



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

JANUARY 2026

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 January 1 & 19.

Join us on **Tuesday, January 20, 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



JANUARY SPECIAL EVENTS

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.

AARP TAX HELP

AARP Tax Season is here! As we head into the tax season, we will once again be partnering with AARP and their fabulous group of volunteers. We will start taking appointments on **Tuesday, January 20**. No double booking, we will be working closely with our neighboring towns to ensure residents are not double booked. Call 203-891-4784 or stop by the office to register.

WHOSE THAT?

Dig up those old baby pictures or other childhood pictures, and drop them off to the office before Thursday, January 15, you'll get them back. Then join Grace on **Thursday, January 15** at **12:30** in the café as we try to guess whose who. Sure to be fun!

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.

COOKING DEMONSTRATION

Join us for our next cooking demonstration on **Wednesday, January 14** at **2:00pm** when Coachman Square returns. Call 203-891-4784 or stop by the office to register.

GOUREMET CLUB

The Gourmet Club will meet at the **Wednesday, January 14** Cooking Demonstration to discuss the positive attributes of the dish the Chef makes.

MONTHLY SPECIALS

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.

Will Return in March

CROCHETING & KNITTING CREW

Attention knitters and crocheters! A new group will meet for 1 hour on **Monday, January 5 & 26** at 1:00pm to work on crochet and knitting projects. Beginners welcome. Enjoy good company and conversation. Register at 203-891-4784.

OYSTR TECH WITH SENIORS

Monday, January 5 at 3:30pm, the OYSTR teen representatives will return to help with your tech devices. Be sure to bring your devices & questions.

ASK THE MUNICIPAL AGENT

Denise Stein's December coffee chat will be on **Thursday, January 8** at 10:00am to discuss local Senior Housing. Call 203-891-4784 to RSVP.

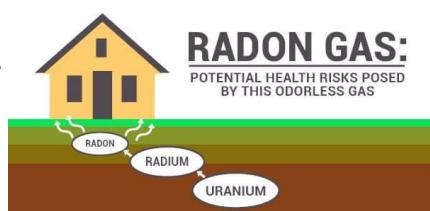
AARP DRIVING COURSE



AARP Driving Course will be offered on **Thursday, January 8** from 9-1:00pm. Call the office to register at (203) 891-4784. **\$20 for AARP members, \$25 non AARP members.** Pay instructor.

OVNA HEALTH CHAT

Join Lynn on **Monday, January 12**, at 12:30pm, for a discussion on **Radon Gas**. Call 203-891-4784 to register.



SOCK SNOWMAN WITH JILL

Join us on **Monday, January 12**, at 1:00pm for a fun class making Sock Snowmen. Jill Andrzejewski will lead us in this fun activity. Limited to 12 participants. Call 203-891-4784 to register. Registration opens up to out of town residents on January 9.

MILFORD HEALTH & REHAB CRAFT



Join Danielle on **Tuesday, January 13**, at 9:30am, for "Winter White Button Tree." What a great holiday idea! Call 203-891-4784 to register. Seats are limited!

COME TANGLE WITH ME

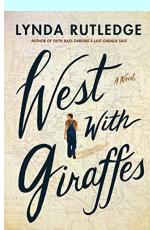
Come learn why Zentangle is so much fun and relaxing with Ronnie and Rosemarie as they help us learn a new tangle technique each session. The group will meet on **Tuesday, January 13** and **January 27** at 1:00pm. Supplies are not included but will be lent out to the group to start. Call 203-891-4784 for a seat.

LEGAL CLINIC



Join us on **Wednesday, January 14** 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.

BOOK CLUB



Join us on **Friday, January 16**, at 10:00am when the Book Club will discuss **West with Giraffes** by Lynda Rutledge. We will meet in the Senior Lounge. Call 203-891-4784 to register.

PARISH NURSE BLOOD PRESSURE CHECKS

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

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.

BRAINTEASERS

Join us on **Tuesday, January 20** 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.

TOTE BAG W/ RONNIE

Join us **Wednesday, January 21** at 1:00pm to decorate tote bags with Ronnie.



Registration is required so we will have enough supplies. Don't wait to the last minute! Call 203-891-4784 to RSVP.

