



# ORANGE FRIENDLIES

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



OCTOBER 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.*

**Please be aware that the first 10 days of an enrollment period for a class, trip or activity, sign up will be open to Orange residents only. After that, enrollment will be open to all.**

## A Word from the Director

Hello everyone, I hope you had a great September and enjoyed the last days of summer. Fall officially began on September 22. The days are getting shorter, leaves are falling, we have Columbus Day and Halloween. Columbus Day is celebrated on the second Monday in October and is a Federal Holiday. Many in the Italian American Community celebrate the holiday with parades and various festivities. Halloween's origins began as an ancient Celtic festival marking the end of the harvest and beginning of the winter. Today it has become a holiday primarily for children who "trick or treat" going door to door looking for goodies. Have a wonderful October! Stop by any time, my door is always open.

**Joan Cretella, Director**  
Orange Community Services

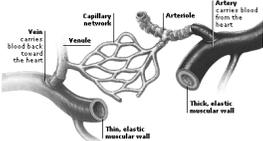
## Afghan Ladies

The Afghan Ladies of the Orange Senior Center are looking for knitters and crocheters to make afghans for our veterans (male and female). This year the group delivered over 200 blankets and lap robes—decorated with "USA HERO" - to the Veterans Hospital in West Haven and various locations for disabled veterans. Yarn is available but donations are welcome. The group meets the 4th Monday of the month from 1:00pm—2:00pm. Call the office at (203) 891-4784 with any questions.



## Wellness Seminar

Join us on **October 17** from 1-2pm as Corie Scharpf, Regional Community Outreach Coordinator with the **Center for Vein Restoration** as she discusses vein disease, prevention, symptoms, and new treatments available, and ultrasound demonstration. Call (203) 891-4784 to reserve a seat. A light snack will be served.



## WORD FROM THE SENIOR SERVICES COORDINATOR

October is upon us. With that it brings falling leaves, pumpkin flavored coffee and trick or treaters. Last month saw a lot of changes. Not all the changes are to our liking but all are necessary.

This month we see the return of Wellness Seminars as we welcome Corie Scharpf from the Center for Vein Restoration. She will discuss vein disease and prevention.

We will have a Columbus Day Cabaret, cost is only \$5! What a bargain... entertainment, coffee and dessert. That's the best way I know to spoil dinner. :)

October brings us our second Wellness Book Club with the Case Memorial Library. Marianne really knows her stuff!

In October we will have a Lunch & Fun that will not soon be forgotten. Orange resident Pat Santucci will bring his DJ equipment to play Name that Tune! Yes I have tried this before with a different person but Pat assures me he will show up! Pat also can make your Karaoke dreams come true. That's right Name that Tune & Karaoke!

Dennis Marsh,  
Senior Services Coordinator

## Columbus Day Cabaret

A Special Italian themed Friday Cabaret! Join us on **October 7, from 1:30—3:00pm.** Ashly Cruz will be performing her Italian Themed Cabaret to recognize Columbus Day.



Tickets are only \$5.00 and must be purchased in advance. We must have 30 people signed up to afford the performance. Visit the Senior Center office to purchase a ticket.



**Movie of the Month**

Friday, **October 21, The Martian, 1:00pm.** Matt Damon stars as an astronaut stranded on Mars after his team assume he is dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Popcorn & soda will be served. Call for a seat.



**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 town notaries and not notarize wills or living wills.



**Wellness Book Club**

The Case Memorial Library and the Orange Senior Center have joined together for a Wellness Book Group to be held at **HPCC** on the **last Wednesday** of the month at **11:30am.** Marianne Pysarchyk, of the Case Memorial Library will lead the monthly meeting. Coffee and dessert will be provided. October 26th *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We...* (Brene Brown). Call the Senior Center (203) 891-4784 to sign up.

**Lunch & FUN: Name that Tune/Karaoke**

Thursday, **October 13, 11:30-1pm.** Join us as Orange resident Pat Santucci plays snippets of songs in Name that Tune. He will also make the system available for those wishing to sing Karaoke! Come join the fun and call the Senior Center Office (203) 891-4784 for a seat.



