



203-891-4784

MAY 2023

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**Title VI:** ensures that no person in the United States shall on the grounds of race, color, national origin, sex, age or disability be excluded from participation in, be denied the benefits of, or be otherwise subject to discrimination under any program or activity receiving Federal Funding

# Orange Friendlies

Orange Senior Center, High Plains Community Center, Orange, CT 06477

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.

Visit our website at: [orange-ct.gov/782/Community-Services](http://orange-ct.gov/782/Community-Services)

## A Word from the Coordinator

Be aware that Pasta Festa has moved to **June 15** to accommodate schedules. Congratulations Betty Hadlock, Rowland Hine, & Maureen White who have been selected to receive the 2023 Living Treasure Awards.

Join us on **May 23** to assemble the Newsletter.

Need something notarized? Call (203) 891-4788 to schedule an appointment.

**Dennis Marsh**  
Senior Services  
Coordinator

## May Cabaret

Come join us for Older Americans' Month with John Banker on Tuesday, **May 23**. Dessert at 2:30pm, John at 3:00pm. Register in the office (203) 891-4784.



## Pasta Festa

Come celebrate our three Living Treasures: Betty Hadlock, Rowland Hine, & Maureen White at our annual Pasta Festa dinner on **June 15, 2023**, from 5-8pm at the HPCC gym. Still only \$25 a ticket.

## AARP Driving

AARP Driving Course will be offered on the first Thursday, **May 4** from 9-1:00pm. Call the office to register. (203) 891-4784. **\$20 for members, \$25 nonmembers**

## Hop on the Bus

The next Hop on the bus to the New Haven Symphony Orchestra performances at Lyman Center at SCSU will be **May 12**—Price, Bonds, & Hagan with the bus departing at 6:45pm. This former OACC program, Hop on the bus is free, you just have to buy your tickets to the show. You can buy your tickets at [newhavensymphony.org](http://newhavensymphony.org). Call the office to register to ride the free bus at (203) 891-4788. Thank you to the Orange Foundation for their grant.

## OVNA Health Chat

Join us on **May 9** at **12:00** for columnist, **Maria Biondi of the OVNA** who will speak about Women's Health. Call 203-891-4784 to reserve a seat.



## Chamber Lunch Talk

Join us on **May 17** at 11:30pm. Orange Chamber member, **Attorney, Rose DeGrey of Consumer Legal Services** will present her business. Travel opens your heart, broadens your mind and fills your life with stories to tell. Call 203-891-4784 to register for this presentation.



## Money Management

Join us **May 18** at **10:00am** for **Trinity Point Wealth**. Call to reserve a seat.

### Adult Coloring

Carol Imperati will lead us on the first Monday of the Month, **May 1** at **12:30pm** for **Adult Coloring**. Lots of Fun!



### Lions' Club Water Coloring Class

Marion Nugent leads a Lions Club Water Coloring class, FREE, on **Wednesdays at 2:00pm**.

Call the senior center office for a list of supplies you should bring with you.



### Classic Movie of the Month

Join us **May 5** at **1:00pm** for **Top Gun**. Students at the United States Navy's elite fighter weapons school compete to be best in the class. Chips and soda will be served. Call to reserve a seat.



### Arts & Crafts

Join us for a fun-filled class project on Monday, **May 8** at 12:00pm with Suzanne Anderson. Pre-registration is required.

### Movie of the Month

Join us **May 12** at **1:00pm** for **Top Gun Maverick**. After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past. Chips and soda will be served. Call to reserve a seat.



### Smooth Sliders Line Dancing

This free 5-week program is brought to us by students from Sacred Heart's Occupational Therapy program. We'll learn line dances like the Hustle and the Electric Slide. This is a fun way to exercise requires no experience! Please wear comfortable leather soled shoes. Class start **May 19** at 10:00am. Call 203-891-4784 to register for this free class

### Lunch & Fun: Make-up for Mature Women

Join us on **May 22**, at **12:00** when Joby Rogers returns for his presentation on Make-up for Mature Women. Call to reserve a seat.

