



ORANGE FRIENDLIES

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



MARCH 2014

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

Thank you to all who took the time to complete a survey. I have been pouring over them. Many people requested Money Management meetings, Choir, and Health seminars. We now have a Money Management group meeting biweekly, Fridays 3/14 & 3/28. We have a Chorus beginning this month 3/14 (see the back page for details), and at the time I am writing this I have been arranging with our new Fitness instructor, Tara Graham to present a series of monthly Wellness Seminars. I am planning healthy eating topics for starters.

Happy St Patrick's Day! That's right St Pat's is this month. To celebrate, Tom Hanford will return to the senior center. This time he will use his fiddle to play Irish pub songs. So grab your beer goggles, raise your glasses high and join me in singing some rowdy melodies!

Dennis Marsh
Senior Services Coordinator



A Word from the Interim Director

Hope you all had a great February and are staying warm and dry. We need to be prepared for emergencies especially, weather related. The Citizens Emergency Response Team (CERT) will be here at the senior center on Monday April 7, 2014 at 1:00 to present "Why you need to Prepare for Emergencies". So mark your calendars! Call the senior center to let us know you are going to attend. I continue to meet many of you and encourage you to stop by my office any time. My door is always open! Warmer days are coming; the first day of spring is March 20th. Have a great month.

Joan Cretella
Interim Director



Lunch & Learn is now **LUNCH & FUN!**



A special Friday Lunch & Fun, on **March 14**, from 11:30am to 1:00pm. **Rita's African Show**, with Rita Wagener. Rita is a native of Uganda and will share her customs, culture, and believes of her people. Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane! You don't need a passport to go on this journey with Rita and her audience! Rita involves the audience by inviting them to participate in modeling and dancing. It's a great time for everyone! Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to let us know you will be attending

Money Management Club

Money Management Club, a hot new group will have bi-weekly meeting on **March 14 & 28**, from 9:00am 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. No sales professionals are involved. This group is intended for entertainment purposes only.

AARP Tax Preparation

Free income tax assistance provided by the AARP Tax-Aide program will begin. Sessions are held on Wednesdays from 9am to 12pm. Call the Center to schedule an appointment with a certified AARP Tax-Aide counselor. If married, both husband and wife need to be present.

New Recycling Schedule

The Orange Recycling Committee has been working tirelessly to help Orange better recycle and not waste our nation's resources. Congratulations to them for all of their success. Actually they have been so successful that the carting company needs another day for pickups. So be on the look out for the new schedule. There is a map depicting the new routes and week day each road will be served hanging in the High Plains Community Center. Keep on recycling Orange!



Teen Tech Talk

Tuesday, March 11th -4 pm Rabbi Wainhaus and the Congregation Or Shalom Amity High School Teens will offer personalized help with iPhone, iPad, and lap top computers.

Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Community Center **March 4** from 10:00 – 11:30am for blood pressure screenings.

Bereavement Group: Finding Comfort in Our Time of Loss

Coping with the loss of a loved one has no set time frame. There are moments when we seem to be managing just fine and then there are moments when we continue to struggle. Please come join us as we support one another in a shared loss. Laughter and tears are both welcome. The group is facilitated by Jan Cowles, Bereavement Coordinator for Constellation Hospice here in Orange. The group meets bi-weekly, **March 4**, and **March 18**, from 10—11:30am room 2 at the Senior Center. Call Jan to let her know you are coming at 203-497-3888.

New AARP Smart Driving course

The next AARP Driver’s Training course will be Thursday, **March 6**. 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.

Cabaret—St Patrick’s Day



Join us on Monday, **March 17**, for a **FREE St. Patrick’s Day Cabaret** from 1:30 to 3:00pm. **Tom Hooker Hanford** returns to lead us in Irish Pub songs. Coffee and dessert will be available. Seats are limited to the first 80 so call the center to reserve a seat!

i-Club

The i-club will be meeting the third Thursday of the month—**March 20**, 11:30am in the Senior Lounge. The club meets to discuss the wonderful apps found, answer questions, and share experience using i-phones, i-pads, and laptops.

Movie of the Month

Friday, **March 21**, 1:00pm, “**Lee Daniels—The Butler**”. As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society. Popcorn & soda will be served. Call the center to let us know you are coming.

