



ORANGE FRIENDLIES

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



JANUARY SPECIAL EDITION

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

I hope you enjoyed your Holidays! Hard to believe another year has come and gone. Winter and the cold weather are upon us. Please be sure to stay warm and dry. Bundle up when you are outside and keep your heat at a comfortable temperature when inside. I would like to thank all who donated and contributed to our Community Assistance and Holiday Programs. These programs help Orange residents in need and are maintained solely by donation and the generosity of individuals, residents, businesses, organizations and schools.

I know I have told you this story before but it's tradition. At the end of each year my mother would empty her purse and proudly proclaim how much money we had. It rarely broke \$2.00. Today I am proud to announce \$37.50 and some lint! Now, do not think that I am a money bags. I have to pay my daughter \$36 for the cookie dough that her lacrosse team was selling. The moral of the story as I see it, is it time to take stock of your achievements for the year. What have you achieved this year?

Dennis Marsh,
Senior Services Coordinator

Movie of the Month



January 15 at 1:00pm, join us for **Secondhand Lions**. A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. Prepackaged Smartfood will be served. Due to Covid, space is limited to 11. Social distancing and facial covering guidelines must be observed. Call 203-891-4784 to register.

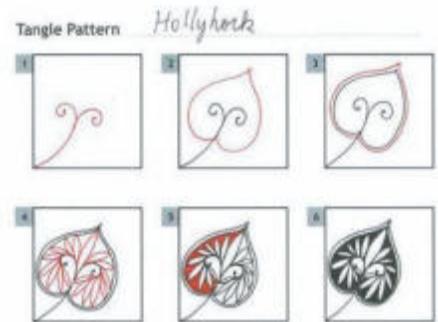
Book Club Zoom Meeting

The monthly Book Club meeting has moved onto Zoom. If you wish to participate, email Paula Samuel for a Zoom invite at paula.samuel7@gmail.com



Doodling

Doodling can be fun and relaxing. Here is a doodle for you to try at home. Take a piece of paper and give this a whirl. 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 right). There you will find a link to click on. Enjoy!



Pattern By Jason Lau C27#17
TanglePatterns.com

Virtual Classes

Some classes have returned to the senior center. However, David Chandler's **Tai Chi**, has yet to. Danielle Petite's **Zumba Gold** and her **Fitness** classes are meeting informally. You pay her \$5 each time you attend. Call or stop by the office for more information.

Chair Exercise has returned to the senior center, but if you would still like to participate from 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 a new link for the Chair Exercise video. <https://www.youtube.com/watch?v=XkII-X6K7jc>

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 DelMedico—Admin/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

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 or you can come by and pick the meals up. Delivery is only available to Orange residents. Call the office to complete an application. Suggested donation is \$3 per meal, would be greatly appreciated if you are able.

Art & Crafts Class with Suzanne

Join us for a fun filled **Arts & Crafts** class with Suzanne Anderson on Monday,

January 11 at 12:00 noon.

Class size is limited to 10 people.

Pre-registration is required.

Call 203-891-4784 to sign up.



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** online course, there is an online class. AARP is offering a special 25% off discount through the remainder of the year. Visit the AARP Driver Safety website, www.aarpdriversafety.org and enter the promo code "DRIVINGSKILLS". This discount is good until February 28, 2021. Current classroom price is \$20 for an AARP member and \$25 for a non-member.

AARP 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, I found that the AARP Foundation is offering online tax help: https://signup.aarpfoundation.org/preparing-your-taxes-online/?utm_source=google&utm_medium=ppc&utm_campaign=tax_aide_2020&cmp=TAXEAIDE_2020_PPC_GoogleSearch

COVID Screening

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

When visiting the senior center safe practices, such as 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 time we must wear facial coverings and practice 6 feet social distancing.

Please keep in mind that instructors cost money. In order to be able to afford high quality instructors we need to set a minimum # of participants in order to afford having the class.