### Maplewoods of Orange Culinary Demo

Join us on Wednesday, **May 24**, 2:00pm in the cafe when Maplewoods' Chef Walt presents a tasty dish. Call to reserve a seat (203) 891-4784.

### Legal Clinic

The Legacy Law Partners, offers a free Legal Clinic the **first Wednesday of each month** via a phone call. They can assist you with Estate Planning, Elder Law, and Probate. To schedule a phone appointment call 203-891-4784.

### Hiking Group

Marianne and Judy will lead us in a 2 mile-ish. 1 hour walk every **Thursday** at 10am (9am from July, Aug, & Sept). Meet at the location of the hike.

**May 4: Naugatuck Greenway**, 20 Division St., Derby, park at BJ's Wholesale Club

**May 11: Racebrook Tract**, 839 Racebrook Rd., Orange

**May 18: Fitzgerald Tract**, 112-126 Beecher Rd., Woodbridge

**May 25: Turkey Hill Preserve**, 700 Derby Milford Rd., Orange

### Peck Place Senior Prom

**May 11** at **10:30am** A FREE Prom for Senior Citizens at the Peck Place School hosted by the Peck Place Student Government with food & dancing. To register call 203-891-4784.

### OVNA Blood Pressure Clinic

The OVNA will be here the 2nd Friday of the month, **May 12** from 10:00-11:00pm to take your blood pressure. Stop by for this free clinic.

### Documentary & Discussion

Join us **May 19** at **1:00pm** for **The Biggest Little Farm**. Documentarian John Chester and his wife Molly work to develop a sustainable farm on 200 acres outside of Los Angeles. Chips and soda will be served. Call to reserve a seat.

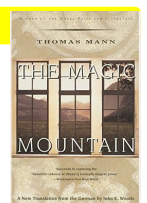


### Griffin Hospital Blood Pressure Clinic

Maggie of Griffin Hospital will be here the last Friday of the month, **May 26** from 10:30-12:00pm to take your blood pressure. Stop by for this free clinic.

### Book Club

The book club normally meets the last Friday of the month at 2:00pm. The next meeting will be in the senior lounge on: **May 26** March's book is **Magic Mountain** by Thomas Mann.



### Brain Teasers with Stacey

**May 30 at 12:30pm** Get ready to exercise those brain muscles! Join Stacey for a fun memory boost at 12:30pm in room 4.

### Older Americans Month

Every May we celebrate Older Americans Month. This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences. Staying active and engaged in our communities as we age has been proven to promote both physical and mental health. We challenge you this month to try something new here at the Senior Center; an exercise class, a hot lunch, or an activity and see if you can bring in more joy and energy into your life!

### Notary of Public

Need something notarized? Call our main number (203) 891-4788 to schedule an appointment.

### Zentangle

Join us on the Friday, **June 30** for Zentangle, a free and relaxing, meditative art form led by Certified Zentangle teacher Rosemarie Main. **Limit 15 people.** Call the Senior Center at 203-891-4788 to reserve a seat.

### 2023 CHOICES Trainings

**CHOICES, Connecticut's State Health Insurance Assistance Program (SHIP), is accepting applications for our 2023 New Team member Training sessions.**

CHOICES Team Member Trainings are free for volunteers. Training participants will complete an orientation session, 6 half days and 2 full days of training, sign the CHOICES Memorandum of Understanding, and take an online certification exam.

**Training topics include:** Medicare Parts A, B, C and D, Medigap, eligibility, coverage, costs, appeals, coordination of benefits, transitions from other insurance, and cost assistance programs for low-income beneficiaries, including MSP, LIS and Medicaid. Training manuals will be provided.

