



# ORANGE FRIENDLIES

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



**DECEMBER 2011**

Senior Center Telephone: 203-891-4784

Check our new website for all senior center activities: [www.orangeseniors.org](http://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.*

## WORD FROM THE SENIOR SERVICES COORDINATOR

Happy Holidays to all as we round out 2011. I am so proud of the upcoming events the staff has so tirelessly been working to bring you for 2012. You can find a little taste of what's to come in the trips section.

Beside the Holiday Dinner Dance on December 11, we will also have a Holiday Party on December 19. Come celebrate the winners of the Holiday Door Decoration contest and listen to the Connecticut Yuletide Carolers sing all your favorite holiday carols! We will have coffee, eggnog and dessert.

If you are shopping for holiday presents, we are hosting a Lia Sophia Jewelry demonstration for your gift buying needs. Lia Sophia has a variety of specials planned for the month of December. Even including getting your most expensive item at HALF PRICE! If we sell enough then the Senior Center will earn jewelry to give away as door prizes at future events. Then if you attend Diamond Designs Gold Buying Day on December 6, you could make room in your jewelry box for the new items you purchased through Lia Sophia!

So now you know why I am so excited – Holiday Dinner Dance, Yuletide Carolers, Door Decorations, Lia Sophia, Diamond Design. So sing with me... 🎵 Oh what fun it is to be an Orange Senior Center Member! 🎵

Happy Holidays,

**Dennis Marsh**

**Senior Services Coordinator**



## HOLIDAY PARTY

The Connecticut Yuletide Carolers will be at the senior center on Monday, December 19 at 1:30 – 3:00 pm to sing holiday songs. The winner of the Holiday Door Decorating Contest will be announced at the Party. Reservations strongly desired as Eggnog and dessert will be served! Call the senior center to let us know you are coming.

## IT'S TIME TO RENEW NON-RESIDENT MEMBERSHIP DUES FOR 2012

Current non-resident members of the center must renew their memberships for 2012 by January 1. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. When people join the center in October each year, their membership extends through December of the following year. Renewals can be made by coming to the office or by sending a check made out to Treasurer, Town of Orange. All paid members receive the monthly newsletter and can take classes at the center, go on day trips and participate in all activities. There is no membership fee for Orange residents but they do need to complete a registration card in order to be put on the mailing list to receive the monthly newsletter. If you are not sure if you have completed a registration card, please stop by our office and we can check for you.

## GOLD BUYING DAY AT THE SENIOR CENTER

Dee Dadlani, owner of Diamond Designs in Orange, will be in the senior center café on Tuesday, December 6 from 11 to 12:30 for those who have old, unwanted and broken gold, diamonds and platinum jewelry that they want to sell. Dee will evaluate your items, determine the value, and pay you right on the spot. Go through your jewelry boxes and bring your items in to earn a little extra money for the holidays!

## LIA SOPHIA JEWELRY

Lia Sophia Jewelry demonstration December 2, 1:00 pm in the Senior Lounge. This fun event is a great opportunity to purchase holiday presents while supporting the Senior Center with its future programming. Catalogs are in the Senior Center office to preview or to place an order if you are unable to attend. Open to non-members, so please call to let us know you are coming.

### CALL FOR NOMINATIONS FOR LIVING TREASURE AWARDS

Nominations are currently being accepted through March 9, 2012 for the 2012 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, at Town Hall, and can be printed from the town's website at [www.orange-ct.gov](http://www.orange-ct.gov), <http://orangeseniors.org/>, or Facebook/Orange Senior Center. Three individuals will be selected by a review committee made up of town representatives. The three individuals chosen will be honored at the Senior Center's Pasta Festa! on May 18, 2012. Nominees must be current residents of Orange and at least 65 years of age. As a volunteer, they must have demonstrated positive actions to improve the quality of life for individual residents or enhanced the Orange community. Each Living Treasure selected receives a plaque engraved with his or her name and all names are added to the plaque hanging in the High Plains Community Center containing the names of previous recipients.

