



# ORANGE FRIENDLIES

Orange Senior Center • High Plains Community Center  
Orange, Connecticut 06477  
JANUARY 2012



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

Greetings all! It is the New Year and I remember when growing up that each January 1<sup>st</sup> my mother would open her purse, count her money and proudly proclaim, or begrudgingly declare, "Well boys we are up 35¢! I guess we are starting this year off better than last year." It is also the time to make resolutions. So count your coins and make your plans. How can you make life better and how do you want to improve your life?

Something all of us in the office have been working to improve is the newsletter. You may have noticed throughout last year we have tried different layouts for the back page. We believe we have finally settled on something that works. This month we are unveiling a new calendar page. We changed our monthly calendar layout to a quick view layout. You can still find all the details about classes on page 5 but now we changed the calendar to a quick layout of what's going on. You can even tear it out and hang it on your refrigerator. Then you can refer back to it as often as you would like.

Also, we will no longer print the birthdays of the month in the newsletter. We will still celebrate the birthdays on the last Tuesday of the month, so be sure to come join us.

Happy New Year!

Dennis Marsh

Senior Services Coordinator



## 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. 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 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.

## 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.

## YOUTH SERVICES JOB BANK

Youth Services Job Bank is a service where area Orange residents can employ a pre-screened youth to do a variety of jobs such as yard work, snow shoveling, small painting and cleaning jobs, mother's helper and more. Please call John Ulatowski, Youth Services Coordinator, at (203) 891-4785 for more information.

## AARP DRIVER SAFETY PROGRAM

The Orange Senior Center has scheduled an AARP Driving Safety Program class for January 5, 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.



## BIRTHDAYS OF THE MONTH

We will be celebrating Senior Center members' birthdays for the month on **January 31**. 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.**

## 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. Parking is available along the fairgrounds. Between June 25 and August 17, trips departing on weekdays will leave from the Orange Congregational Church.*

**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. Check for availability.** 

**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-Bufferets 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. Check for availability.** 

**ST. PATRICKS 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 beginning Jan 3.** 

**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. Full payment due at registration.** 

**BOTANICAL GARDEN: ORCHID & MAGNOLIAS SHOW** – Wednesday, April 11, 2012. 10<sup>TH</sup> ANNUAL Orchid Show offers thousands of brilliantly colored orchids carefully placed in the landmark Enid A. Haupt Conservatory. Jump the complimentary tram to ride through the magnolia collection; take a stroll

along "Daffodil Hill". Enjoy lunch on your own at the gardens or on Arthur Avenue with time to shop. Cost: \$66 pp includes admission & tour of garden, and driver gratuity. **Full payment due at registration beginning Jan 3.** 

**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 Paso del Rio (the River Walk), one of Texas's prized attractions. **Check for availability, final payment due Feb. 16.** 

**SISTER ACT ON BROADWAY** – Wednesday, 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.** 

**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 beginning Jan 3.** 

**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 beginning Jan 3. Final payment due April 17. Space is limited – don't wait!** 

**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 20<sup>th</sup> 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. **Full payment due at registration beginning Jan 3.** 

**BOSTON POPS at TANGLEWOOD featuring BERNADETTE PETERS** – Sunday, July 8, 2012. After lunch 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 & Registration Date TBD.**  

**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 Congregational Church.**  

**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 Congregational Church.** 

**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 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, and driver gratuity. **Full payment at registration which begins April 2. Departs from Congregational Church.** 

**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 beginning Feb. 1. 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 March 6, 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** – 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.**   

**9/11 MEMORIAL AND MUSEUM opening new Sept. 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 include transportation, entertainment, lunch, meal & driver’s gratuities. **Full payment is due at registration which begins June 1.** 

### Walking Keys for Trips:

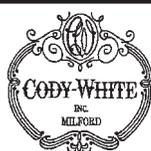
 One shoe means minimal walking;

  two, some walking;