**\*\*Registration, screening and Approval by Regional Coordinator Require to Attend Training\*\*** \*For an application or for questions about the training - please contact Senior Center office (203) 891-4788

### Outreach Services

**Do you need help with benefit assistance such as Medicare Savings Programs, Social Security or Title 19? Are you in need of help with senior housing, energy assistance or fuel assistance?** Denise Stein is the Town of Orange Outreach Worker. She is available for both office visits and home visits. Denise is very aware of the State and local programs to help Orange residents remain in their home as long and safely as possible. Denise helps with Energy Assistance Applications, Medicare Savings Programs or help with the SNAP applications. Be sure to stop by for a copy of our free Senior Resource Booklet.

**Community Services Handyman** program is looking for volunteers! Our volunteers help their fellow friends and neighbors by completing small jobs around the house. Sometimes it can be just a matter of changing a lightbulb. While the jobs are small, they are very important. If interested in volunteering please call Denise. Denise can be reached at (203) 891-4787 or via email at [dstein@orange-ct.gov](mailto:dstein@orange-ct.gov).

### Orange Transportation

Transportation is provided to senior/disabled Orange residents, Monday to Friday, 7:00am – 6:00pm. A minimum of 48 hours' notice is required to make a reservation. All riders must complete a transportation application prior to riding. Suggested donations are \$2.00 to the Senior Center, \$4.00 within Orange, and \$6.00 to surrounding towns: Milford, West Haven, New Haven, and Hamden. Additional areas on a case-by-case basis. Please call Jenny Hudson, Transportation Coordinator for more information or to schedule an appointment at 203-877-4788.

### Orange Youth Services

Youth Services offers many programs to support the Town's youth. One program that can be beneficial to seniors is the Youth Services Job Bank. The job bank matches pre-screened students, ages 13-16, to be employed by area residents to do a variety of jobs such as yard work, garden help, raking, snow shoveling, party helper, mother's helper & more. For questions or more information, contact Jessica Stein at (203) 891-4785 or via email at [jsimone@orange-ct.gov](mailto:jsimone@orange-ct.gov).