**I HAVE A DREAM**

Join us and the **Monday, January 26** at 1:30pm when Art Gottlieb discusses Martin Luther King's **I Have A Dream** speech. What a great program for January! Call 203-891-4784 or stop by the office to register.

**STROKE AWARENESS**

GRIFFIN HEALTH

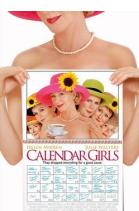
Join us on **Tuesday, January 27** at 1:00pm, when Morgan D'Amore RN of Griffin Hospital presents Stroke Awareness. Call 203-891-4784 to register.

DIABETES PREVENTION PROGRAM

Join us on **Tuesday, January 27** at 10:00am in the lounge when Dr. Wade leads an Informational Seminar on a 9-week Diabetes Prevention Program. Tentatively the 9-week program is schedule to run Tuesdays from February 3 through March 31. Dates subject to change. Call 203-891-4784 to register.

BETTER QUESTIONS, BETTER ANSWERS

Join us **Wednesday, January 28**, at 1:00pm when Wally Kostrzewa returns with **Better Questions, Better Answers**. You want the answers, but are you asking the right questions? Better Questions, Better Answers offers practical ways to address your goals and roles. Call 203-891-4784 or stop by the office to register.

**SHOWTIMES!****CLASSIC MOVIE**

Join us **Friday, January 2**, at 1:00pm for **Calendar Girls**. Best friends Chris and Annie are members of a charitable institute. When Annie's husband succumbs to leukemia, the friends decide to pose nude for a calendar to raise funds for a local hospital. Call 203-891-4784 to reserve a seat. Soda & chips to be served. Run time: 1hr 48min

FILM APPRECIATION

Join us **Friday, January 9**, at 1:00pm. **January 9**: a timeless Scandinavian film, **Babette's Feast**, with subtitles. Run time: 1hr 43min

COMEDY MOVIE

Join us **Friday, January 16**, at 1:00pm for **The Last Laugh**. When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour. Call 203-891-4784 to reserve a seat. Run time: 1hr 38min

**MOVIE OF THE MONTH**

Join us **Friday, January 23**, at 1:00pm for **Train Dreams**. Based on Denis Johnson's beloved novella, **Train Dreams** is the moving portrait of a logger and railroad worker who leads a life of unexpected depth and beauty in the rapidly-changing America of the early 20th Century. Call 203-891-4784 to reserve a seat. Soda & chips to be served. Run time: 1hr 42min

MUSICAL OF THE MONTH

Join us **Friday, January 30**, at 1:00pm for **Cotton Club**. Meet the jazz musicians, dancers, owner, and guests (like gangster Dutch Schultz) of The Cotton Club in 1928-1930s Harlem. Call 203-891-4784 to reserve a seat. Soda & chips to be served. Run time: 2hr 9min



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	January 5	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	January 26	Knitters and crocheters who make afghans for local those in need	Nancy, Lounge
Bingo , Thursday, 1:00pm	Ongoing	Come out and try your hand at Bingo!	Cafe
Social & Duplicate Bridge Tues & Wed, 1:00pm	Ongoing \$2.00	Tuesday with Jack, Wednesday with Rick & Joan. No Bridge Wed Jan 21	Lounge
Billiards Tues & Thurs, 1:00pm	Ongoing, No Fee	Enjoy Billiards with a group of new friends!	Room 1
Bocce/Corn Hole Wed, 10:00am	Ongoing No fee	Join us for this fun activity. All abilities welcome.	Pete Pepe Gym
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	Returns in March	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	Jan 9—March 13 \$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	Jan 9—March 13 \$55.00	A fun and relaxing one & done drawing class. No pressure, no talent required!	Patricia Knapp Rm 8
Painting for Pleasure Tuesday, 9:30am	TBD	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! Beginner Pickleball Tues & Thurs 12-1pm with Sid	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 Tuesdays Tuesdays 2:30pm	Jan 6—March 10 \$55.00	Tai Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older people.	Bill Banick Rm 3 & 5
Tai Chi Wednesdays Wed 1:30pm	Jan 7—March 11 \$55.00	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 Monday, 9:45am	Jan 5—March 23 \$55.00	Come out and learn some steps. A great way to exercise! No Class 1/19, or 2/16	Judy Nilsson Gym Stage
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 Winter Mondays, 9:00am	Jan 5—March 23 \$55.00	Yoga has been found to improve health, flexibility, & awaken inner energy. 10 Students required. No Class 1/19, or 2/16	Roxanne Riskin Rm 3/5
Yoga Intermediate Wednesday Wednesday, 9:00am	Jan 7—March 11 \$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	Jan 7—March 11 \$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

