



ORANGE FRIENDLIES

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



SEPTEMBER 2015

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

This Fall you will see more classes and free activities; such as **Hiking, Adult Coloring, Poetry, Game Time, Pilates, Wellness Workshops & Maplewood Mondays!** So much going on be sure to join the fun!

I have an inquiry for **cribbage**. Would anyone be interested in playing cribbage?

I was asked to schedule a trip to **Lyman Orchards**. So October 14, we will have a trip departing from the HPCC from 10-3pm. Limit is 10 people. Cost is \$10.

Dennis Marsh, Senior Services Coordinator



Monday with Maplewood

Maplewood of Orange is our local Assisted Living. They will present a different dish once a month for you to sample. Be sure to let us know you are coming (203) 891-4784 Then enjoy! The scheduled dates are: September 21, October 19, November 16, & December 14.

FREE!!! iPad & iPhone Class

By request Kathleen Gorelick has agreed to teach a FREE, 2 day **iPhone** class on Wednesday & Thursday 9/2 & 9/3 from 9:30-11:30am. She will teach a 2 day **iPad** class on Tuesday & Thursday 9/8 & 9/10 from 9:30-11:30am. Class size is very limited so hurry down to sign up. Call (203) 891-4784 to register.

Wellness Seminar

Come join us for “**Detoxify Your Personal Care Products**”, with Tara Graham on Tuesday **September 15**, at 11:15am in room 4. Call to register (203) 891-4784

Health & Safety Fair

The 14th Annual Health and Safety Fair will be held on Friday, **September 25 from 9:30 am to 12 noon**. The Orange VNA will offer blood pressure screenings. The Yale New Haven Mammography van is scheduled to attend. Call (203) 688-1010 for an appointment. Free lunches will be given to the first 200 people who register that day. There will be a raffle and refreshments. Sponsored by Coldwell Banker, Orange Visiting Nurses Association, Maplewoods of Orange and the Orange Senior Center. **Nicky D will be the musical guest at 10:30am**. For more information call (203) 891-4784.

A Word from the Director

Hello everyone, I hope you had a great August. For those of us who enjoy the summer it officially ends September 21 and fall begins. The kids are back in school and we celebrate Labor Day. Labor Day is always observed on the first Monday of September. The Holiday is to pay tribute to the American worker. It was created in the late 19th century by the Labor Movement which was in protest of unsafe working conditions, long hours and low wages. It became a Federal Holiday in 1894. For many, it also symbolizes the end of summer. It is celebrated with barbeques, parties, parades and other events. Enjoy Labor Day and have a wonderful September! Stop by anytime my door is always open.

Joan Cretella, Director, Orange Community Services



Game On!

Join us on Friday Sept 4 & 11, 12-1pm to try out our new free program Game On! Aubry Monahan will be hosting various interactive games such as Pictionary, Scattergories, Guesstures and many more. Coffee and dessert will be served. Call to register (203) 891-4784!



Poetry Class

Join us for a free introductory class with Aubry Monahan for reading, writing, and discussing poetry. Sept 15 & 29, 11-12pm. Call to register (203) 891-4784

Intro to MELT

We have another opportunity to learn about the benefits of MELT on Tuesday **September 8**, at 11:15am in room 4. Call to register (203) 891-4784. **Limited to only 12 people.**

Floral Arranging

Come join us for a Flower Arranging class on Friday **Sept. 11**, 10-12 in room 2. \$10 fee will be applied to cover the cost of materials. Call or stop by to register (203) 891-4784.



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **Sept 1** from 9 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **Sept 24** at OVNA.

AARP Smart Driving course

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

Medicare Seminars

We will host the various Medicare Advantage plans to describe the changes for 2016 in room 2 at 1:00pm

October 5: Anthem

October 7: Trish Pearson will present the ABC & D's of Medicare. **11am** for folks who are new to Medicare

1pm for folks who are on Medicare

October 19: Aetna

October 26: Connecticare

Call the Senior Center to reserve a seat (203) 891-4784

Money Management

Money Management Club, Tuesday, **Sept 8 & Sept 22** in the Senior Lounge, from 9:00 to 10:00am. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles. This is intended for entertainment purposes only.

Lunch & Fun!

Join us Thursday, **September 17**, 11:30am, for **Steinbeck Out Loud**, with **Carol Birch**. Listening to Carol Birch's interpretation of this thoroughly American novel is to be brought deep inside Steinbeck's world. Call to let us know if you are coming. Participants bring their lunch at 11:30 and the program begins at noon. Coffee and dessert will be available.

