



ORANGE FRIENDLIES

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



APRIL 2012

Senior Center Telephone: 203-891-4784

Check our new 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.

A WORD FROM THE

SENIOR SERVICES COORDINATOR

We have a lot going on this month. First off, we are starting a new sewing group, which will be participating in the "Dress a Girl Around the World" program where the group will make dresses from old pillowcases and sheets. Come April 9 at 10 am in the Senior Lounge, to hear the CT representative from "Dresses 4 Girls" talk about this program and how we can help impoverished girls in third world nations. Call the senior center to let us know you are coming. And yes refreshments will be served!

Second, you may begin to notice we are restructuring our education program to run on a quarterly cycle. You should notice little to no change as a student but it will make a world of difference for planning and implementing the courses. The courses themselves will not be affected, just their start and end dates.

Do you like to laugh? Our Laughter Club meets Wednesday mornings at 8:30 am in the Senior Café. Laughter can set the tone for a great day and gives us a great boost in energy. Our Laughter Club is based on the Laughter Yoga program, which was started in 1995 by Dr. Madan Kataria of India. There are now over 6,000 chapters in 65 countries. There are many health benefits of laughter. Come laugh with us and feel free to bring a friend.

We have some wonderful trips coming up. For example, in May we will be attending the 4 Troops show at the Aqua Turf. Three young men and one woman, one from each of the 4 branches of the armed services, come together to sing on behalf of all the troops. Then there is JONAH at the Millennium Theater in June. From the moment you walk into the theatre you will set sail on a fantastic journey with one of the Bible's most colorful prophets. Both are trips that are sure to please!

Congratulations to Marianne Bauer, Joseph Cuzzocreo, and Charles Flynn who have been selected as our 2012 Living Treasures. We received so many wonderful nominations this year that it was near impossible to select only three. Thank you to everyone who submitted a nomination, and congratulations to our winners.

Finally, the Parish Nurses and Griffin Hospital Mobile Health Van will be changing the day they visit the Orange Senior Center. They will no longer come on the third Thursday but rather the first Tuesday of the month from 10:30 – 11:30 am.

Hurray for spring!

Dennis Marsh

Senior Services Coordinator



EIGHTH ANNUAL PASTA FESTA! SUPPER

The eighth annual Pasta Festa! Supper will be held on Friday, May 18 from 5 to 8 pm at the St. Barbara's Greek Orthodox Church hall. Ziti with sauce, meatballs, salad, and bread prepared by Dominic Cusano from the Italian American Club followed by coffee, tea and dessert which will be served by our Selectmen. Beautiful baskets, containing gift certificates and wonderful surprises, will be part of the traditional balloon raffle. Following dinner, *Living Treasure Awards* will be presented to Marianne Bauer, Joseph Cuzzocreo, and Charles Flynn. David G will be strolling around playing the accordion. Tickets, priced at \$20 per person, are available from the Community Services office. Tables of 8 to 10 are available. If you wish to sit with a particular group, the tickets must be purchased at the same time. Smaller groups are welcomed. Tickets go on sale April 2 and must be purchased in advance by May 11.



DRESS A GIRL AROUND THE WORLD

April 9 at 10:00 am in the Senior Lounge, Janine Mahan, Connecticut State Representative for Dress a Girl Around the World will present the Hope 4 Women International Dress a Girl program. Come hear her speak and if interested join us as we start a new sewing group. We will be making dresses for girls from old pillow cases and sheets. Refreshments will be served. Call to let us know you are coming.

3rd ANNUAL SENIOR PROM

Peck Place School will once again be hosting a Senior Prom on Tuesday, May 8 from 11:00 am to 2:00 pm. Last year we had a ton of fun! There will be a buffet style lunch and beverages. This is an actual prom with music and dancing. The attire is dressy, but you could wear whatever will make you comfortable. Oh, and the best part is it's **FREE!** Just RSVP to the senior center so we can tell the school how many will be attending.

OVNA OPEN HOUSE

Can you believe it, our very own VNA is about to celebrate its 75th year of service. In recognition, the Orange Visiting Nurses Association will have an Open House on Wednesday, May 9 from 12 noon to 4:00 pm. There will be cake, punch and old acquaintances. For more information, please call (203)891-4752.

