



**203-891-4784**  
**SEPTEMBER**  
**2023**

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# 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

Please register 48 hours prior to, for special events, activities, cabarets and classes. Some activities require the purchase of food or supplies and we need to know before hand so we can be sure we have enough. We also need to

know so we will know how many chairs to put out. Thank you for your help with this.

Presently we are in the mist of updating our membership list. Please stop by or call to update your information.

When you visit the senior center be sure to scan in with your key tag. If you need one, stop by the office.

Join us on **September 26** at 9:00am in the café to assemble the Newsletter.

**Dennis Marsh**  
 Senior Services Coordinator

### Community CPR

Ever wanted to learn CPR? Join us on Tuesday, **September 12**, 1:00pm for a free 3 hour course for Community CPR. The class will be lead by Minna Kaufman. Call to register (203) 891-4784.

### Hawaiian Adventure

Join us on **September 18** at 3:00pm when Tracy O'Neil from Collette Tours presents our April 2024 trip "Hawaiian Adventure". Come and learn all about the trip and see if it's for you. Register by calling 203-891-4784.



### Health & Safety Fair

Join us **September 22** for the 20th Annual Health & Safety Fair at High Plains Community Center from 9:30am—12:00 noon. Meet local vendors, enjoy the raffle, and the first 150 people will receive a free boxed lunch.

### OVNA Blood Pressure Checks

The Orange Visiting Nurse Association will be here every **Thursday, 12:00-1:00** in the cafe for blood pressure and health screenings.



### AARP Driving

AARP Driving Course will be offered on the first Thursday, **Sept. 7** from 9-1:00pm. Call the office to register. (203) 891-4784. **\$20 for members, \$25 nonmembers.** Pay instructor.

### Legal Clinic

The Law Office of Theresa Rose DeGray—Consumer Legal Services LLC will return **September 13** for free legal clinic. Appointment times start at 9:00am. Call 203-891-4784 to schedule an appointment.



### Hiking Group

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

**Sept 7: Beaver Brook Trail**, 553 West Ave, Milford

**Sept 14: Orange Triangle (aka Wepawaug Trails)**, 842 Mapledale Rd., Orange

**Sept 21: Naugatuck Greenway**, park at BJ's Wholesale Club, 20 Division St., Derby

**Sept 28: Fitzgerald Trac**, 112-126 Beecher Rd, Woodbridge

### Arts & Crafts

Join us for a fun-filled Arts & Crafts class with Suzanne Anderson on Monday, 12:00pm, **September 11** in the Senior Lounge.

### Cancer Presentation

Join us on Monday, **September 11**, 10:00am when Dr. Ilana Richman, MD, MHS—Yale School of Medicine and her research team will present ways to minimize older adults' chances of getting cancer. Call to register (203) 891-4784.

### Adult Coloring

Carol Imperati will lead us on Monday, **September 18** at **12:30pm** for **Adult Coloring** in the café.

### Brain Teasers with Stacey

**Tuesday, September 26, 12:30 pm.** Get ready to exercise those brain muscles! Join Stacey for a fun memory boost at 12:30pm in room 4.

### Maplewoods of Orange Culinary Demo

Join us 2:00pm in the café on Wednesday, **September 27**, when Maplewoods' Chef Walt presents a tasty dish. Call to reserve a seat (203) 891-4784.



### Griffin Hospital Blood Pressure Clinic

Maggie of Griffin Hospital will be here the last Friday of the month, in the café, **September 29** from 10:30-12:00pm to take your blood pressure. Stop by for this free clinic.

### Zentangle

Join us on the Friday, **September 29** at 1:00pm, for a free and relaxing, meditative art form led by a Certified Zentangle teacher Rosemarie Main. **Limit 15 people.** To register call 203-891-4784

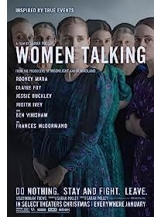
### Movie of the Month

Join us **September 1** at **1:00pm** for **When Harry Met Sally**. Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship. Chips and soda will be served. Call 203-891-4784 to reserve a seat.



### Movie of the Month

Join us **September 8** at **1:00pm** for **Women Talking**. Do nothing, stay and fight, or leave. The women of an isolated religious community grapple with reconciling a brutal reality with their faith. Chips and soda will be served. Call to reserve a seat.



### OVNA Health Chat

Join us on **September 18** at 12:00pm in the café when Earlene Peckham of the OVNA will lead a discussion on Fall Prevention. Call the office at (203) 891-4784 to reserve a seat.



### Meet & Greet - Cherish Program

Join us on **September 20** at **1:00pm**, to meet Daniela Collahuazo-Toledo, CHERISH Program Coordinator. CHERISH offers "Lets Talk" a support group for seniors who have been victims of abuse by a spouse or family member. We will discuss if there is interest in starting a support group here. Call 203-891-4784 to register.

### AARP Caregiver Roadshow

Join us on Monday, **September 25**, at 1:00pm When AARP leads a conversation for unpaid family caregivers to learn about strategies to help you plan your caregiving journey, available services, where to find assistance, and tips for taking care of yourself as you care for your loved one. Pre-registration is required. Call to reserve a seat (203) 891-4784.