### HOLIDAY DINNER DANCE

Join us at the Grassy Hill Lodge for our annual Senior Center Holiday Dinner Dance on Sunday, December 11 from 12 - 3:30 pm. Entertainment by the Frank Porto Band and the Center's own Denim & Diamond Tappers. Cost: \$20 pp, call the center for ticket availability.

### SHOPPING FOR THE HOLIDAYS

Orange Transportation would like to reach out to the senior residents who cannot get out for their holiday shopping. We are offering 2 extra shopping days on Wednesday, 12/7/11 & Wednesday, 12/21/11 for our seniors in town.

We will be taking a minimum of 5 passengers and a maximum of 12 at a time. The hours for this shopping trip will be from 9:00am until 2:00pm on that day.

We will drop you off at the CT Post Mall in Milford and you can shop in only the stores available in that area. If you are interested in this you can call Kim Callahan, Transportation Coordinator at (203) 891-4788 from 9:00am until 4:30pm Mondays thru Fridays.

### AARP DRIVER SAFETY PROGRAM

The Orange Senior Center has scheduled an AARP Driving Safety Program class for December 1, 9 am – 1 pm. The class fees are \$12 for AARP members and \$14 for non-members. For more information or to register please call the center.

### CHARLESTON & SAVANNAH TRIP PRESENTATION

February 21, at 4pm, join us as Tours of Distinction and the Orange Senior Center hosts a presentation in the senior lounge on this exciting trip scheduled for 2012. This 6 day fully escorted trip will attend an Annual Charleston Home & Garden Tour. We will have access to some of the most exclusive homes in downtown Charleston. See our "Trips" section in this newsletter for more information. Call the senior center to let us know you are coming.



### BIRTHDAYS OF THE MONTH

We will be celebrating Senior Center members' birthdays for the month on **December 27**. Please join us in the senior café for lunch and stay for cake from 11:30 am to 12:30 pm. The birthday member will receive a gift bag with candy and a ticket for a free future lunch. Lunch suggested donation is \$2.00. **Call Ellen in the kitchen by noon the day before at (203) 891-4765 to reserve a meal.** Join us to celebrate the birthdays of:

Alphonse	Acampora	George	Guiliotis	Harold	Purcell
Claire	Alberino	Joyce	Guttman	Joan	Quinn
Frances	Apfel	Sally J.	Hensley	Elizabeth	Ramadon
Rose	Azzola	Sharon	Hitson	Marie	Reilly
Howard	Baird	Leslie	Hoffman	Patricia	Robertson
Robert	Baldwin	Theodore	Huminski	Robert	Rocco
William	Barr	Anthony	Iannone	Nathan	Rosenberg
Dolores	Berube	Ian	Isdale	Cecilia	Rottkamp
Agnes	Bilotta	Shirley	Kirschner	Agnes	Russell
Susan	Blanchette	Gloria	Kishel	Dorothy	McCarthy
Josephine	Boynton	Carol	Kravitz	Margaret	Mee
Michael	Bradford	Joan	LaFaille	Helen	Melchiore
Helen	Brettagna	Carmela	Landino	Gerry	Milazzo
Barbara	Butterworth	Edward	Leheny	Carol	Milne
Carmen	Cafasso	Rosemary	Leu	Carol	Ryder
Lung-chu	Chen	Ray	Litchman	Rose	Saldibar
Anna	Chupick	Connie	Lundrigan	Teresa	Salzillo
Dorthea	Clark	James	Lundrigan	Marie	Sampieri
Rose	Clary	Lorriane	Maturo	Irma	Sandler
Lucy	Colonese	Sue	Esposito	Sue	Sarris
Linda	Consiglio	David	Frankel	Virginia	Scribano
Joseph	Consiglio	Carol	Friot	David	Shelnitz
Julia	Corso	Charlotte	Geoghegan	Lorraine	Stachowicz
Brenda	Davis	Tom	George	O'Donnell	Susan
Frank	DeGennaro	Dorothy	McCarthy	Rose	Swiman
Shonnie	DelloRusso	Margaret	Mee	Molly	Swirsky
Janet	Dottori	Helen	Melchiore	Helen	Szymborski
Janice	Dubret	Gerry	Milazzo	Rosemarie	Tammaro
Shirley	Erickson	Carol	Milne	Satish	Tandon
Alphonse	Acampora	Barbara	Mirmina	Elaine	Tenebine
Claire	Alberino	Louise	Moccia	Howard	Tiven
Frances	Apfel	Natalie	Mona	Carol	Treat
Rose	Azzola	Karen	Moran	Dawn	Tremills
Howard	Baird	Janet	Moricoli	Donald	Wagner
Sue	Esposito	Aura	Nagy	Marilyn	Wemple
David	Frankel	Rose	Novenstein	Jill	Whitman
Carol	Friot	Patricia	Pacelle	John	Winchell
Charlotte	Geoghegan	Margaret	Pantalone	Regina	Wolf
Tom	George	Aida	Parker	Nina	Yukov
Neil	Gollinger	Marie	Pecylak	Young-Shin	Yun
Eileen	Gould	Beatrice	Phillips	Emily	Zanghi
MaryLou	Greer	Charles	Pigaty	Ning	Zhu
Linda	Gross	George	Posener		
Clara	Gschliesser	Carol	Prater		