Living Treasure Nominations

Nominations are currently being **accepted through March 7, 2014** for the 2014 Living Treasure Awards. The three individuals chosen will be honored at the Senior Center’s Pasta Festa! on May 9, 2014. Nominees must be current residents of Orange and at least 65 years of age. As a volunteer, they must have demonstrated positive actions to improve the quality of life for individual residents or enhanced the Orange community. Nomination forms are available in the Orange Community Services office.

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. Call the Senior Center office for more information.

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. Parking is available along the fairgrounds at the Community Center.

RAGTIME at the WESTCHESTER THEATER—Thursday, March 13, 2014. E.L. Doctorow’s novel comes vividly to life in this Tony Award-winning musical set against the backdrop of the ragtime craze in New York City and New Rochelle. This award winning musical intertwines the stories of three families, as they confront timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in turn of the century America. Cost \$97pp Includes transportation, lunch, driver’s gratuity, admission to the show. **Full payment due at registration** (👟).



ISRAEL: Biblical Journey – March 19-27, 2014 (9 days 15 meals). Enjoy Israel on a comprehensive tour that features Jaffa, Caesarea, Nazareth, Cana, Tiberius, Sea of Galilee, Capernaum, Golan Heights, Caesarea Philippi, Mount Tabor, Bethlehem, Jerusalem, Mount of Olives, Mount Zion, Western Wall, Via Dolorosa, Garden Tomb and so much more. **Cost is \$3,399pp with early booking discount, double occupancy. Cancellation insurance is available. A passport is required.**(👟👟👟).

St Patrick’s Day trip—DUBLIN CITY RAMBLERS @ FOXWOODS—Wednesday, March 19, 2014. See Ireland’s #1 Ballads/Folk group of the year on a limited engagement US Tour. Cost \$64. Includes transportation, Foxwoods Bonus Package, Buffet Lunch, driver’s gratuity, reserved seating. **Full payment due at registration** (👟👟👟).

BROADWAY—Motown the Musical or Kinky Boots (You Choose the Show) - April 2. Lunch at Carmine’s in New York, family style with platters of Rigatoni & Broccoli and Chicken Parmigiana. Choose between either **Motown the Musical**—the real story of the one-of-a-kind sound that hit the airwaves and changed our cultural forever. Or you can choose to see **Kinky Boots**—which features a richly diverse musical score from Grammy Award-winning Cyndi Lauper. Boots won six 2013 Tony Awards including Best Musical and Best Choreography. **Cost for Motown: \$223 pp and cost for Kinky Boots is \$203 pp.** Includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation. Now accepting registrations** (👟).

2014 Trips Continued

THE POMPEII EXHIBIT – April 12-13, 2014 (2 days & 1 night). Includes a guided tour of Philadelphia with a local historian in colonial dress. See the popular murals of the city. Stay at the Crowne Plaza of Wilmington North. Visit the famous Franklin Institute and experience one of the most famous volcanic eruptions of all time. Includes transportation, hotel, wine & cheese reception, Dinner & Show at the hotel, guided tour, breakfast, admission to Pompeii exhibit, baggage handling, taxes, driver and escort gratuities. **Cost is \$307pp, double occupancy. Cancellation insurance is available.** (👟👟👟)



THE RIDE—Monday April 21, 2014. Start off with a stop at Eataly, a 50,000 square foot space which features multiple restaurants, a microbrewery, pizzeria, year-round rooftop beer garden and more. Lunch is on your own. In the afternoon, combining entertainment and tourism, The Ride drives through NYC. Stop and see performances in front of such sights as Grand Central Station, 42nd Street, Central Park, and more. Cost \$110. Includes transportation, driver's gratuity, admission to The Ride. **Full payment due at registration** (👟).

THE CONNIE FRANCIS TRIBUTE SHOW—Thursday May 8, 2014. Donna Lee and her dynamic band bring new life to the music of Connie Francis. In this performance you will hear her perform your favorite songs from a pop legend. Dine family style at the Grand Oak Villa with salad, Pena Pasta, Chicken Parmesan, Pork Loin, Roasted Potatoes, and mixed vegetables. Cost \$70. Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** (👟).