Fall Cabaret

Ashly Cruz returns by popular demand. Join us **September 21** for a crowd favorite, crowd pleaser from 1:30-3:00pm. Call to RSVP and be sure to bring a friend, :)

Movie of the Month



Friday, **Sept. 18**, **1:00pm**. At the NFL Draft, general manager Sonny Weaver (Kevin Costner) has the opportunity to rebuild his team when he trades for the number one pick. Popcorn & soda will be served. Call to reserve a seat.

Book Club

Our monthly book club will meet **September 25**, from 2:00-3:30pm in room 3. This month's title is **Forgotten Seamstress** by **Liz Trenow**.

~ Wellness Corner ~



Hiking Club

Each week a different hike—4 week rotation. Lead by Tara Graham. Remember to wear hiking boots or shoes, bring a water bottle, hiking stick or trekking pole, layered clothing and wear sun protection. **Beginning Sept 14.**

8:30am meet at the location parking lot

1st Monday of the Month—**Paul Ode Nature Trail**

2nd Monday of the Month—**Racebrook Track**

3rd Monday of the Month—**Turkey Hill Preserve**

4th Monday—**Orange Triangle Trail**

Make sure to update your emergency contact information with the senior center.

Call 203-891-4784 to register.



Pilates for Seniors

You asked for it, now it's here! Pilates is a system of exercises designed as a rehabilitative practice on an exercise mat. Pilates exercise target the deep muscles of the abdomen and spine to strengthen the body from the inside out. Classes start **September 14** at **10:00am** in **room 4**. Call 203-891-4784 to register.



Spiritual & Emotional Wellness

If you enjoy thought provoking books, are interested in authentic dialogue, and exploring topics to broaden your mind, then this group is for you. Books on a wide range of topics will be used as a catalyst for discussion. Classes are **Wednesdays at 11:30am**. Registration is required (203) 891-4784. This month's book is 29 Gifts: How a Month of Giving can Change Your Life, by Cami Walker.



Adult Coloring

Adult coloring is surging in popularity! If you are looking for a fresh, new activity that will help bring stress relief to your busy life, try our new adult coloring class. Benefits: "flow" and de-stress, the opportunity to nourish a latent "creative spark" without the anxiety of a blank canvas, and increase fine motor skills. **Friday at 1:00pm**.

Yoga, MELT, Fitness Class & Zendoodle

With the Summer Camp over we will be returning our regularly schedule line up of events. That means the return of Yoga on Fridays, 2 Fitness classes, 2 MELT classes, Zendoodle, and Zumba Gold

Fitness: Tuesday & Thursday at 8:45 & 10:00am

MELT: Monday & Thursday at 11:15am starting 9/3

Yoga: Monday with Dee at 9:15am

Wednesday with Sue at 9:00 & 10:15am

Friday with Tara at 8:30am

Zendoodle: Wednesday at 12:30pm

Zumba Gold: Monday at 11:00am

Wednesday at 11:00am

Friday at 10:00am

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.

BACKWARDS IN HIGH HEELS—The Ginger Rogers story at Westchester Theater. September 3, 2015. After lunch we will watch the show. A tribute to the remarkable life and times of the multi-talented entertainment powerhouse, Ginger Rogers. A backstage look at her public and private life. The show combines cherished standards with new original songs, a compelling play and stunning dance sequences. **Cost: \$99pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

SCHOONER SAILING—scenic Gloucester, MA. September 9, 2015. Lunch at the famous waterfront restaurant, The Gloucester House, known for its seafood. Enjoy a choice of Gloucester House Haddock or Baked Stuffed Breast of Chicken with all the trimmings, including clam chowder. After lunch we will set sail on the 65 foot Schooner, the Thomas E. Lannon **Cost: \$119pp** Includes transportation, lunch, 2 hour schooner ride and driver's gratuity. **Full payment due at registration** (  ).

THE BIG E FAIR—Connecticut Day. September 23, 2015. "New England's Great State Fair," with nearly one million guests passing through the gates is ranked among the top fairs in the country. **Cost: \$49pp**, includes transportation, Admission to the Big E and driver's gratuity. **Full payment due at registration** (  ).