Please be aware that the first 10 days of an enrollment period of 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                     |
|---|---------------------------------|---|--------------------------------|
| <b>AARP Driving</b><br>First Thursday, 9:00am                         | May 4<br>Fee                    | AARP Driving Course is offered the first Thursday, 9-1pm. Call the office to register. \$20 AARP Member, \$24 nonmember                         | AARP Instructor<br>Room 4      |
| <b>Afghan Ladies</b><br>Fourth Monday, 1:00pm                         | May 22                          | Join a group of knitters and crocheters who make afghans for local long-term rehab centers. New crafters welcome!                               | Sharon Venezia<br>Lounge       |
| <b>Social &amp; Duplicate Bridge</b><br>Tues & Wed 1:00pm             | Ongoing                         | Tuesday with Bev, Wednesday with Rick & Joan.   | Lounge                         |
| <b>Billiards</b><br>Tues & Thurs, 1:00pm                              | Ongoing<br>No Fee               | Enjoy Billiards with a group of new friends!  | Room 1                         |
| <b>Bingo</b><br>Thursdays, 1:00pm                                     | Weekly                          | Cards are \$1.00 for the first card, \$.25 for each after. Paper sheets are \$1.00.   | Cafe                           |
| <b>Bocce/Corn Hole</b><br>Wednesdays, 10:00am                         | Ongoing<br>No fee               | Join us for this fun and exciting indoor activity. All abilities welcome. Corn Hole in gym  | Pete Pepe<br>Gym               |
| <b>Chair Exercise</b><br>Mon, Wed, & Fri, 11:00am                     | Ongoing<br>No Fee               | This is a great form of low impact exercise for seniors with balance issues or disabilities.  | Ann Losh<br>Cafe               |
| <b>Drumming</b><br>Thursday, 11:00am                                  | Ongoing<br>No Fee               | This is a great form of low impact exercise for seniors using their arms to drum. <b>Limit 20 students</b>                                      | Dennis<br>Cafe                 |
| <b>Fitness</b><br>Mondays, 9:45am,                                    | April 3—June 12<br>\$55.00      | Fitness returns with Danielle. This low impact cardio exercise is a great way to build up your stamina  | Danielle Pettit<br>Room 6      |
| <b>Hiking Group</b><br>Thursdays, 10:00am                             | May 4, 11, 18, & 25             | Enjoy a 1 hour, 2 mile-ish HIKE at various locations and terrains. 10am (**time changes to 9am for July, Aug., & Sept.)                         | Marianne Bauer &<br>Judy Fitol |
| <b>Laughter Yoga</b><br>Wednesdays, 10:00am                           | Ongoing<br>No fee               | Start your day off right with the joy of laughter.  | Connie Pino<br>Pavilion        |
| <b>Money Management</b><br>3rd Thursday, 10:00am                      | May 18<br>No fee                | Speakers on financial planning. May is Trinity Point Wealth   | Room 4                         |
| <b>Pickleball</b><br>Tues, Wed, & Fri 1-3pm                           | Ongoing<br>\$10                 | Learn the basics and practice America's quickest growing sport!   | Mary Anders<br>Tennis Courts   |
| <b>Ping Pong</b><br>Mon & Wed., 11:00am                               | Ongoing<br>No Fee               | Enjoy Ping Pong with new friends. Paddles are available. All welcome.   | Room 1                         |
| <b>Tap Dance</b><br>Mondays, 9:45a                                    | TBD<br>\$55.00                  | Get those feet dancing and feel the excitement of dance!<br><b>10 Students required</b>   | Judy Nilsson<br>Gym            |
| <b>Tai Chi</b><br>Wednesdays, 1:30pm,<br><b>10 Students required</b>  | April 5 -<br>June 14<br>\$55.00 | Tai Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older people. <b>No class May 24</b>               | Bill Banick<br>Rm 3/5          |
| <b>Yoga Monday</b><br>Mondays, 9:00am,<br><b>10 Students required</b> | April 3 -<br>June 12<br>\$55.00 | Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind.                              | Andrea Cashman<br>Room 3 & 5   |
| <b>Yoga Beginner</b><br><b>Wednesday, 10:15am,</b>                    | April 5—June 7<br>\$55.00       | Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. <b>10 Students required.</b> | Andrea Cashman<br>Room 3 & 5   |
| <b>Yoga Intermediate</b><br><b>Wednesday 9:00am,</b>                  | April 5—June 7<br>\$55.00       | Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. <b>10 Students required.</b> | Andrea Cashman<br>Room 3 & 5   |
| <b>Zentangle</b><br>June 30 & September 29, 1:00pm                    | Ongoing<br>No Fee               | Great relaxation while doodling and create beautiful pieces of art. Anyone can do it... No experience necessary!                                | Rosemarie Main<br>Lounge       |
| <b>Zumba Monday</b><br>Mondays, 8:30am,                               | April 3—June 12<br>\$55.00      | Easier than basic Zumba but just as fun. The moves are easy to follow for all individuals. <b>15 Students required</b>                          | Danielle Pettit<br>Gym         |
| <b>Zumba Thursday</b><br>Thursdays, 9:00am,                           | April 6—June 8<br>\$55.00       | Easier than basic Zumba but just as fun. The moves are easy to follow for all individuals. <b>15 Students required</b>                          | Maryrose<br>Room Gym           |