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

# JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>2</b></p> <p><b>NEW YEARS HOLIDAY</b> NO LUNCH PROGRAM</p>	<p><b>3</b></p> <p>Grape Juice Canneloni w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Bread Sliced Pears</p>	<p><b>4</b></p> <p>NO MEAL</p> <p>PROGRAM</p>	<p><b>5</b></p> <p>Pineapple Juice Sl. Pot Roast Mashed Potatoes California Blend Whole Wheat Dinner Roll Tapioca Pudding w/Topping</p>	<p><b>6</b></p> <p>100% Fruit Punch Spaghetti &amp; Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup</p>
<p><b>9</b></p> <p>Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail</p>	<p><b>10</b></p> <p>Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpernickel Bread Very Ripe Seasonal Fresh Fruit</p>	<p><b>11</b></p> <p>NO MEAL</p> <p>PROGRAM</p>	<p><b>12</b></p> <p>Tangerine Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Ice Cream Cup</p>	<p><b>13</b></p> <p>100% Fruit Punch 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><b>16</b></p> <p><b>MARTIN LUTHER KING HOLIDAY</b> NO LUNCH PROGRAM</p>	<p><b>17</b></p> <p>100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p>	<p><b>18</b></p> <p>NO MEAL</p> <p>PROGRAM</p>	<p><b>19</b></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><b>20</b></p> <p>Grape Juice Cheese Canneloni Parmesan Cheese Cut Green Beans Tossed Salad w/Tomato Italian Dressing - 2 pkts. Italian Bread Fruit Cocktail</p>
<p><b>23</b></p> <p>New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices</p>	<p><b>24</b></p> <p>Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears</p>	<p><b>25</b></p> <p>NO MEAL</p> <p>PROGRAM</p>	<p><b>26</b></p> <p>Cranapple Juice Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches</p>	<p><b>27</b></p> <p>Vegetable Beef Soup Seafood Salad on a bed of Lett./Sl. Tom. Marinated Green Beans Italian Dr. - 2pkts Whole Wheat Sandwich Roll Fresh Fruit Cup</p>
<p><b>30</b></p> <p>Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas &amp; Mushrooms Whole Wheat Sandwich Roll Orange</p>	<p><b>31</b></p> <p>Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit Cup Birthdays of the Month!</p>	<p><b>3</b></p> <p>NO MEAL</p> <p>PROGRAM</p>	<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>



## FUNERAL SERVICE

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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	Jan 5 By Reservation	Course can earn seniors a discount on their driver's insurance. AARP members \$12, Non-members \$14	Len Dorsett 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	Will resume March 1	Like working in a creative environment, this group is for you, so bring your ideas and inspiration. No Fee	Bernice Mathisen Room 6
Legal Clinic 1st Wednesday of Month	Jan 4 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. No class 1/6	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Nov 29 – Jan 31	The course will improve drawing & painting skills through various techniques, methods, styles. No class 12/27	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

## Quick View of classes and activities - January 2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:15 am Yoga 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	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 Fitness 1:00 pm Social Bridge 1:30 pm Chess	8:30 am Laughter Club 9:00 am Yoga 10:00 am Watercolor II 10:15 am Yoga 11:00 am Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 10:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:30 pm Canasta, Pinochle, Mah Jang, 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

## Special Events - January 2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Jan 2: Closed for New Years  Jan 16: Closed for Martin Luther King Day  Jan 23: Nature Walk, 9 am Jan 23: Afghan Club, 1 pm	Jan 31: Birthday of the Month, 11:30 am	Jan 4: Legal Clinic by Appt, 9:00 am  Jan 25 – 26: UCONN Overnight Trip	Jan 5: AARP Driving Course, 9:00 am  Jan 5: Lunch & Learn, 11:30 am  Jan 26: Parish Nurses 10:30 am	Jan 20: Movie - “Sarah’s Key”, 1 pm

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

<p align="center"><b><u>Lunch and Learn</u></b>  <b>January 5, 11:30 to 1:00 pm</b>  <i>Anita Taylor</i>, from Anita &amp; Company will present her discussion <i>Clutter, Clutter Everywhere. Do You have a Place to Put It?</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>All are welcome!</b></p>	<p align="center"><b><u>Friday at the Movies!</u></b> – ***Beware Subtitles***  <b>January 20, at 1:00 pm,</b>  <b>“Sarah’s Key”</b> starring <i>Kristin Scott Thomas</i> and <i>Méluine Mayance</i>. Paris, July 1942: Sarah, a ten-year-old girl, is taken with her parents by the French police in the middle of the night as they go door-to-door arresting Jewish families. To protect her younger brother, Sarah locks him in a bedroom cupboard. Call the center to let us know you are coming. We’ll supply the popcorn!</p>	
<p align="center"><b><u>Lunch Program</u></b>  The Orange Senior Center hosts a congregate meal program Monday, Tuesday, Thursday, and Friday. No meals on Wednesday, Saturday, or Sunday. A \$2.00 donation is encouraged. Call Ellen in the kitchen (203-891-4765 ) by noon the day before to order a meal.</p>	<p align="center"><b><u>Blood Pressure Screenings with the Parish Nurses</u></b>  <b>January 26</b> <i>The Griffin Hospital Outreach and Valley Parish Nurse</i> will be at the High Plains Community Center on the 4<sup>th</sup> Friday of the month for blood pressure screening from 10:30 am – 12:00 pm.</p>	<p align="center"><b><u>Valentine’s Day Party!</u></b>  February 13, at 1:00 pm,  <b>Paul Shlien</b> will sing and play the piano. Pizza and beverages will be served. Call the center to let us know you are coming. Sponsored by the Orange Lion’s Club! Registration begins Jan.1.  <b>Thank you Lions!</b></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>January 23</b> – Will walk the Fred Wolfe Park in Orange trails and afterwards return the High Plains Community Center to explore the Paul Ode Trail. 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**  
525 Orange Center Rd.  
Orange, CT 06477

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