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Class	Date	Description	Instructor
<b>AARP Driver's Safety</b> First Thursday, 9:00-1:00pm	Oct 6 By Reservation	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 15
<b>Afghan Ladies</b> 4th Monday 1:00—2:00pm	Oct 24 No Fee	Group of knitters or crocheters who work on afghans for veterans.	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!	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.	Cafe
<b>Bocce</b> Wednesdays 10:00am	Ongoing No fee	Learn and participate in this age old game. All abilities welcome.	along the building on fairground side
<b>Book Club</b> Friday, 2:00—3:00pm	Oct 28	This month's book is South Haven by Hirsh Sawhney	Paula Samuel Room 3
<b>Chair Exercise</b> 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 Katten 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 <b>by appointment</b> to discuss basic legal needs. <i>Call the Senior Center office for an appointment</i>	Attorneys from Floman DePaola Town Conf room
<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> Tuesday 9:30am	Oct 4 & Oct 18	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Duati Senior Lounge
<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

Class	Date	Description	Instructor
<b>Bridge Lessons:</b> Monday Monday 1:00—3:00pm \$50.00, 10 wks	Oct 3 - Dec 12	This class is for beginners of Bridge and those who want to learn the game. No class 10/10	Gene Heckel Room 2
<b>Bridge Lessons:</b> Thursday Thursday 1:00—3:00pm \$50.00, 10 wks	Oct 6 – Dec 15	This class is for intermediate Bridge players and want to expand on what they have learned. No class 11/11 and 11/24	Al Pol Room 2
<b>Bridge Lessons:</b> Friday Fridays, 1:00-3:00pm \$50.00, 10 wks	Oct 7 – Dec 23	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 8/5	Al Pol Room 2
<b>Fitness</b> T/Th 9:00 & 10:00am \$40.00, 10 wks	Oct 4 – Dec 15	This fun-filled class combines stretching, & balance to burn calories and improve health. Price increase to \$50 in January. No Class 11/1, 11/24	Danielle Pettitt Gym
<b>Painting and Drawing</b> Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 18 – Dec 20	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Senior Lounge
<b>Tai-Chi</b> Fridays, 11:45-12:45pm \$40.00, 8 wks	Oct 7 – Dec 16	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 10/7, 11/11, 11/25,	David Chandler Gym
<b>Tap Dance, Monday</b> 10-11:00am \$50.00, 10 wks	Oct 3 - Dec 12	Set those feet dancing and feel the excitement of dance! No class 10/10	Judy Nilsson Room 15
<b>Fully Fit Weight Training</b> Monday, 1:30pm \$50.00, 10 wks	Sept 12 - Nov 21	Weight training makes you stronger, wards off osteoporosis, and slims you down with leaner muscle! No class 10/10. 1 or 2lb weights are required.	Michele Tenney Gym
<b>Yoga – Mondays</b> 9:15-10:30am \$50.00, 10 wks	Oct 3 - Dec 12	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 10/10	Dee Stephens Senior Lounge
<b>Yoga – Wednesdays</b> 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Oct 5 - Dec 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 Dance</b> Thursdays, 10:00—11:00am \$50.00, 10 wks	Oct 6 - Dec 15	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 11/24	Andrea Cashman Senior Lounge
<b>Zumba Gold</b> Mon 11-12, Wed 11:00-12:00, Fri 10:30-11:30, 10 wks	Oct 3 - Dec 19	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 10/10, 10/28, 10/31, 11/1, 11/11, 11/24	Danielle Pettitt Gym

### Orange Visiting Nurse Association Flu Clinics

The Orange Visiting Nurse Association invites you to attend one of their vaccination clinics here in Orange.

**A High Dose Vaccine will be administered to people 65yrs of age and older.**

**A Quadrivalent Vaccine will be administered to those under 65yrs of age.**

**October 4, 2016** at High Plains Community Center 11am - 4pm no appointment needed

**October 20, 2016** at High Plains Community Center 1pm-3pm, appointment only, call (203) 891-4752 for appt

**November 3, 2016** at OVNA office 4:30pm - 6:30pm, no appointment needed

**November 8, 2016** at High Plains Community Center during the following times on

**ELECTION DAY:                      8am-11am                      1pm-4pm                      6pm- 8pm**

You may notice that the clinic dates are scheduled a bit later than usual. This is a direct result of vaccine production and release. Contact the OVNA directly with any questions. (203) 891-4752. Insurances accepted:

Medicare, Anthem Blue Cross/Blue Shield, Aetna, Connecticare. **United Healthcare is not accepted**



## 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.**

**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, 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 WILLIAMS 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** (  ).

