



ORANGE FRIENDLIES

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



SEPTEMBER 2016

Senior Center Telephone: 203-891-4784

Check our website for all senior center activities: www.orangeseniors.org



Mission Statement: The Orange Senior Center provides activities that promote independence, creativity, physical and emotional health, and lifelong learning for residents over the age of 55.

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 August. For those of us who enjoy the summer it officially ends September 22 and fall begins. The kids are back in school and we celebrate Labor Day. I would like to remind you that there are a variety of phone scams going around. Sometimes the caller indicates they are from the IRS or Credit Card Company. The IRS and Credit Card Companies do not call on the phone. DO NOT respond or provide Social Security or credit card numbers over the phone. Sometimes people go door to door trying to scam by saying they are working in your neighborhood and can do some work for a certain amount or say they are from a utility. Any reputable contractor would not go door to door. Employees of utilities have picture identification. DO NOT answer your door unless you know who it is. So please be mindful, if anything suspicious occurs contact the Orange Police Department. Enjoy Labor Day and have a wonderful September! Stop by anytime my door is always open.

Joan Cretella, Director
Orange Community Services

15th Annual Health & Safety Fair

The 15th Annual Health and Safety Fair will be held on Friday, **September 16 from 9:30 am to 12 noon**. Vendors representing all sorts of agencies will be on hand to give out information about products and services that benefit older adults. The Orange VNA will offer blood pressure screenings. There will be raffle prizes and refreshments. Sponsored by Coldwell Banker, Orange Visiting Nurses Association, Maplewood of Orange and the Orange Senior Center. Admission is free. Special Musician guest Vinnie Carr at 10:30. Lunch provided by Maplewood of Orange! For more information call (203) 891-4784.



WORD FROM THE SENIOR SERVICES COORDINATOR

Welcome September and with that comes fall festivals, fairs, and back to school sales. Unfortunately it brought us Evelyn Hahn's stepping down as our Line Dance instructor. She will be missed. Thank you Evelyn for all you have given us.

In order to better serve you, please be aware that the first 10 days of an enrollment period for a class, trip or activity, sign up will open for Orange residents only. After that enrollment will be open to all.

Keep in mind that the Senior Center does not receive any money from the Town for programming. So that means that the cost of all trips, classes and activities has to be covered by those who participate. Therefore some fee increases are necessary. Fitness \$30 will be going up to \$40 in October per session. Zumba Gold will be going up to \$50 for 1 day, \$75 for 2 or 3 days a week per session in October. Cabaret will cost \$5 with a minimum of 30 people signed up.

Dennis Marsh,
Senior Services Coordinator

Winter Snow Policy

As a reminder I would like to also review our class snow cancellation policy. The policy is if Orange schools are closed due to weather, then Senior Center classes are cancelled for that day. If there is a delay then classes that normally occur during the delay will be canceled; classes held after the delay will be run as scheduled. Please be sure to check WTNH8 for school closings. You can also call the office at (203) 891-4784.



Movie of the Month

Friday, **Sept, 23, Brooklyn, 1:00pm.** Starring Saoirse Ronan, Emory Cohen, and Domhnall Gleeson. An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, she must choose her life between two countries. Popcorn & soda will be served. Call for a seat.

Fully Fit Weight Training Class

Starting Monday Sept. 12 at 1:30pm, we will have a new class... Fully Fit Weight Training. This class is designed to help our members to improve their fitness with the use of light weights. Weight training makes you stronger, wards off osteoporosis, slims you down with leaner muscle mass and helps boost your fitness level! You don't need heavy weights to get great results! 10 weeks, \$50 with a minimum of 8 participants. Call to let us know you are coming at (203) 891-4784. Bring your own 1 or 2lb weights. 

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 Case Memorial Library will lead the monthly meeting. Coffee and dessert will be provided. September 28th Big Magic: Creative Living beyond Fear (Elizabeth Gilbert)
Call the Senior Center (203) 891-4784 to sign up.

Learn How to Reduce Utility Costs & Pie Social



Thursday, **Sept, 8, 12:30pm.** Join our State Representatives to *Learn How to Reduce Utility Costs* and enjoy some pie! Call the Senior Center Office (203) 891-4784 to sign up as seats will be limited.



