



ORANGE FRIENDLIES

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



DECEMBER 2016

Senior Center Telephone: 203-891-4784

Check our website for all senior center activities: www.orangeseniors.org



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 Director

Seasons greetings! I hope you all had a great November and Thanksgiving. As the Holiday Season is upon us Community Services continues to be busy with food baskets for our families and residents in need. We look for organizations, businesses and residents to sponsor the baskets. We can also use donations of gift cards to distribute to supplement the baskets. Please let us know if you wish to be a sponsor, just give us a call at Community Services 203-891-4788. These programs are funded solely by donations. If you are able please consider a monetary donation for our Community Assistance Fund which supplements the Food Bank and helps residents with fuel cost. I want to thank all those that have already made donations it is much appreciated. Happy Holidays! Stop by my office any time, the door is always open!

Joan Cretella, Director
Orange Community Services

Wellness with Shop Rite

Welcome the new Shop Rite store in Orange is open. Their Registered Dietitian, Courtney Huggins, RD will lead an Overall Nutritional Wellness seminar. Come join us on **Dec 5** as she will also describe some of the added benefits the store will offer such as one on one nutritional counseling, wellness advice, cooking classes and demos and more! Call (203) 891-4784 to RSVP.



Holiday Door Decorating

Clubs, Community Groups, Civic Organizations, Schools and Town Departments are invited to decorate one of the hallway doors at the Community Center for the annual Holiday Door Decorating Contest. Stop by the Community Services office and pick up an entry form. The entry **deadline is Nov. 23**. All doors need to be decorated by Dec 2. Voting will take place between Dec. 5 and 16. The winner will be announced at the Holiday Cabaret on December 19.

WORD FROM THE SENIOR SERVICES COORDINATOR

Theresa Cerillo, Bea Cleary and others lead our volunteers in assembling the Senior Center monthly Newsletter for mailing. Volunteers are always needed. Assembling is expected to occur the 3rd Tuesday of the month at 9am. Coffee and dessert is provided. Call the office at (203) 891-4784 to add your name to the call list. We would love to have your company.

Also we are accepting nominations for Living Treasure. Nomination forms can be picked up in the Senior Center office.

Dennis Marsh,
Senior Services Coordinator

Holiday Dinner Dance

Come join us at the Birchwoods at Oak Lane for our annual Senior Center Holiday Dinner Dance on Sunday, **Dec. 4 from 12 to 3:30**. The **Frank Porto Band** will be returning as our musical entertainment. Meal choice: Chicken Florentine, Stuffed Sole, or Prime Rib. There will be a cash bar. The cost this year will be \$30 per person. Many thanks to the generosity of the Orange Foundation Trust U/A, Bank of America, N.A., Trustee, who gave us a grant towards the cost of the event. Payment and meal choice must be made at the time of reservation. Tables will seat 8 to 10 persons. If you wish to be seated with particular people, payment for the group must be made at the same time. Checks payable to "Treasurer, Town of Orange". Tickets go on sale Nov 2.

"Blue" Holiday Memorial

Orange Community Services and Seasons Hospice presents "Blue" Holiday Memorial on **December 8 at 2pm** in the Senior Lounge. We will celebrate and remember the spirit and lives of those who have departed. Coffee and dessert will be served. Call (203) 891-4784 to RSVP.

Movie of the Month

Friday, **December 16, Love and Mercy, 1:00pm.** John Cusack, Paul Dano, and Elizabeth Banks In the 1960s, Beach Boys leader Brian Wilson struggles with emerging psychosis. In the 1980s, he is a broken, confused man under the care of shady therapist Dr. Eugene Landy. Popcorn & soda to be served. Call for a seat (203) 891-4784.

Free Pilates Demonstration

Join us on **December 22, at 1:30pm** for a free Pilates Demonstration with Michele Tenney. Call the Senior Center office to register at (203) 891-4784

Vein Wellness Seminar—Rescheduled

December 12, 1-2pm Corie Scharpf, Regional Community Outreach Coordinator with the **Center for Vein Restoration** will discuss vein disease, prevention, symptoms, and new treatments available. Call (203) 891-4784 to reserve a seat. A light snack will be served.

