



ORANGE FRIENDLIES

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



NOVEMBER 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

November is here and it is time to say our thanks to all those we know & love. So let me start off by saying I am thankful to all of you who come to the senior center and attend our programs each and every day.

I am also thankful to Mr. & Mrs. John Dorais for donating a beautiful piano to the senior center. You will certainly be pleased when you hear it at some of our upcoming events!

Thank you to all veterans for their service. Be aware that the American Legion Post 127 are looking for donations of hats, gloves and scarves for veterans in need. Post 127 will collect the donations and distribute them. Look for their box at the entrance to the HPCC café.

Dennis Marsh,
Senior Services Coordinator

Pumpkin & Apple Pie Social

Do you like apple or is it pumpkin that strikes your fancy? Well come join us on **November 14 from 1:30-3:00pm** for our first **Apple & Pumpkin Pie Social**. We have had Ice Cream Socials, this time we are doing it with pie and cider! We have a special musical guest—**Justin Chandler**. He sings today's country hits. Call the office to let us know you are coming. We will love to see you!

Call for Nominations for Living Treasures

Nominations are currently being accepted through **March 13, 2015** for the 2015 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, Town Hall, and can be printed from the town's website at www.orange-ct.gov, www.orangeseniors.org or Facebook/Orange Senior Center. The three individuals chosen will be honored at Pasta Festa! on May 15, 2015.

3rd Annual Holiday Market

Friday, December 5, just in time for the holiday! Local crafters and vendors will be on hand from 10-3pm. All proceeds go to the Community Assistance Fund. We do need baked items for the Senior Center Bake Sale table.



A Word from the Director

Hello all. October has zipped by and Fall is here in all its glory! As the Holiday Season is upon us, Community Services will be busy collecting food baskets for our families and residents in need. We look for residents, organizations and businesses to sponsor the food baskets. We can also use donations of gift cards to distribute to supplement the baskets. Please let us know if you wish to be a sponsor, just give us a call at Community Services 203-891-4788. If you are able, please consider donating non perishable food items to our Food Bank. Have a marvelous November and a Happy Thanksgiving! Stop by my office any time, the door is always open!

Joan Cretella - Director
Orange Community Services

Holiday Dinner Dance

Come join us at the Grassy Hill Lodge for our annual Senior Center Holiday Dinner Dance on Sunday, **Dec. 7 from 12 to 3:30**. The Good 2 Go Band will be the musical entertainment from 1 to 3:30. The menu choices are Prime Rib, Chicken Cordon Bleu, or Baked Salmon. There will be a cash bar. The cost this year will again be \$20 per person thanks to the generosity of the Olga Fund of the Orange Foundation who gave us a grant to pay for the music and to reduce the price of the ticket. Payment and meal choice must be made at the time of reservation. Tables will seat 8 to 10 persons. If you wish to be seated with particular people, payment for the group must be made at the same time. Checks are payable to Treasurer, Town of Orange. Tickets go on sale Nov 3.

8th Annual Holiday Door Decorating Contest

Clubs, Community Groups, Civic Organizations, Schools and Town Departments are invited to decorate one of the hallway doors at the Community Center for the annual Holiday Door Decorating Contest. Stop by the Community Services office and pick up an entry form. The entry **deadline is Nov. 26**. All doors need to be decorated by Dec. 3. Voting will take place between Dec. 3 and 12. The winner will be announced at the Holiday Cabaret on December 15.

Blood Pressure Screenings with the Parish

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

AARP Smart Driving course

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

Lunch & Fun!

Join us Thursday, **November 13, 11:30am**, for *Tracks, Trails, and Treasures* with **Chuck Oates**. Feel the spirit of the old west in this presentation of haunted saloons, abandoned mining camps and ghost towns. Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.

2nd Lunch & Fun!

Join us Thursday, **November 20, 11:30am**, for *the Sons & Daughters of Italy—Player Piano*. Come for some fun as we sing and dance along with a player piano. It is sure to be a real treat! Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.