A TRIBUTE TO THE RAT PACK!—at Foxwoods Casino. October 7, 2015. You will have time on your own to use the gaming tables or shop at the many stores that Foxwoods has to offer until the matinee begins. Vintage Vegas at its best! Relive the days of Frank, Dean, and Sammy in this popular and entertaining Las Vegas Tribute Show. **Cost: \$69 pp**, includes transportation, Buffet lunch, \$10 Slot machine token, reserved seating and driver's gratuity. **Full payment due at registration** (  ).

OKTOBERFEST—Platzl Brauhaus. October 23, 2015. Stop for coffee at the popular Platzl Brauhaus in Pomona NY. Enjoy delicious homemade donuts and Danish, enjoy a choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. Enjoy the German dancers and singers **Cost: \$87pp** Includes transportation, Festivities & Family-style Luncheon and driver's gratuity. **Full payment due at registration** ( ).

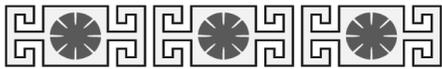
SALEM IN OCTOBER—A most bewitching tour. October 27, 2015. Travel to historic Salem MA and visit the House of Seven Gables, Lunch at the Victoria Station with a choice of Teriyaki Chicken, New England Baked Haddock, Marinated Steak Tips or Vegetarian Pasta Primavera. After lunch enjoy a guided tour of the Salem and Marblehead area including the Salem Witch Museum, Witch Trials Memorial, Million Dollar Mansions, and the "Spirit of 76" painted by A.M. Willard **Cost: \$114pp**. Includes transportation, Admissions, Local Guide and Sight-seeing, Luncheon and driver's gratuity. **Full payment due at registration** (  ).

SHOW BOAT—Westchester Broadway Theater. November 12, 2015. This wonderful musical follows the lives, loves, and losses of a troupe of riverboat performers on the Mississippi River from 1890-1927. Timeless scores include Old Man River, Can't Help Lovin' Dat Man, and Make Believe. **Cost: \$99pp** Includes transportation, Lunch & Show and driver's gratuity. **Full payment due at registration** ().

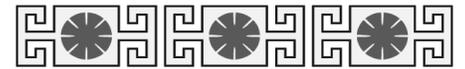
RADIO CITY CHRISTMAS SPECTACULAR—November 20, 2015. Enjoy lunch at Carmine's for a family style meal of Pasta Du Jour and Chicken Parmigianino. After lunch see the 2014 edition of Radio City Christmas Spectacular starring the world-famous Rockettes. **Cost: \$169pp** Includes transportation, Admission to the Radio City, Lunch and driver's gratuity. **Full payment due at registration** ( ).

AN AMISH CHRISTMAS GETAWAY featuring THE MIRACLE OF CHRISTMAS at the Sight & Sound Theater, December 9-11, 2015. Stay at the The Country Inn of Lancaster, enjoy "A Christmas Story" at the Dutch Apple Dinner Theater, visit the National Christmas Center, Elva's Barnyard Studio for a "Chalk Talk" presentation with Elva Hurst. Shop the Brickerville Shops and the Amish Quilt & Craft Shop. Have dinner inside a real Amish home. Attend "The Miracle of Christmas" at the Sight & Sound Theater. Also includes visits to the Bird in Hand Market and Longwood Gardens. **Cost: \$487pp for double** Includes transportation, Hotel Accommodations, 4 meals, 2 Christmas Shows and driver's & Tour Director gratuity. **Final Payment due November 9** (  ).

IN THE CHRISTMAS MOOD with the World Famous Glenn Miller Orchestra at Aqua Turf Club in Plantsville December 10, 2015. This world famous orchestra is the most popular and sought after swing band in the world. Let's listen and dance to... "String of Pearls", "Moonlight Serenade", "Chattanooga Choo Choo", & "Tuxedo Junction" among others. Enjoy a family style lunch of Garden Salad, Pasta, Chicken Parmesan & Broiled Scrod with cracker crumb topping, vegetable, potato, rolls, dessert and beverage. **Cost: \$90pp** Includes transportation, admission, lunch and driver's gratuity. **Full payment due at registration** ().



