



ORANGE FRIENDLIES

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



MARCH 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.

WORD FROM THE SENIOR SERVICES COORDINATOR & DIRECTOR

On May 13 & 14, 2016 Orange will take on **RAGNAR** a 200 mile relay race. Denise Stein and I have formed a team to run this race to raise funds for the Emergency Fuel Bank and Food Pantry, but we need your help! **Please find on the back of the Newsletter a coupon to send in a donation of any amount to support this team.**

The Rotary Club of Orange will be holding its **Annual Artisan Festival** at St. Barbara's Greek Hall on Saturday, April 9, 2016. Ticket prices are \$15 for advanced purchases and \$20 at the Door. The Artisan Festival is gathering of 400+ guests with up to 30 Artisans (Brewers, Wineries, Chocolatiers, and Restaurants, etc.) for a taste of gourmet foods, hand crafted beverages from local micro-breweries and wineries. The funds raised from this event will go towards supporting Orange Rotary's initiatives both locally and abroad. For more information, you may visit the Rotary website at: www.rotarycluboforange.org.

We want to offer the highest level of service for as little cost as possible. Thus it is our policy that all activities, classes, and trips pay for themselves. In our continuing efforts to be fiscally responsible, you may notice some classes have been phased out while others have a charge. I apologize for the inconvenience this may cause.

Dennis Marsh,
Senior Services Coordinator

A Word from the Director

I don't know if any of you have heard about the IRS Tax phone scam that is going on throughout the area. People are claiming to be IRS agents on the phone and are threatening persons with arrest and worse if money is not sent. Please do not be fooled, the IRS DOES NOT CALL; if they need to reach you they send notice in the mail. If you get any of these calls **DO NOT SEND MONEY and DO NOT PROVIDE ANY PERSONAL INFORMATION!!!** You can report the scam by calling 1-800-366-4484. If you need to contact the IRS you can call 1-800-829-1040. Also, there is property tax relief for residents that meet certain criteria. There is a Senior Stabilization Program that requires the applicant to be an Orange homeowner for 10 years or more with an adjusted gross income of \$52,000 or less. There is the "State Circuit Breaker Program" married applicants need to have an adjusted gross income of \$42,900 or less and single applicant's income of \$35,200 or less. Applications need to be in by May 15, 2016 for tax year 2016-2017. For more information or applications you can go to the Tax Assessors Office or contact Kelly in that office at 203-891-4723.

Joan Cretella, Director
Orange Community Services

PRIDE Presentation

Join us for a presentation on PRIDE on Monday, **March 28 at 1:00pm**. PRIDE helps those who have fallen or needed a "lift assist" to stay safely in their own homes by providing additional, no-cost help from doctors, nurses, and paramedics. Join the Senior Center, OVNA, Orange Police Department and AMR in keeping your home safe.

Volunteer Recognition Party

Allow us to celebrate all you do on **April 18, 1-3pm** with a Volunteer Recognition Party. All volunteers are invited for a special party for us to say thank you for all you do. Dessert and thank you from 1-2, entertainer from 2-3. To RSVP call (203) 891-4784.



Volunteer Fair



Come join us on **March 18 from 10-12 noon** for our first Volunteer Fair. Orange Community Services along with Vitas Healthcare, Woodbridge Human Services and the Orange Visiting Nurses Association are hosting a Volunteer Fair at the High Plains Community Center Gym. Come learn about the many wonderful opportunities available to join to volunteer and do something fun and enriching. For further information call (203) 891-4784

Blood Pressure Screenings with the Parish

The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center **March 1** from 10 – 11:30am for blood pressure screenings. The OVNA Blood Pressure check, 3rd Thursday of the Month: **March 17** at OVNA.

AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **March 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.

Money Management

Money Management Club, will meet Tuesday, **March 1 & 15** in the Senior Lounge, from 9:00 to 10:00am. Mon March 1, Bryan Etter of Wiley Law will speak about Estate Planning. March 15 Harry Garafalo of Shop Rite will address the group. All are welcomed. This is intended for entertainment purposes only.

Lunch & Fun — Colonial Tea

Thursday, **March 10** 12:30pm, **Colonial Tea & Luncheon with Velya Jancz-Urban**. Lunch, coffee and desserts will be served 12:00—2:00pm. \$10 a ticket. Ticket required.

Movie of the Month

Friday, **March 11**, **The Theory of Everything**, 1:00pm. A look at the relationship between the famous physicist Stephen Hawking and his wife Jane. Popcorn & soda will be served. Call for a seat.