If it is your birthday this month and your name does not appear it means we do not have your birth date in our records. You are welcome to join the celebration and feel free to call the office to update your record.

## TRIPS

*For day trips please make checks payable to "Treasurer, Town of Orange". Overnight & extended stay trips check 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.*

**UCONN WOMEN'S BASKETBALL TEAM at SYRACUSE with an overnight at the TURNING STONE CASINO** – January 25-26, 2012. This two-day trip includes tickets for the UCONN Women's Basketball Team vs. Syracuse at the Carrier Dome in Syracuse, New York. Accommodations are at the nearby Turning Stone Casino in Verona, NY. You will receive a \$40 Free Play Coupon for Day 1 and Day 2 \$25 Freeplay or \$20 Bingo Bonus (must be chosen at sign-up). In addition you will receive a \$15 meal voucher for day one. Cost: \$192 pp double, \$257 pp single, and \$187 pp triple. Price includes transportation, hotel accommodations, meal voucher, two bonus packages, breakfast buffet, driver & guide gratuities and admission to the game. Cancellation insurance is available. Checks payable to Getaway Tours. **Full payment is due with reservation no later than December 12, 2011.**  

**Hot new show! METROPOLITAN OPERA HOUSE at the Warner Theatre** – Saturday, January 28, 2012. View an award-winning broadcast of the Metropolitan Opera at the Warner Theatre of *Donizetti's Anna Bolena*. This Saturday performance begins with lunch at *San Marino* restaurant with a choice of Grilled Pork Chop, Stuffed Sole, or Chicken Marsala with all the trimmings. Cost: \$80 pp includes transportation, lunch, show and driver's gratuities. **Full payment due at registration.** 

**Last Chance MOHEGAN SUN OVERNIGHT**– February 9-10, 2012. *Psst, last chance as they are ending this program.* Enjoy a more leisurely stay at Mohegan Sun without rushing to catch the motorcoach back to the center. Receive a bonus package (Food Coupon or 2- Buffets and a free bet) and enjoy a hotel which is nothing less than extraordinary. You will be able to treat yourself to a mini-vacation because of the low cost of the trip. On the second day enjoy breakfast and another day of gambling or shopping. Cost: \$113 pp double; \$173 pp single and \$108 pp triple. Trip cancellation insurance is available. Checks payable to Getaway Tours. **Full payment is due at registration no later than December 28, 2011.**  

**ST. PATRICK'S DAY TRIP** – Tuesday, March 13, 2012. Come enjoy a wonderful St. Patrick's lunch – corn beef and cabbage or baked scrod at the Chez Josef in Agawam MA. Enjoy the singing of Cahal Dunne – Ireland's "Happiest Man", Irish step dancers, and the comedy of George Casey. Cost: \$75 pp includes transportation, lunch, show and driver's gratuities. Full payment due at registration. 