Wellness Book Club

The Case Memorial Library and the Orange Senior Center Wellness Book Group at **HPCC will return the 2nd week in January.** Marianne Pysarchyk, of the library leads the monthly meeting. Call (203) 891-4784 to register.

Submit your Living Treasure Nominations

Nominations are currently being accepted through March 11, 2016 for the 2016 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, Town Hall, and can be printed from the town's website. The three individuals chosen will be honored at the Senior Center's Pasta Festa! in May 2017.

Holiday Cabaret

Join us on **December 19,** for a Holiday themed Cabaret **from 1:30—3:00pm.** Bells of Fire will perform holiday music. Tickets are only \$5.00 and must be purchased in advance. We must have 30 people signed up to afford the performance. Purchase ticket from the Senior Center office.

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.

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Dec 1 By Reservation	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 15
Afghan Ladies 4th Monday 1:00—2:00pm	Nov 28 No Fee	Group of knitters or crocheters who work on afghans for veterans.	Claire Westerink Senior Lounge
Billiards Tues & Thurs 1:00pm Friday 10:00am	Ongoing No fee	Enjoy Billiards with a group of new friends. Cue sticks are available for use. See if you can sink the 8 on the break!	Room 3
Bingo Thursdays, 1:00-3:30pm	Ongoing	Cards are \$1.25 for the first card, \$.25 for each card after. Paper sheets are a \$1.00 each.	Volunteer Cafe
Bocce Wednesdays 10:00am	Ongoing No fee	Learn and participate in this age old game. All abilities welcome.	along the building on fairground side
Book Club Friday, 2:00—3:00pm	Dec 2	The next book will be The Japanese Lover by Isabel Allende	Paula Samuel Senior Lounge
Chair Exercise Mon, Wed & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities. Wednesday in Cafe	Hank Katten Senior Lounge
Chess Tues & Thurs 1:30pm	On going No Fee	Join us for a stiff game of chess with the Chess Club	Tues in Cafe Thurs in Lounge
Legal Clinic 1st Wednesday of month 9:00am	Ongoing No Fee	Attorneys from Floman DePaola will be available by appointment to discuss basic legal needs. Call the Senior Center office for an appointment	Attorneys from Floman DePaola Town Conf room
Laughter Club Wednesdays, 9:30am	Ongoing No Fee	If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven health benefits. Feel great for free!	Connie Pino Cafe
Money Management Tuesday 9:30am	Dec 6 & Dec 20	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Duati Senior Lounge
Pickleball Wed & Fri 1:00noon	Ongoing No fee	Area residents get together for Pickle ball. It's like ping pong meets tennis! Lots of FUN!!!	Volunteer Gym
Wii Bowling Mon & Fri 10:00am	Ongoing No Fee	All the fun of traditional bowling but with out the heavy ball!	Volunteer Room 3

