



8:30 a.m. - 4:30 p.m.

DECEMBER 2025

Stacey Johnson
Director

Dennis Marsh
Senior Services Coordinator

Denise Stein
Outreach Worker

Jenny Hudson
Transportation Coordinator/
Administrative Assistant

Carol Marini
Clerical Assistant

Bonnie George
Clerical Assistant

Chantelle Bunnell
Youth Services Coordinator

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Orange Friendlies

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

203-891-4784

Find us at orange-ct.gov



A WORD FROM THE COORDINATOR

There is just so much going on at our Senior Center that we need you to let us know you are coming to the activities so we can put out enough chairs. Also, be sure to scan in with your green key tag at either of our 2 kiosks so we know

who is here and what people like.

The Senior Center will be closed on December 25.

Join us on **Tuesday, December 23, 9:00am**, in the café to assemble the Newsletter.

Remember the first **10 days after posting of an event are reserved for Orange residents.**

Like us on Facebook.

Dennis Marsh
Senior Services
Coordinator



DECEMBER SPECIAL EVENTS

COOKIE DECORATING

Join us on **Monday, December 1**, at 1:00pm with **The Tasty Sprinkle** for a cookie decorating class. Limited to 20 participants. Call 203-891-4784 to register.

PEARL HARBOR DISCUSSION

Join us on **Wednesday, December 3**, at 1:00pm when **Mark Albertson** returns to discuss Pearl Harbor. Call 203-891-4784 or stop by the office to register for this activity.



A SPECIAL HOLIDAY LUNCHEON

Monday, December 8, Lasse's Lunch at 11:30, Entertainment at 12:30. Saxophonist Jim Clark and his ensemble will entertain us with holiday music and American Standards. Lunch and dessert served by Lasse's Restaurant. **\$10.00 per ticket.** Reservations required and payment must be received in order to reserve a seat. This event will be sure to fill up quickly! Call 203-891-4784 or stop by the office to register.

ANNUAL HOLIDAY SING-A-LONG

It's back again! Join us **Monday, December 15** at 1:30pm when Peter Rendazo returns to lead us in singing our holiday favorites that are sure to cheer us all. Call 203-891-4784 or stop by the office to register.

ROCKEFELLER CENTER PRESENTATION

Join us **Monday, December 22** at 1:00pm when Art Gottlieb discusses **Rockefeller Center**. What a great program for the Holidays! Call 203-891-4784 or stop by the office to register.

MONTHLY PROGRAMS

HIKING GROUP

Marianne and Judy will lead us in a 2 mile-ish, 1-hour walk every **Thursday** at 10am. Meet at the location of the hike. Bad weather cancels. No dogs please.

Dec 4: Ansonia Nature Center, 10 Deerfield Lane, Ansonia

Dec 11: Shelton Lakes, Rt 108, Pine Hill Parking Area, Shelton

Dec 18: Wepawaug Conservation Area, 842 Mapledale Rd, Orange

Dec 25: No Hiking due to Holiday

OYSTR TECH WITH SENIORS

Monday, December 1 at 3:30pm, the OYSTR teen representatives will return to help with your tech devices. Be sure to bring your devices & questions.

CROCHETING & KNITTING CREW

Attention knitters and crocheters! A new group will meet for 1 hour on **Monday, December 1 & 15** at 1:00pm to work on crochet and knitting projects. Beginners welcome. Enjoy good company and conversation. Register at 203-891-4784.

OVNA HEALTH CHAT

Join Lynn on **Monday, December 1, 12:30pm**, for a discussion on Poly Pharmacy. Presented by Pat Sanders Romano, MS who had 45+ year career as a clinician and administrator in healthcare, overseeing the clinical, educational and research components, with a specialty in Physical Rehabilitation, Behavioral Health, and Substance Use Disorders. Call 203-891-4784 to register.

BEREAVEMENT GROUP

Tuesdays, Dec 2, 9, & 16 from **10:00-11:30am**, Melinda Bottone, Masonicare Bereavement Coordinator, will facilitate a 6-week Bereavement Group. Registration required, **call Melinda at 203-679-5366 to register.**

ORNAMENT MAKING W/ RONNIE

Join us **Tuesday, December 2** at **1:00pm** to make ornaments for the Senior Center Christmas Tree. **Registration is required so we will have enough supplies.** Don't wait for the last minute! Call 203-891-4784 to RSVP.

