> 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
<b>Wii Bowling</b> Thursdays 10:00am	Ongoing No Fee	All the fun of traditional bowling but with out the heavy ball!	Volunteer Room 3

<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
<b>Bridge Lessons:</b> 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
<b>Bridge Lessons:</b> 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.	Al Pol Room 2
<b>Fitness</b> 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.	Tara Graham Gym
<b>Introduction to Computers</b> Tuesdays 9-11am \$20, 4weeks	June 7 - June 28	By popular demand! First 2 weeks will cover the basics on how to operate a computer. The final 2 weeks will cover the basics of the internet.	Kathleen Gorelick Computer Room
<b>Introduction to Word Prefect</b> Thursdays 9-11am \$20, 4weeks	June 2 - June 23	Re-visit many ins & outs of word processing: creating a variety of documents, using various fonts, sizes, etc. Former students may attend as a refresher	Kathleen Gorelick Computer Room
<b>iPad</b> Monday 9:00-11:00am \$20.00, 4 wks	June 6 – June 27	Learn the popular features that go under utilized on the iPhone. This class is great for beginner or novice.	Aubry Monahan Computer Room
<b>Line Dancing</b> Fridays, 1-2:00pm	Will return in September	Dancers form one or more lines and repeat a sequence of steps.	Evelyn Hahn Gym
<b>MELT</b> Thurs 11:15am \$25.00, 5 weeks	Will return in September	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
<b>MELT Roller</b> Tuesday 11:15am \$30.00, 6 weeks	Will return in September	Come to a MELT Foam Roller class and learn simple self-treatments to remain active, healthy, and pain-free for life.	Tara Graham Room 4 Need foam roller
<b>Painting and Drawing</b> 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
<b>Photography</b> 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
<b>Pilates for Seniors</b> Friday 10:00am \$50.00, 10 wks	Will return in September	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility.	Tara Graham Room 2
<b>Tai-Chi</b> Fridays, 11:45-12:45pm \$50.00, 10 wks	July 1 – Sept 9	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults.	David Chandler Gym
<b>Tap Dance, Monday</b> 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	Karen Goodman Room 15
<b>Yoga – Mondays</b> 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
<b>Yoga – Wednesdays</b> 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
<b>Yoga – Fridays</b> 9:00-10:00; 10 wks \$50.00 or free if in other Yoga	July 1 – Sept 2	Yoga has been found to improve health, flexibility, awaken inner energy and quiet the mind.	Tara Graham Senior Lounge
<b>Yoga Dance</b> 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
<b>Zumba Gold</b> 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.**

**MUSEUM TRIP—WHITNEY MUSEUM, HIGH LINE & CHELSEA MARKET. Saturday, June 4, 2016.** Enjoy a guided walking tour of the High Line park at a former raised railway. Visit the Whitney Museum, time at Chelsea Market, for lunch and shopping on your own. **Cost: \$76pp, Full payment due at registration** (   ).

**?MYSTERY TRIP?—Thursday, June 16, 2016.** *Legends and Saints, Beauty all Around.* Lunch is choice of Chicken Francaise with lemon and capers or Tropical Mahi Mahi with mango pepper relish, vegetable, potato, dessert and coffee. **Cost \$80pp.** Includes transportation, entrance fee, lunch, and driver's gratuity. **Full payment due at registration** (  ).

**ALASKA DENALI DISCOVERY aboard the Norwegian Sun—June 16-27, 2016** 12 days. Experience Alaska by land and sea on this 12 day adventure featuring Denali National Park and cruising aboard NCL's Norwegian Sun. This ship offers a special kind of freedom with nine restaurants featuring cuisine from around the world plus a dozen different bars and lounges. **Cost: \$3,479pp Inside stateroom, \$3,709pp Oceanview \$4169pp Deluxe Balcony.** Includes round trip air, 4 night escorted Alaska land tour with 7 meals; 7-night cruise accommodations based on double occupancy; all port and departure taxes; all meals, activities and entertainment aboard ship; Trip insurance. **Deposit due at registration** (   ).

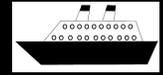
**PILGRIM BELLE—Isaac's on America's Waterfront. Wednesday, June 22, 2016.** Go Paddlewheelin'! Cruise Plymouth Harbor in style and comfort aboard the Pilgrim Belle, a Mississippi-style paddlewheeler. Get a narrated account of this historic town and seaport. Isaac's Restaurant is a favorite of locals with the finest cuisine served by a friendly staff. Choice of Chicken Cordon Bleu or Baked Scrod. **Cost: \$73pp,** includes group transportation, lunch and driver's gratuity. **Full payment due at registration** (  ).

**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** ( ).

## Trip Presentation Slide Shows and discussions.

Join our tour representative for trip presentations on:

**October 17 at 4:00pm for Tropical Costa Rica**



**LOBSTER BASH—starring Bobby Justin. Thursday, July 14, 2016.** Visit the Quidnessett Country Club in Kingston RI overlooking Narragansett Bay. Featured entertainer is a 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, catamarian 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 Mezzanne Tickets, lunch and driver's and tour director's gratuity. **Full payment due at registration** (  ).

**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** (   ).

## TRIPS Continued

### EXTENDED STAY AND OVERNIGHT TRIPS.

**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 and 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** (  ).

