



ORANGE FRIENDLIES

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



AUGUST 2015

Senior Center Telephone: 203-891-4784

Check our 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

Well the Dog Days of August are upon us which leave us with one last Summer Concert on August 12, rain date August 13. Bring your lawn chair, your chips & dip, come on out and enjoy some music. It's free! As always, thank you to our sponsors for making it possible.

Are you ready for our annual Summer Cookout? Aug 10 with a rain date of Aug 11. Crowd favorite, Johnny Paolillo with Kickback will be the entertainment. Amazingly tickets are still only \$15!

On September 25 we will once again host the annual Health & Safety Fair, so mark your calendars. And lastly new in September we will have a 4 week class "29 Gifts". Its priceless so I made it free.

Dennis Marsh,
Senior Services Coordinator

A Word from the Director

Hello everyone, I hope you had a great July and are continuing to enjoy the summer. During the warmer weather make sure to drink enough water and stay hydrated. Here are some interesting facts about the month of August. In August 1935 President Roosevelt signed the Social Security Act. In 1920 the 19th Amendment was ratified giving women the right to vote. The First World War began on August 11, 1914 and World War Two ended in August of 1945. If you are born in August you share birthdays with President Barack Obama, former President Clinton, Fidel Castro, Davy Crockett, Mother Teresa and Alfred Hitchcock. Have a wonderful August and stay cool! Stop by anytime my door is always open.

Joan Cretella, Director,
Orange Community Services

FREE!!! iPad Class

By request Kathleen Gorelick has agreed to teach a FREE, 2 week iPad class on Tuesdays from 9:30-11:30am. Class size is limited so hurry down to sign up. The class will run from August 11 to August 18. Call (203) 891-4784 to register.



Summer Cookout

This year's *Summer Cookout* in the High Plains Pavilion will be held on Monday, **Aug. 10** with a rain date of Tuesday, Aug 11 from 5 to 8 pm. John Paolillo with **Kickback Duo** will perform. Tickets go on sale on July 1, only \$15.



Billiards, Ping Pong, & Chess



Come join us for **Billiards, Ping Pong and Chess**. Billiards meets Mondays at 1:00, Tuesday at 10:00, Thursday at 1:00, & Friday at 10:00. Ping Pong plays Monday at 11:00 and Wednesday at 12:00. Chess plays Tuesday & Thursdays at 1:30.



Summer Concerts—all ages welcomed

Are you ready for FREE outdoor summer music? Orange Community Services has again scheduled 3 outdoor all age shows in the Gazebo and we want you to come out to enjoy them! Orange Transportation is available to Orange seniors or disabled residents, for the Wednesday night concerts. Call (203) 891-4788 for a ride. So bring your family and your friends! Since its free, bring your friend's family!

August 12, Wednesday 6:30-8:30pm—The Bourbon Cowboys—Country. Rain date is Thursday, August 13.

Thank you to our sponsors for making it all possible: The Goddard School of Orange, the Orange Visiting Nurse Association, and Orange Community Services.



THE GODDARD SCHOOL
FOR EARLY CHILDHOOD DEVELOPMENT



Thank You Orange Foundation

Orange Community Services would like to send a great big thanks to The Orange Foundation for funding several grants for our programs. We are proud to receive grants from the Olga Fund for our Holiday Dinner Dance and our Afghan Project "Afghan Ladies" who are making Afghans for our veterans. We also received funds from the Dusty and Frank Downey Fund to support our first time ever "Spring into Action Concert" to benefit our Community Assistance Programs and our Youth Services Seventh Grade Orientation Event. We are so very fortunate to have the Orange Foundation and its donors to support our programs which benefit the residents of Orange. Thank you so much.

Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **Aug. 4** from 9 – 11:30am for blood pressure screenings. The OVNA Blood Pressure check, 4th Thursday of the Month: **Aug. 27** at OVNA.

AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **August 6**. 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.

Money Management

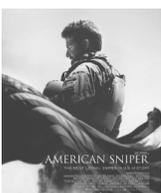
Money Management Club, Tuesday, **Aug 4 & Aug 18** in the Senior Lounge, from 9:00 to 10:00am. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles. This is intended for entertainment purposes only.