WE NEED YOUR HELP! - FUNDRAISER FOR COMMUNITY ASSISTANCE FUND

On Tuesday, April 24, between 5 and 10 p.m., Wood-n-Tap Restaurant on 311 Boston Post Rd will donate 10% of diners' bill toward the Community Assistance Fund. Diners must present a flyer to the wait staff for Community Services to receive the donation. The flyer applies to To-Go and gift card purchases as well. Diners also have the chance to win a \$25 gift card if they fill out the information section on the flyer. Flyers will be available at Community Services at High Plains Community Center, Town Hall, and at the Library. The Community Assistance Fund aids income-eligible Orange residents with emergency fuel assistance, food, and other needs.

AARP TAX AIDE PROGRAM

Free income tax assistance is provided at the senior center by the AARP Tax-Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Sessions will be held on Wednesdays (4/4 & 4/11) from 9 to 12 pm; call the center to schedule an appointment with a certified AARP Tax-Aide counselor. If married, both husband and wife should be present.

FREE SMOKE DETECTOR PROGRAM

A FREE Smoke Detector Giveaway and Installation Program is currently being offered by the Orange Fire Marshal's Office and the Orange Volunteer Fire Department. Smoke detectors have a life expectancy of 10 years and older ones need to be replaced. The traditional times for changing batteries in a smoke detector are the beginning and end of Daylight Savings Time. If you are interested in taking part in the Smoke Detector Installation Program, assistance with changing the batteries in an existing alarm, or help when installing a battery powered detector, please call the Orange Fire Marshal's Office at (203) 891-4711, Monday through Friday from 8:30 am to 4:30 pm or visit the website at www.orangefiremarshal.com.

BUSINESS SPONSORED BINGO

Wesley Village will be the Bingo sponsor on April 26. Bingo is played from 1 to 4:00 each Thursday in the senior café. We are grateful to our sponsors who furnish the refreshments and bring a door prize.

TRIPS

For day trips please make checks payable to "Treasurer, Town of Orange". Overnight & extended stay trip checks are usually made out to the tour company. Call the Senior Center office for more information.

Also 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. Parking is available along the fairgrounds at Community Center except for summer trips noting departure is from Mary L. Tracy School.

BOTANICAL GARDEN: ORCHID & MAGNOLIAS SHOW – Wednesday, April 11, 2012. 10TH ANNUAL Orchid Show, **departs at 8:30 am from the Senior Center. Call for availability.**



SISTER ACT ON BROADWAY – Wednesday, April 25, 2012. **Departs at 9:00 am from the Senior Center. Call for availability.** ()

4 TROOPS – Thursday, May 24, 2012. Join us at the Aqua Turf for this memorable tribute. Three young men and one woman, all officers who served on the frontlines of Iraq and Afghanistan sing on behalf of all the troops. Cost: \$80 pp includes family style menu of salad, pasta, Chicken Francaise, Baked Salmon, potato, rolls, dessert and beverage and driver gratuity. **Full payment due at registration.** ()

JONAH at the Millennium Theater – Wednesday, June 5-7, 2012. Enjoy a 3 day getaway in Amish country. See the show and step into the world of the Pennsylvania Amish. From the moment you walk into the theatre you will set sail on a fantastic journey with one of the Bible's most colorful prophets and experience incredible sets, costumes, lighting, seamless transitions, immersive scenes, and special effects. Besides the show you will explore **Longwood Gardens** – du Pont Estate with over 40 indoor/outdoor gardens, conservatory, and dancing fountains. Spend 2 nights at the Heritage Hotel, have a welcome dinner at Millers Smorgasbord, and enjoy a guided **Amish Countryside tour**. You will visit an Amish Farm, and **dine with at Amish family at the Hershey Farm Restaurant**. Cost: \$381 pp double, includes transportation, 2 nights hotel, 2 dinners, 2 breakfasts, admissions per itinerary, and driver & escort gratuity. **\$150 pp deposit due at registration. Final Payment due April 17. Call for availability.** ()

WESTCHESTER THEATER – GEORGE M! – Wednesday, June 20, 2012. Join us for this musical, celebrating the rags to riches story of George M Cohen, including his life and career as a performer, writer, and composer. His style dominated the first 20 years of the 20th century with well known hits such as: "Yankee Doodle Dandy", "Over There", and "You're a Grand Old Flag". Cost: \$90 pp includes show, transportation, lunch, and driver gratuity. **Call for availability.** ()

BOSTON POPS at TANGLEWOOD featuring BERNADETTE PETERS – Sunday, July 8, 2012. After lunch at the **Red Lion Inn** we will travel to Tanglewood to see the Boston Pops conducted by the famous Keith Lockhart. The orchestra draws from a wealth of repertoire, including classical, big band, and contemporary hits. Includes lunch, transportation, reserved seat in the Shed, and driver gratuity. **Cost: \$126pp - \$40pp deposit due at registration. Final payment due June 1. Departs from the Senior Center.** ()