### 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: **September 29**. September's book is **Their Eyes Were Watching God** by Zora Neale Hurston.



### Memories: Tell It or Write It

Join us as Trish O'Leary Treat leads a 6 week memory writing class on **October 3** at 9:30am. Please register at 203-891-4784.

### Understanding Alzheimers Disease

Join us on **October 10** at 1:00pm when Alzheimer's Association will present **Understanding Alzheimer's & Dementia**. Pre-registration is required 203-891-4784.

### Columbus Cabaret

Pendola the Troubadour will entertain us at our Columbus Day Cabaret on **October 16**. Be sure to call 203-891-4784 to register.

### Bereavement Support Group

Melinda Battone, Masonicare Bereavement Coordinator will facilitate a six week series for members who have lost a loved one starting Tuesday, **October 17th—November 21st, 10:00-11:15am**. For questions or to register, call Melinda at 203-679-5366

### Money Management

Money Management will return after the summer. Join us on **October 19** at 10:00am for Theresa Rose DeGray of Consumer Legal Services. Sign up with the office at 203-891-4784.

### What I Need to Know About My Electric Choices

This AARP presentation on **October 30** at 1:00pm is designed for you to learn about your individual choices when it comes to electric suppliers in CT. Bring you electric bill to review and understand its components. Sign up with the office at 203-891-4784.

### Pearls for Carol

**November 6**, 1:00pm, Albert Ruggiero will give a one hour power point presentation on a delightfully funny collection of short stories and poems written by his late wife Carol. Call to reserve a seat.

### Pickleball

Pickleball is in the tennis courts on Tuesday, Wednesday, & Friday 8:00 – 9:30. Park on the field.

### Notary Public

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

### Medicare Enrollment

It's "Medicare Annual Enrollment Time". Join Trish Pearson for an overview of the changes to Medicare coverage and Prescription drug benefits for 2024 on **October 3 at 1:00pm and at 6:30pm**. Concerned you might not have the best coverage for your medical needs? Are you getting the best value for the premium you are paying? Are you turning 65 in 2024 and need to know how Medicare works? Trish will guide you on how to determine the answer to these and any other questions you might have.

**October 16** Jim Lambert will present **Aetna** at 1:00pm.

**October 23** Jim Lambert will present plans for **Dual Eligible persons**.

**October 25** David Katz will present **United Health Care at 10:00am**.

Call the office at 203-891-4788 to reserve a seat.

### 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. Contact Jessica Simone at (203) 891-4785 or via email at [jsimone@orange-ct.gov](mailto:jsimone@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 203-891-4788.

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> First Thursday, 9:00am	Sept 7 Fee	AARP Driving Course is offered the first Thursday, 9-1pm. Call the office to register. \$20 AARP Member, \$24 nonmember	AARP Instructor Senior Lounge
<b>Afghan Ladies</b> Fourth Monday, 1:00pm	Sept 25	Join a group of knitters and crocheters who make afghans for local long-term rehab centers. New crafters welcome!	Sharon Venezia Lounge
<b>Social &amp; Duplicate Bridge</b> Tues & Wed 1:00pm	Ongoing	Tuesday with Bev, Wednesday with Rick & Joan.	Lounge
<b>Billiards</b> Tues & Thurs, 1:00pm	Ongoing No Fee	Enjoy Billiards with a group of new friends!	Room 1
<b>Bingo</b> Thursdays, 1:00pm	Weekly	Cards are \$1.00 for the first card, \$.25 for each after. Paper sheets are \$1.00.	Café Rae MacLellan
<b>Bocce/Corn Hole</b> Wednesdays, 10:00am	Ongoing No fee	Join us for this fun and exciting indoor activity. All abilities welcome. Corn Hole in gym	Pete Pepe Bocce Court
<b>Bollywood Demo</b> Friday, 10:00am	Call for details	Try out this Indian Dance/Fitness demonstration class. If 8 or more people are interested we can form a class.	Devangi Dharani Gym
<b>Chair Exercise</b> Mon, Wed, & Fri, 11:00am	Ongoing No Fee	This is a great form of low impact exercise for seniors with balance issues or disabilities.	Ann Losh Cafe
<b>Drumming</b> Thursday, 11:00am	Ongoing No Fee	This is a great form of low impact exercise for seniors using their arms to drum. <b>Limit 20 students</b>	Dennis Cafe
<b>Fitness</b> Mondays, 9:45am,	Oct 2—Dec 11 \$55.00	Fitness returns with Danielle. This low impact cardio exercise is a great way to build up your stamina. <b>No Class on 10/9</b>	Danielle Pettit Room 6
<b>Hiking Group</b> Thursdays, 10:00am	Sept 7, 14, 21 28	Enjoy a 1 hour, 2 mile-ish hike at various locations and terrains. 10am (**time changes to 9am for July, Aug., & Sept.)	Marianne Bauer & Judy Fitol
<b>Laughter Yoga</b> Wednesdays, 10:00am	Ongoing No fee	Start your day off right with the joy of laughter.	Connie Pino Pavilion
<b>Money Management</b> 3rd Thursday, 10:00am	Oct. 19 No fee	Speakers on financial planning. October is Consumer Legal Services	Room 4
<b>Pickleball</b> Tues, Wed, & Fri 8-9:30am	Ongoing	Come out and enjoy America's quickest growing sport!	Mary Anders Tennis Courts
<b>Ping Pong</b> Mon & Wed., 11:00am	Ongoing No Fee	Enjoy Ping Pong with new friends. Paddles are available. All welcome.	Room 1
<b>Tap Dance</b> Mondays, 9:45am	Aug 14—Oct 30 \$55.00	Get those feet dancing and feel the excitement of dance! <b>No Class on 9/4 or 10/9. 10 Students required.</b>	Judy Nilsson Gym
<b>Tai Chi</b> Wednesdays, 1:30pm,	Oct 4—Dec 6 \$55.00	Tai Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older people. <b>10 Students required</b>	Bill Banick Rm 3/5
<b>Yoga Monday</b> Mondays, 9:00am,	Oct 2—Dec 11 \$55.00	Yoga has been found to improve health, flexibility, awaken inner energy, & deepen breath awareness. <b>10 Students required</b>	Andrea Cashman Room 3 & 5
<b>Yoga Beginner</b> <b>Wednesday, 10:15am,</b>	Oct 4—Dec 6 \$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 Room 3 & 5
<b>Yoga Intermediate</b> <b>Wednesday 9:00am,</b>	Oct 4—Dec 6 \$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 Room 3 & 5
<b>Zentangle</b> September 29, 1:00pm	September 29 No Fee	Great relaxation while doodling and create beautiful pieces of art. Anyone can do it... No experience necessary!	Rosemarie Main Lounge
<b>Zumba Monday</b> Mondays, 8:30am,	July 3—Sept 18 \$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 Gym
<b>Zumba Thursday</b> Thursdays, 9:00am,	July 6—Sept 7 \$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 Room Gym