## MAY'S LUNCH MENU

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|---|--|--|--|
| <b>1</b><br>Honey Chicken<br>Cilantro Lime Rice<br>Rye Bread             | <b>2</b><br>Pork w/Mushroom<br>Gravy<br>Ranch Whipped Potatoes        | <b>3</b><br>Eggplant Pamesan<br>Penne Pasta<br>Spinach                   | <b>4</b><br>Tomato Basil Soup<br>Salisbury Steak<br>Mashed Potatoes                                | <b>5</b><br>Crustless Turkey Pot Pie<br>Brown Rice<br>Zucchini w/Peppers |
| <b>8</b><br>Herbed Chicken<br>Rice Pilaf<br>California Veggie Blend      | <b>9</b><br>Meatloaf with Gravy<br>Whipped Potatoes<br>Green Beans    | <b>10</b><br>Potato Crusted Pollock<br>White Rice<br>Spinach             | <b>11</b><br>BBQ Pork Roast<br>Yams<br>Broccoli  | <b>12</b><br>Spinach, Broccoli,<br>Mushroom Quiche<br>Home Fries         |
| <b>15</b><br>Meatloaf with Gravy<br>Whipped Potatoes<br>Mixed Vegetables | <b>16</b><br>Cheese Omelet<br>Red Roasted Potatoes<br>Stewed Tomatoes | <b>17</b><br>Hamburger<br>Steak Fries<br>Chocolate Chip Cookie           | <b>18</b><br>Minestrone Soup<br>Chicken Parmesan<br>Penne Pasta                                    | <b>19</b><br>Sweet & Sour Pork<br>Vegetable lo Mein<br>Broccoli          |
| <b>22</b><br>Meatballs Sauce<br>Spaghetti<br>Garlic Breadstick           | <b>23</b><br>BBQ Ribs Patty<br>Corn O'Brien<br>Collard Greens         | <b>24</b><br>Chicken Caesar Salad<br>Diced Chicken<br>Three Bean Salad   | <b>25</b><br>Turkey A La King<br>White Rice<br>Zucchini  | <b>26</b><br>Spinach Quiche<br>Potato Tots<br>Peppers & Onions           |
| <b>29</b><br><b>Closed for<br/>Holiday</b>                               | <b>30</b><br>Beef & Bean Chili<br>Lima Beans<br>Mixed Vegetables      | <b>31</b><br>Bourbon Pork Loin<br>Garlic Whipped Potatoes<br>Dinner Roll | <b>Lunch is offered Mon.<br/>through Fri., 11:30am<br/>- 12:00pm. No meals<br/>on Sat., or Sun</b> | <b>Menu subject to<br/>change based on<br/>availability</b>              |

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. A \$3.00 donation is accepted for persons 60+. Call Ellen at (203) 891-4765 to register.



**Trip Policy**

For day trips, please make checks payable to "Treasurer, Town of Orange". Overnight and extended-stay trips, checks are usually made out the tour company. The first 10 days of an enrollment period of a class, trip, or activity, sign up will be open to Orange residents only. After the 10 days enrollment is open to all.

Refunds cannot be made after 30 days out from the departure for day trips, unless a replacement can be found. To reserve a special needs seat, you must notify the senior center staff at registration.

**2023 Trips**

**May 22, 2023: STAYIN ALIVE @ Aqua Turf** Enjoy Stayin Alive, the world's #1 tribute to the Bee Gees. The show includes a family style dinner: pasta, roast pork loin & salmon with dill sauce, vegetable, potato, rolls, dessert and beverage. Cost is \$118pp with transportation. (minimal walking).



**June 20, 2023: ST CLEMENT'S CASTLE LUNCHEON & SHOW** Singing \*impressionist Eric Kearns delivers an unbelievable performance, paying tribute to some of the greatest vocalist in music from the 50's to the 80's. The show includes a garden salad, choice of Chicken Marsala, or Broiled Scrod with crumb topping, both served vegetable, potato, dessert and beverage. Cost is \$116pp with transportation. (minimal walking).

**June 25, 2023: S.I.N. (SPENDING IT NOW) FOUNDATION @ the Newport Playhouse;** A wealthy widow living in an up-scale retirement community is tired of handing out money to her unappreciative children so she starts the S.I.N. (Spending It Now) Foundation. The trip includes a buffet style dinner: oven roasted chicken, mussels, corn on the cob, roasted bliss potatoes, choice of New England clam chowder or garden salad with dessert and beverage. Cost is \$179pp with transportation. (minimal walking).