MEDICARE CHOICE COUNSELING

Keisha Hall, Medicare Choices Counselor from the Area on Aging will be here to meet with individuals to review their plans and answer questions. Appointments only on **Tuesday, December 2 & Friday December 5** between **10:00-1:00pm**. Call the office at 203-891-4784 to sign-up.

AARP DRIVING COURSE



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

ASK THE MUNICIPAL AGENT

Denise Stein's December coffee chat will be on **Thursday, December 4** at 10:00am to discuss local Food Resources. Call 203-891-4784 to RSVP.

MILFORD HEALTH & REHAB CRAFT



Join Danielle on **Tuesday, December 9**, at **9:30am**, for **"Cinnamon Stick Ornament."** What a great holiday idea! Call 203-891-4784 to register. **Seats are limited!**

HOLIDAY TRADITIONS & ACTIVITY

Thursday, December 4 and Thursday, November 11, at 3:30-4:30. As the holidays are upon us, Grace and members of youth services will gather to complete activities that will surely help to spark our joy! Senior Center Transportation is available. Call Grace for more information at 203-891-4609 or to sign up. **Registration required.**

COME TANGLE WITH ME

Come learn why Zentangle is so much fun and relaxing with Ronnie and Rosemarie as they help us learn a new tangle technique each session. The group will meet on **Tuesday, December 9 and December 30** at 1:00pm. Supplies are not included but will be lent out to the group to start. Call 203-891-4784 for a seat.

NOTARY PUBLIC

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



HOLIDAY TRIVIA

Join us on **Wednesday, December 10** at **1:00pm** when David Plaue returns for a Holiday Trivia program. Call 203-891-4784 to register for this fun activity.

LEGAL CLINIC

Join us on **Wednesday, December 10** when The Law Office of Theresa Rose DeGray—Consumer Legal Services LLC will be here for a free 15-minute consultation. Appointments start at 9:00am. Call 203-891-4784 for an appointment.



THE LAW OFFICES OF THERESA ROSE DEGRAY

BACKYARD BIRDS OF CT

Join us on **Tuesday, December 16** at **1:00pm** when Thomas Kosturko of Compassion Home Care as he presents Backyard Birds of CT. This fun and interactive presentation will be 90 minutes.. Call 203-891-4784 to register for this fun activity.

**EMPOWERED CAREGIVER**

Join Danielle on **Wednesday, December 17**, at **1:00pm** when she presents: *Empowered Caregiver*. Great presentation for caregivers. Call 203-891-4784 to register.

**PARISH NURSE BLOOD PRESSURE CHECKS**

Maggie from Griffin Hospital/Parish Nurses will be here **Wednesday, December 17** from **9:30-11:30am**, in the café, for blood pressure checks.

BINGO EXTRAVAGANZA!

Thursday, December 18 at 1:00pm. Get ready for another Bingo Extravaganza and an afternoon of fun, friends, and fantastic prizes! There will be something for everyone but you will need to be in it to win it! Please sign up by call 203-891-4784.

BOOK CLUB

Join us on **Friday, December 19**, at **10:00am** when the Book Club will discuss *The Collected Regrets of Clover* by Mikki Brammer. We will meet in the Senior Lounge. Call 203-891-4784 to register.

**SHOWTIMES!****MOVIE OF THE MONTH**

Join us **Friday, December 12**, at **1:00pm** for **Dream Horse**. Dream Alliance is an unlikely race horse bred by small-town Welsh bartender Jan Vokes. With no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream in the hopes he can compete with the racing elites. . Call 203-891-4784 to reserve a seat. Soda & chips to be served. Run time: 1hr 53min

CLASSIC MOVIE

Join us **Friday, December 19**, at **1:00pm** for **Red One**. After Santa Claus is kidnapped, the North Pole's Head of Security must team up with a notorious hacker in a globe-trotting, action-packed mission to save Christmas. Call 203-891-4784 to reserve a seat.