Class	Date	Description	Instructor
Bridge Lessons Monday 1:00—3:00pm \$50.00, 10 wks	Oct 3 - Dec 12	This class is for beginners of Bridge and those who want to learn the game. No class 10/10	Gene Heckel Room 2
Bridge Lessons Thursday 1:00—3:00pm \$50.00, 10 wks	Oct 6 – Dec 15	This class is for intermediate Bridge players and want to expand on what they have learned. No class 11/11 and 11/24	Al Pol Room 2
Bridge Lessons Fridays, 1:00-3:00pm \$50.00, 10 wks	Oct 7 – Dec 23	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 8/5	Al Pol Room 2
Fitness T/Th 9:00 & 10:00am \$40.00, 10 wks	Oct 4 – Dec 15	This fun-filled class combines stretching, & balance to burn calories and improve health. Price increase to \$50 in January. No Class 11/1, 11/24	Danielle Pettitt Gym
Floral Arranging Friday 10:00am \$20.00	Dec 16	Learn how to make a beautiful basket as a center piece for any table. Pre-registration is required with a minimum of 8 students. Holiday Theme	Mary Errato Room 2
iPad 10:00-noon, \$25.00	Dec 27 – Dec 30	Learn the popular features of an iPad in only 4 days, Dec 27 – 30.	Aubry Monahan Computer Room
iPhone 3:00-4:30am, \$25.00	Dec 19 – Dec 23	Learn the popular features of an iPhone in one week, Dec 19 – 23.	Aubry Monahan Computer Room
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 18 – Dec 20	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Pilates Thursday, 1:30pm \$50.00, 10 wks	Jan 5 - Mar 9	Performed on an exercise mat targeting deep core muscles to improve balance and flexibility.	Michele Tenney Room 15
Tai-Chi Fridays, 11:45-12:45pm \$40.00, 8 wks	Oct 7 – Dec 16	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 10/7, 11/11, 11/25,	David Chandler Gym
Tap Dance, Monday 10-11:00am \$50.00, 10 wks	Oct 3 - Dec 12	Set those feet dancing and feel the excitement of dance! No class 10/10	Judy Nilsson Room 15
Fully Fit Weight Training Monday, 1:30pm \$50.00, 10 wks	Jan 9 - Mar 27	Weight training makes you stronger, wards off osteoporosis, and slims you down with leaner muscle! No class 1/2, 1/16, 2/20.	Michele Tenney Gym
Yoga – Mondays 9:15-10:30am \$50.00, 10 wks	Oct 3 - Dec 12	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 10/10	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Oct 5 - Dec 7	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Yoga Dance Thursdays, 10:00—11:00am \$50.00, 10 wks	Oct 6 - Dec 15	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 11/24	Andrea Cashman Senior Lounge
Zumba Gold Mon 11-12, Wed 11:00-12:00, Fri 10:30-11:30, 10 wks	Oct 3 - Dec 19	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 10/10, 10/28, 10/31, 11/1, 11/11, 11/24	Danielle Pettitt Gym

Turkey Hill Technology Partnership

The Orange Senior Center and the Turkey Hill School have partnered to bring you 3 free Technology Seminars.

Learn from the experts, the Kids! Call (203) 891-4784 to reserve a seat.

Session 1: Finding Friends Through Social Media—Met Nov 28, 10am

Session 2: Gmail and Google Hangouts—Stay Connected with Friends & Family, Call the Senior Center for a date

Session 3: How to Connect with Friends & Family with Devices, Call the Senior Center for a date

TRIPS

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. 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.

Also, please be aware that the first two rows of seats on the bus are reserved for the escort and riders with special needs. To reserve a special needs seat you must notify the Senior Center staff at sign-up.

BOARS HEAD FEAST at WILLIAMS INN with Bright Nights. December 1, 2016. No minimum trip. Coffee stop en route to Williamstown MA at the Williams Inn for a day filled with merriment and a wonderful Christmas Feast. You will be greeted by Beefeater guards and view the cook's procession and viewing of the Boar's Head. After the meal you will be entertained by Miss B Haven Cabaret Troupe. Later, we will stop at the Bright Nights holiday light display. **Cost: \$117pp** Includes transportation, Boar's Head Procession, Christmas Buffet and Cabaret, Bright Nights, and driver's gratuity. **Full payment due at registration** (👟).

BARBRA & FRANK HOLIDAY SHOW *the concert that never was...* at FOXWOODS CASINO. December 8, 2016. No minimum trip. Enjoy a luncheon buffet featuring a variety of tasty foods. Also included in the tour is a free \$10 slot machine token. Two great artists paying tribute to their characters, singing the most memorial songs ever written. **Cost: \$77pp** Includes transportation, Casino Bonus, Luncheon Buffet, Holiday Show, and driver's gratuity. **Full payment due at registration** (👟).



2017 HAWAII CRUISE TOUR

January 11-21, 2017. No minimum trip. Travel on the Norwegian Cruise Line's Pride of America. 12 Days, 7 Shore Excursions. **Cost: Inside \$4,799pp, Ocean View \$5,399pp, Balcony \$5,699** Includes Roundtrip Airport Transfer, Pre-Night near Airport, Roundtrip Airfare, Transfers in Honolulu, 2 pre-cruise nights in Waikiki Beach, Baggage Handling, 7 Night Cruise on NCL's Pride of America, All meals & nightly entertainment onboard ship, Tour Escort, and Motorcoach Driver and Tour Escort gratuities Port Charges & Taxes. **Full payment due at registration** (👟).



