

# The Orange Connection

May 2023

## Orange Council on Aging/ Senior Center

62 Cheney Street, Orange, MA 01364

Phone: 978-544-3481 / Fax: 978-544-1113

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Tracy Gaudet, Director

Email: [tgaudet@townoforange.org](mailto:tgaudet@townoforange.org)

Hello May! I hope you are all enjoying the spring weather and the flowers in full bloom!

-This month kicks off our Matter of Balance Workshop. The workshop will run on Mondays from 1-3pm at the Senior Center. Please call 978-544-2259 ext. 2297 to sign up!

-Come to our hot dog cookout!

When: Thursday, May 25th at 12:00

Where: 62 Cheney Street

Cost: \$4.00 per person

What: Hot dogs, Topping Bar, Chips, Beverage, Watermelon!

See you soon!

Tracy

### IMPORTANT PHONE NUMBERS

MA Elder Services **1-800-243-4636** / [www.massoptions.org](http://www.massoptions.org)

Medicare **1-800-633-4227** / [www.medicare.gov](http://www.medicare.gov)

Social Security Local Office **1-844-371-8116** / [www.socialsecurity.gov](http://www.socialsecurity.gov)

Mass Health **1-800-841-2900** / [www.mass.gov](http://www.mass.gov)

LifePath **1-413-773-5555** / [www.lifepathma.org](http://www.lifepathma.org)

### Brown Bag: Food for Elders

The Food Bank of Western Massachusetts provides a free bag of healthy groceries to eligible seniors once a month. Local pickup is on the 3rd Wednesday of every month at:

**St Mary's Parish Center 10:00 am - 12:00 pm.**  
Visit [www.foodbankwma.org](http://www.foodbankwma.org) for more information or to apply.

### **Franklin County Sheriff's Office TRIAD Program**

**413-774-4726**

TRIAD provides/delivers donated medical equipment such as wheelchairs, hospital beds, commodes, canes, walkers, and rollators.

*All equipment is free of charge.*



## **COMMUNITY TAG SALE!**

Join us for a townwide tag sale in the Orange Armory parking lot

When: May 27th! (*rain date June 3rd*)

Where: Orange Armory Parking Lot / 135 East Main Street



Donations greatly appreciated for your space and will go directly to the COA meal fund.

Some tables will be available or bring your own!

Call to reserve your space today!

**978-544-3481**

\*You are responsible for removing ANY items not sold. NOTHING can be left behind after the tag sale has ended. Thank you for your support!

\*All donations will benefit the Council on Aging meal fund.



Need help filling out applications for SNAP benefits or Fuel Assistance? The Council on Aging will be happy to provide the application and help you fill it out! Call us to make an appointment! 978-544-3481



**Need your license renewed but don't have a computer?**

**Call the Senior Center at 978-544-3481 to set up an appointment with Tracy or Emily**

*Did you know?*

*Today there are 55,000 seniors who are older than 100. By 2050 that number is expected to exceed 600,000. One of them may be you!*

### Local Transportation

FRTA 413-774-2262

[www.frta.org](http://www.frta.org)

or

MART 978-345-7711

[www.mrta.org](http://www.mrta.org)

## **A Matter of Balance - Managing Concerns About Falls**

Join this 8-week workshop presented by LifePath!

This workshop is designed to teach us practical strategies to gain confidence in our ability to avoid a fall. We will explore medical, behavioral, and environmental risk factors for falls and support participants in developing a life-long exercise plan for fall prevention.

**Workshop will be held on Mondays\* from 1:00-3:00 pm and will begin Monday, May 8th at the**

**Orange Senior Center**

**62 Cheney Street, Orange, MA**

For more information or to register please call 978-544-2259 x2297 or email [awaisman@lifepathma.org](mailto:awaisman@lifepathma.org).

\*if a Holiday falls on a Monday, that class will be rescheduled

## BINGO

Join us for BINGO at the Senior Center!

Monday, May 22nd at 10:00 am

**The month of May is officially designated National Older Americans Month** - Here are some interesting facts you may not know about our senior population:

-More than 10,000 "baby boomers" turn 65 years old every day.

-Senior citizens are the fastest-growing demographic group on Facebook. Recent studies show that more than half of all U.S. seniors are active online, and more than one-third are on Facebook and other social media websites.

-There are more than 55,000 seniors over age 100, and by 2050 the number of "centenarians" is expected to top 600,000. This is roughly the population of Vermont.