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	On hold until 2021 Online option	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$20, Non-members \$25	AARP Instructor Room 2
Afghan Ladies 4th Monday 1:00	January 25	Join a group of knitters and crocheters who make afghans for local long term rehab centers. New crafters welcome!	Claire Westerink Lounge
Billiards Tues & Thurs 1:00pm	Ongoing No Fee	Enjoy Billiards with a group of new friends. Cue sticks are available for use. Limited to 8 participants.	Room 1
Bocce Wednesday, 10:00am	On going No fee	Join us for Bocci in the warm months and Corn Hole when it gets cold. All abilities welcome. Limited to 8 participants.	Pete Pepe Bocce Court
Chair Exercise 11:00am Monday, Wednesday, Friday	On going No fee	This is a great form of exercise for seniors or for those with disabilities.	Ann Losh Gym
Fitness T/Th 8:30am, \$55, 10 wks, 12 students required	Jan 5 - Mar 11	This fun-filled class combines stretching & balance to burn calories and improve health.	Danielle Pettit Cafe
Laughter Yoga Wednesday, 10:00am	On going No fee	Start your day of right with the joy of laughter.	Connie Pino Pavilion
Painting and Drawing Tuesdays, 9:30-11:30am \$55.00, 10 students required	Jan 5 - Mar 9	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 8
Ping Pong Wednesday at 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	Virtual 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	TBD	Set those feet dancing and feel the excitement of dance!	Judy Nilsson Gym
Yogalates Wednesdays, 10:30am, \$55.00, 10 students required	TBD	Dynamic technique that combines the best of yoga and Pilates. Yogalates is a safe and strong practice that improves overall health, strengthens, and tones.	Traci Weber Room 5
Yoga Mondays 9:00am, \$55.00, 10 wks 10 students required	Jan 4 – Mar 15	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 1/18	Andrea Cashman Room 3
Yoga – Wednesdays 9:30am, \$55.00, 10 wks 10 students required	Jan 6 – Mar 10	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Andrea Cashman Room 3
Yoga Dance Thursdays, 10:30am, \$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 Lounge
Zumba Gold Friday 11:30am, \$40, 10 wks 15 students required	Jan 8 - Mar 12	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals.	Danielle Pettit Cafe



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| ICE | SNOWMAN |
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| SKATES | WINTER |



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, Golden Pass 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.



2021 DAY TRIPS

It is very hard to predict trips for 2021 with Covid concerns. But I would like to be optimistic that things will be more normal. I would like to offer the members some of the trips that Lilly Tours has to offer.

May 8 – **NEW YORK CITY FOOD TRIP**, You will experience the culinary traditions and history that form the backdrop for many of these fabulous edible treats. \$85 per person due at registration. (  some walking)

July 17 – **NEWPORT PLAYHOUSE LOBSTERFEST**, show TBD. Enjoy a great buffet, a wonderful play at a fun-filled Cabaret! \$95 per person due at registration. ( minimal walking)

July 25 – **BASEBALL HALL OF FAME**, It is every fan’s “Field of Dreams” with its stories, legends and magic to be passed on from generation to generation. \$139 per person due at registration. (   considerable walking).

Sept 24 -27 **NIAGARA FALLS**, One the most desired tourist destinations in the world. \$829pp for double due at registration. (   considerable walking).

Dec 4 – **STURBRIDGE VILLAGE “CHRISTMAS BY CANDLELIGHT”**, a celebration of favorite holiday traditions, music and food. \$173 per person due at registration. (   considerable walking).