SAVOR RHODE ISLAND CULINARY HERITAGE – Wednesday, July 11, 2012. Visit a turn of the century grist mill dating back to 1600's. Tour the mill and learn about its history. Lunch at the Matunuck Oyster Bar and learn about the aquaculture of oyster farming. Lunch includes choice of Linguini with Clams, Rib Eye Steak or Lobster Roll. Cost: \$87 pp includes admission where applicable, lunch, transportation, and driver gratuity. **Full payment at registration which begins April 2. Departs from Mary L. Tracy School.** ()

GOODSPEED OPERA HOUSE - CAROUSEL – Wednesday, July 25, 2012 Rodgers and Hammerstein's 1945, the tale of chemistry between a carnival barker named Billy Bigelow and a millworker name Julie Jordan, asking answerable questions about the nature of life and tidal pull between men and women. Lunch at the Gelston House. Cost: \$117 pp includes lunch, transportation, and driver gratuity. **Full payment at registration which begins April 2. Departs from Mary L. Tracy School.** ()

TRIPLE LOBSTERS at the HU KE LAU – Wednesday, August 8, 2012. Join us as we head up to Chicopee MA, to enjoy 3 lobsters per person or prime rib, and a fabulous Polynesian Show. 3 lobsters, how can anyone eat 3 lobsters! Don't worry take home bags will be available. Cost: \$80 pp includes admission, lunch, transportation, show, and driver gratuity. **Full payment at registration which begins April 2. Departs from Mary L. Tracy School.** ()

QUEBEC CITY INTERNATIONAL FESTIVAL of MILITARY BANDS – Tuesday, August 21-24, 2012. No other city in North America reflects the charm of Europe the way Quebec does. Tour the city, shop in boutiques, enjoy a carriage ride, visit St. Anne De Deaupre, and enjoy the Quebec City Military Tattoo. Cost: \$595 double pp includes transportation, hotel accommodations, admissions, tickets to Quebec City Military Tattoo, 5 meals, driver and tour guide gratuities. **A passport is required.** Cancellation insurance is recommended. **\$100 pp deposit due with registration. Final payment due July 13.** ()

MYSTERY TRIP – Wednesday, August 29, 2012. Boats, Trains, and Automobiles!?! We hope you don't get motion sickness as we whisk you around... who knows where, on this nostalgic trip of yesteryear. No passports required but a sense of adventure is. Cost: \$81 pp includes lunch, transportation, and driver gratuity. **Full payment at registration which begins April 2.** ()

BRITISH LANDSCAPE – September 6 – 15, 2012. Enjoy 10 days traveling through vibrant England, hear the unique sounds of Scotland, and see the rolling countryside of Wales on a trip that combines the exploration of dramatic history and natural wonders. See a London Theater Performance, Buckingham Palace, Big Ben, Cambridge, York, Stonehenge, Edinburgh Castle – even stay overnight in a castle located in the north of Wales. Cost: \$3,299 pp double, \$3,699 pp single, \$3,269 pp triple. Pricing includes \$100 **early booking discount by April 3, 2012.** Cancellation Insurance available for \$220. Visit our website: <http://www.collettevacations.com/group-page/index.cfm?id473810> ()

WINE & THE RIVER ROSE – Tuesday, September 18, 2012. Tour and taste the Brotherhood Winery, America's oldest winery. Lunch at the famous *Torches on the Hudson* restaurant which boasts the East Coast's largest non-institutional salt-water aquarium. Board the Mississippi style River Rose Paddleboat for a relaxing two-hour cruise up the Hudson River to Bannerman's Island to marvel at the views. Cost \$100 pp includes transportation, lunch, admission and driver's gratuity. **Full payment at registration which begins April 2.** ()

THE BIG 'E' FAIR – Wednesday, September 19, 2012. Connecticut Day at the Big E, "New England's Great State Fair", is the premier event each Fall. There is something for everyone at the Big E! Cost: \$47 pp. Driver gratuity is not included. **Full payment at registration which begins April 2.** This trip is open to non-members of the senior center. ()