### Quabbin Harvest

Produce shares every other week for SNAP/HIP recipients; pickup days are Tuesdays and Wednesdays. Find more information at:  
[www.quabbinharvest.coop](http://www.quabbinharvest.coop) or call  
978-544-6784

Join us for a game of

### **"Friendly Feud"**

Wednesday, May 17 @ 10:00 am  
at the Orange Senior Center

*(It's our very own rendition of the popular 'Family Feud' game!)*

**Sign up for free scam alerts from the Federal Trade Commission at:  
[www.ftc.gov/scams](http://www.ftc.gov/scams)**

Witty's Funeral Home

978-544-3160

**Thank you for your  
many years  
supporting the  
COA!**

### **20% DISCOUNT ON FOOD!**

Ocean State Job Lot offers a 20% senior\* discount on food products every Monday from 8:00 am -9:00 am!

\*Must be 62 or over

62 Freedom Street / Athol, MA 01331 / 978-249-3428

**COA BOARD OF**

**DIRECTORS**

Henry Oertel, Chairman

Rosanne Amodeo, Member

Jeri Deyo, Member

Sunday Lefebvre, Member

Nancy Magill, Member

Nancy Sawyer, Member

Joann Wheeler, Member

Recurring Meetings at the COA

COA Board: Meetings are held on the second Monday of every month. Next meeting is:

Monday, May 8th at 1:00 pm.

Friends Group: Meetings are held on the second Tuesday of every month. Next meeting is:

Tuesday, May 9th at 10:00 am

Orange Senior Citizens Club:

Meetings are held on the first Thursday of every month (excluding January and July).

Next meeting is: Thursday, May 4th at 1:00 pm.

**Monthly Foot Clinic with Mindy Powling**

Licensed Nail Technician and Owner of Nails-2-Envy in Orange, Mindy Powling, will be at the Orange Senior Center on the first Tuesday of every month! Make an appointment for a foot screening and to get your toenails clipped!

Next Clinic is: **Tuesday, May 2, 2023**

Appointments are REQUIRED

Please call 978-544-3481

*The cost is \$5.00 / Please bring your own towel*

For more information on activities, hours of operation, or contact information, please visit our Facebook page: **Events at the Orange Senior Center** or visit the town website: **www.townoforange.org** and go to **Departments - Council on Aging.**

## **Knitting Together**

Join us at our bi-weekly Knitting Club!

**Every Other Thursday at 10:00**

62 Cheney Street

Feel free to bring your crochet projects too!

## **Let's Laugh Today!**

**Laughter and Breathing Exercise Class**

There are so many health benefits to laughing... Come in for our guided laughter class and see how good you feel after!

**Tuesday, May 16th @ 10:00 am**

## **MOVIE TIME**

*Join us at the Senior Center for a movie!*

When: Wednesday, May 10 at 2:00 pm

Movie: Jerry and Marge Go Large; Rated PG-13; Running time 1h 36m; Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town. Starring: Bryan Cranston, Annette Bening, Rainn Wilson.

**FREE POPCORN AND DRINKS!**

## **Women Healing Women Healing Earth**

LIVE WORKSHOPS at Seeds of Solidarity in Orange

**"Write to Heal, Right to Feel"**

**Thursday, May 25th 10:00 am- 12:30 pm,**

with Marina Goldman and Dina Stander

*Pre-registration is required. Space is limited. Free or by donation.*

TO REGISTER, send your name and town to: [deb@seedsofsolidarity.org](mailto:deb@seedsofsolidarity.org)

# May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Foot Clinic apt time: 	3	4 <b>10:00 am</b> Knitting Together <b>1:00 pm</b> Senior Citizens Club	5 <b>Cinco de Mayo</b> celebrates the victory of the Mexican army over the French army at The Battle of Puebla in 1862.
8 <b>1:00 pm</b> COA Board <b>1:00 pm</b> Matter of Balance Workshop	9 <b>10:00 am</b> Friends Group	10 <b>2:00 pm</b> Movie - "Jerry & Marge Go Large"	11	12  <b>President Woodrow Wilson declared <i>Mother's Day</i> an official holiday in 1914.</b>
15 <b>1:00 pm</b> Matter of Balance Workshop	16 <b>10:00 am</b> Laughter Exercise Class	17 <b>10:00 am</b> Friendly Feud	18 <b>10:00 am</b> Knitting Together	19 <b>No Mow May</b> is an international campaign asking property owners to refrain from mowing their lawns to help the bee population!
22 <b>10:00 am</b> BINGO <b>1:00 pm</b> Matter of Balance Workshop	23	24	25 <b>12:00</b> Hot Dog cookout! 	26  Our environment needs bees!
29 <b>CLOSED FOR MEMORIAL DAY</b> 	30	31	<b>Boomers have 230 seats in the House of Representatives and 68 in the Senate. That's a majority of both houses!</b>	<b>A mollusk, the Ocean Quahog, can live for 500 years. How do they know that? Like a tree, scientists count the growth rings in its shell.</b>