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.

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Sept 1 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
Afghan Ladies 4th Monday 1:00—2:00pm	Sept 26 No Fee	Group of knitters or crocheters who work on afghans for veterans.	Claire Westerink Senior Lounge
Billiards 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
Bingo 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
Book Club Friday, 2:00—3:00pm	Sept 2 & Sept 23	9/2 book is <u>Circling the Sun</u> by Paula McClain 9/23 book is <u>The Muralist</u> by B.A. Shapiro	Paula Samuel Room 3
Bocce Wednesday, 10:00am	Ongoing No Fee	Join us along the building on the fairground side. All abilities welcome.	Bocce Court
Chair Exercise Mon, Wed & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities. Wednesday in Cafe	Hank Katten Senior Lounge
Chess 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
Legal Clinic 1st Wednesday of month 9:00am	Ongoing No Fee	Attorneys from Floman DePaola will be available by appointment to discuss basic legal needs. <i>Call the Senior Center office for an appointment</i>	Attorneys from Floman DePaola Town Conf room
Laughter Yoga 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
Money Management Tuesday 9:30am	Sept 20 No Fee	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Duati Senior Lounge
Ping Pong 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
Wii Bowling 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
Bridge Lessons: 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
Bridge Lessons: 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
Bridge Lessons: 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
Fitness 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 11/24	Danielle Pettitt Gym
Floral Arranging Friday 10:00 & 12:00pm \$20.00	Sept 23	Learn how to make a beautiful basket as a center piece for any table. Pre-registration is required with a minimum of 8 students.	Mary Errato Room 2
Painting and Drawing 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
Tai-Chi Fridays, 11:45-12:45pm \$40.00, 8 wks	Oct 14 – 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
Tap Dance, Monday 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
Fully Fit Weight Training 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
Yoga – Mondays 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
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$15.00, 3 wks	Mini Session 9/14, 9/21, & 9/28	No sense stopping your positive momentum, join Sue for a 3 week mini session for only \$5 a class!	Sue Neufeld Senior Lounge
Yoga – Wednesdays 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
Yoga Dance 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
Zumba Gold 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, 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 people 65yrs of age and older.

A Quadrivalent Vaccine for 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.

BROADWAY—AN AMERICAN IN PARIS or BEAUTIFUL. September 14, 2016. Enjoy lunch at the famous Italian Restaurant Buca di Beppo. Meal served family style with platters of salads, baked rigatoni and spaghetti with meat sauce, chicken parmigiana and homemade cheesecake. After lunch enjoy your choice of either **An American in Paris cost \$209pp** or **Beautiful cost: \$189pp**. Includes transportation, Orchestra/Front Mezzanine Tickets, lunch and driver's and tour director's gratuity. **Full payment due at registration** ( ).

THE BIG E FAIR—Connecticut Day. September 21, 2016. This no minimum trip will take us to "New England's Great State Fair." With nearly one million guests passing through the gates it is ranked among the top fairs in the country. **Cost: \$51pp** Includes transportation, Admission to the Big E and driver's gratuity. **Full payment due at registration** (  ).

BUDDY JEWEL—Country Music Star! September 23, 2016. No minimum trip. Buddy Jewel was the 1st USA Network "Nashville Star" winner beating Miranda Lambert in the finals. Our luncheon will be at Chez Josef, the region's premiere banquet facility. Menu features choice of Yankee Pot Roast, Stuffed Filet of Sole, or Chicken Florentine. **Cost: \$86pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

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** ().

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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

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 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** ().

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** ( ).



TRIPS Continued

EXTENDED STAY AND OVERNIGHT TRIPS.

NETHERLANDS, BELGIUM & PARIS

featuring historic Bruges—September 12-22, 2016. 11 days, 14 meals. **Cost: \$4,199pp double occupancy, single \$5,249.** Includes group transportation to & from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (  )



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** (  )



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** (  )



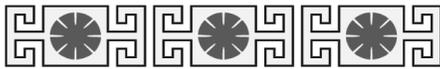
WALKING KEYS FOR TRIPS:

-  One shoe means minimal walking;
-  two, some walking;
-  three, considerable walking;
- four, bring a pair of replacement shoes.