Lunch & Fun!

Join us Thursday, **August 13**, 11:30am, for *Corn Husk Dolls*, with **Gwendolyn Quezaire-Presutti** as she leads us in making Corn Husk Dolls. Grandchildren are welcomed to participate. Call to let us know if you are coming. We will need to know how many will be attending. Participants bring their lunch at 11:30 and the program begins at noon. Coffee and dessert will be available.

Movie of the Month

Based on the real life story of Chris Kyle. Join us Friday, **August 14** 1:00pm, "**American Sniper**" Directed by Clint Eastwood, and starring Bradley Cooper. Navy SEAL sniper



Chris Kyle's pinpoint accuracy saves countless lives on the battlefield and turns him into a legend. Back home to his wife and kids after four tours of duty, however, Chris finds that it is the war he can't leave behind. Popcorn & soda will be served. Call to reserve a seat.

Book Club

Our monthly book club will meet **August 21**, from 2:00-3:30pm in room 3. This month's title is **Leningrad Seige and Symphony** by Brian Moynahan.

2015 Health & Wellness Fair

The 14th Annual Health and Safety Fair will be held on Friday, **September 25 from 9:30 am to 12 noon**. Vendors representing all sorts of agencies will be on hand to give out information about products and services that benefit older adults. The Parish Nurses of Griffin Hospital will be on hand. The Yale New Haven Mammography van is scheduled to attend. Call (203) 688-1010 for an appointment. The Orange VNA will offer blood pressure screenings. Free lunches will be given to the first 200 people who register that day. There will be raffle prizes and refreshments. Sponsored by Coldwell Banker, Orange Visiting Nurses Association, Maplewoods of Orange and the Orange Senior Center. Admission is free. For more information call (203) 891-4784.

Holiday Hill

HOLIDAY HILL, Statewide Senior Outing—in Prospect CT. **August 24, 9:00am—4:00pm**. \$31pp. Make checks out to Holiday Hill & mail to Holiday Hill, P.O. Box 338, Cheshire CT 06410. Call (800) 533-0029 for information.

Bingo

Join us for Bingo each **Thursday** in the senior café from **1 to 3:30**. Refreshments are served during intermission and you could even win a \$25 grocery store gift card!

~ Wellness Corner ~

Intro to The MELT Method

We had more than we could accommodate so **back by popular demand...** **August 4, 10:15am**. Erase pain and tension brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief. This FREE class will allow you to experience how easy it is to create change in your body and alleviate the negative effects associated with aging. The techniques are easy to learn, and will help you remain active, healthy and pain free for life! Call 203-891-4784 to register. Limited to 12 people.

29 Gifts

How a Month of Giving can Change Your Life

Coming in September. FREE 4 week class will allow you to experience how the gift of giving can effect and change your life. Call 203-891-4784 to register.

Wellness—Wheat the Unhealthy Whole Grain

August 13, at 10:30am

Is wheat ruining your health? Peer-reviewed studies connect wheat consumption with over 160+ diseases. Learn about hybridization, genetic modification, chemical mutagenesis and desiccation. Understand the connection between gluten and wheat. Explore options for making healthy lifestyle changes that fit your bio-individual needs.

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.

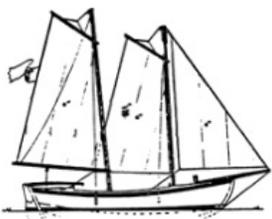
BOBBY RYDELL—A Teen Idol at the Aqua Turf Club. August 12, 2015. Bobby's career spans six decades and encompasses every area of the entertainment world. Starring in the hit film *Bye Bye Birdie*, and performing in countless TV shows, Bobby has earned a reputation as a classic performer. Family style lunch to include garden salad, pasta, chicken francaise & baked salmon with dill sauce, vegetable, potato, rolls, dessert and beverage. **Cost: \$99pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

? MYSTERY TRIP ?—A relaxing trip with lunch. August 26, 2015. Ladies come in many shapes and sizes. After lunch just relax with this "Lady" and cruise. Take in the pristine and unspoiled views. Lunch includes a choice of 3 chef's selected entrees of the day which will include a fish, chicken, or beef entrée, includes all the fixings, dessert, and a complimentary glass of wine. **Cost: \$87pp** Includes transportation, lunch, admission and driver's gratuity. **Full payment due at registration** ().