SOUTH DAKOTA AND THE BADLANDS – May 27—June 2, 2014 (7 days 10 meals). Experience South Dakota Black Hills and Badlands featuring an 1880 train, Black Hills Gold, Crazy Horse Memorial, Needle Highway, Custer State Park, a Chuck wagon Supper, Hot Springs, Deadwood, Badlands National Park, and Wall Drug Store. **Cost is \$1,999pp, double occupancy with early booking discount. Cancellation insurance is available.** (👟👟👟)



BOOTHBAY HARBOR MAINE

– Wednesday, May 28-30, 2014. Lunch and scenic guided tour of Kennebunkport. Visit the Franciscan Monastery. Enjoy a 2 night stay at the waterfront motel, Cap'n Fish's Inn. Visit the Boothbay Railway Village, the new Coastal Maine Botanical Gardens, and enjoy an afternoon scenic Harbor cruise. Enjoy an authentic Maine Lobsterbake dinner. Cost \$452 pp double. Includes transportation, overnight accommodations, 4 meals, admissions, and driver's gratuity. **Deposit due at registration** (👟👟👟).

A DAY AT THE RACES! – Monday, June 16. Experience the excitement of thoroughbred racing at the grandest track in New England. Includes Clubhouse admission and a daily Racing Program. Also includes a complete luncheon buffet. Cost \$67 Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** (👟).

ALL YOU CAN EAT LOBSTER – Thursday, July 10, 2014. Details to be announced (👟).

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

ODYSSEY LUNCHEON CRUISE – Tuesday, August 12, 2014. 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 \$85 Includes transportation, cruise on Boston Harbor, driver's gratuity, and elegant luncheon. **Full payment due at registration** (👟).

GREECE – Sept. 28—Oct. 12, 2014 (15 days 23 meals). **Cost is \$4,299pp with early booking discount, double occupancy. Cancellation insurance is available. A passport is required.**(👟👟👟)

MARY-ANN WHITE'S RECIPE OF THE MONTH

You may recognize this treat from Mary-Ann at our January's Cabaret. Mary-Ann is the realtor from Coldwell Banker (203) 795-2464

Mini Pretzel Toffee – easy and so good

Ingredients

8 ounces mini pretzels, broken into smaller pieces,
1 cup (2 sticks) butter
1 cup packed light brown sugar
2 cups (one 12-ounce bag) semisweet chocolate chips
Sea salt

Directions- Preheat the oven to 375 degrees F. Line an 11X17-inch baking sheet with aluminum foil. Cover the bottom of the pan with broken mini pretzels and set aside.

In a medium saucepan over medium heat, combine the butter and brown sugar. When the mixture starts to gently simmer and bubble, let it cook for 3 minutes without stirring. Immediately pour caramel mixture over the pretzels in a back and forth motion to cover most of the pretzels.

Bake for 5 minutes. Remove the pan from the oven. Immediately sprinkle chocolate chips evenly over the top of the hot caramel and pretzels. Let the chocolate chips sit for 2-3 minutes until they melt. Use an offset spatula or rubber spatula to gently spread the melted chocolate over the toffee. Lightly sprinkle with sea salt. Let the toffee cool completely at room temperature then refrigerate if needed to help the chocolate set up. Break the toffee into pieces and try not to eat the whole batch.



