



ORANGE FRIENDLIES

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



MAY 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.

WORD FROM THE SENIOR SERVICES COORDINATOR



Pasta Festa!, Senior Prom, Bells of Fire, and Bocce; we have a lot going on this month so be sure to come on out for the fun!

May is Older American's Month and the theme for this year is: *Never to Old to Play!* In honor of Older American's Month, I wish to bring back a fun activity that nearly everyone can play – Bocce! On Friday's starting the first week in May (May 4) we will meet at the Community Center Bocce court along the building on the fairgrounds side at 9:00 am to play Bocce! If there is enough of an interest we will make it a weekly event. This goes well with our Chess group that meets Tuesday and Thursday at 1:30 pm, and Ping Pong that meets weekly in the Billiard's room at 12:00 noon Wednesdays. Also on Thursdays at 1:30 pm groups meet for card playing like Canasta and Pinochle. So come out and play! If dancing is your wish, then come join us at Peck Place School on May 8 for the 3rd Annual Senior Prom or join Line Dancing on Fridays at 1 pm.

At this year's Pasta Festa!, we will honor Marianne Bauer, Joseph Cuzzocreo, and Charles Flynn, as Living Treasures for all of their years of service to our town. The Pasta Festa! will once again be held at St. Barbara's Greek Orthodox Church.

On another note, the Rotary of Orange will be selling beautiful, multi-colored, long stemmed "Mother's Day" Roses on Friday, May 11th at the High Plains Community Center. This is the perfect gift for Mother's Day. Get a dozen for each of the wonderful people in your life. The proceeds from this Annual Rose Sale by the Rotary Club of Orange will be used to help those in need in our community and elsewhere. Roses are only \$15.00 a dozen. To place an order contact Rotarian Baxter Walsh (203) 259-1717 or by email at bkw@staffage.com. Leave your name, telephone number and the number of dozen roses you would like. If you order for a group of friends and you want 10 dozen or more, we will deliver the roses to you within Orange.

Hurray for spring!

Dennis Marsh

Senior Services Coordinator



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 the people who went 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 call the senior center so we can tell the school how many are coming.

EIGHTH ANNUAL PASTA FESTA! SUPPER

The eighth annual Pasta Festa! Senior Center Fundraiser 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 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 are on sale and must be purchased in advance by May 11.

TRIAD EVENT – SCAM DISCUSSION PANEL

On Monday, May 21st at 1:00 p.m., the Orange TRIAD will host a panel to discuss scams that affect seniors, adults and people in general. Speaking will be Angela DeLeon of People's Bank, Officer John Acquino of the Orange Police Dept., Leslie Pruitt of the Area Agency on Aging and Josephine Liferieri of the Area Agency on Aging. Please come and join us. Also, Orange's very own Maplewood Assisted Living will be providing a light dessert along with coffee. We look forward to seeing you there.

MAMMOGRAPHY VAN

The Yale New Haven Mammography van is scheduled to be at the High Plains Community Center on May 17. Call (203) 688-6800 to schedule an appointment!

WELLNESS & BALANCE SCREENINGS WITH DR. TOM

Dr Tom Gregson of Gregson Chiropractic will be here the second and fourth Tuesday (May 8 & 22) to offer Balance Screenings, Fall Prevention and Wellness. He will be in the Town Conference room – across from the gym, from 9:45 – 10:45 am. There is no charge and he would communicate his findings to your primary care physician.

BELLS OF FIRE – SPRING SHOW

Bells of Fire is a Community Hand-bell Choir based out of Southeastern Connecticut who awes and inspires audiences with their ringing. This dynamic and energetic hand-bell choir is dedicated to musical excellence and offers an exciting and uplifting performance. They will perform their Spring Show at the Orange Senior Center on May 25. Dessert and coffee served at 1:30 pm, Bells of Fire from 2 – 3:00 pm. Call the Senior Center to let us know you are coming!

BOCCE ANYONE?

May 4 at 9:00 am the Orange Senior Center will offer a Bocce class. Please meet at the bocce court in the grass along the building on the fairground side. Bocce is a game with roots that goes back to ancient times; in addition to being fun to play, the benefits of bocce ball include healthy social interaction, light activity, strategic planning, and friendly competition. Bocce can be played by two people or by two teams of two to four people. The rules of the game are relatively simple. In essence, one player (or team) begins by rolling a smaller ball, known as the “jack”, onto the court. Turns are then taken as each player (or team) attempts to bowl his or her balls closest to the jack. Open to all and all levels welcomed. Call the Senior Center to let us know you are coming.