Run time: 2hr 3min

WHO DONE IT MOVIE?

Join us **Friday, December 26**, at **1:00pm** for **Home Alone**. An eight-year-old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve. Call 203-891-4784 to reserve a seat. Soda & chips to be served.

Run time: 1hr 43min

FILM CLASSICS

Join us on **Monday, December 29** at **1:00pm**, when Marty Gitlin returns with a discussion on **Classic Films**. Call 203-891-4784 to register.

BRAINTEASERS

Join us on **Tuesday, December 30** at **12:30pm**, when we have fun and flex those brain muscles. This one will be sure to have you smiling. Hope you can join us! Call 203-891-4784 to register.

Please be aware, the first 10 days of enrollment of a class, trip or activity sign up will be open to Orange residents only.

CLASS	DATE	DESCRIPTION	INSTRUCTOR
AARP Driving First Thursday, 9:00am	December 4	AARP Driving Course is offered the 1st Thursday, 9-1pm. Call the office to register. \$20 AARP Member, \$25 nonmember	AARP Instructor Room 4
Afghan Ladies , 4th Mon. 1:00p	December 22	Knitters and crocheters who make afghans for local those in need	Sharon, Lounge
Bingo , Thursday, 1:00pm	Ongoing	Come out and try your hand at Bingo!	Cafe
Social & Duplicate Bridge Tues & Wed, 1:00pm	Ongoing	Tuesday with Jack, Wednesday with Rick & Joan.	Lounge
Billiards Tues & Thurs, 1:00pm	Ongoing, No Fee	Enjoy Billiards with a group of new friends!	Room 1
Bocce/Corn Hole Wednesdays, 10:00am	Ongoing No fee	Join us for this fun activity. All abilities welcome.	Pete Pepe Bocce Court
Chair Exercise Mon, Wed, & Fri, 10:55am	Ongoing No Fee	This is a great form of low-impact exercise for seniors with balance issues or disabilities.	Ann Losh Cafe
Drumming Thursday, 11:00am	Ongoing, No Fee	A great form of low-impact exercise for seniors	Dennis, Lounge
Fitness Tuesdays, 10:00am	Jan 6—March 10 \$55.00	This low impact cardio exercise is a great way to build up your stamina.	Danielle Pettit Room 3
Hiking Group Thursdays, 10:00am	December 4, 11, and 18	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
Line Dancing , Fridays, 9:45am	Sept 12—Dec 5 \$55.00	Anne Birmingham will lead us in a new line dancing class.	Anne Birmingham Room 3 & 5
Memoirs , Tuesdays, 9:30am	Ongoing, No Fee	Tell them or write them and share them.	Trish Lounge
One & Done Drawing Fridays, 9:30am	Oct 3—Dec 12 \$55.00	A fun and relaxing one & done drawing class. No pressure, no talent required! No class 12/26 ,	Patricia Knapp Rm 8
Painting for Pleasure Fall Mini Session Tuesday, 9:30am	Dec 2—Dec 30 \$27.50	You choose, acrylic or watercoloring. Stop by the office for a supply list. Painting from your own photo or reference.	Carole Abbate Room 8
Pickleball Tues, Wed, Fri, 1-3:00pm	Ongoing \$10 registration	Come out and enjoy America's quickest growing sport! The time will change to the morning once Park & Rec camp starts	Mary Anders Gym
Ping Pong , Mon & Wed, 11:00am	Ongoing No Fee	Enjoy Ping Pong. No experience necessary	Room 1
Beginner Conver. Spanish Tuesday at 10:30am	Jan 6—March 10 \$55.00	This class offers you a wonderful opportunity to learn Beginner Conversational Spanish.	Cyndi Campos Lounge
Tai Chi Mini Session Wed 1:30pm	Dec 10 & 17 \$11.00	Tai Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older people.	Bill Banick Rm 3 & 5
Tap Dance Mini Session Monday, 9:45am	Nov 24—Dec 29 \$33.00	Come out and learn some steps. A great way to exercise!	Judy Nilsson Gym
Ukulele Tuesday, 1:00pm	Jan 6—March 10 \$55.00	Learn a fun instrument. Beginners welcome!	Foggy Otis Room 2
Water Color Wednesday, 2:00pm	Oct 1 - May 27 No Fee	Lion Marion Nugent will lead a fun water coloring class. See the office for a supply list	Marion Nugent Rm 2
Yoga Monday Fall Mondays, 9:00am	Oct 6—Dec 15 \$55.00	Yoga has been found to improve health, flexibility, & awaken inner energy. 10 Students required .	Roxanne Riskin Rm 3/5
Yoga Intermediate Wednesday Wednesday, 9:00am	Oct 1—Dec 3 \$55.00	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. 10 Students required .	Heather Rm 3/5
Yoga Beginner Wednesday Wednesday, 10:15am	Oct 1—Dec 3 \$55.00	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. 10 Students required .	Heather Rm 3/5
Zumba Tuesday Tuesdays, 9:00am,	Jan 6 - March 10 \$55.00	Easier than basic Zumba but just as fun. The moves are easy to follow. 10 Students required .	Danielle Gym
Zumba Thursday Thursdays, 9:00am	Jan 8—March 12 \$55.00	Easier than basic Zumba but just as fun. The moves are easy to follow. 10 Students required .	Maryrose Gym