Wellness Seminar—Food Labels

Join us **March 11** for Wellness Workshop at 11:15am. Nutrition Special Topics: Learn about anti-inflammatory foods, acid/alkaline balance, the science of caffeine consumption and the benefits of juicing. Call or stop by the office to register, 203-891-4784.

♪ United Girls Choir ♪

FREE! March 23 we will have a *very special* concert with the Shelton division of the **United Girls Choir**. If you have



ever seen them perform then you know how wonderful they are. Coffee and dessert will be served at 5:30pm. The music begins at 6 pm. RSVP at (203) 891-4784

Book Club

The monthly book club will meet Monday, on **March 28**, from 2:00-3:30pm in room 3. This month is **Between the World and Me** by Ta-Nehisi Coates.

Vinny Carr—St Patrick's Day Cabaret

Monday, **March 14**, 1:30—3:00pm, **Vinny Carr** will be performing at our St. Patrick's Day themed Cabaret. We look forward to seeing you there. Call to reserve a seat at (203) 891-4784

Living Treasure Nominations

Nominations are currently being accepted through **March 11, 2016** for the 2016 Living Treasure Awards.

It's Back!

Maplewood Mondays

3rd Monday of the Month—**March 21**, 2-3pm, **Chef Lief** will bring his culinary delights for you to sample. Pre-signup is required (203) 891-4788.

Technology, Writing, and other classes

Monday

Social Media, Monday **Mar 7-28**, 9-11am, \$20

Technology Office Hours, Mondays **11-12pm**, for help with a Tablet, Smartphone or Laptop. by appointment only,

Tuesday

Intermediate iPhone, Tuesdays, **Mar 1-22**, 9-11am, \$20

Crafts, Friday, **March 18—1-3pm** pre registration, \$30

Wednesday

Children's Books, Wednesdays, **April 6— June 8**, 10-11:30am. Reading, Writing, and Appreciation \$50

Photography, Wednesdays, **10-12** Apr 6 - Apr 26, \$20

Friday

Poetry, Fridays, **Mar 4-18**, 9:15-10:15am, \$25

Flower Arranging **Mar 18, 10—12**, pre registration, \$30

Creative Writing, Fridays, **April 1— June 10**, 10:30-12noon, \$50

Tea & Scrabble, Fridays, 12-2pm

~ 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, so be sure to join us in any number of our healthy activities!

Adult Coloring/Zendoodle: Tuesday at 1:00pm, no instructor

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

Laughter Yoga: Wednesday with Connie at 9-9:30am

Line Dancing: Friday with Evelyn at 1:00pm

MELT: Monday & Thursday with Tara at 11:15am, \$25

MELT Roller: Tuesday with Tara at 11:15am, \$25

Pilates for Seniors: Mon & Fri with Tara at 10am, \$50

Spiritual & Emotional Wellness: Friday with Tara at 1:00pm. This month's book— Real Happiness by Sharon Salzberg. The cost of the book is \$15

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

Tap Dancing: Monday with Karen at 10:00am

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

Zumba Gold: with Danielle on Monday at 11:00am, Wednesday at 11:00am, Friday at 10:30am

Class	Date	Description	Instructor
Bridge—Beginners Thursday 1:00—3:00pm \$50.00, 10 wks	Apr 7 – June 9	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	Apr 1 – June 3	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
Childrens Books Wednesday 10:00-11:30 \$50.00, 10 wks	Apr 6 – June 8	Structured class of Reading, Writing, and what it takes to get published as a children’s author	Aubry Monahan Room 2
Creative Writing Friday 10:30-12:00 noon \$50.00, 10 wks	Apr 1 – June 3	If you enjoy writing but find you seldom have time to do it, join our new Creative Writing Workshop.	Aubry Monahan Room 6
Fitness T/Th 9:00 & 10:00am \$30.00, 12 wks	Apr 5 – June 21	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health.	Tara Graham Gym
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 \$25.00, 5 weeks	Mar 2 - Mar 30	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
MELT Roller Tuesday 11:15am \$25.00, 5 weeks	Mar 1 - Mar 29	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
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Apr 5 – June 7	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Photography Wednesdays, 10:00-12:00 \$20.00, 4 wks	Apr 6 - Apr 26	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	Apr 1 - June 13	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility. No class May 30	Tara Graham Room 2
Poetry Friday 9:15-10:15am \$50.00, 10 wks	Apr 1 – June 3	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	Apr 1 – June 3	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	Apr 4 - June 13	Set those feet dancing and feel the excitement of dance! No class May 30	Karen Goodman Room 15
Yoga – Mondays 9:15-10:30am \$50.00, 10 wks	Apr 4 - June 13	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class May 30	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Jan 6 - June 8	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	Apr 1 – June 3	Yoga has been found to improve health, flexibility, awaken inner energy and quiet the mind.	Tara Graham Senior Lounge
Yoga Dance Thursdays, 10:00—11:00am \$50.00, 10 wks	Apr 7 – June 9	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	Apr 1 - June 13 10 weeks	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class May 30	Danielle Pettitt Gym