CLASS POLICY

Please feel free to sit in on any of our classes to see if it is a good fit for you. In order to sign up for a class:

- You must be a member of the Orange Senior Center
- Full payment must be made at the time of registration or within a week if you call your name in
- We accept MasterCard, Visa, Cash and Checks
- Checks are made payable to Treasurer, Town of Orange
- Classes are not pro-rated, however, if you will miss half the class or more, you will be charged only half the price of the class
- A 100% refund will be given if a class is cancelled due to low enrollment
- Classes involving physical activity require a signed Orange Senior Center Liability Waiver and Release Form

If you need to drop a class after the class has begun, the following applies:

- 10 and 12 week classes: refunds may be made only during the first two weeks of class and providing the class is not contingent upon your participation
- There is no reimbursement for classes that run 6 weeks or less

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 the Community Center except for summer trips noting departure is from Mary L. Tracy School.

4 TROOPS – Thursday, May 24, 2012. Canceled.

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. **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 - **Call for availability. 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. 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. 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. **Call for availability. 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.** ()

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: \$3,399 pp double, \$3,799 pp single, \$3,369 pp triple. 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.** ()

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.** 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 postponed to 2013– We were notified that the 911 Museum will not open until 2013, therefore we decided to postpone the trip until next year.

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.



MAY MENU 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All Soups come with unsalted Crackers</i> <i>*The dessert is the same for both meals</i> <i>All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</i></p>	<p>1 Grape Juice Salisbury Steak w/Gravy Whipped Potatoes Cut Green Beans Whole Wheat Bread Oatmeal Raisin Cookie</p>	<p>2 Cranapple Juice Teriyaki Chicken White Wild Rice Combo California Blend Vegetables Rye Bread Seasonal Fresh Fruit</p>	<p>3 Sausage and Peppers Roasted Potatoes Broccoli Kaiser Roll Black Forest Cake</p>	<p>4 100% Fruit Punch Spaghetti & 3 Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup</p>
<p>7 Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Special Cookie</p>	<p>8 Cream of Broccoli Soup Crackers Hot Grilled Chicken w/Gr. Petite Corn Belgian Carrots Whole Wheat Sandwich Roll (no seeds) Pineapple Tidbits</p>	<p>9 Apple Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce</p>	<p>10 Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Lemon Layer Cake</p>	<p>11 100% Fruit Punch Fish Fillet Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears</p>
<p>14 Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Vegetables Hot Dog Roll Ice Cream Cup</p>	<p>15 Apple Juice Lindley's Chicken Stew Tossed Salad w/Tomato Thousand Island Dressing-2 Whole Wheat Dinner Roll Strawberry Shortcake</p>	<p>16 Cavatelli w/Marinara Sce Parmesan Cheese Zucchini Coins Tossed Salad w/Sl. Black Olives Italian Dressing -2 pkts. Italian Bread Sliced Peaches</p>	<p>17 100% Fruit Punch Beef Stew- 1 1/2 cup w/1/2 c. Potatoes and 1/2 carrots over Egg Noodles Rye Bread (no seeds) Special Cookie</p>	<p>18 Rhode Island Clam Chowder Tunafish Salad on bed of Lettuce/Tomato Plate w/Pickled Beet Salad Whole Wheat Sandwich Roll Fresh Fruit Cup</p>
<p>21 Sl. Thin Select Roast of Beef Au Jus Butternut Squash Cubes California Blend Veg. Whole Wheat Dinner Roll Apple pie</p>	<p>22 Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Spinach Pumpernickel Bread Very Ripe Seasonal Fresh Fruit</p>	<p>23 Italian Wedding Soup BBQ Rib Pattie Tossed Green Salad w/Sl. Red Onion French Dressing - 2pkts. Petite Peas 4" Grinder Roll Chocolate Chip Cookie</p>	<p>24 100% Fruit Punch LF LS Hot Dog - footlong Baked Beans Mustard/Ketchup- 2 pkts Creamy Cole Slaw 1/2 c. Hot Dog Roll Watermelon Ice</p>	<p>25 Cream of Mushroom Soup Marinated Cold Chicken Breast Plate on Lettuce/Tomato 3-Bean Salad Whole Wheat Sandwich Roll (no seeds) Mandarin Orange Slices</p>
<p>MEMORIAL DAY HOLIDAY  NO LUNCH</p>	<p>28 BIRTHDAY of the MONTH Grape Juice Veal Parmesan Ziti w/Marinara Sce. Tossed Salad w/Sl. Black Olives Italian Bread</p>	<p>29 New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Sliced Pears</p>	<p>30 Pineapple Juice Chef's Salad Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce Potato Salad Creamy Cole Slaw Pumpernickel Bread Vanilla Pudding w/Topping</p>	<p>31 <i>All Rolls are Seedless</i> <i>All White Rice is Enriched</i> <i>All non-citrus juices are Vitamin C Fortified</i></p>