**BELL, BOOK, AND CANDLE at Long Wharf Theater** – Wednesday, March 28, 2012. Gillian Holroyd is unlucky in love and restless in life. She also happens to be a witch. She watches as her long time love gets engaged to her college rival and she uses every magical trick up her sleeve to stop the wedding. Gillian learns that love is the strongest magic of all in this charming romantic comedy. Cost: \$72 pp with transportation *or* \$62 without transportation. Both prices include lunch at Brazi's,

and show ticket. Transportation limited availability, first come first served. 

**SISTER ACT ON BROADWAY** – Wed, April 25, 2012. Come see the show that is all the rage on Broadway! When disco singer Deloris Van Cartier walks in on a "hit" of a different kind, the cops hide her in the last place anyone would think to look - a convent! Cost: \$183 pp includes transportation, lunch at Carmine's, show ticket, driver and tour director gratuities. **Reservations for this trip begin October 1 with a \$100 deposit.** Final payment due by March 16.  

**SAN ANTONIO GETAWAY** – April 16-20, 2012. Enjoy a 5 day getaway that will take you to "America's Venice", San Antonio, Texas. It is easy to see why they call it that when you visit Historic Missions and see the Spanish architecture that is part of this truly remarkable city. You will visit the Alamo, LBJ Ranch, and cruise the Paseo del Rio (the River Walk), one of Texas's prized attractions. Cost: \$1,499 pp double, \$1,849 pp single, \$1,469 pp triple. Cancellation Insurance available for \$60. Visit our website: <http://www.collettevacations.com/group-page/index.cfm?id473928>   

**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 March 6, 2012. Cancellation Insurance available for \$220. Visit our website: <http://www.collettevacations.com/group-page/index.cfm?id473810>   

**CHARLESTON, SAVANNAH, & JEKYLL ISLAND** – 36<sup>th</sup> 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 36<sup>th</sup> 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. Cancellation insurance is available. **Trip presentation scheduled for Tuesday, February 21, 4pm in the Senior Lounge.**   

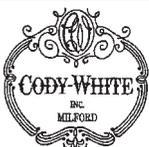
### Walking Keys for Trips:

-  One shoe means minimal walking;
-   two, some walking;
-    three, considerable walking; four, bring a pair of replacement shoes.



# DECEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Soups come with unsalted Crackers *The dessert is the same for both meals 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>NO MEAL  PROGRAM</p>	<p>Sausage and Peppers <sup>1</sup> Butternut Squash Cut Green Beans Kaiser Roll Pound Cake w/ Strawberries &amp; Topping</p>	<p>Italian Wedding Soup <sup>2</sup> Phillie Cheese Steak Garden Salad Italian Dressing - 2 pkts. 6" Grinder Roll Orange</p>
<p>Cream of Carrot Soup <sup>5</sup> Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Hot Dog Roll Very Ripe Seasonal Fresh Fruit</p>	<p>Pineapple Juice <sup>6</sup> Sl. Roast Pork w/Gravy Lettuce and Tomato Salad French Dressing- 2 pkts. Peas &amp; Mushrooms Kaiser Roll Birthday Cake</p>	<p>NO MEAL  PROGRAM</p>	<p>Tangerine Chicken <sup>8</sup> Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Orange</p>	<p>100% Fruit Punch <sup>9</sup> Baked Salmon Boat w/Dill Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears</p>
<p>Cranapple Juice <sup>12</sup> Teriyaki Chicken White Wild Rice Combo California Blend Rye Bread Seasonal Fresh Fruit</p>	<p>Apple Juice <sup>13</sup> Beef Stew w/Potatoes Carrots and Onions Whole Wheat Dinner Roll Special Cookie</p>	<p>NO MEAL  PROGRAM</p>	<p>Pineapple Juice <sup>15</sup> Sl. Pot Roast California Blend Mashed Potatoes Whole Wheat Dinner Roll Tapioca Pudding w/Topping</p>	<p>100% Fruit Punch <sup>16</sup> Spaghetti &amp; Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup</p>
<p>Pineapple Juice <sup>19</sup> Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpnickel Bread Very Ripe Seasonal Fresh Fruit</p>	<p>Cranapple Juice <sup>20</sup> Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Holiday Ice Cream</p>	<p>NO MEAL  PROGRAM</p>	<p>Grape Juice <sup>22</sup> Cheese Canneloni Parmesan Cheese Cut Green Beans Tossed Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail</p>	<p>Cranapple Juice <sup>23</sup> Roasted Chicken w/Gr. Cranberry Sauce Stuffing w/Gravy Mixed Vegetables Whole Wheat Dinner Roll Melon</p>
<p><b>HOLIDAY</b>  NO LUNCH PROGRAM</p>	<p>Split Pea Soup <sup>27</sup> Roasted Fresh Ham Sweet Potato Petite Peas &amp; Mushrooms Whole Wheat Sandwich Roll Orange Birthdays of the Month</p>	<p>NO MEAL  PROGRAM</p>	<p>Sparkling White Grape Juice <sup>29</sup> Beef Wellington Baked Potato Vegetable Medley Whole Wheat Dinner Roll</p>	<p>Cranapple Juice <sup>30</sup> Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches</p>



## FUNERAL SERVICE

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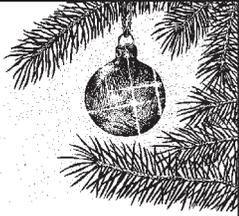
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<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
AARP Driver's Safety First Thursday, 9:00-1:00pm	Dec 1 By Reservation	Course can earn seniors a discount on their driver's insurance. AARP members \$12, Non-members \$14	Nat Rosenberg Room 2
Arthritis Exercise Tuesdays, 10:15-11:00am \$50.00, 10 wks	Nov 22 – Feb 14	This low-impact course helps people with arthritis increase joint flexibility, range of motion, stamina, and muscle strength. (No class 11/29, 12/20, 12/27)	Florene Nichols Room 15
Bingo Thursdays 1:00-4:00 pm	On going	Refreshments served. 3 <sup>rd</sup> Thurs. of Month is business sponsor bingo with a raffle. (\$1 1 <sup>st</sup> card, \$0.25 each additional card)	Senior Cafe
Bridge – Intermediate Fridays, 1:30-3:30pm \$60.00, 12 wks	Jan 6 – Mar 23	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned.	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	Jan 3 – Mar 22	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health.	Mindy Leventhal Gym
Informal Art Studio Thursday 1:00 – 3:00pm	On going	Like working in a creative environment, this group is for you, so bring your ideas and inspiration. No Fee	Bernice Mathisen Room 6
Introduction to Painting Tuesdays 1:30–3:30 pm \$50.00, 10 weeks	Nov 22 – Jan 24	Course is designed as an introduction to the painting process. Working from still life and other subject matter. Exploring use of color, value, shape, & more.	Dale Graham Room 6
Legal Clinic 1st Wednesday of Month	Dec 7 By Appointment	Cantor & Floman Law Offices are available to assist with a variety of simple legal matters. No Fee.	Cantor & Floman Town Conference Room
Line Dancing Fridays, 1:00-2:00pm \$2.00 per class	On Going	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	Nov 22 – Jan 24	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	Jan 6 – Mar 9	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	Nov 28 – Mar 5	Catch the rhythm and learn the basics of tap dancing while having fun exercising. (no class 12/19, 12/26, 01/02, 01/16, 02/20)	Marge Gloria Room 15
Tap Dance II Mondays, 10:00-11:00am \$50.00, 10 wks	Nov 28 – Mar 5	Set those feet dancing and feel the excitement of seeing a dance come together. This fun class is great exercise. (no class 12/19, 12/26, 01/02, 01/16, 02/20)	Marge Gloria Room 15
Watercolor II Wed, 10:00-12:00pm \$50.00, 10 wks	Jan 4 – Mar 7	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	Jan 9 – Apr 9	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. (no class 01/16, 02/20)	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Nov 30 – Feb 22	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. (no class 12/28)	Sue Neufeld Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	Nov 22 – Feb 14	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. (No class 11/29, 12/20, 12/27)	Florene Nichols Room 15
Zumba Gold Thursdays, 10:00-11:00am \$50.00, 10 wks	Dec 1 – Feb 17	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. (no class 12/22, 12/29)	Florene Nichols Room 15