Money Management

Money Management Club, will host **Chad Lombardi** from Morgan Stanley as he discusses **Municipal Bonds—Staying Ahead of the Curve**, **November 14** from 9:00 to 10:00am. The group will meet again on December 5. 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, **November 21, 1:00pm**, "**Dallas Buyer's Club**" with Matthew McConaughey, and Jennifer Garner. In 1985 Dallas, electrician and hustler Ron Woodroof works around the system to help AIDS patients get the medication they need after he is himself diagnosed with the disease. Popcorn & soda will be served. Call to reserve a seat.

Book Club

Come join us for our FREE Senior Center Book Club to be held **December 1**, from 2:00-3:30pm in Lounge. One meeting a month. This month's title is *My Beloved World* by Sonia Sotomayor.

Holiday Cabaret—Ashly Cruz

Monday, **December 15, 1:30—3:00pm**, **Ashly Cruz** will be performing the Holiday Music in her own passionate style. We will also have **Al & Mary Errato** as special guest with their player piano. Call to RSVP.

Teen Tech Talk

Teen Tech Talk, a partnership between the Orange Senior Center and Or Shalom, brings Amity Teens to the Senior Center to teach seniors how to use their iPhones, iPads, and laptops. The sessions are the 2nd Tuesday of the month, **November 18** at 4:00pm in the Sr. Lounge. RSVP to the office at (203)891-4784.

Election Day

Election Day is **November 4**. The Orange Transportation program is available for rides to and from the polls. Call Kim Callahan, Transportation Coordinator to schedule a ride at (203) 891-4788. Pick ups begin at 9:00am.

Veteran's Day Recognition Event

Join us for a veteran's recognition event in the Senior Café Monday, **November 10**. The program will start with dessert and beverage at 1:30 pm. At 2:00 pm, Tom Callinan will perform; singing various patriotic and veteran themed songs. So please come out to honor our service men and women. Call the office to let us know you are coming!

NEW! Flower Arranging Seminars

Come join us for 2 Flower Arranging Seminars on Fridays before some upcoming holidays. **Nov. 21**—Thanksgiving Theme and **Dec 19**—Christmas/Hanukkah Theme. 10-12 in room 4. \$10 fee will be applied to cover the cost of materials. Call or stop by the office to register (203) 891-4784.

Wellness

Thursday, **November 6**, Tara will discuss **Bitter Sweet - Why sugar makes us fat...and what you can do about it?** from 11:30am-12:30pm. Call to let us know you are coming at (203) 891-4784.

2nd Wellness - MELT

Tuesday, **November 18**, The MELT Method is a collection of treatments that helps reduce the negative effects of aging and an active life. It aids in reducing chronic pain, preventing pain from overuse, misuse or disuse as well as supports our natural repair and restorative capacity. It is based in the cutting edge science of NeuroFascial research and connective tissue, and is a simple, easy-to-learn method.

The MELT Hand & Foot Treatments are "global" treatments, where we treat the hands & feet to stimulate a whole body response using small balls.

Benefits of MELT Method

- Improve flexibility + mobility + posture
- Increase hydration + blood flow
- Alleviate tension + stress
- Recover from injury + surgery
- Reduce inflammation + swelling
- Relieve chronic pain + stiffness

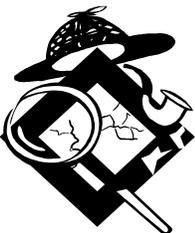
TRIPS

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.

IT'S ALL ABOUT THE 50's at COSTA AZZURRA—
Date Change: Friday, November 7. Lunch is included, choice of: Sliced Sirloin Steak, Stuffed Sole or Chicken Parmesan. After lunch enjoy music by "Big John" Hartman as he performs the music of the 50's. **Cost \$35pp if you drive yourself or \$45pp with Transportation.** Transportation is limited to 12 seats. Includes lunch and admission to the show. **Full payment due at registration (👟👟).**

MYSTERY TRIP—Monday, November 10. It's a Double Mystery Trip! Was it You? Will you survive? Will you figure it out? Do you have what it takes? 🎵 Bum Bum Bum, Bummm...♪. **Cost \$95pp;** Includes transportation, buffet lunch, and driver's gratuity. **Full payment due at registration (👟👟).**



RADIO CITY CHRISTMAS SPECTACULAR—
Thursday, **November 20.** Enjoy lunch at the famous Italian restaurant Carmine's. Your meal will be served family style with platters of Rigatoni & Broccoli and Chicken Parmigiana. After lunch, we head to Radio City Music Hall for the 2014 edition of their Christmas Spectacular, starring the world-famous Rockettes! Be part of this American tradition as a new show will be introduced with a bounty of exciting segments and special effects, while retaining your favorite classical Christmas sights and songs. This is a Holiday Getaway that can't be missed!