AMERICAN AUTHOR

Join us when Eleanor Bloom returns to discuss American Author, Harriet Jacobs, author of *Incidents in the Life of a Slave Girl*, on **Monday, February 9** at **1:00pm**. Call 203-891-4784 or stop by the office to register.



FILM APPRECIATION

Join us **Friday, February 9**, at **1:00pm**. Set in Japan, Director Sophia Coppola's triumph, **Lost in Translation** with subtitles. Run time: 1hr 42min

NUREMBERG

Join us on **Wednesday, February 18**, at **1:00pm** when **Mark Albertson** returns to discuss **The Trial of the Century: Nuremberg**. Call 203-891-4784 or stop by the office to register for this activity.

GOURMET CLUB

The Gourmet Club will meet at the Valentine Cooking Demonstration to discuss the positive attributes of the dish the Chef makes. The next cooking demonstration meets **Wednesday, February 11** at **2:00pm** when Charter Senior Living returns. Call 203-891-4784 or stop by the office to register.

BOOK CLUB

Join us on **Friday, February 20**, at **10:00am** when the Book Club will discuss **The Rosie Project by Graeme Simsion**. We will meet in the Senior Lounge. Call 203-891-4784 to register.



LIONS CLUB PIZZA PARTY

Join us **Tuesday, February 24** at **1:30pm**, Lions will serve pizza at 1:30pm, James Michael will perform at 2:00pm. Pre-registration is required, call 203-891-4784.



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.

2026 TRIPS

Monday, February 16, 2026: VALENTINE'S DAY with the King at the Barn in Sturbridge MA. This fantastic Valentine's Tribute Show features "young Elvis", Travis LeDoyt from Tennessee and his band. Come enjoy Elvis' greatest hits! **Cost is \$179 pp with transportation.** This is a Lilly's Tours AT WIGHT FARM weddings & events Trip. ( minimal walking).

Wednesday, February 25, 2026: FOXWOOD CASINO on your own or Bingo. You can spend the day in the Casino or go right to Bingo. There will be time after Bingo to do slots or tables for a short time. **Cost is \$TBD pp with transportation.** This is a Lilly's FOXWOODS RESORT + CASINO Tours Trip. (   extensive walking).

Tuesday, March 10, 2026: St PATRICK'S DAY at the Log Cabin, Holyoke MA. An Irish Country Celebration featuring internationally acclaimed singer/song writer Dee Reilly and her entire band. Upbeat show featuring classic Irish songs and Irish dancers. Meal choice: Corned Beef or Baked Scrod with house salad, potato, vegetable, rolls and butter, coffee, tea, and water. **Cost is \$189 pp with transportation.** This is a Lilly's Tours Trip. ( minimal walking).



2026 TRIPS

April 7-16, 2026: ROME & THE AMALFI COAST. 10 days, 13 meals. Highlights include Rome, Spanish Steps, Trevi Fountain, Piazza Navona, 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).

Tuesday, April 21, 2026: THE BOBBY DARIN & FRANK SINATRA SHOW at Villa Louisa. Swing into the season with lunch and a show starring the DeSimone Brothers.

Cost is \$132 pp with transportation. This is a Friendship Tours Trip. ( minimal walking).



2026 TRIPS CONTINUED

Wednesday, July 15, 2026: WHALE WATCH or BOSTON on YOUR OWN. On this spectacular Whale Excursion, you will have the opportunity to experience sights and sounds that you will always remember! Don't forget your camera!! **Cost is \$179** pp with transportation. This is a Lilly's Tours Trip. ( extensive walking).

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).

Look For More Trips to Come!

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.

SENIOR CENTER SPOTLIGHT

Tell everyone what makes the Orange Senior Center so special! We will feature one senior a month on our Facebook page with a few lines about why they participate. See Grace Galasso for more information; forms are in the office.

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!

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, January 20**.

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, 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.

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.

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.

PICKLEBALL

Sid will lead **Beginner Pickleball** sessions on Tues & Thurs from 12:00-1:00pm in the Gym.

Regular Pickleball play is Tues, Thur, & Friday from 1:00-3:00pm in the Gym. Call 203-891-4784 to register. You must be a Senior Center member.

AFGHAN LADIES

The Afghan Ladies of the Orange Senior Center will meet **Monday, January 26, from 1:00-2:00pm**. The Afghan Ladies are looking for knitters and crocheters to make afghans for patients in health rehab centers in our area. This year the group donated at least 10 projects monthly to area facilitates. Yarn is available but donations are welcome.

In Depth



Deep	Comprehensive	Cursory	Detailed
Exhaustive	Glancing	Hasty	Light
Methodical	Perfunctory	Profound	Routine
Shallow	Skim	Superficial	Systematic
Thorough	Trivial		

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED New Years Day	2 Movie: Calendar Girls
5 Winter Cabaret with Jennifer DiSapio Crocheting & Knitting OYSTR Tech Help	6 Senior Advisory Committee Meeting Pasta Making Memoirs	7	8 AARP Driving Coffee with Denise Bingo OVNA Blood Pressure	9 Film Appreciation: Babette's Feast
12 OVNA Health Chat Sock Snowmen with Jill	13 Milford Health & Rehab Craft with Danielle Memoirs African Culture Come Tangle with Me	14 Legal Clinic Cooking Demo with Coachman Square Gourmet Club	15 Bingo OVNA Blood Pressure	16 Book Club Movie: The Last Laugh
19 CLOSED Martin Luther King Day	20 Pasta Making Memoirs Newsletters Assembly Brain Teasers	21 Tote bags with Ronnie	22 Bingo OVNA Blood Pressure	23 Movie: Train Dreams
26 Crocheting & Knitting Afghan Ladies I Have a Dream!	27 Memoirs Diabetes Prevention Come Tangle with Me Stroke Awareness	28 Better Questions, Better Answers	29 Bingo OVNA Blood Pressure	30 Movie: Cotton Club Griffin Hospital Blood Pressure check

SENIOR CENTER ADVISORY COMMITTEE

The Senior Center Advisory Committee will meet on **January 6 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

Return Services Requested



JANUARY'S LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change based on availability	Lunch is offered Mon. through Fri., 11:30am – 12:00pm. No meals on Sat, or Sun		I New Years Day Closed	2 Taco Meat Spanish Rice Lettuce & Tomato
5 Sweet & Sour Chicken Confetti Brown Rice Broccoli	6 Beef/Chicken Meatballs Bowtie Noodles Green Beans	7 Florentine Soup Chicken Cacciatore Lima Beans	8 BBQ Pulled Pork Delmonico Potatoes Mixed Greens	9 Stuffed Shells w/ Alfredo Sauce Green Peas
12 Chicken Fajitas Cilantro Lime Rice Fiesta Vegetables	13 Philly Cheese Steak Crinkle Cut Fries Carrots	14 California Vegetable Chicken Parmesan Garlic Rotini	15 BBQ Chicken Leg Corn, Okra & Collard Greens	16 Potato Crusted Pollock Roasted Potatoes Mixed Greens
19 Martin Luther King Day — Closed	20 Hamburger Crinkled Fries Coleslaw	21 Turkey Dican Brown Rice Pilaf Glazed Beets	22 Potato Soup Sliced Ham Lima Beans	23 Cheese Quiche Roasted Potatoes Mixed Greens
26 Chicken Piccata Rosemary Roasted Potatoes	27 Cream of Broccoli Soup Swiss Steak Whipped Potatoes	28 Chicken Tenders Ranch Beans Corn O'Brien	29 Beef Taco Spanish Brown Rice Fajita Vegetables	30 Cheese Baked Ziti Tuscany Vegetables Italian Bread

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.