September 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1</p> <p>Spinach grandoli w/ sauce Parmesan cheese Tossed Salad with cucumber and Italian dressing marble rye bread Pineapple low fat milk</p>	<p>2</p> <p>Pot roast/LS gravy Smashed potato Broccoli Pumpnickel dinner roll Fresh fruit low fat milk</p>	<p>3</p> <p>Grilled Hamburger Cheese, Lettuce, Ketchup, Tomato Summer Blend Veg German Potato Salad Blueberry Parfait W/ Vanilla Pudding low fat milk</p>	<p>4</p> <p>Baked Stuffed Salmon Roasted New Potatoes Italian Blend Veg wheat bread Pears low fat milk</p>
<p>7</p> <p>LABOR DAY</p> <p>CLOSED</p>	<p>8</p> <p>Carrot Soup w/ Crackers "Un"Stuffed Cabbage Oven Roasted Potatoes Sliced Beets Multigrain Bread Fresh Orange low fat milk</p>	<p>9</p> <p>Pulled Pork Whole Wheat Bun Baked Sweet Potato Fries Baked Beans Chocolate Cake Pineapple Juice low fat milk</p>	<p>10</p> <p>Open Face Turkey Sandwich w/ LS gravy Cranberry Sauce Roasted Acorn Squash spinach Baked apple wedges low fat milk</p>	<p>11</p> <p>Baked Ziti Fresh Yellow Squash broccoli Italian Bread Fresh Fruit low fat milk</p>
<p>14</p> <p>whole wheat spaghetti with meatballs & sauce Parmesan cheese garden salad with tomato & balsamic vinaigrette garlic breadstick fresh fruit low fat milk</p>	<p>15</p> <p>Turkey Sloppy Joe Whole wheat Hamburger Roll Sweet Potato Fries Coleslaw Pineapple juice Ice cream cup low fat milk</p>	<p>16</p> <p>crab cake Tartar sauce/lemon macaroni and cheese zucchini multi grain dinner roll mandarin oranges low fat milk</p>	<p>17</p> <p>pot roast/ LS gravy smashed potatoes carrots and onions rye bread strawberry shortcake low fat milk</p>	<p>18</p> <p>chicken vegetable soup/ LS crackers vegetable quiche Italian bread tomato, cucumber, and basil salad peaches low fat milk</p>
<p>21</p> <p>Roasted Fresh Ham/LS Gravy/Applesauce baked potato Collard Greens Wheat Dinner Roll pineapple chunks low fat Milk</p>	<p>22</p> <p>Baked Stuffed Shells Parmesan Cheese bean blend Tossed Salad/Vinaigrette Garlic Bread Seasonal Fresh Fruit low fat Milk</p>	<p>23</p> <p>boneless grilled chicken with a garlic lemon sauce Oven-baked sweet potato cauliflower with roasted red pepper Rye bread Butterscotch pudding low fat milk</p>	<p>24</p> <p>cheeseburger ketchup tomato cucumber salad potato salad peaches low fat milk</p>	<p>25</p> <p>cream of broccoli soup with LS crackers vegetable omelet home fries spinach wheat bread pears low fat milk</p>
<p>28</p> <p>sliced turkey/LS gravy mashed turnip green beans marble rye bread orange juice fruit pie low fat milk</p>	<p>29</p> <p>meatloaf/LS gravy mashed potato fiesta blend bread Fresh fruit low fat milk</p>	<p>30</p> <p>Oven fried chicken brown rice peas and carrots marble rye bread fruit cocktail 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