MARCH 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Herb baked chicken qtr Fresh Sweet potato Green beans Rye bread margarine Fresh fruit low fat milk</p>	<p>4</p> <p>Cajun Pork Louisiana Rice Spinach Biscuit Margarine Sweet Potato Pie Low Fat Milk</p>	<p>5</p> <p>Fish Almandine Baked Potato/Sour Cream French Green Beans Wheat Dinner Roll Margarine Strawberry Chiffon or Angel Food Cake Low Fat Milk</p>	<p>6</p> <p>Chicken noodle soup Unsalted crackers Potato Encrusted Pollock Confetti brown rice Spinach Multigrain dinner roll Margarine Pears Low Fat Milk</p>	<p>7</p> <p>broccoli quiche stewed tomato and zucchini Tossed salad with cucumber and Italian dressing oat bread margarine Mandarin oranges low fat milk</p>
<p>10</p> <p>Barilla plus spaghetti Meatballs marinara Broccoli Parmesan cheese Herbed breadstick margarine Peaches low fat milk</p>	<p>11</p> <p>Pork loin with LS gravy Applesauce garnish Scalloped potato Peas & Mushrooms Multigrain bread margarine Fresh fruit low fat milk</p>	<p>12</p> <p>New Orleans Chicken Brown rice Oriental blend Wheat bread margarine Pineapple tidbits low fat milk</p>	<p>13</p> <p>Pot roast with LS gravy Mashed potato Fresh Acorn Squash Wheat dinner roll margarine Apple juice Iced chocolate cake low fat milk</p>	<p>14</p> <p>Vegetable barley soup Unsalted crackers Seafood salad plate with seafood salad, lettuce, tomato and carrot/raisin salad Pumpnickel bread margarine Cherry jello W/pears low fat milk</p>
<p>17</p> <p>Corned Beef & Cabbage Boiled Potatoes Carrots Irish Soda Bread Margarine Bread Pudding W/Topping Low Fat Milk</p>	<p>18</p> <p>Oven fried chicken macaroni and cheese spinach biscuit margarine applesauce low fat milk</p>	<p>19</p> <p>Swedish meatballs Noodles Green and wax bland Oat bread margarine Peaches low fat milk</p>	<p>20</p> <p>Lentil soup/LS crax Turkey, ham, cheese Tossed salad/cucumber French dressing Croissant margarine Mandarin oranges low fat milk</p>	<p>21</p> <p>Vegetable Omelet roasted tomato Grilled vegetables Rye bread margarine pineapple tidbits low fat milk</p>
<p>24</p> <p>Cheeseburger wheat bun Lettuce/tomato Ketchup Coleslaw Baked beans fresh fruit low fat milk</p>	<p>25</p> <p>minestrone soup w/ crackers Granioli spinach ravioli Meatball marinara Tossed salad with tomato Italian dressing Italian bread margarine Italian ice low fat milk</p>	<p>26</p> <p>Baked Ham with LS gravy O'Brien potato Mixed vegetables Oat bread margarine apricots low fat milk</p>	<p>27</p> <p>Turkey with LS gravy Stuffing Bean blend Cranberry sauce Biscuit margarine Green jello with mixed fruit low fat milk</p>	<p>28</p> <p>crab cake with tartar sauce Roasted potato Broccoli whole wheat bread 1 tsp margarine Pineapple juice Berry strudel low fat milk</p>
<p>31</p> <p>Turkey and bean chili Brown rice Chuck wagon blend Corn bread margarine Tropical fruit salad low fat milk</p>		<p>Lunch Program 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>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	Mar 6 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
Bereavement Group Tuesday 10:00—11:30am No cost, bi-weekly	Mar 4 & 18 Apr 1, 15, & 29	Coping with the loss of a loved one has no set time frame. Join us for a bi-weekly support group. No charge. Pre-register @ 497-3872	Jan Cowles Constellation Hospice Rm 2
Bridge—Beginners Thursday 1:00—3:00 \$60.00, 10 wks	Apr 3— June 6	This class is for beginners of Bridge and want to learn the game.	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Apr 4— June 13	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
Chair Exercise Monday & Friday 11:00am	Ongoing No fee	This is a great form of exercise for seniors and for those with disabilities.	Mary Jewell Senior Lounge
Fitness T/Th 8:45 & 10:00 \$25.00, 12 wks	Apr 1 – June 19	This fun-filled class combines lightweight lifting, stretching, and balance which burns calories and improves health.	Tara Graham Gym
Choir Friday 1:00 & 2:45 \$60.00, 10 wks	Apr 4 – June 13	Vocal Auditions (to determine voice part/range only) will begin March 14. Official begin date will be April 4, 2014. All will be accepted.	Tamara Witkin Marcus Room 15
Computers—iPad Wednesday 9:30—11:30 \$25.00, 4 wks	May 7 - May 28	If you own an iPad or have considered getting one, then this class is for you. Learn the popular features that go underutilized.	Kathleen Gorelick Computer Lab
Computers—iPhone Wednesday 9:30—11:30 \$25.00, 4 wks	June 4 - June 25	Learn the popular features that go underutilized. If you want to get more out of your iPhone, then this class is for you.	Kathleen Gorelick Computer Lab
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	On going No fee	Dancers form one or more lines and repeat a sequence of steps, executing the steps at the same time. No class 4/18	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks	Apr 1 – June 17	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$60.00, 12 wks	Apr 4 - June 27	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 4/18	David Chandler Room 15
Tap Dance I Mondays, 9:00—10:00am \$50.00, 10 wks	Apr 7 - June 16	Catch the rhythm and learn the basics of tap dancing while having fun exercising. No class May 26	Karen Goodman Room 15
Tap Dance II Mondays, 10:00-11:00 am \$50.00, 10 wks	Apr 7 - June 16	Set those feet dancing and feel the excitement of seeing a dance come together. No class May 26	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	Apr 2 - June 18	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$40.00, 10 wks	Apr 7 – June 16	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class May 26	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	May 7 - July 13	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—10:30 \$50.00, 10wks	Apr 3 – June 5	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. Movement to global music	Andrea Cashman Senior Lounge
Zumba Gold Fridays, 10:30-11:30am \$20.00, 6 wks	Feb 21- Mar 28	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to be easy to follow by all individuals.	Brooke DeRosa Room 15