OKTOBERFEST @ THE PLATZL BRAUHAUS – Wednesday, October 10, 2012. The Platzl Brauhaus in the Hudson River Highlands is most famous for their Oktoberfest program and luncheon. A wonderful menu, an Oompah Band, folk dancing, and outdoor activities top the day off. Beer, soda, and cider are served throughout the day. Great German entertainment! Cost: \$79 pp include transportation, entertainment, lunch, meal & driver's gratuities. **Full payment is due at registration which begins June 1.** ()

CHARLESTON, SAVANNAH, & JEKYLL ISLAND – 36th Annual Home & Garden Tour October 17-22, 2012 6 Days/ 5 Nights. This is a special time to visit, as we will be attending a once a year event, the 36th Annual Charleston Home & Garden Tour. We will have access to some of the most exclusive homes & gardens in downtown Charleston. We will also visit the wonderful cities of Savannah & Jekyll Island, and enjoy great meals at Paula Deen's & the Pirates' house! \$1,838 pp dbl inclusive of air, taxes, transfers, hotel stays, all sights/inclusions as listed on itinerary and gratuities. **\$250 pp deposit due at registration.** Cancellation insurance is available. ()

9/11 MEMORIAL AND MUSEUM scheduled to open fall 2012 – Date to be determined but we requested late October or early November if possible. The two reflecting pools, grove of trees, and victims' names inscribed in bronze sit in the footprints of the Twin Towers and is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon, and United Flight 93. Lunch at Carmine's prior to visiting the memorial. Cost & Registration TBD. **Full payment will be due at registration.** ()

BEHIND THE SCENES TOUR of the METROPOLITAN OPERA HOUSE – Fall 2012, Cost and Date to follow! ()

THE VIENNA BOYS CHOIR AT SPRINGFIELD SYMPHONY HALL – Tuesday, December 4, 2012. The world's most beloved choir has been thrilling audiences for over 500 years. Their eagerly, anticipated tours perform before sell out crowds nationwide. Don't miss this one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Lunch is included at the La Renaissance. Cost: \$91 pp includes transportation, entertainment, lunch, meal & driver's gratuities. **Full payment is due at registration which begins June 1.** ()

Walking Keys for Trips:

 One shoe means minimal walking;

 two, some walking;

 three, considerable walking; four, bring a pair of replacement shoes.



APRIL MENU 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Cranapple Juice Honey Glazed Chicken Quarter Cranberry Sauce Oven Roasted Potatoes Peas and Mushrooms Whole Wheat Bread Sl. Peaches</p>	<p>3</p> <p>Grape Juice Stuffed Shells-2 Marinara Sauce Parmesan Cheese Cut Green Beans Tossed Salad w/Black Olives- 1 c. Italian Dressing - 2pkts. Italian Bread Fresh Fruit</p>	<p>4</p> <p>Meatloaf Brown Rice Broccoli Pumpnickel Bread Very Ripe Seasonal Fresh Fruit</p>	<p>5</p> <p>Pineapple Juice Sl. Pot Roast Mashed Potatoes California Blend Vegetable Whole Wheat Dinner Roll/Margarine Tapioca Pudding w/Topping</p>	<p>6</p> <p>Cream of Carrot Soup Tuna Salad 3-Bean Salad Rye Bread Oatmeal Raisin Cookie</p>
<p>9</p> <p>Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail</p>	<p>10</p> <p>Chicken Vegetable Soup Turkey Kielbasa Mustard-2 pkts. Sauerkraut Buttered Beets Hot Dog Roll Very Ripe Seasonal Fresh Fruit</p>	<p>11</p> <p>Angus Burger Potato Puffs Diced Carrots W. Wh. Hamburger Bun Ketchup-2 pkts. Orange</p>	<p>12</p> <p>100% Fruit Punch Terryaki Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Strawberry Birthday Cake</p>	<p>13</p> <p>Apple Juice Fish Fillet Sauce/Tartar Sauce Lemon Wedge Roasted Potatoes Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears</p>
<p>16</p> <p>Lindley's Chicken Stew Tossed Garden Salad Italian Dressing - 2pkts. Whole Wheat Dinner Roll Ice Cream Cup</p>	<p>17</p> <p>100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Orange</p>	<p>18</p> <p>Chicken Fajitas w/Vegetables Belgian Carrots Soft Tortilla Fruited Jello w/Topping</p>	<p>19</p> <p>Beef Rib B Que Tossed Salad w/Sl. Black Olives/ Italian Dressing 2 pkts. Petite Corn 6" Grinder Roll Seasonal Fresh Fruit</p>	<p>20</p> <p>Grape Juice Spaghetti & 3 Meatballs w/Tom. Sauce Broccoli Italian Bread Fresh Fruit Cup</p>
<p>23</p> <p>New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices Sliced Peaches</p>	<p>24</p> <p>Sausage and Peppers Roasted Potatoes Cut Green Beans Kaiser Roll Sliced Pears BIRTHDAYS OF THE MONTH!</p>	<p>25</p> <p>Fresh Fruit Cup Roast Top Round AuJus Baked Potato Petite Peas w/Mushrooms Whole Wheat Dinner Roll Coconut Custard Pie Margarine</p>	<p>26</p> <p>Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup Margarine</p>	<p>27</p> <p>Vegetable Vegetarian Soup Seafood Salad on a bed of Lett./Sl. Tom. 3-Bean Salad Whole Wheat Sandwich Roll Fruited Jello w/Topping</p>
<p>30</p> <p>Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Oatmeal Raisin Cookie</p>	<p>All Soups come with unsalted Crackers *The dessert is the same for both meals</p>	<p>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p>	<p>All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified</p>	<p><i>April</i> 2012 </p>