SAVE THE DATES



WINTER CABARET

Join us and the **Monday, January 5** at **1:30pm** when Jennifer DiSapio returns for a Winter Cabaret! Call 203-891-4784 or stop by the office to register.

FILM APPRECIATION SERIES PART IV!

Chris Orrell returns for Part IV of his film appreciation series shown on the first Friday of each month.

January 9: a timeless Scandinavian film, **Babette's Feast**,

February 6: Set in Japan, Director Sophia Coppola's triumph, **Lost in Translation**.

March 6: We travel to 14th-century England for the deep arthouse film, **The Anchoress**.

April 10: the series concludes in Germany, where we'll experience the adrenaline rush of **Run Lola Run**.

Times: 1:00pm – 3:30pm

**Most films are in a foreign language and all will be shown with English subtitles.

Call 203-891-4784 to RSVP.



PASTA MAKING WITH ROSA

Join us on **Tuesday, January 6 & 20 at 1:30pm** when we learn to make pasta. Rosa will teach us how to make **gnocchi**. Very limited class size. **ONLY 6 SLOTS AVAILABLE** per class. Call 203-891-4784 or stop by the office to register.

AFRICAN CULTURE

Join us on **Tuesday, January 13**, at **1:00pm** when **Rita Wagner** returns to present African Culture. Call 203-891-4784 or stop by the office to register for this activity.

NEW GOURMET CLUB

Join us for a new club—Gourmet Club. The Gourmet Club will meet each month at the Cooking Demonstration to discuss the positive attributes of the dish the Chef makes. The next cooking demonstration meets **Wednesday, January 14 at 2:00pm** when Coachman Square returns. Call 203-891-4784 or stop by the office to register.

TRIP POLICY

For day trips, please make checks payable to "Treasurer, Town of Orange". **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. Payment is due at registration.**

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.

2025 TRIPS

Saturday, December 6, 2025: NEW YORK CITY FOOD TOUR. We eat on the go! The best way to learn about this city is to walk the streets. You can purchase food and eat on the bus or at Arthur Ave. Different smells will be on the bus. **Cost is \$109 pp** with transportation. This is a Lilly's Tours Trip. (    extensive walking).



December 10, 2025: KENNY & DOLLY A SMOKY MOUNTAIN CHRISTMAS at the **Aqua Turf.** The country's #1 Tribute show of two of the biggest names in Country Music. "A Smokey Mountain Christmas," starring Wedny T and Justin Sullivan recreate the magic of Country Music Favorite Couple: Kenny Rogers and Dolly Parton. Don't miss out on this amazing Christmas show. **Cost is \$134 pp** with transportation. This is a Friendship Tours Trip. (  minimal walking).



TRIP POLICY

2026 TRIPS

April 7-16, 2026: ROME & THE AMALFI COAST. 10 days, 13 meals. Highlights include Rome, Spanish Steps, Trevi Fountain, Piazza Navona, Imperial for a winery visit and lunch, Pompeii, Amalfi Coast, Sorrento, and a Farmhouse visit and dinner. **Cost is \$5,999 pp single, \$4,999 pp double, \$4,949 pp triple.** All rates are per person and are subject to change, based on air inclusive package. (    extensive walking).