2017 TRIPS

ESCAPE TO SOME SUN @ MOHEGAN SUN—No minimum trip **Wednesday, January 25-26, 2017** At Mohegan Sun every turn leads to a new adventure with an indoor 7-story waterfall, the world's largest and most spectacular planetarium dome and the awe-inspiring Wombi Rock. **Cost TBD pp** double. This no-minimum trip includes round-trip transportation, Hotel Accommodations, and more. **Full payment due at registration** (👟).

UCONN vs. SMU BASKETBALL at Gampel Pavilion—Saturday, No minimum trip **February 11, 2017.** There is nothing like seeing a live game. **Cost TBD pp.** This no minimum trip includes transportation and tickets to the game. **Full payment due at registration** (👟).

CT FLOWER SHOW & LUNCH—No minimum trip **February 23, 2017** (snow date 2/24). "The Spirit of Spring" at the CT Flower & Garden Show at the Connecticut Convention Center with a lunch stop **Cost TBD pp.** Includes transportation, Lunch, & Admission. **Full payment due at registration** (👟).

MOHEGAN SUN 2017 AAC WOMEN'S BASKETBALL TOURNAMENT CHAMPIONSHIP GAME— March 6-7, 2017 no minimum overnight trip. **Cost TBD pp** double. Includes transportation, hotel accommodations, AAC Final Game Ticket, taxes, gratuity, baggage handling and more. **Full payment due at registration** (👟).

ST PATRICK'S DAY at the Aqua Turf - no minimum trip **March 14, 2017.** **Cost: TBD pp.** Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation.** (👟).

Will fill up FAS⁷ BROADWAY, April 12, 2017. 2 shows to choose from—Emilio & Gloria Estafan's "On Your Feet" or Cirque Du Soleil "Paramour. Lunch will at the famous Italian restaurant Buca di Beppo served family style with salads, Platters of Baked Rigatoni, spaghetti with meat sauce, and chicken parmigiana, topped off with home-made cheesecake. **Cost: \$205pp** Includes group transportation Orchestra/Front Mezzanine Tickets, Complete Luncheon. **Now accepting registrations Full payment due at registration** (👟).

MAMA MIA at the Westchester Theater - no minimum trip **April 20, 2017.** **Cost: TBD pp.** Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation.** (👟).

FOLLIES at the Westchester Theater - no minimum trip **May 7, 2017.** **Cost: TBD pp.** Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation.** (👟).

2017 Trips Continued

LUNCH with MRS. BASKIN at Newport Playhouse - no minimum trip **May 25, 2017**. **Cost: TBD pp.** Includes transportation, lunch, show, & driver gratuities. **Full payment due at reservation.** (👟).

TALL SHIPS BOSTON no minimum trip **June 2017**. Sail the Boston Harbor viewing the Tall Ships **Cost: TBD pp.** Includes transportation, lunch, cruise, & driver gratuities. **Full payment due at reservation** (👟👟).

BLOCK ISLAND no minimum trip **July 25, 2017**. Sail the ferry to Block Island and spend the day enjoying this beautiful island. **Cost: TBD pp.** Includes transportation, lunch, ferry, & driver gratuities. **Full payment due at reservation** (👟👟).

THE BIG E FAIR—Connecticut Day. September 20, 2017. This no minimum trip will take us to “New England’s Great State Fair.” With nearly one million guests passing through the gates it is ranked among the top fairs in the country. **Cost: TBD pp** Includes transportation, Admission to the Big E and driver’s gratuity. **Full payment due at registration** (👟👟👟).

OKTOBERFEST no minimum trip **October 2017**. Enjoy Germanfest theme food, music and drink **Cost: TBD pp.** Includes transportation, lunch, & driver gratuities. **Full payment due at reservation** (👟).