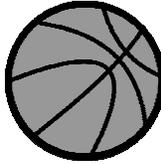
TRIPS

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.

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** ( ).

Trip Presentation Slide Shows and discussions.

Join Collette Tours for trip presentations on:

March 22, Tuesday at 4:00pm for Canyon Country
April 25, Monday at 4:00pm for The Plains of Africa
Coming soon... at 4:00pm for Tropical Costa Rica

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 at 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** (  ).

WILL & ANTHONY: The essence of Broadway meets the music of old Italy at Aqua Turf. May 24, 2016.

These identical twins will delight you with their fresh take on pop standards, Broadway show stoppers and classical Italian music. Family style lunch: garden salad, Pasta, chicken parmesan, & salmon, vegetable, potato, rolls. **Cost \$92**. Includes transportation, lunch, admission and driver's gratuity. **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** ( ).



TRIPS Continued

EXTENDED STAY AND OVERNIGHT TRIPS.

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** ()

LOBSTER BASH—starring Bobby Justin. Thursday, July 14, 2016. Visit the Quiddnessett Country Club in Kingston RI overlooking the Narragansett Bay. Featured entertainer is a the dynamic and versatile 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** ()

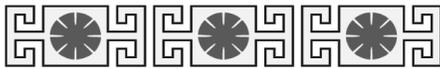
CONNECTICUT LIGHTHOUSE TOUR. August 16, 2016. Enjoy this no minimum tour aboard the Sea Jet, a smooth sailing, catamarian equipped with modern airline style seating on 2 enclosed AC passenger decks with a spacious outdoor viewing deck. Enjoy the narrated history of 7 lighthouses and 2 forts. After the cruise we will visit Mohegan Sun Casino where you will 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** ()

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** ()

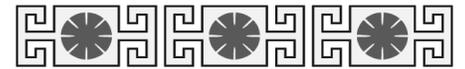
CANYON COUNTRY featuring Arizona & Utah—October 20-28, 2016. 9 days, 11 meals. The highlights include: Scottsdale, Oak Creek Canyon, Kaibab National Forrest Grand Canyon, Lake Powell, Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise, Bryce Canyon National Park, Zion National Park, and Las Vegas. **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 Planation, 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** ()