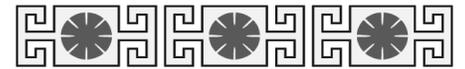
Senior Leadership Reunion & informational

Join us Monday, **Sept, 26, 4-6:00pm.** For the Senior Leadership 10 Year Reunion and Informational Wine & Cheese Party. It will be a time to celebrate your experience and achievement. Be sure to bring anyone who is interested in learning more about the Leadership Program RSVP to the Senior Center office (203) 891-4784.





September 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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.

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.

1
Mandarin Chicken
Vegetable Lo Mein
Oriental Vegie Blend
Wheat bread
Mandarin oranges
Low Fat milk

2
Hamburger Whole Wheat Roll
Lettuce, Tomato, Ketchup
Summer Blend
Vegetables
German Potato Salad
Blueberry Parfait w/
Vanilla Pudding
Low Fat Milk

5
Closed for Labor Day

6
Pork loin/gravy
O'Brien potato
Bean blend
Rye bread
Applesauce
Low Fat Milk

7
chicken gumbo soup
Baked fish
Oven roasted potato
broccoli
Wheat bread
Pineapple
Low Fat Milk

8
Beef stew
Bowtie noodles
Mashed squash
Wheat dinner roll
Fresh fruit
Low Fat Milk

9
Spinach grandoli cup
Tossed salad with chick
peas and Italian dressing
Italian bread
Grape juice
Pound cake
Low Fat milk

12
Sweet and sour pork
Fried rice
Oriental blend
Dinner roll
Mandarin oranges
Low Fat milk

13
Vegetable soup
Stuffed chicken with
supreme sauce
Sweet potato
zucchini & tomato
Wheat bread
Carrot cake
Low Fat Milk

14
Chili con carne
Rice
Mixed vegetables
Corn bread
Fresh fruit
Low Fat Milk

15
Turkey/gravy
Mashed potato
Green beans
Cranberry sauce
Wheat dinner roll
Applesauce
Low Fat Milk

16
Health & Safety Fair
Free Lunch to 1st
200 people
Provided by
Maplewood of Orange

19
Spaghetti & meatballs
Tossed salad with
cucumber and raspberry
vinaigrette
Herb bread stick
Scalloped apples
Low Fat Milk

20
Turkey divan
Rice
Carrots
Family grain bread
Fresh fruit
Low Fat Milk

21
Light crunch fish
Roasted red skin potato
Summer spring blend
Tartar sauce
Wheat dinner roll
Tropical fruit
Low Fat Milk

22
Pot roast/gravy
½ Baked potato
Broccoli
Multigrain bread
Apple juice
Mixed berry strudel
Low Fat Milk

23
vegetable barley soup
Spinach quiche
Broiled tomato
Roasted squash
Pumpnickel bread
Chocolate pudding
Low Fat Milk

26
Chicken cacciatore
Rice
Italian blend
Wheat dinner roll
Pineapple juice
Coffee cake
Low Fat Milk

27
Butternut squash soup
tilapia fruit salsa
Roasted potato
Peas and Carrots
Rye bread
Baked apple
Low Fat Milk

28
Meatloaf/gravy
Mashed potato
Fresh zucchini
Wheat bread
Apple juice
Fruited cherry jello
Low Fat Milk

29
BBQ chicken
Macaroni and cheese
Broccoli
Cornbread
Fresh fruit
Low Fat Milk

30
Cheese baked ziti
Cauliflower
Spinach salad with
French dressing
Garlic breadstick
Fresh fruit
Low Fat Milk

RESERVED FOR SPONSORS

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 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 **Sept 6** from 10 – 11:30am for blood pressure screenings. The **OVNA** blood pressure check, 4th Thursday of the Month: **September 22** at 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

It’s coming up to that time of the year again and no not the holidays, it’s Medicare time. Watch the newsletter for the upcoming seminars and remember you do need to call and reserve your spot.

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