



ORANGE FRIENDLIES

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

There is so much going on. There is no excuse to stay home. Be sure to come on out and enjoy some fun events coming up. Did you hear? There is going to be a wedding; *The Godfather's Meshuggener Wedding!* The New York Hit show will be performed as a fundraiser for the Church of the Good Shepherd on October 6. The show will take place at 6:00pm at Saint Barbara's Greek Orthodox Church at 480 Racebrook Road in Orange. Besides the show there will be dinner, dancing, live & silent auctions, 50/50 raffle and an open bar. Tickets are \$75pp call (203) 795-6577 or www.thegoodshepherdorange.org. Proceeds from this event go to The Shepherd's Table, an outreach program to those in need in the greater New Haven area.

The British are coming! The British are coming! Saturday, September 1 at the Orange Fairgrounds there will be a free summer concert. The "British Invasion Tribute Band" will perform. They are a four man band making its first outdoor appearance in Connecticut. The band will be performing three full sets of music from the 1960's. Light snacks and beverages will be available for purchase at the fairgrounds (Come early and get a good seat). This event is brought to you courtesy of the Orange Town News and the Town of Orange.

This just in – Who wants to go to Foxwoods? Tuesday, November 13 there will be a trip to Foxwoods Casino for \$30. See the trip section or the office for details.

Best Wishes!



Dennis Marsh
Senior Services Coordinator

11TH ANNUAL HEALTH AND SAFETY FAIR

The 11th Annual Health and Safety Fair will be held on Friday, September 28 from 9:30 am to 12 noon. Vendors representing health and social services, housing options, insurance companies, banking services, emergency response systems, wellness programs, adult day care, and municipal services will be on hand to give information about products and services that benefit older adults. The Parish Nurses of Griffin Hospital will do osteoporosis screenings, breast wellness & medication management, the Orange VNA will do blood pressure screenings, and the Orange Lions Club has arranged for vision screenings. Free lunches will be given to the first 200 people to register that day. There will be raffle prizes and refreshments. Sponsored by the Law Offices of Cohen & Wolf, Lend-A-Hand, Coldwell Bankers, Orange Visiting Nurses Association, and Orange Community Services.



ORANGE LEADERSHIP PROGRAM INFORMATIONAL AND REUNION PARTY

All graduates and people interested in learning more about the Orange Senior Leadership program are encouraged to attend the Thursday, September 13 informational reunion with wine and cheese social. We will meet in the Senior Café at 4:30 pm. Call the office at (203) 891-4784 to RSVP.

ORANGE LEADERSHIP PROGRAM, CLASS OF 2014

Are you looking for an innovative, interesting program that will give you a chance to learn more about our community, the region and the state, make new friends, along with your leadership skills? If so, the Orange Leadership Program is for you! We are now forming the 7th class since the start of the program in 2006. Fifteen Orange residents over the age of 55 will be accepted into the program this year. This popular program meets one Wednesday a month for 9 months in 2014 from September to May and covers topics such as the history of the town, its economic development, education, community policing, communications and the media, the arts, town government, state government, and regional issues. Graduation is held in June. The Leadership Program offers an opportunity to interact with other persons from the town to get an insider's view of the issues that are shaping our community. The

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Leadership Program provides retired or semi-retired persons a chance to use their life skills while giving back to their community in a positive way. Please feel free to attend graduate reunion on September 13 to hear more about the program. The program is funded by the Orange Senior Center and the \$100 tuition paid by each of the participants. Applications are now being accepted. Please call 891-4784 if you would like more information about the program or would like an application form.

PRESENTATION FOR UPCOMING BEIJING CITY TRIP IN APRIL 2013

September 25, 4:00 pm Collette Tours and the Orange Senior Center will host a presentation in the senior lounge on an exciting *Beijing City Trip* we have scheduled for April 2013. See our trip section for more details. Call the senior center to let us know you are coming to the presentation.

PRESENTATION FOR UPCOMING IRELAND TRIP AND POSSIBLE TRIP TO ITALY IN 2013

November 6, 4:00 pm Collette Tours and the Orange Senior Center will host a presentation in the senior lounge on a trip to Ireland called *Shades of Ireland*. If you are interested in going to Italy let us know and you should attend this presentation.