Quick View of classes and activities - March 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 9:00pm Tap I 10:00am Tap II 11:00 am Chair Exercise 1:00 pm Billiards	8:45 am Fitness 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor 10:15 am Yoga 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 9:30 am Yoga Dance 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 10:45am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:00 pm Bridge Intermediate

Special Events - March 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Mar 17 St. Patrick's Day Cabaret —Tom Hanford 1:30—3:00pm Mar 24: Afghan Ladies 1pm <hr/> April 7 CERT Presentation: "Why you need to Prepare for Emergencies" 1:00pm	Mar 4 Parish Nurses Blood Pressure Screenings 10:00 am Mar 4: Bereavement Group 10:00am Mar 11: Teen Tech Talk 4:00pm Lounge Mar 18: Bereavement Group 10:00am	Mar 5 Legal Clinic , Call for an Appointment Mar 5, 12, 19, & 26: AARP Tax Preparation begins Mar 19: Israel Trip Departs Mar 19: Foxwoods: Dublin City Ramblers Trip Departs 9:00am	Mar 6: AARP Driving Course , 9:00am Mar 13: Ragtime: Westchester Theater Trip Departs Mar 20: I-Club 11:30am	Mar 7: Living Treasure Nomination Deadline 4:00am Mar 14: Money Management Club . 9:00am Mar 21: Movie of the Month "Lee Daniel's The Butler" 1pm Mar 28: Money Management Club . 9:00am

**TOWN OF ORANGE
COMMUNITY SERVICES**

525 Orange Center Rd.
Orange, CT 06477



Current resident or

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

Calling All Singers! Come join the all new Senior Chorus Senior Center Chorus will be conducted by Tamara Witkin Marcus.



Chorus will be on Fridays from 1 – 2:45pm beginning **March 14**. The weeks in March will be used to audition those interested in participating. The spirit of the chorus will be to allow everyone to join and participate. Auditions are for identifying skill level or “placement” purposes. The official start date is April 4, will run 10 weeks until June 13.

You Pick the Choir Songs List...

With the Chorus starting give us your suggestion for 3 songs they should learn. Just submit your choices to the Senior Center offices at dmarsh@orange-ct.gov, mail to: Orange Senior Center, 525 Orange Center Rd, Orange CT 06477, or call (203) 891-4784.

Teen Tech Talk

Tuesday, **March 11**, Congregation Or Shalom & Amity High School Teens will offer personalized help with iPhone, iPad, and lap top computers. Coffee & dessert will be served. Call to RSVP.

Greece Trip Presentation

Collette Tours will present our Greece trip **March 10**. 4:00pm in the Senior Lounge. This trip is set to depart September 2014. Call the office to let us know you are coming.



Vitas Veteran’s Coffee Hour

Veteran Coffee Hour. Presented by VITAS Innovative Hospice Care. Wayne Rioux is a U.S. Army Vietnam Era Veteran who served from 1973 to 1975. He engages Veterans in conversation about their military service experiences, assignments, their likes and dislikes about the military. He will provide information and paperwork on the CT Veterans Wartime Service Medal veterans are entitled to and distribute application forms for the Honor Flight. He will also discuss benefits available at the very end of life. Veterans and family members

Bingo

Come join us for Bingo on Thursday, 1:00pm – 3:00pm in the Senior Café.

Fire Marshal’s Office CO Detectors

Orange Fire Marshal’s Office will provide and/or install CO detectors FREE to any Town resident. Call them at 203-891-4711