**BOARS HEAD FEAST at WILLIAMS INN with Bright Nights. December 1, 2016.** No minimum trip. Coffee stop en route to Williamstown MA at the Williams Inn for a day filled with merriment and a wonderful Christmas Feast. You will be greeted by Beefeater guards and view the cook’s procession and viewing of the Boar’s Head. After the meal you will be entertained by Miss B Haven Cabaret Troupe. Later, we will stop at the Bright Nights holiday light display. **Cost: \$117pp** Includes transportation, Boar’s Head Procession, Christmas Buffet and Cabaret, Bright Nights, and driver’s gratuity. **Full payment due at registration** (  ).

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## Trip Presentation Slide Show and discussion.

Join our tour representative for trip presentations on:

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

**BARBRA & FRANK HOLIDAY SHOW** *the concert that never was...* at FOXWOODS CASINO.



**December 8, 2016.** No minimum trip. Enjoy a luncheon buffet featuring a variety of tasty foods. Also included in the tour is a free



\$10 slot machine token. Two great artists paying tribute to their characters, singing the most memorial songs ever written. **Cost: \$77pp** Includes transportation, Casino Bonus, Luncheon Buffet, Holiday Show, and driver’s gratuity. **Full payment due at registration** (   ).

## EXTENDED STAY AND OVERNIGHT TRIPS.

**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** (    ).



## WALKING KEYS FOR TRIPS:

 One shoe means minimal walking;

 two, some walking;

 three, considerable walking;

 four, bring a pair of replacement shoes.

## TRIPS Continued

### 2017 HAWAII CRUISE TOUR

**January 11-21, 2017.** No minimum trip. Travel on the Norwegian Cruise Line's Pride of America. 12 Days, 7 Shore Excursions. **Cost: Inside \$4,799pp, Ocean View \$5,399pp, Balcony \$5,699** Includes Roundtrip Airport Transfer, Pre-Night near Airport, Roundtrip Airfare, Transfers in Honolulu, 2 pre-cruise nights in Waikiki Beach, Baggage Handling, 7 Night Cruise on NCL's Pride of America, All meals & nightly entertainment onboard ship, Tour Escort, and Motorcoach Driver and Tour Escort gratuities Port Charges & Taxes. **Full payment 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: \$7,099pp double occupancy, single \$8,499.** 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, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (    ).

### WALKING KEYS FOR TRIPS:



One shoe means minimal walking;



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## Class Policy

The staff of the Orange Senior Center strives to offer the highest quality classes and best service possible. To do this for the last several years we have transitioned from random class start dates to a quarterly rotation. The quarters are January—March, April—June, July-September, & October—December. Residents of Orange may sign up on the 1st of the month prior (ie Sept. 1 for Oct's quarter) unless the 1st falls during the weekend then registration begins the following Monday. Non-residents may sign up on the 10th day of the month. If the 10th falls during the weekend then non-residents can sign up the following Monday.

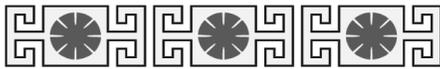
Class sessions are 10 weeks long except for mini sessions. Each quarter has about 12-13 weeks. This leaves 2 or 3 weeks in between sessions. The 2 or 3 weeks allows us to account for holidays, weather related cancellations, instructor unavailability, etc. In some instances when a session finishes the Senior Center may offer a mini session during the remaining weeks of the quarter. This can only occur when the instructor is available, classroom space is available, and there is enough student interest. This has proven very popular with the exercise classes. The Senior Center further accommodates students by allowing them to take a full session or a half session. This helps those who cannot always attend due to extenuating circumstances. Plus we offer members the opportunity to try a class out for free.

Each class costs \$5 per week, therefore classes are normally \$50 for a 10 week session. Each class requires a minimum amount of students to be affordable. Classes that do not meet the minimum enrollment of 8 students will be canceled.

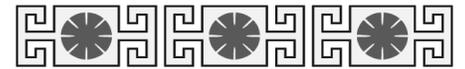
Each instructor is given a class roster with student phone #'s. If the instructor needs to cancel a class they will call the students and a make up class will be added to the end of the session.

Classes are canceled when the Orange School System closes due to weather. If there is a school delay then only those classes during the delay are canceled.

If you have any questions regarding the Senior Center Class policy please feel free to contact the Senior Center at (203) 891-4784.