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>December Trip Departures: Dec. 5th ... Christmas in Newport, Departs from Sr Center 7:30 am</b>		<b>1</b> 8:45 & 10 Fitness 9:00 AARP Driving 10:00 Zumba Gold 1:00 BINGO 1:00 Informal Art Studio 1:30 Canasta, Pinochle, Chess	<b>2</b> 10:00 Billiards 11:00 Chair Exercise 11:30 Tai Chi 1:00 Line Dancing 1:30 Bridge Lessons  <b>1:00 pm Lia Sophia Jewelry Demonstration</b>
<b>5</b> 9:15 Yoga 10:00 Tap II 11:00 Chair Exercise 1:00 Billiards 1:00 Wii Bowling	<b>6</b> 8:45 & 10 Fitness 9:00 Zumba Gold 9:30 Painting & Drawing 10:00 Billiards 10:15 Arthritis Fitness 1:00 Social Bridge 1:30 Intro to Painting <b>11:00 am Gold Buying with Diamond Design</b>	<b>7</b> 9 & 10:15 Yoga 9:00 Legal Clinic (by appt.) 10:00 Intermediate Watercolors 12-1 Ping-Pong 12:45 Duplicate Bridge 1:00 Wii Bowling	<b>8</b> 8:45 & 10 Fitness 10:00 Zumba Gold 11:30 Lunch & Learn: Energy Enhancement 1:00 BINGO 1:00 Informal Art Studio 1:30 Canasta, Pinochle, Chess	<b>9</b> 10:00 Billiards 11:00 Chair Exercise 11:30 Tai Chi 1:00 Line Dancing 1:30 Bridge Lessons <b>SUNDAY 12/11 HOLIDAY DINNER DANCE 12-3:30PM</b>
<b>12</b> 9:00 Nature Walk 10:00 Tap II 11:00 Chair Exercise 1:00 Billiards 1:00 Wii Bowling 1:00 Tap I	<b>13</b> 8:45 & 10 Fitness 9:00 Zumba Gold 9:30 Painting & Drawing 10:00 Billiards 10:15 Arthritis Fitness 10:30 am Health Chat: Managing Depression 1:00 Social Bridge 1:30 Intro to Painting	<b>14</b> 9 & 10:15 Yoga 10:00 Intermediate Watercolors 12-1 Ping-Pong 12:45 Duplicate Bridge 1:00 Wii Bowling	<b>15</b> 8:45 & 10 Fitness 10:00 Zumba Gold 1:00 BINGO 1:00 Informal Art Studio 1:30 Canasta, Pinochle, Chess <b>10:30 am Coin Collecting Guest Speaker Blair Soucy</b>	<b>16</b> 10:00 Billiards 11:00 Chair Exercise 11:30 Tai Chi 1:00 Line Dancing  <b>1:00 pm Movie of the Month "Casino Jack"</b>
<b>19</b> 11:00 Chair Exercise 1:00 Billiards 1:00 Wii Bowling  <b>1:30 pm Holiday Party with the Connecticut Yuletide Carolers</b>	<b>20</b> 9:30 Painting & Drawing 10:00 Billiards 1:00 Social Bridge 1:30 Intro to Painting	<b>21</b> 9 & 10:15 Yoga 10:00 Intermediate Watercolors 12-1 Ping-Pong 12:45 Duplicate Bridge 1:00 Wii Bowling	<b>22</b> 10:30 Parish Nurse: Blood Pressure Screening 1:00 BINGO 1:00 Informal Art Studio 1:30 Canasta, Pinochle, Chess	<b>23</b> 10:00 Billiards 11:00 Chair Exercise 11:30 Tai Chi 1:00 Line Dancing
 <b>26</b> <b>SENIOR CENTER CLOSED IN OBSERVANCE OF HOLIDAY</b>	<b>27</b> 9:30 Painting & Drawing 10:00 Billiards 1:00 Social Bridge 1:30 Intro to Painting  <b>11:30 am Birthdays of the Month</b>	<b>28</b> 12-1 Ping-Pong 12:45 Duplicate Bridge 1:00 Wii Bowling	<b>29</b> 1:00 BINGO 1:30 Canasta, Pinochle, Chess	<b>30</b> 10:00 Billiards 11:00 Chair Exercise 1:00 Line Dancing