RADIO CITY CHRISTMAS SPECTACULAR—November 17, 2017. After lunch see the 2017 edition of Radio City Christmas Spectacular starring the world-famous Rockettes. **Cost: TBD pp** Includes transportation, Admission to Radio City, Lunch and driver’s gratuity. **Full payment due at registration** (👟👟).



NEW YORK BOTANICAL GARDENS HOLIDAY TRAINS no minimum trip **December 14 2017**. Enjoy the beautiful New York Botanical Gardens and their train show. **Cost: TBD pp.** Includes transportation, & driver gratuities. **Full payment due at reservation** (👟).

INTERNATIONAL TRIPS

THE PLAINS OF AFRICA featuring Kenya Wildlife Safari—March 9-22, 2017. 14 days, 33 meals. The highlights include: Nairobi, Shaba National Reserve, Lake Nakuru, Masai Mara, Karen Blixen Home, Mt. Kilimanjaro, and 13 Wildlife Safaris. **Cost with early booking discount: \$7,099pp double occupancy, single \$8,499.** Includes group transportation to/from airport, attraction taxes and fees, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (👟👟👟).

TROPICAL COSTA RICA, November 6-14, 2017. 9 days, 13 meals. Highlights include: San Jose Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Hanging Bridges Tour, Arenal Volcano, Lake Arenal Cruise, Cooking Demonstration, Cano Negro Refuge, and more. **Cost: \$2,599pp double occupancy, single \$3,049.** Includes group transportation to/from airport, round trip air, air taxes and fees/surcharges, and hotel transfers. **Deposit & cancellation insurance due at registration** (👟👟👟).

Class Policy

The staff of the Orange Senior Center strives to offer the best service possible. Classes start on a quarterly rotation: January—March, April—June, July-September, & October—December. Enrollment for residents of Orange is the 1st of the month prior (ie Sept. 1 for Oct’s quarter). Enrollment for non-residents is the 10th day of the month. If the 10th falls during the weekend then non-residents can sign up the following Monday.

Each classes generally cost \$50 for a 10 week session. Each class requires a minimum 8 of students to be affordable. Classes that fail to meet the enrollment will be canceled.

Each instructor is given a class roster with student phone #'s. If the instructor needs to cancel a class they will call the students and a make up class will be added.

Classes are canceled when the Orange School System closes due to weather. If there is a school delay then only those classes during the delay are canceled.

If you have any questions regarding the Senior Center Class policy please feel free to contact the Senior Center at (203) 891-4784.