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	April 5 By Reservation	Course can earn seniors a discount on their driver' insurance. AARP members \$12, Non-members \$14	Nat Rosenberg Room 2
Arthritis Exercise Tuesdays, 10:15-11:00am \$50.00, 10 wks	Feb 28 – May 1	This low-impact course helps people with arthritis increase joint flexibility, range of motion, stamina, and muscle strength.	Florene Nichols Room 15
Bingo Thursdays 1:00-4:00 pm	On going	Refreshments served. 3 rd Thurs is business sponsor bingo with raffle. (\$1 1 st card, \$0.25 each addn'l card)	Senior Cafe
Bridge – Intermediate Fridays, 1:30-3:30pm \$60.00, 12 wks	March 30 – June 22	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 4/6.	Al Pol Room 2
Chair Exercise Monday & Friday 11:00 am	On going No fee	This is great form of exercise for seniors, for those with disabilities or trouble standing to exercise.	Mary Jewell Senior Lounge
Fitness T/Th 8:45-9:45, 10:00-11:00 \$25.00, 12 wks	Apr 3 – June 19	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health.	Mindy Leventhal Gym
Computers-Money Management for Women Mondays, 9:30-11:30am \$35.00, 6 wks	Apr 2 – May 7	Learn to track your income and expenses, food costs, needs vs. wants, and more. Learn to use tables to document where money comes from and where it goes.	Kathleen Gorelick Computer Lab
Computers-Word Processing I Wednesdays, 9:30-11:30am \$35.00, 6 wks	Apr 4 – May 9	Learn techniques of letter writing, cut, copy and paste, bullets, fonts, type sizes, colors, clip art, and more.	Kathleen Gorelick Computer Lab
Computers-Intermediate Word Wednesdays, 9:30-11:30am \$35.00, 6 wks	May 16 – June 20	This class is a continuation of Word Processing I.	Kathleen Gorelick Computer Lab
Informal Art Studio Thursday 1:00 – 3:00pm	On going No fee	Like working in a creative environment? This group is for you, so bring your ideas and inspiration.	Bernice Mathisen Room 6
Legal Clinic 1st Wednesday of Month	April 4 By Appointment	Cantor & Floman Law Offices are available to assist with a variety of simple legal matters. No Fee.	Cantor & Floman Town Conf. Room
Line Dancing Fridays, 1:00-2:00pm	On Going \$2.00/class	Dancers form one or more lines and repeat a sequence of steps, executing the steps at the same time.	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Feb 14 – Apr 17	The course will improve drawing & painting skills through various techniques, methods, styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30am \$60.00, 12 wks	Apr 13 – June 29	Tai-Chi been shown to improve balance and flexibility, as well as reduce fall risk among older adults.	David Chandler Gym
Tap Dance I Mondays, 1:00-2:00pm \$50.00, 10 wks	March 19 – May 21	Catch the rhythm and learn the basics of tap dancing while having fun exercising.	Marge Gloria Room 15
Tap Dance II Mondays, 10:00-11:00am \$50.00, 10 wks	March 19 – May 21	Set those feet dancing and feel the excitement of seeing a dance come together. This fun class is great exercise.	Marge Gloria Room 15
Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks	March 28 – June 13	This class is for those who have been painting for a while and want to expand on watercolor techniques.	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$50.00, 12 wks	Apr 16 – July 16	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Mar 7 – May 23	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	Feb 28 – May 1	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to be easy to follow by individuals of any size or age	Florene Nichols Room 15
Zumba Gold Thursdays, 10:00-11:00am \$50.00, 10 wks	Mar 1 – May 3	See above description.	Florene Nichols Room 15