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**“ORANGE FRIENDLIES” – December 2011**  
**Senior Services Coordinator – Dennis Marsh, 203-891-4784**

<p align="center"><b><u>Lunch and Learn</u></b>  <b>December 8, 11:30 to 1:00 pm</b>  <i>Heather Giza</i>, of the Foundation for Wellness will discuss <i>Energy Enhancement: the key to increased productivity</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. <b>Men welcome!</b></p>	<p align="center"><b><u>Coin Collecting</u></b>  <b>December 15, 10:30am.</b>  <i>Blair Soucy</i>, will speak about <i>Coin Collecting</i>. Come to view coins, ask questions, and for a general talk about the hobby. Please bring coins that you would like an opinion on or might want to sell. Blair is a life member of the ANA and vice-president of the Bristol Coin Club. Coffee and dessert will be served. Call the center to register.</p>	
<p align="center"><b><u>Health Chat with the OVNA</u></b>  Join <i>Maria Biondi</i>, of the <i>Orange Visiting Nurse Association</i>, Tuesday, <b>December 13</b> at 10:30 in the senior lounge library. The topic will be <i>Managing Depression</i>. Following the chat, Maria will be available to take your blood pressure. Call to let us know you are coming.</p>	<p align="center"><b><u>Blood Pressure Screenings with the Parish Nurses</u></b>  <i>The Griffin Hospital Outreach and Valley Parish Nurse</i> will be at the High Plains Community Center <b>December 22</b> from 10:30 am – 12:00 pm for blood pressure screening.</p>	<p align="center"><b><u>Friday at the Movies!</u></b>  <b>December 16</b>, at 1:00 pm,  <b>“Casino Jack”</b>  starring <i>Kevin Spacey, Barry Pepper and Jon Lovitz</i>. A hot shot Washington DC lobbyist and his protégé go down hard as their schemes to peddle political favors lead to corruption and murder. Call the center to let us know you are coming. We’ll supply the popcorn!</p>
<p align="center"><b><u>Mammography Van</u></b>  The <i>Yale New Haven Mammography van</i> is scheduled for <b>March 22, 2012</b>. Call (203) 688-6800 for an appointment!</p>	<p align="center"><b><u>Nature Walk</u></b>  <b>December 12</b> - Stony Creek Trolley Trail, Pine Orchard side of Branford. Walkers meet at the High Plains Pavilion at 9:00 am to car pool to the hike lead by Richard Wright. Call the senior center to register in advance.</p>	

**TOWN OF ORANGE  
COMMUNITY SERVICES**  
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Orange, CT 06477

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