



# ORANGE FRIENDLIES

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



APRIL 2014

Senior Center Telephone: 203-891-4784

Check our 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

I continue to pour over the surveys we collected. This month we have added a third Chair Exercise class on Wednesday 11am in the café. We have also added a monthly Book Club starting 4/25 in the Lounge at 2pm. We have asked Tara Graham our new Fitness instructor to teach Latin Dance, Mondays at 9am starting 4/21 and a series of Wellness Seminars 4/15 & 4/24. The Money Management group continues to meet, Chorus is FREE and We are preparing for May 9, Pasta Festa. This year's honorees are Emma Cuzzocreo, Donald Lewis, and Elmer Manley. Come celebrate with them!

Some special activities and events this month are: CERT's Emergency Preparedness Presentation, Spring Cabaret featuring the United Girls Choir, and May 1 Lunch & FUN features a: White House Butler. Lastly don't forget our Lunch program. The lunches are better than ever, so come early or stay late but be sure to try out our lunch. Just call Ellen in the kitchen the day before at (203) 891-4765.

Dennis Marsh  
Senior Services Coordinator

## A Word from the Director

Hope you had a great March. I think many of us are looking forward to warmer weather and enjoying the spring. I hope you all are taking advantage of the many activities offered by the Senior Center. I continue to meet many of you and encourage you to stop by my office any time. The door is always open! Happy spring, have a great April!

Joan Cretella  
Director

## Lunch & Learn is now LUNCH & FUN!

Join us for Lunch & Fun, on **April 17** from 11:30am to 1:00pm. **Trash to Tunes**, with Dr. Dennis Waring. Trash to Tunes is a fun show where Dr. Waring uses handmade and homemade musical instruments inspired from instruments around the world. The show is filled with interesting sights, sounds, and stories about the instruments that will give the audience new insights into folklore, music, craft, science and world view. Dr. Waring is an ethnomusicologist, educator, author, instrument maker, collector, performer, and arts consultant. He teaches World Music, American Music, and Music Education courses on the university level. It's a great time for everyone! Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to let us know you will be attending



## 5th Annual Peck Place Senior Prom



Peck Place School will once again host a Senior Prom here at the HPCC on Tuesday, **May 12** from 11:00 am to 2:00 pm. Last year we had a ton of fun! There will be a buffet style lunch and beverages. This is an actual prom with music and dancing. The attire is dressy, but you could wear whatever will make you comfortable. Oh, and the best part is it's **FREE!** Just RSVP to the senior center so we can tell the school how many will be attending.

## FREE! Spring Cabaret: ♪ United Girls Choir ♪

**FREE! April 3** we will have a *very special* concert with the Shelton division of the **United Girls Choir**. If you have ever seen them perform then you know how fabulous they are. Coffee and dessert provided by Maria Biondi of the OVNA and will be served at 5:30. The music begins at 6 pm. RSVP to (203) 891-4784



## Computer Lab

**Who wants to use a computer!!!** As long as there are no class time scheduled for the lab, we'll make the computer lab available for drop in use for all members from 8:30am, - 4:30pm Monday—Friday. So feel free to stop by the Senior Center office and sign up to use a computer. You will be asked to sign in & out in the office.



## Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Community Center **April 1** from 10:00 – 11:30am for blood pressure screenings. The **OVNA Blood Pressure check, 4th Thursday of Month: April 24**

## Albuquerque Balloon Fiesta Trip Presentation

*Just In!* **Thursday, April 30, 4pm.** Tracey from Collette will be in the Senior Lounge to present a slide presentation and answer questions about our new trip Albuquerque Balloon Fiesta. This trip is scheduled for Oct 8—Oct 13. There is an early booking discount, so don't miss out!

## Emergency Preparedness Presentation

The Citizens Emergency Response Team (CERT) will present "Why you need to Prepare for Emergencies" on Monday **April 7, 2014** at 1:00. Denise Stein, Elderly Outreach Worker will also be on hand to give out Yellow-Dot. Call 203-891-4784 to reserve a seat. Refreshments will be served!