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	May 3 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	May 15 – July 17	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	Thru May 24 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	May 2 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	Apr 24 – July 10	The course will improve drawing & painting skills through various techniques, methods, styles. No class on June 19 & 26.	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 4
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 4
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. 25 student limit.	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Mar 15 – July 17	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	May 15 – July 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	Florene Nichols Room 15
Zumba Gold Thursdays, 9:00-10:00am \$50.00, 10 wks	May 17 – July 19	See above description. *Note time change.	Florene Nichols Room 15

Quick View of classes and activities - May 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 (Special Date May 21)	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 10:30 am ILR 5,000 yrs of Math 1:00 pm Social Bridge 1:30 pm Chess	8:30 am Laughter Club 9:00 am Yoga 9:30 am Word Processing I (ends 5/9) 9:30 am Word Processing II (begins 5/16) 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	8:45 am Fitness 10:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Informal Art Studio (ends 5/24) 1:30 pm Canasta, Pinochle, Chess 	10:00 am Billiards 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing (no class May 4) 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 - May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
May 21: Afghan Group 1:00 pm May 21: Triad Scam Discussion 1 pm	May 1: Parish Nurses Blood Pressure Screening 10:00 am May 8: Balance Screening w/Dr. Tom 9:45 am May 8: 4 th Annual Peck Place Senior Prom 11 am at Peck Place School May 22: Balance Screening w/Dr. Tom 9:45 am May 29: Birthdays of the Month, 11:30 am in Café	May 2: Legal Clinic, Call for an Appointment May 16: Computers – Intermediate Word begins 9:30 am 	May 3: AARP Driving Course, 9:00 am May 3: Lunch & Learn Maria Biondi of the OVNA – “Medication & Food” May 17: Yale New Haven Mammography Van (For appt. 203-688-6800) May 24: 4 Troops at the Aqua Turf	May 4: Bocce Ball May 11: Movie – “The Descendants”, 1 pm May 18: Pasta Festa at St. Barbara’s Greek Orthodox Church 5pm May 25: Bells of Fire 1:30

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

<p align="center"><u>Lunch and Learn</u></p> <p>May 3, 11:30 to 1:00 pm, <i>Maria Biondi</i>, will speak about the relationship between “<i>Medication & Food</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> – May 11, at 1:00 pm, “The Descendants” with George Clooney. With his wife on life support, a Hawaiian land baron takes his daughters on a trip from Oahu to Kauai to confront the real estate broker, who was having an affair with his wife before her accident. Call the center to let us know you are coming. We’ll supply the popcorn!</p>	
<p><u>Blood Pressure & Hypertension Screenings</u></p> <p><i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, May 1, 10:00 – 11:00. and blood pressure screenings The <i>OVNA</i> offices at 605A Orange Center Rd Thursday, May 24, 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 May 29 from 11:30 am to 12:00 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, 11:30 – 12:00 pm. No meals on Saturday, or Sunday. A \$2.00 donation is accepted for person 60 years and over. People under 60 years of age will need to pay the full price of \$5.60 a meal. Call Ellen in the kitchen the by noon the day before to registered (203) 891-4765.</p>		<p align="center"><u>Bells of Fire!</u></p> <p><i>Bells of Fire</i>, is a hand-bell choir who will perform their Spring Show May 25 at 1:30 pm. Coffee and dessert will be served at 1:30 and music begins at 2 pm. Call the Senior Center to let us know you are coming (203) 891-4784</p>

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

Return Service Requested

PRESORTED STANDARD
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