Cost \$161pp; includes transportation, Radio City Christmas Spectacular admission, lunch, and driver's gratuity. **Full payment due at registration (👟👟).**

TEXAS TENORS—Thursday, December 11. A return engagement for America's Got Talent stars, The Texas Tenors. With a mix of classical and country sounds, they have the perfect show to start your holiday season. **Cost \$59pp;** includes transportation, reserved seating, Foxwoods Bonus Package, and driver's gratuity. **Full payment due at registration (👟👟).**



2015 TRIPS

MAGGIE DIXON CLASSIC: UCONN WOMEN'S BASKETBALL at MADISON SQUARE GARDEN—
Sunday, **January 4, 2015.** The Maggie Dixon Classic between UConn Women and former Big East Conference Rival St. John's. There is nothing like seeing a live game. **Cost TBD.** This no minimum trip includes transportation and tickets to the game. Lunch is on your own at MSG. **Full payment due at registration (👟👟).**

HAPPY 80TH BIRTHDAY ELVIS featuring Jeff Krick @ the HuKe Lau—Sunday, January 11, 2015. We will sing Happy Birthday to the only KING of Rock N Roll at this exclusive matinee show at the Hu Ke Lau in Chicopee MA. Jeff Krick will amaze you with his talent and Elvis looks. Choice of Rime Rib or Baked Scrod. **Cost \$TBD;** This shared trip includes transportation, lunch, reserved seating, taxes and gratuities. **Full payment due at registration (👟👟).**

ESCAPE TO SOME SUN @ MOHEGAN SUN—
Wednesday, **January 28-29, 2015.** At Mohegan Sun every turn leads to a new adventure with an indoor 7-story waterfall, the world's largest and most spectacular planetarium dome and the awe-inspiring Wombi Rock. **Cost \$163pp double.** This no minimum trip includes round-trip transportation, Hotel Accommodations, 2 Buffet Vouchers, \$20 free slot play. **Full payment due at registration (👟👟👟).**

CT FLOWER SHOW & LUNCH—No minimum trip
February 19, 2015 (snow date 2/20). "The Spirit of Spring" at the CT Flower & Garden Show at the Connecticut Convention Center. Lunch stop at the Chowder Pot. Choice of lunch: Prime Rib, Baked Stuffed Scrod or Chicken Cutlet Parmesan served with all the trimmings. **Cost \$76.** Includes transportation, Lunch, & Admission. **Full payment due at registration (👟👟👟).**

MOHEGAN SUN 2015 AAC WOMEN'S BASKETBALL TOURNAMENT CHAMPIONSHIP GAME—
March 9-10, 2015 no minimum overnight trip. **Cost \$223pp double.** Includes transportation, hotel accommodations, AAC Final Game Ticket, 2 Complimentary Buffets, free \$20 Slot Play, taxes, gratuity and baggage handling. **Full payment due at registration (👟👟👟).**

BROADWAY—Beautiful—Carol King Musical or A Gentlemen's Guide to Love & Murder (You Choose the Show) - March 25, 2015. Lunch at Pietrasanta Italian Restaurant—known for their delicious Italian cuisine. Choose between either **Beautiful—Carol King Musical—**the story of the chart topping legend. Or **A Gentlemen's Guide to Love & Murder—**Broadway's newest sensation. **Cost for Beautiful: \$279 pp and cost for Gentlemen's Guide is \$208 pp.** Includes transportation, lunch, admissions, & driver gratuities. **Full payment due at reservation. Now accepting registrations (👟👟).**