## Teen Tech Talk

**Tuesday, April 8th**—4 pm Rabbi Wainhaus and the Congregation Or Shalom Amity High School Teens will offer personalized help with your devices!

## i-Club

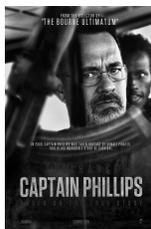
The i-club normally meets the 3rd Thursday of the month except this month —**April 10**, 11:30am in the Sr Lounge. The club meets to discuss the wonderful apps found, answer questions, and share experience using your devices.

## Money Management

**Money Management Club**, a hot new group will have bi-weekly meeting on **April 11 & 25**, from 9:00am to 10:00am. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles of interest. This group is intended for entertainment purposes only.

## Movie of the Month

Friday, **April 11**, 1:00pm, "**Captain Philips**". Starring Tom Hanks in this true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years. Popcorn & soda will be served. Call the center to let us know you are coming.



## Wellness—Food & Mood

Our Fitness Instructor, Tara Graham is a Health & Wellness coach. She will lead our Wellness series at 11:30am-12:30am in the Senior Lounge. **April 15** Annette Hise, Nutritionist from FSW will present Bone Health. **April 24** Tara will present Food & Mood RSVP at (203) 891-4784

## Pasta Festa

Join us on Friday, May 9 from 5 to 8 pm for our annual Pasta Festa! We will again hold the dinner in the beautiful, hall at St. Barbara's Greek Orthodox Church on 480 Racebrook Road. The pasta and meatballs will be catered by Cusano's. Members of the Board of Selectmen will be on hand to help serve the meal. The highlight of the evening will be the presentation of this year's Living Treasure Awards to three deserving Orange residents. Winners of the raffle will go home with some great prizes donated by individuals and local businesses. Tables of 8 to 10 are available. If you wish to be seated with particular people, payment for the group must be made at the same time. Otherwise we cannot guarantee that you will be sitting together. Please let us know if you would like to donate a prize for the raffle. Tickets go on sale Tuesday, April 1 at \$20 per person.



## Latin Dance

*Hot New Class!* **Mondays, April 21-June 30, 9 am.** 10 wks, (no memorial day), Tara Graham will teach Latin Dance. If you enjoy Brooke's Friday morning class, you now can have it twice a week! You know Tara Fitness and Wellness. Be sure to join her in Latin Dance!

## AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **April 3**. The cost of the "AARP Smart Driving Course" will be \$15 for AARP members and \$20 for non-members. Call the center to sign up.

## 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.

Also, please 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.

**BROADWAY—Motown the Musical or Kinky Boots** (You Choose the Show) - April 2. Lunch at Carmine's in New York, family style with platters of Rigatoni & Broccoli and Chicken Parmigianino. Choose between either **Motown the Musical**—the real story of the one-of-a-kind sound that hit the airwaves and changed our cultural forever. Or you can choose to see **Kinky Boots**—which features a richly diverse musical score from Grammy Award-winning Cyndi Lauper. Boots won six 2013 Tony Awards including Best Musical and Best Choreography. **Cost for Motown: \$223 pp and cost for Kinky Boots is \$203 pp.** Includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation. Now accepting registrations (  ).**

### **2014 Trips Continued**

**THE POMPEII EXHIBIT** – April 12-13, 2014 (2 days & 1 night). Includes a guided tour of Philadelphia with a local historian in colonial dress. See the popular murals of the city. Stay at the Crowne Plaza of Wilmington North. Visit the famous Franklin Institute and experience one of the most famous volcanic eruptions of all time. Includes transportation, hotel, wine & cheese reception, Dinner & Show at the hotel, guided tour, breakfast, admission to Pompeii exhibit, baggage handling, taxes, driver and escort gratuities. **Cost is \$307pp, double occupancy. Cancellation insurance is available.** (    )