December 2016



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Program runs Mon. through Fri., 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. to register (203) 891-4765.</p>	<p>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.</p>		<p>1</p> <p>Pot roast/gravy ½ Baked potato Broccoli Multigrain bread Apple juice Mixed berry strudel low fat milk</p>	<p>2</p> <p>vegetable barley soup Spinach quiche Broiled tomato Roasted squash Pumpnickel bread Mixed fruit juice Chocolate pudding low fat milk</p>
<p>5</p> <p>Breaded Veal cutlet w/ gravy Smashed potato Green beans wheat bread Cranberry Juice Apple Pie low fat milk</p>	<p>6</p> <p>Lentil soup LS Crackers Pasta and tuna salad Lettuce & cucumber Beet salad Garlic breadstick Pineapple low Fat Milk</p>	<p>7</p> <p>Lemon Chicken Rice Pilaf Carrots Pumpnickel bread Peaches low Fat Milk</p>	<p>8</p> <p>Hamburger on Wheat Bun with Ketchup, Lettuce, & Tomato & pickle Potato Salad Grapes low Fat Milk</p>	<p>9</p> <p>Spinach Frittata Zucchini & Tomatoes Dinner roll cranapple juice Fruited jello low Fat Milk</p>
<p>12</p> <p>Sweet Sour Pork Rice Oriental Blend Wheat Bread pineapple Low fat milk</p>	<p>13</p> <p>Meatloaf with Gravy Mashed Potatoes Roman Veggie Blend Multi grain dinner roll Peaches Low Fat Milk</p>	<p>14</p> <p>Herb Baked Chicken Oven Roasted Potatoes Carrots Marble Rye Bread Fruit Cocktail Low Fat Milk</p>	<p>15</p> <p>Crab cake/tartar sauce/lemon sweet potato fries red cabbage slaw Whole wheat bread Grape Juice Chocolate Cake low fat milk</p>	<p>16</p> <p>Cream of Carrot Soup LS Crackers Egg Salad on Croissant Shredded lettuce and tomato Three Bean Salad fresh fruit Low Fat Milk</p>
<p>19</p> <p>Beef Stew Bowtie noodles Baked acorn squash Rye bread Baked Apple Low Fat Milk</p>	<p>20</p> <p>Italian Wedding Soup Sliced Grilled Chicken Caesar Salad, Parmesan cheese Caesar Dressing Garlic breadstick apricots Low Fat Milk</p>	<p>21</p> <p>Pulled Pork with BBQ Sauce Baked Beans Broccoli slaw Wheat Bun Fresh Fruit low fat milk</p>	<p>22</p> <p>Beef Wellington Twice Baked Potato Peas and Mushrooms Snowflake Dinner Roll Holiday Cake</p>	<p>23</p> <p>Cheese Baked Ziti green beans spinach salad with shredded carrots and raspberry vinaigrette Italian Bread Apple Juice Ice cream cup Low Fat Milk</p>
<p>26</p> <p>Christmas Day Center Closed</p>	<p>27</p> <p>Pot Roast with Gravy Potato latkes with applesauce garnish Carrots Rye Bread Jelly Donut</p>	<p>28</p> <p>Beef Chili/ 1TBS Cheese Baked Potato/Sour Cream broccoli Corn Bread Pears Low Fat Milk</p>	<p>29</p> <p>Spaghetti & Meatballs Collard Greens Italian Bread Fresh Fruit Low Fat Milk</p>	<p>30</p> <p>Cream of Zucchini soup Potato Crusted Fish Tartar Sauce Scalloped Potatoes Wheat Dinner Roll Tropical Fruit Low Fat Milk</p>

RESERVED FOR SPONSORS

TOWN OF ORANGE
COMMUNITY SERVICES
525 Orange Center Rd.
Orange, CT 06477

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PAID
PERMIT NO. 722
MILFORD, CT 06460

Current resident or

“ORANGE FRIENDLIES” - December 2016
Senior Services Coordinator—Dennis Marsh, 203-891-4784

Hot and Cold Lunches

The Orange Senior Center offers a hot lunch Monday through Friday. On Tuesdays and Thursdays a cold lunch option is also available. Lunch is served Monday through Friday, 11:30am – 12:00pm. A \$3.00 donation is suggested for persons 60 years and over. To register call before 1:00pm the day before (203) 891-4765 .

Blood Pressure Screenings

The Griffin Hosp. Outreach and Valley Parish Nurse Van will be at High Plains Center **Dec 6** from 10 – 11:30am for blood pressure screenings. The **OVNA** is available to check your blood pressure on the 4th Thursday of the Month: **Dec 22** at the OVNA from 1-2pm.

Orange Youth Services

Area Residents Need Jobs Help? Youth Services Job Bank Can Assist

The Orange Youth Services Job Bank provides a service of pre-screened students, ages 13-16, who can be employed by area residents to do a large variety of jobs such as yard work, garden help, attics/basements, raking, snow shoveling, small painting, party helper, tutoring, clerical assistance, mother’s helper...and more. For further information, please call John Ulatowski, Orange Youth Services Coordinator, at 203-891-4785

Transportation

The Town of Orange provides a transportation service for senior/handicapped residents. This service runs Monday through Friday from 8:00 am until 4:00 pm. 24 to 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven, North Haven and Hamden, and additional local areas by request on a case by case basis. It is donation based—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call Kim Callahan (203) 891-4788 to schedule a ride.

Word from the Municipal Agent

It is that time of the year again. The Holidays! This is when we make up our holiday baskets. We have some great sponsors, who make the most incredible baskets. So, remember those less fortunate neighbors and donate to our food bank with holiday themed food. Grocery gift cards would be appreciated.

Denise Stein, M.S., LP, Elderly Outreach