# October 2016



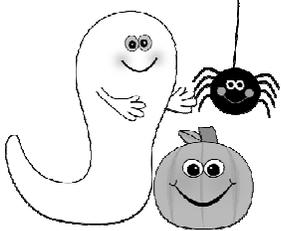
## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>3</b></p> <p>Tomato Florentine soup crackers Crab cake Mashed potato Peas and carrots Tartar sauce Wheat dinner roll Fresh fruit Low Fat Milk</p>	<p><b>4</b></p> <p>Bratwurst Cabbage &amp; Apples Broiled Potatoes Dinner Roll Black Forest Cake Low Fat Milk</p>	<p><b>5</b></p> <p>Philly cheese steak on grinder roll with pepper and onion Sweet potato fries Cucumber and tomato salad Orange juice Chocolate chip cookie low fat milk</p>	<p><b>6</b></p> <p>Chicken A Mala Santa Maria New World Shells Columbus Veg Blend Parmesan Cheese Italian Bread Italian Ice Low Fat Milk</p>	<p><b>7</b></p> <p>Cheese omelet Roasted potato Country style veggies Corn bread Pineapple low fat milk</p>
<p><b>10</b></p> <p><b>Columbus Day Centers Closed</b></p>	<p><b>11</b></p> <p>Pork loin/gravy O'Brien potato Bean blend Rye bread Applesauce low fat milk</p>	<p><b>12</b></p> <p>chicken gumbo soup Baked fish Oven roasted potato broccoli Wheat bread Pineapple low fat milk</p>	<p><b>13</b></p> <p>Beef stew Bowtie noodles Mashed squash Wheat dinner roll Fresh fruit low fat milk</p>	<p><b>14</b></p> <p>Spinach grandoli Peas Tossed salad with chick peas and Italian dressing Italian bread Grape juice Pound cake low fat milk</p>
<p><b>17</b></p> <p>Sweet and sour pork Fried rice Oriental blend Dinner roll Mandarin oranges Low Fat milk</p>	<p><b>18</b></p> <p>Vegetable soup Stuffed chicken with supreme sauce Sweet potato zucchini &amp; tomato Wheat bread Carrot cake Low Fat Milk</p>	<p><b>19</b></p> <p>Chili con carne Rice Mixed vegetables Corn bread Fresh fruit Low Fat Milk</p>	<p><b>20</b></p> <p>Turkey/gravy Mashed potato Green beans Cranberry sauce Wheat dinner roll Applesauce Low Fat Milk</p>	<p><b>21</b></p> <p>Eggplant parmesan Penne with sauce Spinach Garlic bread Fruit cocktail low fat milk</p>
<p><b>24</b></p> <p>Spaghetti &amp; meatballs Tossed salad with cucumber and raspberry vinaigrette Herb bread stick Scalloped apples Low Fat Milk</p>	<p><b>25</b></p> <p>Turkey divan Rice Carrots Family grain bread Fresh fruit Low Fat Milk</p>	<p><b>26</b></p> <p>Light crunch fish Roasted red skin potato Summer spring blend Tartar sauce Wheat dinner roll Tropical fruit Low Fat Milk</p>	<p><b>27</b></p> <p>Pot roast/gravy ½ Baked potato Broccoli Multigrain bread Apple juice Mixed berry strudel Low Fat Milk</p>	<p><b>28</b></p> <p>vegetable barley soup Spinach quiche Broiled tomato Roasted squash Pumpnickel bread Chocolate pudding Low Fat Milk</p>
<p><b>31</b></p> <p>Monster Meatballs Spooky Spaghetti Goulish Green Beans Batty Breadstick Witches Brew Candy Corn Brownie Low Fat Milk</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>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

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

Current resident or

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**“ORANGE FRIENDLIES” - October 2016**  
**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 .

**Blood Pressure Screenings**

The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center **Oct 4** from 10 – 11:30am for blood pressure screenings. The **OVNA** is available to check your blood pressure on the 4th Thursday of the Month: **October 27** at the OVNA

**Orange Youth Services**

**Area Residents Need Jobs Help? Youth Services Job Bank Can Assist**

The Orange Youth Services Job Bank provides a service of pre-screened students, ages 13-16, who can be employed by area residents to do a large variety of jobs such as yard work, garden help, attics/basements, raking, snow shoveling, small painting, party helper, tutoring, clerical assistance, mother’s helper...and more. For further information, please call John Ulatowski, Orange Youth Services Coordinator, at 203-891-4785

**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, North 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.

**Word from the Municipal Agent**

Okay, here are the Medicare Seminars so far. Please call and reserve your spot. October 24 at 1:00 will be Connecticare, October 27 at 1:00 will be Aetna November 4 will be Anthem. I hope to see you all there.

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