BACKWARDS IN HIGH HEELS—The Ginger Rogers story at Westchester Theater. September 3, 2015. After lunch we will watch the show. A tribute to the remarkable life and times of the multi-talented entertainment powerhouse, Ginger Rogers. A backstage look at her public and private life. The show combines cherished standards with new original songs, a compelling play and stunning dance sequences. **Cost: \$99pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().



SCHOONER SAILING—scenic Gloucester, MA. September 9, 2015. Lunch at the famous waterfront restaurant, The Gloucester House, known for its seafood. Enjoy a choice of Gloucester House Haddock or Baked Stuffed Breast of Chicken with all the trimmings, including clam chowder. After lunch we will set sail on the 65 foot Schooner, the Thomas E. Lannon **Cost: \$119pp** Includes transportation, lunch, 2 hour schooner ride and driver's gratuity. **Full payment due at registration** ().



THE BIG E FAIR—Connecticut Day. September 23, 2015. "New England's Great State Fair," with nearly one million guests passing through the gates is ranked among the top fairs in the country. **Cost: \$49pp** Includes transportation, Admission to the Big E and driver's gratuity. **Full payment due at registration** ().

A TRIBUTE TO THE RAT PACK!—at Foxwoods Casino. October 7, 2015. You will have time on your own to use the gaming tables or shop at the many stores that Foxwoods has to offer until the matinee begins. Vintage Vegas at its best! Relive the days of Frank, Dean, and Sammy in this popular and entertaining Las Vegas Tribute Show. **Cost: \$69 pp**, includes transportation, Buffet lunch, \$10 Slot machine token, reserved seating and driver's gratuity. **Full payment due at registration** ().

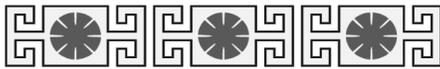
OKTOBERFEST—Platzl Brauhaus. October 20, 2015. Stop for coffee at the popular Platzl Brauhaus in Pomona NY. Enjoy delicious homemade donuts and Danish, enjoy a choice of Roasted Half Chicken, Roast Pork Platter, or Sauerbraten. Enjoy the German dancers and singers **Cost: \$87pp** Includes transportation, Festivities & Family-style Luncheon and driver's gratuity. **Full payment due at registration** ().

SALEM IN OCTOBER—A most bewitching tour. October 27, 2015. Travel to historic Salem MA and visit the House of Seven Gables, Lunch at the Victoria Station with a choice of Teriyaki Chicken, New England Baked Haddock, Marinated Steak Tips or Vegetarian Pasta Primavera. After lunch enjoy a guided tour of the Salem and Marblehead area including the Salem Witch Museum, Witch Trials Memorial, Million Dollar Mansions, and the "Spirit of 76" painted by A.M. Willard **Cost: \$114pp** Includes transportation, Admissions, Local Guide and Sightseeing, Luncheon and driver's gratuity. **Full payment due at registration** ().

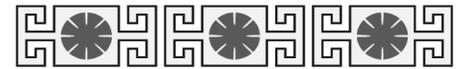
SHOW BOAT—Westchester Broadway Theater. November 12, 2015. This wonderful musical follows the lives, loves, and losses of a troupe of riverboat performers on the Mississippi River from 1890-1927. Timeless scores include Old Man River, Can't Help Lovin' Dat Man, and Make Believe. **Cost: \$99pp** Includes transportation, Lunch & Show and driver's gratuity. **Full payment due at registration** ().

RADIO CITY CHRISTMAS SPECTACULAR—November 20, 2015. Enjoy lunch at Carmine's for a family style meal of Pasta Du Jour and Chicken Parmigianino. After lunch see the 2014 edition of Radio City Christmas Spectacular starring the world-famous Rockettes. **Cost: \$169pp** Includes transportation, Admission to the Radio City, Lunch and driver's gratuity. **Full payment due at registration** ().