March 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>1 Hot Open Turkey Sandwich W/Gravy on Wheat Bread Cranberry Sauce Sweet Potato Fries blended Broccoli Oatmeal Cookie Apple Juice Low Fat Milk</p>	<p>2 Baked Stuffed Peppers Carrot Coins Dinner Roll Ice Cream Cup Grape Juice Low Fat Milk</p>	<p>3 Chicken Parmesan Ziti With Sauce Parmesan Cheese Tossed Salad/Tomato Italian Dressing Bread Stick Peaches Low Fat Milk</p>	<p>4 Cream of Carrot Soup Unsalted Crackers LS Tuna Salad Plate on Lettuce W/Celery & Carrot Sticks, Cucumber & Tomato Rye Bread Grapes Low Fat Milk</p>
<p>7 Oven Fried Chicken Macaroni and Cheese Green Peas Wheat Bread Pears and Peaches Low Fat Milk</p>	<p>8 Split Pea Soup Unsalted Crackers Turkey Sloppy Joe on Wheat Bun Green Beans Seasonal Fresh Fruit Low Fat Milk</p>	<p>9 Meatloaf/LS Gravy Mashed Potatoes California Blend Veg Wheat Roll Mandarin Oranges Low Fat Milk</p>	<p>10 Stuffed Salmon Filet W/ Lemon Dill Sauce Roasted New Potatoes Pumpnickel Bread marble cake Pineapple Juice Low Fat Milk</p>	<p>11 Eggplant Rolatini Penne with Sauce Parmesan Cheese Italian Blend Veg Garlic Bread Apricots low fat milk</p>
<p>14 Hamburger on Wheat Bun Catsup, Lettuce, Tomato & Pickle Steak Fries Coleslaw Pineapple Low Fat Milk</p>	<p>15 Broccoli Quiche Zucchini & Tomatoes Hash Browns Whole Wheat Bread Frosted Chocolate Cake Orange Juice Low Fat Milk</p>	<p>16 Sliced Roast Turkey LS Gravy small Baked Sweet Potato Peas & Carrots Family Grain Bread Scalloped Apples Low Fat Milk</p>	<p>17 St. Patrick's Day Corned Beef Cabbage Boiled Potatoes Carrots Irish Soda Bread Bread Pudding W/ Topping Low Fat Milk</p>	<p>18 Vegetable Barley Soup Unsalted Crackers Seafood Salad Plate, Lettuce & Tomato Lemon Orzo Veg Salad Wheat Roll Fresh Fruit in Season- no apple Low Fat Milk</p>
<p>21 Lite Crunch Fish Lemon/tartar sauce sweet potato fries zucchini & yellow squash multi grain bread apricots Low Fat Milk</p>	<p>22 Beef Stew Noodles Baked Acorn Squash small Biscuit Peaches Low Fat Milk</p>	<p>23 Tangerine Chicken Brown Rice Pilaf Oriental Blend Veg Rye Bread Pineapple & Mandarin Oranges Low Fat Milk</p>	<p>24 Glazed Ham Sweet Potato Pone Whole Green Beans Rye Bread Hot Cross Bun Low Fat Milk</p>	<p>25 Closed for Good Friday</p>
<p>28 Cranberry Juice Stuffed Chicken Breast W/Lemon Cream Sauce Herb Stuffing Peas and onions Wheat Dinner Roll Low Fat Milk</p>	<p>29 Spaghetti W/meatballs Parmesan Cheese Slice Garlic Bread Spinach Salad Vinaigrette Dressing Low Fat Milk</p>	<p>30 New England Clam Chowder Unsalted Crackers Turkey Salad Plate baked apple slices Pumpnickel Roll Low Fat Milk</p>	<p>31 Beef & Bean Chili Baked Potato Wedges Tossed Salad W/Tomato & Shredded Cheese Tortilla Chips Fresh Orange Wedges 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

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

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Current resident or

“ORANGE FRIENDLIES” - March 2016
Senior Services Coordinator—Dennis Marsh, 203-891-4784

Lions Club Pizza Party Rescheduled!

The Lions Club of Orange Pizza Party has been rescheduled to Monday, **March 7**, 1:30—3:00pm. **Michael Ciulla** will be performing. You may recognize Michael from his performances with Kickback Duo. The sign up roster from last month will be carried over. We look forward to seeing you there. Thank you Lions!



Weather Policy

If the Orange Elementary schools are closed due to weather then classes are canceled for that day. If the Orange Elementary schools are delayed then all classes within the delay period are canceled. School closings and delays are reported on WTNH-8 Any questions you are encouraged to call the senior center office (203) 891-4784.

Coldwell Bankers—Mary Ann White’s Recipe for Hawaiian Carrot Cake

1.5 cups corn oil; 2 cups sugar; 3 eggs; 2 cups flour; 2 tsp. Baking soda; 2 cups shredded carrots (on side of grater); 1 cup chopped nuts; 1 small can crushed pineapple (use juice also); 3/4 cup coconut. Put it all in a bowl and just mix together. 9 x 13 greased and floured pan - 350 degrees - 50 minutes.

Frosting

4 tbs. flour and 1 cup milk - cook until thick - cool. Add 1 stick margarine, 1/2 cup shortening (I used Crisco) and 1 cup sugar and beat until fluffy.

Support Orange’s Ragnar 200 Mile Relay Race Team

I want to show my support for Team Orange and support the Town’s Fuel Bank & Food Pantry by pledging \$ _____

Name: _____

Phone #: _____

Please make checks payable to “Treasure-Town of Orange”. Checks can be mailed to Orange Community Service, 525 Orange Center Rd, Orange CT 06477 attention Ragnar.

Word from the Municipal Agent

On March 7th, the dental hygiene department of University of New Haven will be here to do a presentation on the importance of Oral Hygiene. There will be speakers, goodie bags and refreshments. Please call the office at (203) 891-4784 so we can tell UNH how many to expect.

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