If we have enough interest we can offer both Ireland & *Reflections of Italy* trips (scheduled for September 2013). Call the senior center to let us know you are coming to the presentation.

BLOOD PRESSURE SCREENINGS WITH THE PARISH NURSES

The *Griffin Hospital Outreach and Valley Parish Nurse Van* will be at the High Plains Community Center **September 4** from 10:00 – 11:30 am for **blood pressure screenings**.

CABARET NIGHT

The next Cabaret will be on Monday, **September 10** from 5:30 to 7pm. The entertainer will be *Ashley Cruz* and she will do her French Cabaret Show *Ooh La La!* Coffee and dessert provided by Mary Ann White of Coldwell Banker will be served at 5:30 and music begins at 6pm. Thank you to Maria Biondi from the Orange Visiting Nurse Association for supplying dessert last month! Tickets are now on sale for \$5 pp and are only available in advance at the Senior Center.

CHESS CLUB

We have a chess club that meets every **Tuesday & Thursday at 1:30 pm** in room 2. They are accepting new members. Novices welcomed. If you need lessons, they will teach you. All levels are welcomed!



BACK BY POPULAR DEMAND – IPHONES

Kathleen Gorelick will again conduct a free iPhone seminar on Sept. 10 from 9:30 – 11:30 am in room 15. If you own an iPhone or have ever considered getting one, then this 2hr class is for you. Come and learn the popular features that go underutilized. Seating is limited to 25 people so call now at (203) 891-4784 to reserve a seat.



IPADS

Kathleen Gorelick will conduct a free iPad seminar on Nov. 19 from 9:30 – 11:30 am in room 15. This seminar is perfect for you if you own an iPad or are considering getting one. Come and learn the popular features that are underutilized. Seating is limited to 25 people so call now at (203) 891-4784 to reserve a seat.

MONEY MANAGEMENT FOR WOMEN

Kathleen Gorelick will once again present this course. We have received wonderful feedback from those who have already taken it! In 5 week class students will learn to use their computer to track their income and expenses, food costs, needs vs. wants. more The course begins Oct 1 and run through Nov 5. The cost is \$30.

BIRTHDAYS OF THE MONTH

We will be celebrating Senior Center members' birthdays for the month of September on **September 25**. Please join us in the senior café for lunch and stay for cake from 11:30 am to 12:00 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 the month!

TRIPS

For day trips please make checks payable to "Treasurer, Town of Orange". Overnight and 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.

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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. (👟👟👟)

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. **Wait list.** (👟👟)

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 includes transportation, entertainment, lunch, meal and driver's gratuities. **Wait list.** (👟)

Sold out - 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! (👟👟👟)

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 and driver's gratuities. **Wait list.** (👟)

2013 TRIPS

HAWAIIAN CRUISE – January 10 – 20, 2013. Only inside cabins available. 11 days with 7 shore excursions. Explore 7 Polynesian Cultural Centers, Pearl Harbor & USS Arizona Memorial, a 60-acre Maui Tropical Plantation, Volcanoes National Park, Waimea Canyon – "The Grand Canyon of the Pacific", Dole Pineapple Plantation, and more. **Prices range from \$3599 to \$4099 depending on cabin chosen. A deposit of \$500 is required to confirm your space. Travel insurance is available and recommended.** (👟👟👟)

BEIJING CITY STAY – April 8 – 17, 2013. 9 days, 15 meals. Experience the beauty and intrigue of one the most fascinating cities in the world. You will visit the Beijing Zoo famous for their pandas, Tianamen Square – the world's largest public square, the Forbidden City, enjoy a Peking Duck Dinner and Opera, visit the Great Wall of China, the Olympic Green, Temple of Heaven, and enjoy a Rickshaw Tour. **Cost is \$2,399pp double with early booking discount of \$100 until Oct. 8, 2012. A \$250pp deposit due at registration. Cancellation insurance is available for \$220. A passport is required.** (👟👟👟)

SHADES OF IRELAND – September 15 – 24, 2013. (10 days, 13 meals). Travel the Ring of Kerry, one the world's most beautiful coastal routes while experiencing old Ireland at its finest. You will visit Dublin, experience an Irish evening, visit Kilkenny - the home of Waterford Crystal, see Blarney Castle and kiss the Blarney Stone, enjoy a Jaunting Car Ride, Travel along the Ring of Kerry, visit a farm in Killarney and experience the customs of a traditional Irish family, in Limerick see the Cliffs of Moher, and stay overnight on the Cabra Castle grounds. A deposit is required to confirm your space. **Cost with early booking discount is \$2,999pp, double occupancy. Deposit due at registration. Cancellation insurance is available. A passport is required.** (👟👟👟)

REFLECTIONS OF ITALY – September 2013. 10 days, 14 meals. Revel in the magic of this famed destination as you set out on a comprehensive tour that features Rome, Venice and Florence. Explore Rome's rich history, including a guided tour of the Coliseum. Visit one of Chianti's treasured wineries complete with a stop at a Medieval Castle. Relish the charm of Venice amid its canals and architecture. **Deposit due at registration. Cancellation insurance is available. A passport is required.** (👟👟👟)

WALKING KEYS FOR TRIPS:

👟 One shoe means minimal walking;

👟👟 two, some walking;

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



September 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>CLOSED FOR LABOR DAY HOLIDAY</p> 	<p>100% Fruit Punch Pot Roast LS Gravy Roasted Red Potatoes Country Style Vegetables Whole Wheat Bread Margarine -1 Fresh Fruit</p>	<p>Stuffed Peppers LS Marinara Sauce Mashed Potato Zucchini Rye Bread Margarine -1 Special Cookie</p>	<p>LS Pasta Fagioli Unsalted Crackers -1 pkt. Roasted Chicken Quarter Sweet Potato Wedges Mixed Green Salad LF Vinaigrette Dressing -2 Pumpernickel Bread Margarine -1 Pineapple Tibits</p>	<p>Apple Juice Stuffed Shells LS Marinara Sauce Broccoli Canneloni Beans Italian Bread Margarine -1 Fresh Peach</p>
10	11	12	13	14
<p>Lite Crunch Chicken Carribbean Rice and Beans. Stewed Tomatoes Oat Bread Margarine -1 Watermelon</p>	<p>Beef Tips LS Brown Gravy Egg Noodles Peas and Onions Whole Wheat Bread Margarine -1 Raspberry Sherbert</p>	<p>Turkey Divan Baked Potato Sour Cream Baby Belgium Carrots Pumpernickel Bread Margarine -1 Fruited Jello</p>	<p>Roast Beef LS Gravy Mashed Potato Green Beans Rye Bread Margarine -1 Special Cookie</p>	<p>LS Manhattan Clam Chowder Unsalted Crackers -1 pkt. Chicken Caesar Salad Bowtie Pasta Spinach Salad. Breadstick Margarine -1 Chocolate Brownie</p>
17	18	19	20	21
<p>Roasted Pork Lion LS Gravy Red Bliss Potatoes Roman Blend Vegetables Multigrain Dinner Roll Margarine -1 Tropical Fruit Cup</p>	<p>LS Tomato Basil Soup Unsalted Crackers -1 pkt. LS Turkey and Cheese Potato salad Lettuce Bed w/Sl. Tom. and Sl. Onion Mayo/Mustard Kaiser Roll Margarine -1 Fresh Fruit</p>	<p>Swedish Meatballs LS Sour Cream Gravy Egg Noodles Tuscany Blend Vegetables Rye Bread Margarine -1 Mandarin Oranges</p>	<p>Cranapple Juice LS BBQ Chicken Quarter Macaroni and Cheese Fresh Roasted Vegetables Multigrain Bread Margarine -1 Oatmeal Raisin Cookie</p>	<p>Pineapple Juice Swaii Fish w/Fruit Salsa Lemon Wedge/Tartar sauce Brown Rice Pilaf Spinach Oat Bread Margarine -1 Ice Cream Sandwich</p>
24	25	26	27	28
<p>Shrimp Bisque Unsalted Crackers -1 pkt. Spinach Quiche Sliced Carrots Whole Wheat Bread Margarine -1 Special Cookie</p>	<p>Apple Juice BBQ Pulled Pork Sandwich Fresh Sweet Potato California Blend Vegetable Whole Wheat Roll Margarine -1 Cinnamon Applesauce</p> <p style="text-align: center;">BIRTHDAYS OF THE MONTH</p>	<p>LS Tuscany Bean Soup Unsalted Crackers -1 pkt. Chunky Chicken Salad Lettuce Bed w/Sl. Tom. Italian Pasta Salad Marble Rye Bread Margarine -1 Fresh Fruit</p>	<p>Grape Juice Whole Wheat Spaghetti LS Marinara Sauce Meatballs -2 Parmesan Cheese Spinach Salad LF Vinaigrette Dressing -2 Garlic Bread Margarine -1 Special Cookie</p>	<p>Roasted Turkey LS Gravy Mashed Potato Italian Mixed Vegetables Enriched Bread Margarine -1 Fruited Yogurt</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>			

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Sept 6 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	Oct 9 – Dec 11	This low-impact course helps people with arthritis increase joint flexibility, range of motion, stamina, and muscle strength.	Florene Nichols Room 15
Bridge – Intermediate Fridays, 1:30-3:30pm \$60.00, 12 wks	Oct 5 – December 28	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/23	Al Pol Senior Lounge
Chair Exercise Monday & Friday 11:00am	On going No fee	This is great form of exercise for seniors, those with disabilities or are limited in exercising. No class 9/3	Mary Jewell Senior Lounge
Computers-Facebook Tuesdays, 1:30-3:30pm \$35.00, 4 wks	Sept 25 – Oct 16	This course will teach students how to develop and maintain a Facebook profile.	Jacalyn Diesenhouse Computer Lab
Computer-iPhones Monday, 9:30-11:30am No fee	Sept 10 Class limited To 25	Back by Popular Demand: If you own an iPhone or have ever considered getting one, then this class is for you. Learn the popular features that go underutilized.	Kathleen Gorelick Room 15
Computer-iPad Monday, 9:30-11:30am No fee	Nov 19 Class limited To 25	Learn the popular features that go underutilized with an iPad. This class is perfect if you own an iPad or have ever considered getting one.	Kathleen Gorelick Room 15
Computers-Money Management for Woman Mon. 9:30-11:30 \$30.00, 5 wks	Oct 1- Nov 5 No class 10/8	Learn to use tables to track your income and expenses, food costs, needs vs. wants, to document where money comes from and where it goes, and more.	Kathleen Gorelick Computer Lab
Computers-Word Processing I Wednesdays, 9:30-11:30am \$35.00, 6 wks	Sept 12 – Oct 24	Use your computer more! Learn ins & outs of word processing; different documents, various fonts, sizes, colors, clip art & more. No class 9/26.	Kathleen Gorelick Computer Lab
Computers-Word Processing II Wednesdays, 9:30-11:30am \$25.00, 4 wks	Oct 31 – Nov 28	Continuation of Word Processing I: even more applications – word art, tables, charts, clip art, and more! No class 11/21.	Kathleen Gorelick Computer Lab
Fitness T/Th 8:45-9:45, 10:00-11:00 \$25.00, 12 wks	Oct 2 – Dec 20	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health. No class 11/22	Mindy Leventhal Gym
Informal Art Studio Thursday 1:00 – 3:00pm	Will resume Oct 4, No fee	Like working in a creative environment? This group is for you; bring your ideas & inspiration. No class 11/22	Bernice Mathisen Room 6
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. No class 9/21	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 2 – Dec 4	The course will improve drawing & painting skills through various techniques, methods, styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$60.00, 12 wks	Oct 5 – Dec 28	Tai-Chi been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 11/23	David Chandler Gym
Tap Dance I Mondays, 1:00-2:00pm \$50.00, 10 wks	Oct 1 – Dec 17	Catch the rhythm and learn the basics of tap dancing while having fun exercising. No class 10/8 & 11/12. No sign ups after 10/15	Marge Gloria Room 4
Tap Dance II Mon, 10:00-11:00, \$50.00, 10wks	Oct 1 – Dec 17	Set those feet dancing and feel the excitement of seeing a dance come together. No class 10/8 & 11/12. No sign ups after 10/15	Marge Gloria Room 4
Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks	Oct 3- Dec 19	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	Oct 1 – Dec 17	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 10/8 & 11/12	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Sept 26 – Dec 19	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. No class on Nov 21	Sue Neufeld Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	Oct 9 – Dec 11	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	Oct 4 – Dec 13	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 11/22	Florene Nichols Room 15



Quick View of classes and activities – September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga (no class 10/8 & 11/12) 11:00 am Chair Exercise (no class 9/3, 10/8 & 11/12) 1:00 pm Billiards 1:00 pm Wii Bowling Center Closed Sept. 3 for Labor Day	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	9:00 am Laughter Club 9:00 am Yoga 9:30 am Word Processing (no class 9/26) 10:00 am Watercolor II 10:15 am Yoga 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness (no class 11/22) 9:00 am Zumba Gold (no class 11/22) 10:00 am Fitness (no class 11/22) 1:00 pm Bingo, Billiards 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 11:00 am Chair Exercise (no class 11/23) 11:30 am Tai-Chi (no class 11/23) 1:00 pm Line Dancing (no class 9/21 & 11/23) 1:30 pm Intermediate Bridge Lessons (no class 11/23)

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

Special Events – September 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 3: Closed for Labor Day Sept 10: iPhones 9:30 am Sept 10: French Cabaret – Ashly Cruz 5:30 pm Sept 24: Afghan group	Sept 4: Parish Nurses Blood Pressure Screening 10:00am Sept 18: Wine & River Cruise departs 7:00am Sept 25: Birthdays of the Month, 11:30am in Café Sept 25: Beijing Trip Presentation 4:00 pm	Sept 5: Legal Clinic, Call for an Appointment Sept 19: Big E Trip departure time still to be determined	Sept 6: AARP Driving Course, 9:00am Sept 6: Lunch & Learn Dr. Susan Meissner – <i>Tinnitus – Ringing in the Ears</i> 11:30am Sept 6: British Landscapes Trip Departs 4:00pm Sept: 13: Sr. Leadership Reunion 4:30pm	Sept 21: Movie – “Extremely Loud & Incredibly Close”, 1pm Sept 28: 11 th Annual Health & Safety Fair 9:30am – 12 noon



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

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

<p align="center"><u>Lunch and Learn</u> September 6, 11:30am to 1:00pm, <i>Dr. Susan Meissner</i>, will speak about <i>“Tinnitus – Ringing in the Ears”</i> and what you can do about it. 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> – September 21, at 1:00pm, starring Thomas Horn, Tom Hanks and Sandra Bullock in “Extremely Loud and Incredibly Close”. A nine-year-old amateur inventor, Francophile, and pacifist searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center. 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, September 4, 10:00 – 11:00 for blood pressure screenings. The <i>OVNA</i> offers screenings at their offices at 605A Orange Center Rd Thursday, September 27, 1:00 – 2:00 pm.</p>	<p align="center"><u>Birthdays of the Month</u> Come celebrate members’ birthdays for the month on September 25 from 11:30 am to 12:00pm. If you would like a lunch, call Ellen in the kitchen by noon the day before at (203) 891-4765. Suggested donation is \$2.00.</p>	<p align="center"><u>11th Health & Safety Fair</u> will be held in the High Plains Community Center gym on Friday, from 9:30 to 12 noon, September 28. Lunches sponsored by Cohen & Wolf, P.C. to the first 200 participates.</p>
<p align="center"><u>Lunch Program</u> The Orange Senior Center hosts a congregate meal program Monday through Friday, 11:30am – 12:00pm. No meals on Saturday, or Sunday. A \$2.00 donation is accepted for persons 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 by noon the day before to register (203) 891-4765.</p>		<p align="center"><u>Beijing City Trip Presentation</u> September 25, 4:00pm Collette Tours and the Orange Senior Center will host a presentation in the senior lounge on an exciting <i>Beijing City Trip</i> we have scheduled for April 2013. See our trip section for more details. Call the senior center to let us know you are coming.</p>