August 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Stir fry chicken and cup broccoli Brown rice Rye bread pineapple low fat milk</p>	<p>4</p> <p>Salisbury steak mushroom gravy Roasted potato Scandinavian blend Pumpernickel dinner roll Cranapple juice Marble cake low fat milk</p>	<p>5</p> <p>Oven fried chicken Macaroni and cheese Spinach Wheat bread apricots low fat milk</p>	<p>6</p> <p>3 oz pulled pork bbq sauce Wheat sandwich bun coleslaw fiesta blend Tropical fruit low fat milk</p>	<p>7</p> <p>Tomato soup crackers Tuna Salad & Cheese on grinder roll with mustard Tossed salad and ranch dressing Fresh fruit low fat milk</p>
<p>10</p> <p>Swedish meatballs Bowtie noodles Green beans Wheat dinner roll Peaches low fat milk</p>	<p>11</p> <p>Escarole and bean soup Crab cake/tartar sauce Confetti brown rice California blend Rye bread Fresh fruit low fat milk</p>	<p>12</p> <p>Cannelloni Cheese Pasta W/White Sauce Cauliflower & Zucchini Baked Tomato Half Italian Bread Chocolate Mousse W/ Whipped Topping Low fat Milk</p>	<p>3</p> <p>Pot roast/LS gravy Smashed potato Broccoli Pumpernickel dinner roll Fresh melon low fat milk</p>	<p>14</p> <p>Spinach grandoli Parmesan cheese Tossed Salad with cucumber and Italian dressing Garlic breadstick Pineapple low fat milk</p>
<p>17</p> <p>Mandarin chicken Vegetable fried rice Oriental blend Wheat bread Mandarin oranges low fat milk</p>	<p>18</p> <p>Hamburger au jus Wheat bun Ketchup Steak fries Coleslaw watermelon low fat milk</p>	<p>19</p> <p>Broccoli quiche Beets Green beans Wheat dinner roll Fresh fruit low fat milk</p>	<p>20</p> <p>Chicken noodle soup crackers Turkey/LS gravy Stuffing spinach 1 slice Rye bread Baked apple wedges low fat milk</p>	<p>21</p> <p>Seafood salad lettuce and tomato three bean salad 1 Portuguese roll Cranberry juice Iced yellow cake low fat milk</p>
<p>24</p> <p>Cream of carrot soup Light crunch fish Tartar sauce/lemon tossed salad Family grain bread Fresh fruit low fat milk</p>	<p>25</p> <p>Chicken cacciatore Bowtie pasta Cauliflower with parsley Italian bread Pineapple juice Ice cream cup low fat milk</p>	<p>26</p> <p>Meatloaf/LS gravy Baked potato Glazed carrots Multi grain bread Tropical fruit low fat milk</p>	<p>27</p> <p>Fresh ham/LS gravy Mashed sweet potato Bean blend Biscuit pineapple low fat milk</p>	<p>28</p> <p>Eggplant rolatini with cheese Penne pasta Spinach Garlic bread Melon low fat milk</p>
<p>31</p> <p>Spaghetti meat sauce Parmesan cheese Spinach salad Garlic bread Mixed fruit juice Italian ice low fat milk</p>			<p>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. to register (203) 891-4765.</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>