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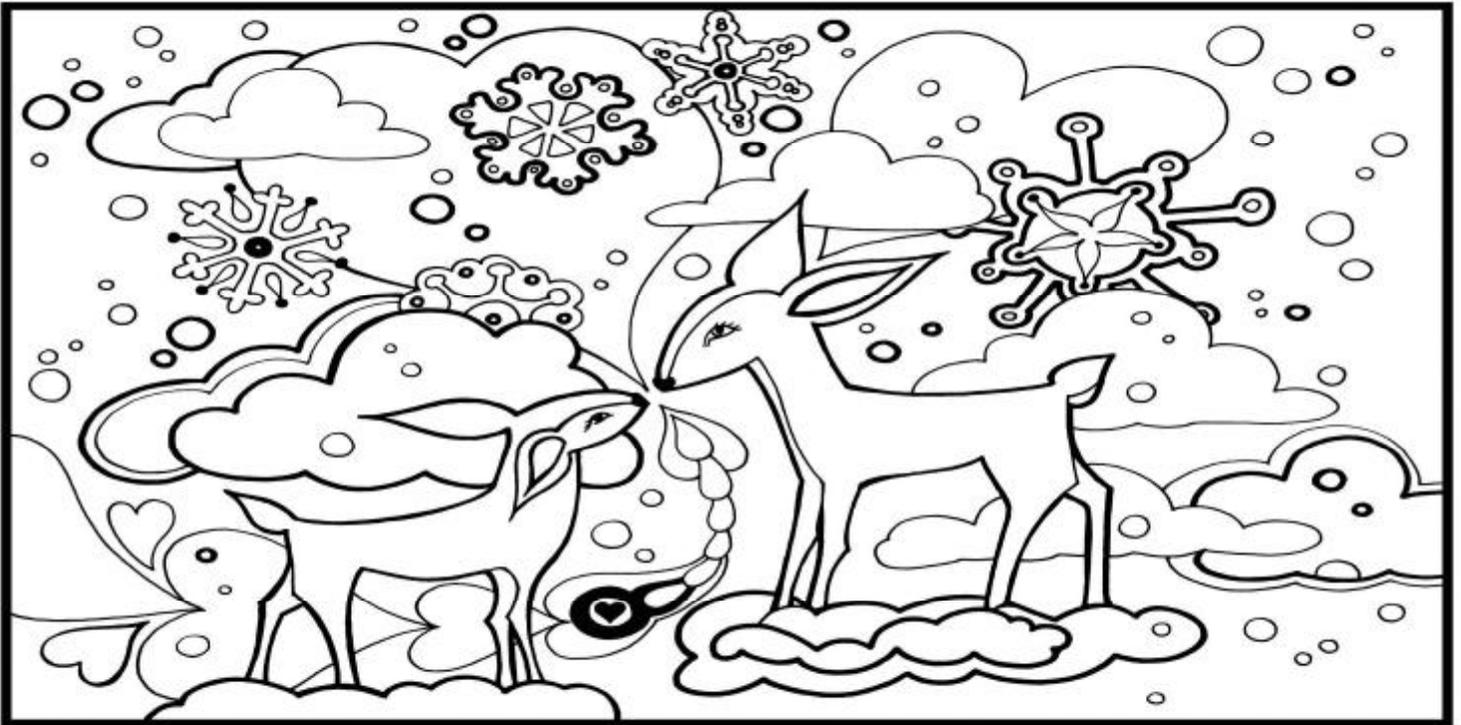



Craig Giaquinto David MacNiven

MORE TRIPS FOR 2021

I spoke with Getaway Tours, Friendship Tours, Collette Tours and Silver Mill Tours regarding 2021. Getaway announced 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. 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	Amarante's 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



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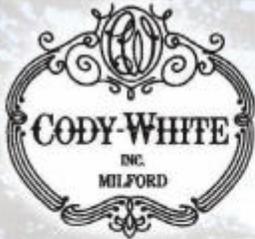
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– William Ewart Gladstone, Former Prime Minister of the United Kingdom

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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

We are continuing to provide Flu shots, by appointment only at the OVNA as long as supplies last. Preparations are being made for the upcoming Covid vaccine when available. We continue to manage risks of Covid with social distancing, wearing our face masks (at times double masks). As always, we are here 8:30a-4:30p to answer any questions you may have. We have not resumed the Elena Arena Blood Pressure clinic, due to the risks of Covid, but we are continuing to monitor Blood Pressure of people that want to come in for a Blood Pressure check by appointment.

Food Assistance

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Transportation

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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, snow shoveling, 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