Class	Date	Description	Instructor
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	Oct 1 – Dec 10	This class is for beginners of Bridge and those who want to learn the game. No class 11/26	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Oct 2 – Dec 11	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/27	Al Pol Room 2
 Creative Writing Friday 10:30-12:00 noon No Fee	Oct 2 – Dec 11	If you enjoy writing but find you seldom have time to do it, join our new Creative Writing Workshop.	Trish O’Leary- Treat Room 6
Fitness T/Th 8:45-10:00am \$25.00, 12 wks	Oct 1 – Dec 22	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. 2 classes again in September	Tara Graham Gym
 Introductory Art Thursdays, 9:30-11:30am \$40.00, 10 wks	Oct 8 – Dec 10	Intro to Art is for beginners. You will be introduced to use various mediums as you begin your exploration of the arts. No class 11/26	Graham Dale Room 6
 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 No Fee	Sept 3 Ongoing Free	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate a whole body. No class 10/12, 11/26	Tara Graham Room 4 Need kit to attend
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 6 – Dec 8	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Pilates for Seniors Mondays 10:00am No Fee	Sept 14 - Dec 14	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility. No class 10/12	Tara Graham Gym
Poetry Tuesday 11-12pm No fee	Oct 6- Dec 8	A free introductory session on 9/15 & 9/29 . 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	Oct 2 – Dec 11	Try Tai Chi Free all September: 9/11, 9/18, 9/25. Bring a Friend!	David Chandler Gym
Tap Dance, Monday 10-11:00am \$25.00, 5 wks	Sept 14 - Oct 19	Set those feet dancing and feel the excitement of seeing a dance come together! No class 10/12	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$50.00, 10 wks	Oct 7 - Dec 16	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques. No class 11/11	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$60.00, 12 wks	Sept 14 - Dec 7	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 10/12	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$30.00, 6 wks	Oct 7 - Dec 16	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. No class 11/11	Sue Neufeld Senior Lounge
Yoga – Fridays 8:30-9:30; 15 wks \$60.00 or free if in other Yoga	Sept 4 – Dec 4	Yoga has been found to improve health, flexibility, awaken inner energy and quiet the mind. No class 9/25 & 11/27	Tara Graham Senior Lounge
Yoga Dance Thursdays, 10:00—11:00am \$50.00, 10 wks	Oct 1 – Dec 10	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 11/26. FREE Trial class Sept 24!	Andrea Cashman Senior Lounge
Zumba Gold Mon 11-12, Wed 11:00-12:00, Fri 10:45-11:45 1 class: \$30.00, 2+ class \$60	Oct 5 - Dec 18 10 weeks	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 11/27	Danielle Pettitt Gym
Zendoodle Wed 12:30pm	Ongoing Free	Create beautiful images from repetitive doodles. Easy to learn and relaxing.	Tara Graham Room 2

Quick View of classes and activities - September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00 Tap Dance 10:00 Pilates 11:00 am Chair Exercise 11:00 am Zumba Gold 11:00 am Ping Pong 11:15 am MELT 1:00 pm Billiards	8:45 & 10:00 am Fitness 9:30 am Painting/Drawing 10:00 am Billiards 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 11:00 am Chair Exercise 11:00am Zumba Gold 11:30 am Spiritual Wellness 12:00 pm Ping Pong 12:30 am Zendooodle 12:45 pm Duplicate Bridge	8:45-10:00 am Fitness 9:30 am Intro to Art 10:00 am Yoga Dance 11:15 am MELT 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	8:30 am Yoga 10:00 am Billiards 10:00am Zumba Gold 11:00 am Chair Exercise 11:45 am Tai-Chi 12:30 pm Creative Writing 1:00 pm Bridge Intermediate 1:00 pm Adult Coloring 1:00pm Line Dancing

Special Events - September 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Sept 21: Afghan Ladies Sept 21: Monday with Maplewood Sept 21: Cabaret: Ashly Cruz	Sept 1: Parish Nurses Blood Pressure 9am Sept 8: Money Management 9:00-10:00am Sept 8: iPad 9:30am Sept 8: Intro to MELT 11:15am Sept 15: Wellnes: Detoxify Your Personal Care Products 10:30am Sept 22: Money Management 9:00-10:00am	Sept 2: Legal Clinic , 9am Call for an Appointment Sept 2: IPone 9:30am Sept 2: 29 Gifts: How a Month of Giving can Change Your Life Sept 9: Schooner Sailing Trip Departs Sept 23: Big E Trip Departs	Sept 3: Backwards in High Heels Trip Departs Sept 3: AARP Driving Course , 9:00am Sept 3: iPhone 9:30am Sept 10: iPad 9:30am Sept 17: Lunch & Fun—Steinbeck Out Loud with Carol Birch 11:30am	Sept 4: Game On Sept 18: Movie of the Month Draft Day 1:00pm Sept 11: Flower Arranging Sept 11: Game On Sept 25: Book Club: <i>Forgotten Seamstress</i> 2:00pm Sept 25: Health & Safety Fair

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” - September 2015
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. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. To register (203) 891-4765.

Notary Public

Dennis Marsh is a Notary of Public for the State of CT. So if you need anything notarized, you can come to the senior center for this free service. Be aware he will follow the policy and procedures as established by the common practices of the other town notaries.

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 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.

Word from the Municipal Agent

September 28th (***Date Change***) at 1:00, in the Senior Lounge there will be a presentation on how you may qualify for extra money from Social Security. Orange has been identified as an under served community so I am inviting you to come and hear what it is all about. Call early to reserve your spot. Refreshments will be served.

Denise Stein, M.S., LPC
Elderly Outreach