Saturday, April 11, 2026: DISCOVER THE ARTS! La Boheme at the Metropolitan Opera House. See La Boheme, Puccini's most popular opera is the immortal tale of tragic love set among the roof tops of bohemian Paris in the early 1800's at the



magnificent Metropolitan Opera House. **Cost is \$195 pp** with transportation. This is a Friendship Tours Trip. (  some walking).



August 21-27, 2026: DISCOVER SOUTH DAKOTA. 7 days, 9 meals. Highlights include Mount Rushmore, Badlands National Park, Deadwood, Off-Road Jeep Safari at Custer State Park, Crazy Horse Memorial, and Devils Tower National Monument. **Cost is \$3,699 pp single, \$2,999 pp double, \$2,969 pp triple.** All rates are per person and are subject to change, based on air inclusive package. (    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.

2026 TRIPS CONTINUED

DECEMBER 9-16, 2026: NASHVILLE & THE SMOKY MOUNTAINS HOLIDAY. 8 days, 11 meals. Highlights include Grand Ole Opry Show, Historic RCA Studio B, Country Music Hall of Fame, Gaylord Opryland Resort Dinner & Holiday Show, Dollywood, Great Smoky Mountains National Park, Asheville, Biltmore Estate. **Cost is \$3,999** pp double, **\$4,999** pp single. Cancelation Waiver and Insurance **\$429**. All rates are per person and are subject to change, based on air inclusive package. ( extensive walking).

CHAIR EXERCISE

Come join us on **Monday, Wednesday, and Fridays, at 10:55 pm** for **Chair Exercise**. It is a free activity and a great way to meet people! Call 203-891-4765 and stay for Lunch!.

MEMOIRS

Join us when Trish O'Leary Treat leads a short story writing workshop every **Tuesday** from **9:30-11:00am** in the Senior Lounge. Call (203) 891-4784 to register. Trish does a wonderful job and you will surely impress yourself!

OVNA BLOOD PRESSURE CHECKS

A nurse from the OVNA will be here **each Thursday** in the café prior to Bingo **from 12:30-1:00pm** for blood pressure checks.

DRUMMING

Come join Dennis on **Thursdays at 11:00am** in the lounge for drumming. It's great exercise! Call 203-891-4784 to register.

NEWSLETTER ASSEMBLING

We need help assembling the newsletters. Please come out and fold, label, and tab the monthly newsletter. It would be a big help! Many hands make light work!! Join us at **9:00am on Tuesday, December 23**.

WATERCOLORS WITH MARION

Watercolors is back on Wednesdays at 2:00pm! Create a masterpiece with **Marion Nugent**. Stop by the office for a supply list. Call 203-891-4784 with questions or to register.

NEW HAVEN SYMPHONY HOP THE BUS

Leave your car behind and ride in comfort to and from the New Haven Symphony Season for free!

Sunday, December 21, Bus departs from the HPCC at 2:15pm, **Holiday Extravaganza** at **Woolsey Hall, New Haven**

Sunday, February 22, Bus departs from the HPCC at 2:15pm, **Beethoven & Mendelssohn** at **Woolsey Hall, New Haven**

Sunday, March 22, Bus departs from the HPCC at 2:15pm, **Goin' Home** at **Woolsey Hall, New Haven**

Friday, April 10, Bus departs from the HPCC at 6:45pm, **Candlelight Concert** at **St Mary's Church, New Haven**

Saturday, June 6, Bus departs from the HPCC at 6:45pm, **A Tribute to Bob Marley** at **Lyman Center for the Performing Arts, New Haven**

Buy your own tickets then reserve a seat on the bus by calling (203) 891-4784. For tickets to the symphony call (203) 865-0831.

HOLIDAY GIVING PROGRAM

This month we're kicking off our Holiday Program which aims to make the holidays a little less stressful for Orange families facing financial challenges. We invite residents and businesses to come together by sponsoring a family or providing a donation. Orange Community Services also administers the Orange Fuel bank and food pantry all year. Please contact us for more information at 203-891-4788.