November 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>boneless grilled chicken with a garlic lemon sauce Oven-baked sweet potato Riviera vegetable blend Rye bread mixed fruit juice Butterscotch pudding low fat milk</p>	<p>4</p> <p>sliced pork/LS gravy roasted garlic mashed potatoes Italian vegetable blend Pumpnickel bread Fresh apple low fat milk</p>	<p>5</p> <p>cream of broccoli soup with crackers tilapia with ginger honey sauce wild rice pilaf spinach wheat bread peaches low fat milk</p>	<p>6</p> <p>grandioli with marinara sauce Parmesan cheese zucchini braised carrots Italian bread Apple juice Chocolate chip cookie low fat milk</p>	<p>7</p> <p>cheeseburger wheat bun ketchup tomato cucumber salad potato salad pears low fat milk</p>
<p>10</p> <p>sliced turkey/LS gravy mashed turnip green beans marble rye bread orange juice Mandarin Oranges low fat milk</p>	<p>11</p> <p>CLOSED FOR VETERANS DAY</p> 	<p>12</p> <p>roasted chicken with hickory BBQ sauce sweet cranberry rice pilaf wax beans pumpnickel bread fruit cocktail low fat milk</p>	<p>13</p> <p>roasted cauliflower soup/LS crackers crab cake Tartar sauce/lemon macaroni and cheese wheat dinner roll fresh fruit</p>	<p>14</p> <p>meatloaf/LS gravy mashed potato peas and pearl onions enriched bread fruit yogurt low fat milk</p>
<p>17</p> <p>whole wheat spaghetti meatballs in marinara Parmesan cheese garden salad with tomato and balsamic vinaigrette dressing garlic breadstick fresh fruit low fat milk</p>	<p>18</p> <p>chicken orzo soup/LS crackers vegetable quiche Italian breadstick tomato, cucumber, and basil salad Fresh fruit low fat milk</p>	<p>19</p> <p>pot roast/ LS gravy smashed potatoes carrots and onions marble rye bread fruit cocktail low fat milk</p>	<p>20</p> <p>Roast Turkey Savory Stuffing Cranberry Sauce Sweet Potatoes Seasoned Peas, Carrots & Corn Cornbread Pumpkin Pie low fat milk</p>	<p>21</p> <p>sliced pork with sweet and sour sauce brown rice oriental vegetable blend family grain bread apple juice carrot cake low fat milk</p>
<p>24</p> <p>sliced turkey with gravy roasted potato green beans marble rye bread grape juice pumpkin bread pudding low fat mil</p>	<p>25</p> <p>pulled pork with BBQ sauce wheat hamburger bun coleslaw baked sweet potato wedges/ ketchup cranberry juice ice cream sandwich low fat milk</p>	<p>26</p> <p>vegetable lasagna Caesar salad with croutons and Caesar dressing multigrain dinner roll scalloped apples</p>	<p>27</p> <p>THANKSGIVING DAY CENTER CLOSED</p> 	<p>CENTER CLOSED</p> 
<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>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</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	Nov 6 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
Afghan Ladies 4th Monday 1:00pm	Ongoing No fee	Volunteers help make Afghans for children in foster care. Need Yarn, knitters & crotchetier!	Clair Westerink Senior Lounge
Ballroom Moves Tuesday, 11:30—12:30pm \$20.00, 10wks	Oct 7– Dec 16	A fun and gentle cardio workout. Keep the mind and body moving, no partner necessary. Group input highly encouraged No class 11/11.	Susan Wood Gym
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	Oct 2 – Dec 11	This class is for beginners of Bridge and those who want to learn the game. No class 11/27	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Oct 3– Dec 12	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/28	Al Pol Room 2
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
Choir Friday 1:30 - 2:45pm 10 wks, No fee	Oct 3 - Dec 12	Join our new instructor Gary Harger as he leads the senior chorus. All accepted.	Gary Harger Room 15
Fitness T/Th 8:45 & 10:00am \$25.00, 12 wks	Oct 2 – Dec 30	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. No class 11/11, 11/27, 12/23, 12/25	Tara Graham Gym
Laughter Club Wednesdays 9:00-9:30am	Ongoing	If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven benefits.	Connie Pino Cafe
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	Ongoing	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	Sept 23 – Dec 16	The course will improve drawing & painting skills through various techniques, methods, and styles. No class 11/11	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$55.00, 11 wks	Oct 10 - Dec 19	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 11/28	David Chandler Gym
Tap Dance Mondays, 10:00-11:00am \$50.00, 10 wks	Jan 12 - Mar 30	Set those feet dancing and feel the excitement of seeing a dance come together!	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	Oct 1 - Dec 17	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 \$30.00, 6 wks	Nov 24 - Dec 29	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 11/17	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Oct 1 - Dec 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, 10:00—11:00am \$50.00, 10 wks	Sept 11 - Dec 4	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 11/27	Andrea Cashman Senior Lounge
Zumba Gold Wednesdays, 11:00-12:00pm \$25.00, 6 wks	Nov 12 - Dec 17	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals.	Danielle Pettitt Gym
Zumba Gold Fridays, 11:00-12:00pm \$20.00, 5 wks	Nov 14 - Dec 19	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals. No class 11/28	Danielle Pettitt Room 15