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
Basic Photography Chorus Creative Writing Line Dancing Tap Dance Yoga – Fridays	Will resume in fall	Due to limited space, some classes have to be postponed until September. We look forward to the classes resuming in the fall and to your return to the class.	
Art for Beginners Thursdays, 9:30-11:30am \$40.00, 8 wks	July 2 - August 20	Art for Beginners will teach you what you need to know about art elements. This is the one to begin with!	Graham Dale Room 6
Ballroom Moves Tuesday, 11:30—12:30pm \$20.00, 10wks	June 16– August 18	A fun and gentle cardio workout, learn new dance steps and elements. Keep the mind and body moving, no partner necessary.	Susan Woods Gym
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	July 2 – Sept 10	This class is for beginners of Bridge and those who want to learn the game. No class 8/6	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	July 10 – Sept. 18	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 7/3, 8/7	Al Pol Room 2
Fitness T/Th 9:00-10:00am \$25.00, 12 wks	July 2 – Sept 22	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. One class during Summer Camp.	Tara Graham Cafe
iPad Tuesday, 9:30-11:30am No Fee	August 11 - August 18	iPad class, by request. Free 2 week class for a more in depth look at iPad. Limit to 10 students	Kathleen Gorelick Computer Room
Laughter Yoga Wed 9:00am Free	Ongoing Free	If you love to laugh, join us! Laughter is truly the best medicine with over 50 proven health benefits. Feel great for free!	Connie Pino Cafe
MELT Wed 11:30am	Ongoing Free	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate a whole body. No class 7/8	Tara Graham Cafe Need kit to attend
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	July 14 – Sept 15	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:45-12:45pm FREE, 3 wks	Sept 10 – Sept 25	Tai-Chi has been known to improve balance and flexibility, as well as reduce fall risk among older adults. No class 9/4. Bring a Friend!	David Chandler Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	July 8 - Sept 23	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Café during the summer
Yoga – Mondays 9:15-10:30am \$60.00, 12 wks	Sept 14 - Dec 7	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 9/7	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$30.00, 6 wks	August 26 - Sept 30	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, 10:00—11:00am \$50.00, 10 wks	TBD	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed.	Andrea Cashman Senior Lounge
Zumba Gold Mon 11-12, Wed 11:30-12:30, Fri 10:45-11:45 1 class: \$30.00, 2+ class \$60	July 13 - Sept 30	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 9/7 or 9/25	Danielle Pettitt Room 15 during the summer
Zendoodle Wed 12:30am	Ongoing Free	Create beautiful images from repetitive doodles. Easy to learn and relaxing. No class 7/8	Tara Graham Cafe

Quick View of classes and activities - August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 11:00 am Chair Exercise 11:00 am Zumba Gold 11:00 am Ping Pong 1:00 pm Billiards	9:00 am Fitness 9:30 am Painting/Drawing 10:00 am Billiards 11:30 am Ballroom Moves 1:00 pm Social Bridge & Duplicate 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 11:15 am MELT 11:30am Zumba Gold 12:00 pm Ping Pong 12:30 am Zendoodle 12:45 pm Duplicate Bridge	9:00 am Fitness 9:30 am Art for Beginners 9:30 am Yoga Dance 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 11:45 am Tai-Chi 1:00 pm Bridge Intermediate

Special Events - August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 10: Summer Cook Out Aug 24: Afghan Ladies <hr/> Coming September: 29 Gifts: How a Month of Giving can Change Your Life Sept 14: Afghan Ladies	Aug 4: Parish Nurses Blood Pressure 9am Aug 4: Money Management 9:00-10:00am Aug 11: Summer Cook Out rain date Aug 11: iPad Aug 18: Money Management 9:00-10:00am Aug 18: iPad 9:30—11:30am	Aug 5: Legal Clinic , 9am Call for an Appointment August 12: Bobby Rydell Trip departs at 10:30am. Aug 12 : Summer Concert with the Bourbon Cowboys Aug 26: Mystery Trip	Aug 6: AARP Driving Course, 9:00am Aug 13: Wellnes 10:30am Aug 13: Lunch & Fun—Corn Husk Dolls 11:30am Aug 13: Summer Concert rain date	Aug 14: Movie of the Month <i>American Sniper</i> 1:00pm Aug 21: Book Club: <i>Leningrad Seige and Symphony</i> 2:00pm <hr/> Sept 25: Health & Safety Fair

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

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MILFORD, CT 06460

Current resident or

“ORANGE FRIENDLIES” - August 2015
Senior Services Coordinator—Dennis Marsh, 203-891-4784

Hot and Cold Lunches

The Orange Senior Center offers a hot lunch Monday through Friday. On Tuesdays and Thursdays a cold lunch option is also available. