



ORANGE FRIENDLIES



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

OCTOBER SPECIAL EDITION 2020

Senior Center Telephone: 203-891-4784

Check out our website at: www.orange-ct.gov/782/Community-Services

Follow us on Twitter and Facebook at Orange Senior Center



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



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

A WORD FROM THE SENIOR SERVICES COORDINATOR

October is usually a busy month as we move into fall and the start of anew session. In September we reopened some classes with a mini session. In October we begin 10 week full sessions. Many have noticed that there are minimum # of participants required in order for the class to run. So, be sure to sign up early... we need to know if there will be enough people to have the class. If there is not enough people signed up, then the class will be canceled.

Dennis Marsh
Senior Services Coordinator

OVNA Flu Clinic

OVNA 2020 Flu clinics will be every Wednesday in October at the HPCC Gym from 10am-3pm, 10/7, 10/14, 10/21 and 10/28. Bring a pen (to fill out form), your insurance card, and wear short sleeves. We ask all participants to wear masks and maintain 6 ft social distance. Also they are offering **by appointment only** flu shots at the OVNA for those who are unable to attend the clinics.

Be aware the insurances the OVNA accept are Aetna, Anthem, BC/BS and Medicare

Medicare Seminars

Join us on **October 26 at 1:00pm** when Jeffrey Comen presents *Medicare Made Clear*. Come hear what is new for 2021. **Marc Figlar** will later present **Aetna at 2:00pm**.

Marc Figlar will present **Connecticut Care** on Nov 2, **United Health Care** on Nov 9, **Anthem** on Nov 16, **Carepartners** Nov 23, and **Wellcare** Nov 30 all at 1:00pm.

Remember, we will be maintaining social distance and wearing facial coverings. Seating is limited due to Covid so you will need to preregister at (203) 891-4788.

Doodling

In-N-Out Well

Step-out by Diana E. Marshall © 2018

<http://pattern-collections.com>

Doodling can be fun and relaxing. Here is a doodle for you to try at home. For more on Doodles watch Suzanne's OGAT video on <https://youtu.be/u0LFUCELn10>. Just go to the Town website at Orange-CT.gov. Put your mouse over departments, and click on the Senior Center (all the way over to the

Virtual Classes

Some classes have returned to the senior center. However, David Chandler's **Tai Chi**, has yet to. If you are interested in a Zoom class for Tai Chi call the office with your email and we will ask the instructor to email you an invite.

Chair Exercise has returned to the senior center, but if you would still like to participate in **Chair Exercise** while at home, visit the Town Website at Orange-ct.gov and under Departments you will see a link to the Senior Center. There you will find the Chair Exercise video. <https://media.discovervideo.com/show?vg=2e01f56ca0&vt=1&ch=f0ba0e7d06>.

If you would like to learn how to use **Peapod** with Josh, visit this link: <https://youtu.be/fwUN7ILGwRM>.

**WE ARE AVAILABLE
BY PHONE AND EMAIL!**

**Community Services & Orange Senior Center
Monday - Friday, 8:30 AM - 4:30 PM**

Dennis Marsh - Senior Services Coordinator
203-891-4789
dmarsh@orange-ct.gov

Denise Stein - Outreach Worker
203-891-4787
dstein@orange-ct.gov

Jessica DeMedico - Transportation
203-891-4788
jdelmedico@orange-ct.gov

Transportation

Orange Community Services transportation service for senior/disabled residents needs to maintain social distance for safety of residents and drivers, wear facial covering and complete an over the phone Covid screen. This service runs Monday through Friday from 7:00 am until 6:00 pm. At least 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven, North Haven, Hamden, and additional local areas by request on a case by case basis. Suggested donations are—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call (203) 891-4788 to apply and schedule a ride.

A Word from the Outreach Worker

We are resuming our Legal Clinic services. Attorney **Floman DePaola's** office will conduct appointments via telephone on the first Wednesday of the month. Appointments will be for 1/2 an hour beginning at 9:00am. Please call the senior center at 203-891-4788 to schedule an appointment. We will forward the schedule to Floman DePaola office who will then contact you at the scheduled time. Please be home for the appointment.

Fall Computer Classes

Intro to Computers with Josh, Oct 7—28, 5-7:00pm
\$35, Minimum of 6 people required

Intermediate iPads with Josh, Nov 9—Dec 2,
5-7:00pm \$35, Minimum of 6 people required



AARP Smart Driver Program

Due to Covid-19 AARP has canceled all in person programs through the end of the year. For those interested in the AARP Smart Driver course, there is an online course. AARP is offering a special 25% discount of the cost through the remainder of the year. Visit the AARP Driver Safety website and enter the promo code "DRIVINGSKILLS" at www.aarpdriversafety.org. This discount is good until December 31, 2020. Current classroom price is \$15 for an AARP member and \$20 for a non-member. On October 1, 2020 the price goes up to \$20 for a member and \$25 for a non-member.

AARP Foundation Online Tax Program

Many people have relied on the senior center's AARP Tax Help Program. The AARP Tax Volunteers will not be returning this year. However, the AARP Foundation is offering online tax help: https://signup.aarpfoundation.org/preparing-your-taxes-online/?utm_source=google&cmp=TAXAIDE_2020_PPC_Googlesearch

COVID Screening

COVID-19 SCREEN

Before you come to the senior center you need to consider the Covid Screening and assess whether you should or stay at home.

Do you have a fever or symptoms of lower respiratory illness?

Sore Throat _____ Nausea _____
Cough _____ Vomiting _____
Shortness of Breath _____ Diarrhea _____

In the past 14 days have you had contact with someone with or suspected to have Covid, or is ill with respiratory illness?

Do you live in a community where community-based spread of Covid is occurring?

Have you been in the hospital or a nursing facility for the last 14 days?

If you answer yes to any of these questions then you should remain at home.

If you do visit the senior center then safe practices: Facial coverings and Social Distancing must be observed.

In order to begin to reopen the senior center for activities we must adhere to state guidelines. At this point in time we must wear facial coverings and practice 6 feet of social distancing. You also will be asked the questions of the Community Services Covid-19 Screen form. A minimum # of participants are required to afford having the class.

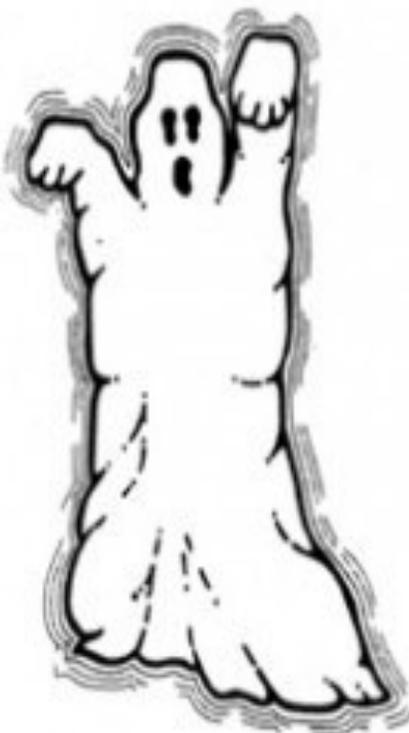
| Class | Date | Description | Instructor |
|---|-----------------------|---|-----------------------------------|
| AARP Driver's Safety First Thursday, 9:00-1:00pm | On Hold until 2021 | Completion of this course may earn seniors a discount on their driver's insurance. Check with your insurance provider. \$20 AARP Members, \$25 non-members. | AARP Instructor |
| Afghan Ladies 4th Monday 1:00pm | Oct. 26 | Join a group of knitters and crocheters who make afghans for veterans. New crafters welcome! | Claire Westerink Senior Lounge |
| Billiards Tues & Thurs 1:00pm | Ongoing No Fee | Enjoy Billiards with a group of new friends. Cue are available. Limited to 8 participants. | Room 1 |
| Bocce Wednesday 10:00am | Ongoing No Fee | Join us for Bocce in the warm months and corn hole when it gets cold. All abilities welcome. | Pete Pepe Bocce Court |
| Chair Exercise 11:00am Monday, Wednesday, Friday | Ongoing No Fee | This is a great form of exercise for seniors or for those with disabilities. | Ann Losh Pavilion/Cafe |
| Fitness T/Th 8:30am \$50.00, 10 wks 24 students required | Oct - Dec 8 | This fun-filled class combines stretching & balance to burn calories and improve health. No class 11/2 or 11/26 | Danielle Pettite Gym |
| Intro to Computers 5-7:00pm \$35, 6 students required | Oct 7 - Oct 28 | Learn the basic skills in order to use the PC computer | Josh Cloutier Computer Lab |
| Intermediate iPad 5-7:00pm \$35, 6 students required | Nov 4 - Dec 2 | Learn the next level skills of the iPad/iPhone and expand your knowledge. | Josh Cloutier Computer Lab |
| Laughter Yoga Wed 10:00am | Ongoing No Fee | Start your day off right with the joys of laughter. | Connie Pino Pavilion |
| Painting & Drawing Tuesday, 9:30—11:30am \$55.00 10 students required | Oct 6 - Dec 8 | The course will improve your drawing and painting skills through various techniques, methods and styles. | Graham Dale Room 8 |
| Ping Pong Wednesday 11:00am | Ongoing No Fee | Enjoy Ping Pong with new friends. Paddles are available. All welcome. Limited to 8 participants. | Room 1 |
| Tai Chi Via Zoom: Call the office with your email for an invite | Virtually Only | Tai Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults | David Chandler Via Zoom |
| Tap Dance Monday, 10:00am \$55.00 10 students required | Oct 5 - Dec 14 | Set those feet dancing and feel the excitement of Dance! No class 10/12 | Judy Nilsson Pavilion |
| Yogalates Wednesday, 10:30am \$55.00, 10 students required | TBD | Dynamic technique that combines the best of yoga and pilates. Yogalates is safe and strong practice that improves overall health | Traci Weber Room 5 |
| Yoga Monday 9:00am, \$55.00, 10 wks 10 students required | Oct 5 - Dec 14 | Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. No class 10/12 | Andrea Cashman Room 4 |
| Yoga Wednesday 9:30am, \$55.00, 10 wks 10 students required | Oct 7 - Dec 16 | Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. No class 11/11 | Andrea Cashman Room 4 |
| Yoga Dance Thursday 10:00am, \$55.00, 10 wks, 10 students required | TBD | Wonderful for all ages and capabilities as it uses gentle breathing, dance and chairs if needed | Andrea Cashman Senior Lounge |
| Zumba Gold Friday 8:30am \$35.00, 10 wks 18 students required | Oct 2 - Dec 11 | Easier than traditional Zumba but just as fun! The moves are easy to follow by all individuals. No class 11/27. | Danielle Pettite Gym |

HALLOWEEN HOOT

T S E I T R A P U M P K I N S
 R R S Y T F M G K B X O R O W
 E Y I P V C O S T U M E Y T Z
 A R I C G F R I G H T D M E W
 T A U H K C T M K N N A E L M
 S C O T A C K C A L B R A E A
 E S N N A N V L H S O E A K Q
 T F D M A E - A H Q K U J S K
 W Y A R Q O R A P P T Q M Z N
 Y U P S - V M C J U V S R J I
 K T K K E K W X M S J A A K C
 L L C S E B D N E V F M P Q T
 R A T X R X G B B J G H S M M
 J T Z U I H O Y T A X N E M O
 W P Q Z E B O F E C B H P K N



WORD SEARCH



AUTUMN
 MASK
 BLACK CAT
 CANDY
 SCARY
 COSTUME
 CREATURE
 TREATS
 FRIGHT
 HARVEST

JACK-O-LANTERN
 BE SAFE
 MASQUERADE
 PARTIES
 PRANK
 PUMPKINS
 SKELETON
 EERIE
 TRICK
 GHOST

Trip Policy

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

Refunds cannot be made after 30 days out from departure for day trips, unless a replacement can be found. To reserve a special needs seat, you must notify the Senior Center staff at sign-up.

EXTENDED TRIPS

DISCOVER SWITZERLAND, AUSTRIA & BAVARIA
August 19—28, 2021 10 days, 12 meals. Bern, cheese making demonstrations, Montreaux, GoldenPass Panoramic Train, Gstaad, Lucerne, Austrian Alps, Choice on Tour, Innsbruck, Salzburg, Mirabell Gardens, St. Peter’s Restaurant, Bavaria, Neuschwanstein Castle, Tyrolean Folklore Show. Cost: \$3,999 double pp. Deposit and insurance due at registration. (  ) considerable walking.



2020 DAY TRIPS

All trips for the remainder of 2020 have been canceled.

OKTOBERFEST at Krucker’s, October 20, 2020. CANCELED

KINKY BOOTS @ Westchester Theater, November 5, 2020 CANCELED

A BOB HOPE USO STYLE TRIBUTE @ The Grand Oak Villa, November 12, 2020 CANCELED

MACY’S THANKSGIVING DAY PARADE “Broadway’s Longest Running Show”, November 26, 2020 CANCELED

MIRROR of MATHIS @ the Aqua Turf, December 3, 2020 CANCELED

2020 CHRISTMAS SPECTACULAR @ Radio City Music Hall, December 9, 2020 CANCELED

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.

MORE TRIPS FOR 2021

I spoke with Getaway Tours, Friendship Tours, Collette Tours and Silver Mill Tours regarding 2021. Getaway announce that they will be closing their doors after 35 years in the business. Friendship Tours plans to offer many of the trips that were canceled again next year. Silver Mill Tours was acquired by Rosie when Donna, the owner passed away and will be restructuring for 2021. Please find below a list of trips planned for 2021 with Collette and Friendship Tours. We are all eager to return to travel on these wonderful trips once things return to normal.

| Date | Trip | Travel Agency |
|------------------------|--|------------------|
| April 11, 2021 | America's Music Cities  | Collette Tours |
| June 15, 2021 | Roaring 20's Mystery Trip  | Friendship Tours |
| August 10, 2021 | Dancing Dream – ABBA Tribute @ Aqua Turf  | Friendship Tours |
| August 19, 2021 | Switzerland, Austria, Bolivia  | Collette Tours |
| September 1 or 2, 2021 | Amarantes Endless Summer  | Friendship Tours |
| September 20, 2021 | Painted Canyons of the West  | Collette Tours |
| October ?, 2021 | Oktoberfest @ Kruckers  | Friendship Tours |
| November 10, 2021 | USO Tribute Show @ Grand Oak Villa  | Friendship Tours |
| December 8, 2021 | Edwards Twins Holiday Show @ Aqua Turf  | Friendship Tours |



**TOWN OF ORANGE
COMMUNITY SERVICES**

525 Orange Center Rd.
Orange, CT 06477



Current resident or

******* FROZEN MEAL PROGRAM *******

There is a special meal program consisting of a box of 5 frozen meals during the Covid-19 pandemic. We can deliver them or you can come by and pick the meals up. Delivery is only available to Orange residents. Call the office at (203) 891-4788 to complete an application. Suggested donation is \$3 per meal, would be greatly appreciated.



Orange Visiting Nurses Association

OVNA 2020 Flu clinics will be every Wednesday in October at the HPCC Gym from 10am-3pm, 10/7, 10/14, 10/21 and 10/28. Bring a pen (to fill out form), your insurance card, and wear short sleeves. We ask all participants to wear masks and maintain 6 ft social distance. Also they are offering **by appointment only** flu shots at the OVNA for those who are unable to attend the clinics.

Be aware the insurances the OVNA accept are Aetna, Anthem, BC/BS and Medicare

Food Assistance

Community Services has an Emergency Food Bank available for Orange residents in need. Call Denise Stein (203) 891-4787 for assistance.

There is a special meal program consisting of a box of 5 frozen meals during the Covid-19 pandemic. We can deliver them if you are an Orange resident or the box can be picked up. Call the office to complete an application. Suggested donation is \$3 per meal, would be greatly appreciated.

Transportation

Orange Community Services transportation service for senior/disabled residents needs to maintain social distance for safety of residents and drivers, wear facial covering and complete an over the phone Covid screen. This service runs Monday through Friday from 7:00 am until 6:00 pm. At least 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven, North Haven, Hamden, and additional local areas by request on a case by case basis. Suggested donations are—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call (203) 891-4788 to apply and schedule a ride.

Youth Services Job Bank

Do you need help with yardwork or light clean up around the house? The Youth Services Job Bank provides a wide range of Services by pre-screened students ages 13-16. These students can do yardwork, garden help, house cleaning/household chores, mother's helper/party helper, etc. Contact Youth Services with your needs and a Job Bank member will be selected to come do the job!
Jessica Simone, Youth Services Coordinator,
(203) 891-4785