**THE RIDE**—Monday April 21, 2014. Start off with a stop at Eataly, a 50,000 square foot space which features multiple restaurants, a microbrewery, pizzeria, year-round rooftop beer garden and more. Lunch is on your own. In the afternoon, combining entertainment and tourism, The Ride drives through NYC. Stop and see performances in front of such sights as Grand Central Station, 42nd Street, Central Park, and more. Cost \$110. Includes transportation, driver's gratuity, admission to The Ride. **Full payment due at registration** (  ).

**THE CONNIE FRANCIS TRIBUTE SHOW**—Thursday May 8, 2014. Donna Lee and her dynamic band bring new life to the music of Connie Francis. In this performance you will hear her perform your favorite songs from a pop legend. Dine family style at the Grand Oak Villa with salad, Pena Pasta, Chicken Parmesan, Pork Loin, Roasted Potatoes, and mixed vegetables. Cost \$70. Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** (  ).

**SOUTH DAKOTA AND THE BADLANDS** – May 27—June 2, 2014 (7 days 10 meals). Experience South Dakota Black Hills and Badlands featuring an 1880 train, Black Hills Gold, Crazy Horse Memorial, Needle Highway, Custer State Park, a Chuck wagon Supper, Hot Springs, Deadwood, Badlands National Park, and Wall Drug Store. **Cost is \$2,099pp, double occupancy. Cancellation insurance is available.** (    )



**BOOTHBAY HARBOR MAINE** – Wednesday, May 28-30, 2014. Lunch and scenic guided tour of Kennebunkport. Visit the Franciscan Monastery. Enjoy a 2 night stay at the waterfront motel, Cap'n Fish's Inn. Visit the Boothbay Railway Village, the new Coastal Maine Botanical Gardens, and enjoy an afternoon scenic Harbor cruise. Enjoy an authentic Maine Lobster bake dinner. Cost \$452 pp double. Includes transportation, overnight accommodations, 4 meals, admissions, and driver's gratuity. **Deposit due at registration** (    ).

**A DAY AT THE RACES!** – Monday, June 16. Experience the excitement of thoroughbred racing at the grandest track in New England. Includes Clubhouse admission and a daily Racing Program. Also includes a complete luncheon buffet. Cost \$67 Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** (  ).

**ALL YOU CAN EAT LOBSTER** – Thursday, July 10, 2014. Details to be announced (  ).

**BOSTON POPS @ TANGLEWOOD**—July 13, Keith Lockhart, conductor, and Jason Alexander as the special guest. Cost \$131. Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** (    )

**ODYSSEY LUNCHEON CRUISE** – Tuesday, August 12, 2014. Luncheon Cruise on Boston Harbor aboard the Odyssey. Lunch includes fresh Caesar Salad, Lobster Bisque, Tuscan Chicken, Grilled Salmon, Beef Short Ribs, or Seafood Ravioli Grantinee. Cost \$85 Includes transportation, cruise on Boston Harbor, driver's gratuity, and elegant luncheon. **Full payment due at registration** (  ).

**ALBUQUERQUE BALLOON FIESTA** – Oct 8—October 13, 2014 (6 days 8 meals). Highlights include: Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Santa Fe, Loretto Chapel, and the Santa Fe School of Cooking. Includes round trip air from Bradley Intl. Airport, air taxes and fees/surcharges, hotel transfers and group transportation to/from Bradley Airport. **Cost is \$2,299pp with early booking discount, double occupancy. Cancellation insurance is available.** (    )



### **MARY-ANN WHITE'S RECIPE OF THE MONTH**

**Quick & easy – no bake – easy and delicious.**

#### **Éclair Cake**

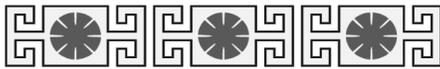
**9 x 13 pan**

#### **Ingredients**

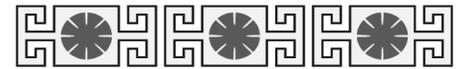
- 2 (3.5 ounce) packages instant vanilla pudding mix
- 1 (8 ounce) container frozen whipped topping, thawed
- 3 cups milk
- 1 (16 ounce) package graham cracker squares
- 1 (16 ounce) package prepared chocolate frosting

#### **Directions**

1. In a medium bowl, thoroughly blend the pudding mix, whipped topping, and milk.
  2. Arrange a single layer of graham cracker squares in the bottom of a 13x9 inch baking pan. Evenly spread half of the pudding mixture over the crackers. Top with another layer of crackers and the remaining pudding mixture. Top with a final layer of graham crackers.
- Spread the frosting over the whole cake up to the edges of the pan. Cover, and chill at least 4 hours before serving.



April 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p><b>1</b> Broccoli stuffed chicken supreme Bowtie noodles Green beans Pumpnickel roll margarine Cranapple juice butterscotch pudding low fat milk</p>	<p><b>2</b> <b>HAPPY APRIL BIRTHDAYS</b> Beef Stew Mashed Squash Green Cabbage Biscuit margarine Carrot cake low fat milk</p>	<p><b>3</b> Meatloaf/LS gravy Mashed potato Peas and Onions Oat bread margarine Mandarin oranges low fat milk</p>	<p><b>4</b> Vegetarian Veg Soup Baked ziti with cheese Parmesan cheese Italian blend vegg Caesar salad with croutons and Caesar dressing Garlic bread Fresh fruit Low Fat Milk</p>
<p><b>7</b> Herb baked chicken qtr Fresh Sweet potato Green beans Rye bread margarine Fresh fruit low fat milk</p>	<p><b>8</b> Stuffed pepper White Rice Carrot coins Wheat dinner roll margarine Grape juice Lemon cookie low fat milk</p>	<p><b>9</b> Hot open turkey sandwich with gravy on Wheat bread Steak fries California blend margarine Vanilla pudding with berry topping low fat milk</p>	<p><b>10</b> Chicken noodle soup fish with Florentine sauce Confetti brown rice Tuscan blend Multigrain dinner roll margarine Pears low fat milk</p>	<p><b>11</b> broccoli quiche stewed tomato and zucchini Tossed salad with cucumber and Italian dressing oat bread margarine Mandarin oranges low fat milk</p>
<p><b>14</b> Barilla plus spaghetti Meatballs marinara Broccoli Parmesan cheese Herbed breadstick margarine peaches low fat milk</p>	<p><b>15</b> Pork loin with LS gravy Applesauce garnish Scalloped potato Peas and mushrooms Multigrain bread margarine Fresh fruit low fat milk</p>	<p><b>16</b> New Orleans Chicken Brown rice Oriental blend Wheat bread margarine Pineapple tidbits low fat milk</p>	<p><b>17</b> Pineapple Juice Glazed Ham Sweet Potato Pone Whole Green Beans Rye Bread margarine Hot Cross Bun</p>	<p><b>18</b> <b>Closed Holiday</b> </p>
<p><b>21</b> Lite crunch fish Tarter sauce Sweet potato fries Fresh zucchini 100% whole wheat bread margarine Cranberry juice Chocolate chip cookie low fat milk</p>	<p><b>22</b> Oven fried chicken macaroni and cheese spinach biscuit margarine applesauce low fat milk</p>	<p><b>23</b> Swedish meatballs Noodles Green and wax bland Oat bread margarine Peaches low fat milk</p>	<p><b>24</b> Lentil soup Chef salad Turkey, ham, cheese Tossed salad/cucumber French dressing Croissant margarine Mandarin oranges low fat milk</p>	<p><b>25</b> Vegetable Omelet roasted tomato Grilled vegetables Rye bread margarine pineapple tidbits low fat milk</p>
<p><b>28</b> Cheeseburger on wheat bun Lettuce/tomato Ketchup Coleslaw Baked beans fresh fruit low fat milk</p>	<p><b>29</b> minestrone soup Granioli spinach ravioli Meatball marinara Tossed salad with tomato Italian dressing Italian bread w/ margarine Italian ice 8 oz low fat milk</p>	<p><b>30</b> Baked Ham with LS gravy O'Brien potato Mixed vegetables Oat bread margarine apricots low fat milk</p>	<p>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.</p>	<p><b>Lunch Program</b> The senior lunch program runs Mon. through Fri., 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 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>

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	April 3 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
Afghan Ladies 4th Monday 1:00pm	On going No fee	These volunteers help make Afghans for children in foster care. <b>Need Yarn!</b>	Clair Westerink Senior Lounge
Bridge—Beginners Thursday 1:00—3:00 \$60.00, 10 wks	Apr 3— June 6	This class is for beginners of Bridge and want to learn the game.	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Apr 4— June 13	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 11:00am Monday, Wednesday & Friday	Ongoing No fee	This is a great form of exercise for seniors and for those with disabilities.	Mary Jewell Sr Lounge & Cafe
Fitness T/Th 8:45 & 10:00 \$25.00, 12 wks	Apr 1 – June 19	This fun-filled class combines lightweight lifting, stretching, and balance which burns calories and improves health.	Tara Graham Gym
Choir Friday 1:00 & 2:45	Ongoing <b>FREE</b>	Join the senior chorus. <b>All will be accepted.</b> In Room 15	Tamara Witkin Marcus
Computers—iPad Wednesday 9:30—11:30 \$25.00, 4 wks	May 7 - May 28	Learn to browse the Web, check e-mail, watch movies, download books and apps, listen to music, get stock quotes, play games, and more.	Kathleen Gorelick Computer Lab
Computers—iPhone Wednesday 9:30—11:30 \$25.00, 4 wks	June 4 - June 25	We'll explore telephone use, voice mail, texting, ringtones, e-mail, Web browsing, listening to music, and much more	Kathleen Gorelick Computer Lab
Latin Dance Monday 9:00—10:00 \$50.00, 10wks	April 21— June 30	Easier than the basic Zumba but just as much fun. Come join our Fitness instructor Tara in this high energy class! No Class 5/26	Tara Graham Gym
Line Dancing Fridays, 1:00-2:00pm	On going \$2.00/class	Dancers form one or more lines and repeat a sequence of steps. No class 4/18	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks	Apr 1 – June 17	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$60.00, 12 wks	Apr 4 - June 27	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 4/18	David Chandler Room 15
Tap Dance I \$50.00, 10 wks To Be Determined	Apr 7 - June 16	Catch the rhythm and learn the basics of tap dancing while having fun . No class 5/26	Karen Goodman Room 15
Tap Dance II \$50.00, 10 wks Mondays, 10:00-11:00 am	Apr 7 - June 16	Set those feet dancing and feel the excitement of seeing a dance come together. No class May 26	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	Apr 2 - June 18	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$40.00, 10 wks	Apr 7 – June 16	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class May 26	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	May 7 - July 13	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Yoga Dance—Thursdays 9:30—10:30 \$50.00, 10wks	Apr 3 – June 5	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. Movement to global music	Andrea Cashman Senior Lounge
Zumba Gold Fridays, 10:30-11:30am \$20.00, 6 wks	April 4- May 16	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to easily follow by all individuals. No Class 4/18	Brooke DeRosa Room 15

## Quick View of classes and activities - April 2014

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00 Latin Dance 9:15 am Yoga 10:00am Tap II Time to be Determined Tap I 11:00 am Chair Exercise 1:00 pm Billiards	8:45 am Fitness 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor 10:15 am Yoga 11:00 am Chair Exercise 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 9:30 am Yoga Dance 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 10:45am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Choir 1:00 pm Line Dancing 1:00 pm Bridge Intermediate

## Special Events - April 2014

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
April 7 CERT Presentation: "Why you need to Prepare for Emergencies" 1:00pm April 21 Latin Dance Starts with Tara Graham 9:00—10:00am April 28: Afghan Ladies 1pm	April 1 Parish Nurses <b>Blood Pressure            Screenings</b> 10:00 am April 8: Teen Tech Talk 4:00pm Lounge April 15: Wellness Seminar— <b>Nutritionist</b> April 24: OVNA Blood <b>Pressure Clinic</b> <hr/> May 12: Peck Place so <b>Senior Prom at the            High Plains            Community Center</b>	April 2 Legal Clinic, Call for an Appointment April 2, & 9: AARP <b>Tax Preparation begins            April 2: Broadway: Motown            &amp; Kinky Boots Trip departs</b>	<b>Thursday</b> April 3: Spring Cabaret— United Girls Choir 5:30—7:00 April 3: AARP Driving Course, 9:00am April 10: I-Club 11:30am April 17: <b>Lunch &amp; Fun:</b> <b>Trash to Tunes</b> April 24: Wellness Seminar— Food & Mood <hr/> May 1: <b>Lunch &amp; Learn—White            House Butler</b> 11:30pm	<b>Friday</b> April 11: <b>Money            Management Club.</b> 9:00am Mar 21: <b>Movie of the Month</b> "Captain Philips" 1pm April: 25 <b>Money            Management Club.</b> 9:00am April 25: <b>Book Club</b> <hr/> May 9: <b>Pasta Festa</b> 5-8:00pm

**TOWN OF ORANGE  
COMMUNITY SERVICES**

525 Orange Center Rd.  
Orange, CT 06477

PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 722  
MILFORD, CT 06460

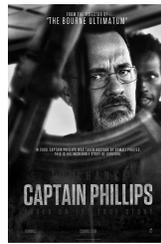
Current resident or

**“ORANGE FRIENDLIES” - April 2014  
Senior Services Coordinator—Dennis Marsh, 203-891-4784**

**Movie of the Month**

Friday, **April 11**, 1:00pm, “**Captain Phillips**”. Starring Tom Hanks in this true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the US-flagged MV Maersk Alabama. Popcorn & soda will be served.

Call the center to let us know you are coming.



**All New! Book Club**

Come join the FREE Senior Center Book Club to be held the 4<sup>th</sup> Friday of each month starting **April 25**, from 2-3:30pm in Lounge. One meeting a month. The first meeting will brain storm ideas for reading materials

**Teen Tech Talk**

Tuesday, **April 8**, Congregation Or Shalom & Amity High School Teens will offer personalized help with iPhone, iPad, and lap top computers. Coffee & dessert will be served. Call to RSVP.

**Lunch & FUN: White House Butler**

We will have a very special Lunch & FUN! You saw the movie “The Butler” now come meet and listen to a real life White House Butler speak about his experience on Thursday, **May 1**. This FREE event is sure to fill up fast! Coffee & dessert will be served. So RSVP right away at (203) 891-4784.

**Wellness with Tara!**

Our Fitness Instructor, Tara Graham is a Health & Wellness coach. She will lead our Wellness seminar series at 11:30am-12:30am in the Senior Lounge.

**April 15** Annette Hise, Nutritionist from FSW will present Bone Health.

**April 24** Tara Graham will present Food & Mood

**May 22** to be determined

**June 26** Dr. Lahav will present Arthritis and Joint Replacement—sponsored by Milford Health and Rehabilitation Center  
RSVP at (203) 891-4784

**Bingo**

Come join us for Bingo on Thursday, 1:00pm – 3:00pm in the Senior Café.

**Chorus**

Did I say Chorus is FREE!! Well I should have because it is! So come out and sing with us.  
Call 203-891-4784 to sign up