Quick View of classes and activities - November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00 am Tap Dance 11:00 am Chair Exercise 11:00 am Ping Pong 1:00 pm Billiards	8:45 am Fitness 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 10:30 am Ballroom Moves 1:00 pm Social Bridge & Duplicate Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 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	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 11:00am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Bridge Intermediate 1:00 pm Line Dancing

Special Events - November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 10: Veteran's Appreciation Cabaret with Tom Callihan 1:30-3 Nov 10: Mystery Trip Nov 24: Vitas 5 Wishes 12-1pm Sunday Dec 7: Holiday Dinner Dance Dec 15: Christmas Cabaret	Nov 4: Parish Nurses Blood Pressure 9am Nov 11: Closed for Veteran's Day Nov 18: Teen Tech Talk 4pm Nov 18: Wellness—MELT	Nov 5: Legal Clinic, 9am Call for an Appointment Nov 12: Leadership Graduation	Nov 6: AARP Driving Course, 9:00am Nov 13: Lunch & Fun - Tracks, Trails, and Treasures Nov 20: Lunch & Fun - Son's & Daughters of Italy : Player Piano Nov 20: Radio City Music Hall Trip Nov 27: Closed for Thanksgiving	Nov 14: Money Management - Morgan Stanley Speaker 9am Nov 14: Pie Social with Justin Chandler Nov 21: Movie of the Month Dallas Buyer's Club 1:00pm Nov 21: Flower Arranging 10-12pm Nov 28: Closed Dec 5: Holiday Market

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” - November 2014
Senior Services Coordinator—Dennis Marsh, 203-891-4784

<p align="center">Orange Youth Services Job Bank</p> <p>For Residents who need some help around the house, Youth Services Job Bank can provide pre-screened students, ages 13-16, who can be employed to do a large variety of jobs such as yard work, garden help, raking, snow shoveling, small painting, party helper, mother’s helper, and more. For further information, please call John Ulatowski, at 203-891-4785</p>	<p align="center"><u>Notary Public</u></p> <p>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.</p>
<p align="center"><u>Membership Renewal Time</u></p> <p>Current non-resident members of the center must renew their memberships for 2015 by January 1. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. can be made at the office or by sending a check made out to Treasurer, Town of Orange.</p>	<p align="center"><u>Calling All Bakers</u></p> <p>At the Holiday Market on Friday, December 5, Denise Stein will be having a baked goods table. Proceeds from the table will go to the Community Assistance Fund, which serves low income residents in need of home heating fuel or the food pantry. If you are interested in baking something, please call the Senior Center at (203) 891-4784.</p>
<p align="center"><u>Transportation</u></p> <p>The Town of Orange provides a transportation service for senior residents and handicap 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 tries not to go to New Haven or Hamden after 3pm due to traffic. 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.</p>	<p align="center"><u>Word from the Municipal Agent</u></p> <p>Don’t forget, we have another Medicare seminar in early November.</p> <p>The Cigna and Humana presentation will be held on November 3rd at 1:00 in room 2.</p> <p>I look forward to seeing you there.</p> <p>Denise Stein, M.S., LPC</p>