## SEPTEMBER'S LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch is offered Mon. through Fri., 11:30am – 12:00pm. No meals on Sat., or Sun	Menu subject to change based on availability			1 Meatloaf w/ Gravy Whipped Potatoes Cabbage
4 Closed for Labor Day	5 Hamburger German Potato Salad Chocolate Pudding	6 Spinach Quiche Tater Tots Wheat Bread	7 Mushroom Barley Soup Greek Chicken Breast Spinach Salad	8 Taco Salad Black Bean & Corn Salad
11 Chicken Stir Fry Brown Rice Carrots	12 Hamburger Steak Fries Broccoli	13 Cheese Baked Ziti Mixed Green Salad Italian Bread	14 Orzo Vegetable Soup Chef Salad Kidney Bean Salad	15 Cheese Quiche Tater Tots Wheat Bread
18 Chicken Paprika Confetti Brown Rice Corn	18 Potato Crusted Pollock Roasted Sweet Potatoes Green Peas	20 Pork Roast Dijon Herb Sauce Whipped Potatoes	21 Minestrone Soup Eggplant Parmesan Italian Bread	22 Salisbury Beef Rice Pilaf Dinner Roll
25 Spaghetti & Meatballs Green Peas Italian Bread	26 Turkey Breast Gravy Whipped Potatoes	27 Beef Chili with Beans Brown Rice Carrots	28 Orzo Vegetable Soup Tuna Salad Dinner Roll	29 Sweet & Sour Pork Oriental Veggie Blend Brown Rice

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**

**September 20, 2023: THE BIG E—Connecticut Day** Board the motor coach for a day at the Big E. Leaving CT around 9:30am and departing the Big E at 6:00pm. Cost is \$99 with or without transportation. (    extensive 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).

**2023 Trips Presentation**

**September 18, 2023 at 3:00pm: Grand Hawaiian Adventure Trip Presentation.** Hear about this wonderful Collette trip to Hawaii scheduled for **April 11-20, 2024.** (    extensive walking).

**October 23, 2023 at 3:00pm: Magical Rhine and Moselle River Trip Presentation.** Hear about this wonderful Collette river cruise scheduled for **September 19 -27, 2024.** (    extensive walking).




**2024 Trips**

**April 11-20, 2024: Grand Hawaiian Adventure Trip Presentation.** Hear about this wonderful Collette trip to Hawaii scheduled for **April 11-20, 2024.** (    extensive walking).

**September 19-27, 2024: Magical Rhine and Moselle River Trip Presentation.** Hear about this wonderful Collette river cruise. (    extensive walking).



**WALKING KEYS FOR TRIPS:**

-  One shoe means minimal walking;
-  Two shoes, some walking;
-  Three shoes, considerable walking;
- Four shoes, bring a pair of replacement shoes.

**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



## 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.

## Senior Center Advisory Committee

The Senior Center Advisory Committee will meet the first Tuesday at 10:00am. **Our next meeting will be September 5, at 10:00am in the Community Services Conference room.** If you are interested in participating, call Dennis at 203-891-4789.