Quick View of classes and activities - April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 9:30 am \$ Management for Women 10:00 am Tap Dance II 11:00 am Chair Exercise 1:00 pm Billiards 1:00 pm Wii Bowling 1:00 pm Tap Dance I 1:00 pm Afghan Group (4 th Monday of the Month)	8:45 am Fitness 9:00 am Zumba Gold 9:30 am Painting & Drawing 10:00 am Fitness 10:00 am Billiards 10:15 am Arthritis Exercise 1:00 pm Social Bridge 1:30 pm Chess	8:30 am Laughter Club 9:00 am Yoga 9:30 am Word Processing I 10:00 am Watercolor II 10:15 am Yoga 12:00 pm Ping Pong 12:45 pm Duplicate Bridge 1:00 pm ILR 60's Course 1:00 pm ILR Lace making	8:45 am Fitness 10:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Informal Art Studio 1:30 pm Canasta, Pinochle Mah Jong, Chess	10:00 am Billiards 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:30 pm Intermediate Bridge Lessons 

See class listing on page 5 for details. To register for ILR classes call 1-800-220-0458

Special Events - April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
April 2: Pasta Festa Tickets go on sale! April 2: Summer Trip Registration begins April 9: Dresses 4 Girls, 10 am April 9: Spring Cabaret with Julie Hall 1:30 – 3:00 pm.	April 3: Parish Nurses Blood Pressure Screening 10:30 am April 24: Wood & Tap Fundraiser April 24: Birthdays of the Month, 11:30 am in Cafe 	April 4 & 11: AARP Tax Call for an Appointment April 4: Legal Clinic, Call for an Appointment April 11: New York Botanical Garden Trip Departs 8:30 am April 25: Broadway Trip – Sister Act Departs 9:00 am	April 5: AARP Driving Course, 9:00 am April 5: Lunch & Learn “Sara deBeer – Tales of Wit & Wisdom” April 12, 19, & 26: ILR Immigration April 26: Wesley Village Bingo Sponsor	April 6: Closed for Good Friday April 20: Movie – “The Help”, 1 pm 

“ORANGE FRIENDLIES” – April 2012
Senior Services Coordinator – Dennis Marsh, 203-891-4784

<p align="center"><u>Lunch and Learn</u></p> <p>April 5, 11:30 to 1:00 pm, Professional Story Teller, Sara deBeer, will tell “<i>Tales of Wit & Wisdom</i>”. Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be served. Call the center to register for this event. All are welcome!</p>	<p align="center"><u>Friday at the Movies!</u> – April 20, at 1:00 pm, “The Help”. Adapted from the book about an aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maid's point of view on the Southern white families for which they work. Call the center to let us know you are coming. We'll supply the popcorn!</p>	
<p><u>Blood Pressure & Hypertension Screenings</u> <i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, April 3, 10:30 – 11:30. and blood pressure screenings The <i>OVNA</i> offices at 605A Orange Center Rd Thursday, April 26, 1:00 – 2:00 pm.</p>	<p align="center"><u>Birthdays of the Month</u></p> <p>Come celebrate members' birthdays for the month on April 24 from 11:30 am to 12:30 pm. If you would like a lunch, call Ellen in the kitchen by noon the day before at (203) 891-4765. Lunch suggested donation is \$2.00.</p>	<p align="center"><u>Mammography Van</u></p> <p>The <i>Yale New Haven Mammography van</i> is scheduled for May 17. Call (203) 688-6800 for an appointment!</p>
<p align="center"><u>Lunch Program</u></p> <p>The Orange Senior Center hosts a congregate meal program Monday through Friday. No meals on Saturday, or Sunday. A \$2.00 donation is encouraged. Call Ellen in the kitchen the by noon the day before to registered (203) 891-4765.</p>	<p align="center"><u>Spring Cabaret!</u></p> <p align="center">Spring Show, April 9 at 1:30 pm, Julie Hall will sing and play Spring Themed songs at our second Cabaret of the year! <i>Mary Ann White of Coldwell Banker</i> will be providing dessert. Coffee and dessert will be served at 1:30 and music begins at 2 pm. Tickets are \$5 pp and on sale now!</p>	

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

Return Service Requested

PRESORTED STANDARD
U.S. POSTAGE
PAID
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