**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** (  ).

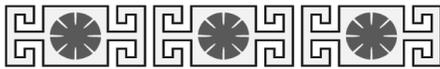
**NETHERLANDS, BELGIUM & PARIS featuring historic Bruges—September 12 -22, 2016.** 11 days, 14 meals. **Cost: \$3,999pp double occupancy, single \$5,049.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance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

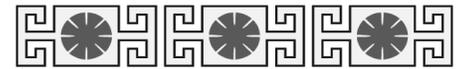
**CANYON COUNTRY featuring Arizona & Utah—October 20-28, 2016.** 9 days, 11 meals. **Cost: \$2,999pp double occupancy, single \$3,759.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration**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

**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** (    )



# June 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></p> <p>Lentil soup &amp; crackers Seafood Salad Plate seafood salad Lettuce &amp; Tomato Marinated cucumber salad Portuguese Roll, Fresh Fruit Low Fat Milk</p>	<p><b>2</b></p> <p>Hamburger Wheat Bun Lettuce, &amp; Tomato &amp; pickle Potato Salad grapes Low Fat Milk</p>	<p><b>3</b></p> <p>Spinach Quiche fresh Zucchini Broiled Tomato Herbed Breadstick Fruit Cocktail Low Fat Milk</p>
<p><b>6</b></p> <p>Herb Baked Chicken Brown rice pilaf Peas Marble Rye Grape Juice Chocolate Cake Low Fat Milk</p>	<p><b>7</b></p> <p>Meatloaf with Gravy Mashed Potatoes Roman Veggie Blend Multi grain dinner roll Peaches Low Fat Milk</p>	<p><b>8</b></p> <p>Spaghetti Chicken Meatballs Bean Blend Garlic Bread Pineapple Juice Fruited Jello Low Fat Milk</p>	<p><b>9</b></p> <p>Cream of zucchini soup Light crunch fish with Tartar Sauce Mashed Sweet Potato Broccoli Wheat Dinner Roll Tropical Fruit Low Fat Milk</p>	<p><b>10</b></p> <p>Egg Salad Sandwich on Croissant Tossed Salad with Cucumber &amp; Vinaigrette Dressing Three Bean Salad Melon Low Fat Milk</p>
<p><b>13</b></p> <p>Pulled Pork with BBQ Sauce Baked Beans Coleslaw Wheat Bun Fresh Fruit Low Fat Milk</p>	<p><b>14</b></p> <p>Italian Wedding Soup crackers Grilled Chicken Caesar Salad Garlic breadstick Fruit Cocktail Low Fat Milk</p>	<p><b>15</b></p> <p>Crab Cake with Tartar Sauce Rice pilaf broccoli slaw Marble Rye Pineapple Low Fat Milk</p>	<p><b>16</b></p> <p>Mashed Potatoes peas and onion wheat dinner roll Apple Juice Coffee Cake Low Fat Milk</p>	<p><b>17</b></p> <p>Veal Roulade with gravy Small Baked potato with sour cream Roasted vegetables Garlic dinner roll Holiday cake Low Fat Milk</p>
<p><b>20</b></p> <p>Hot Dog on Roll Mustard Chili Coleslaw Ice cream Low Fat Milk</p>	<p><b>21</b></p> <p>sausage Pasta with Broccoli Rabe Carrots Multigrain Dinner Roll Grape Juice Tapioca Pudding Low Fat Milk</p>	<p><b>22</b></p> <p>Philly Cheese Steak on Wheat Grinder Roll with pepper and onion Sweet potato fries Fresh fruit Low Fat Milk</p>	<p><b>23</b></p> <p>Mandarin Chicken Vegetable Lo Mein Oriental Vegie Blend Wheat bread Grape Juice Tapioca Pudding Low Fat Milk</p>	<p><b>24</b></p> <p>Tomato Basil Soup potato crusted fish rice pilaf Cauliflower and roasted red pepper Pineapple Juice Pound cake Low Fat Milk</p>
<p><b>27</b></p> <p>Stuffed Salmon with Lemon Sauce Mashed butternut Squash Broccoli Enriched bread Tropical Fruit Low Fat Milk</p>	<p><b>28</b></p> <p>Hot Open Turkey Sandwich on Rye Bread with Gravy Sweet Potato Fries Jardinière blend Fresh fruit Low Fat Milk</p>	<p><b>29</b></p> <p>Spanish chicken qtr yellow rice with vegetables Green Beans Wheat bread Apple juice Rice pudding Low Fat Milk</p>	<p><b>30</b></p> <p>Roast Beef with Gravy Mashed potato Spinach Pumpnickel Roll Cranberry Juice Fruit strudel Low Fat Milk</p>	

**RESERVED FOR SPONSORS**

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

PRESORTED STANDARD  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 722  
 MILFORD, CT 06460

Current resident or

**“ORANGE FRIENDLIES” - May2016**  
**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**

On June 20<sup>th</sup>, Officer Robert Amarone will present part 2 of his personal safety presentation. In addition, we will also have Angela DeLeon from People’s Bank presenting. The event will be at 1:00 here at the Senior Center. Refreshments will be served so please call and reserve your spot for this exciting and informative event.

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