ONE & DONE DRAWING

Join us for **One & Done Drawing** class with **Patricia Knapp** on **Fridays, 9:30am**. Be sure to stop by their bulletin board outside the senior center office and see the class's drawings! Call 203-891-4784 or stop by the office to register.

ORANGE 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.

Gifts



Bargain	Bequest	Bonus	Contribution
Donation	Endowment	Freebie	Gift
Giveaway	Handsel	Lagniappe	Largesse
Perk	Present		

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crocheting & Knitting Cookie Decorating OYSTR Tech Help	2 Senior Advisory Committee Meeting Bereavement Medicare Counseling Ornament Making Memoirs	3 Pearl Harbor Presentation	4 AARP Driving Coffee with Denise Hiking Holiday Traditions	5 New England Guitar Society Performance
8 Holiday Luncheon with Jim Clark OVNA Health Chat	9 Bereavement Zentangle Craft with Danielle	10 Legal Clinic Holiday Trivia	11 Hiking	12 Movie: Dream Horse
15 Annual Holiday Sing-A-Long with Peter Rendazo Crocheting & Knitting	16 Bereavement Memoirs Backyard Birds of CT	17 Empowered Caregiver Griffin Hospital BP Clinic	18 Bingo Extravaganza Hiking	19 Book Club Movie: Red One
22 Rockefeller Center Presentation	23 Bereavement Memoirs Newsletters Assembly	24	25 Closed for Christmas	26 Movie: Home Alone
29 Classic Films with Marty Gitlin	30 Zentangle BrainTeasers Memoirs	31 	Sunday December 21 is Hop the Bus to the New Haven Symphony. Bus departs from the HPCC at 2:15pm Call 203-891-4788 to sign up	

SENIOR CENTER ADVISORY COMMITTEE

The Senior Center Advisory Committee will meet on **December 2 at 10:00am in the Community Services Conference room**. Please call Dennis if you are interested in joining at 203-891-4789.

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.



TRANSPORTATION

Community Services transportation service for senior/disabled Orange residents, Monday through Friday from 8:30am to 4:30pm. 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, Derby, Woodbridge and North Haven, and additional areas on a case by case basis. All round trips. Aides ride free. Call 203-891-4788 to register and schedule a ride or to complete an application.

**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



DECEMBER'S LUNCH MENU

Lunch is offered Monday through Friday, 11:30am – 12:00pm. No meals on Saturday, or Sunday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hamburger Crinkled Fries Green Beans	2 Diced Chicken Alfredo Garlic Red Pepper Tossed Salad	3 Corn Chowder Bourbon Pork Ranch Beans	6 Turkey Breast Whipped Potatoes California Vegetables	7 Chicken Chili Brown Rice Mexican Corn
8 Potato Crusted Pollock Confetti Brown Rice California Vegetables	9 Chicken Parmesan Garlic Rotini Green Beans	10 Cream of Broccoli Soup Apricot Mustard Pork Mashed Spiced Yams	11 Chicken Fajitas Black Beans Fiesta Vegetables	12 Mongolian Beef Brown Rice Ginger Carrots
15 Honey Balsamic Chicken Breast Confetti Brown Rice	16 Swiss Steak w/ Gravy Whipped Potatoes Cauliflower	19 Low Salt Ham Sweet Potato Casserole Glazed Beets	20 Turkey Breast Peas & Pearl Onions Dinner Roll	21 Cheese Baked Ziti Green Peas Italian Bread
22 Salisbury Beef w/Vegetable Gravy Whipped Potatoes	23 Cheese Ravioli Green Peas Tossed Salad	24 Potato Soup BBQ Pork Rib Patty Cabbage	25 Closed for Holiday	26 Potato Crusted Pollock Garlic Whipped Potatoes Carrots
29 BBQ Chicken Leg Qtr Cheesy Rice Green Beans	30 Cheese Omelt Potato Tots Peppers & Onions	31 Chicken Breast Brown Rice Parslied Carrots	Menu subject to change based on availability	Lunch is offered Mon. through Fri., 11:30am – 12:00pm. No meals on Sat., or Sun

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.