**September 6, 2023: SONGS of SUMMER @ Amarante's** Enjoy the Elderly Brothers when they perform at Amarante's. The menu includes mixed garden salad, chicken piccata or fillet of salmon with dill sauce, vegetable, potato, strawberry shortcake, soda, coffee & tea. Cost is \$TBD with or without transportation. (minimal walking).



**2023 Trips**

**August 10, 2023: SHADES OF BUBLE` @ the Aqua Turf** Three-Man tribute to Michael Buble` brings swinging standards and pop hits of Michael Buble`. The show includes a family style menu: garden salad, pasta, chicken marsala & broiled scrod, vegetable, potato, rolls, dessert and beverage. Cost is \$118pp with transportation. (minimal walking).

**September 6, 2023: SONGS of SUMMER @ Amarante's** Enjoy the Elderly Brothers when they perform at Amarante's. The menu includes mixed garden salad, chicken piccata or fillet of salmon with dill sauce, vegetable, potato, strawberry shortcake, soda, coffee & tea. Cost is \$TBD with or without transportation. (minimal walking).

**October 7-16, 2023: SHADES OF IRELAND** visit the Emerald Island. (extensive walking).

**October 19, 2023: OKTOBERFEST @ Krucker's** Enjoy a full day of entertainment, food, fun, music, and dancing. This lovely resort features the genuine spirit of an Oktoberfest. Lunch: barley soup, applesauce, choice of sauerbraten with red cabbage or sliced pork loin with sauerkraut, mashed potatoes, brussel sprouts, carrots, apple strudel & vanilla ice cream. At 4:00pm, enjoy a bratwurst sandwich & cucumber salad. Cost is \$129pp with transportation. (some walking).

**November 14, 2023: ALL AMERICAN VARIETY SHOW @ La Bella Vista.** Salute our Veterans with the All American Variety Show featuring Joey Armino & The Family. Family style lunch: Italian salad, penne ala vodka, chicken fresca with tomatoes & capers in lemon wine sauce, stuffed filet of sole, potato, vegetable, deluxe pastries, soda & coffee. Cost is \$118pp with transportation. (minimal walking).

**December 5, 2023: SILVER BELLS & DIAMOND @ the Aqua Turf.** Silver Bells & Diamond combine the best of the Diamonds for a great holiday show. Family style lunch: garden salad, pasta, chicken parmigiana, scrod with cracker crumb stuffing, vegetable, potato, rolls, dessert and beverage. Cost is \$118pp with transportation. (minimal walking).



**WALKING KEYS FOR TRIPS:**

means minimal walking;

es, some walking;

Three shoes, considerable walking;

**TOWN OF ORANGE**  
**COMMUNITY SERVICES**  
525 Orange Center Rd

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

Current Resident or



## **HOT LUNCH PROGRAM**

**Lunch is offered Monday through Friday, 11:30am – 12:00pm.**

**No meals on Saturday, or Sunday.**

**A \$3.00 donation is accepted for persons 60+. Call Ellen at (203) 891-4765 to register.**

### **Transportation**

Community Services transportation service for senior/disabled residents, Monday through Friday from 7:00am to 6:00pm. 48 hours notice is required. Suggested donations are \$2.00 to the Senior Center, \$4.00 within Orange, and \$6.00 outside transports to Orange, Milford, West Haven, New Haven, Hamden and additional areas on a case by case basis. All round trip. Aides ride free. Call 203-891-4788 to register and schedule a ride.

### **Food Pantry**

The Town of Orange food pantry is open and serving the Orange community! If you need food pantry assistance, please call Denise Stein, Outreach Worker at 203-891-4788 to make an appointment or for more information. All calls are confidential. Home delivery is also available on a case-by-case basis.

### **Senior Center Advisory Committee**

I am interested in restarting the Senior Center Advisory Committee. The group will meet every other month, on the first Tuesday at 10:00am. If your are interested in participating please call Dennis at 203-891-4789 to express your interest. **The first meeting will be June 6, at 10:00am in the Community Services Conference room.**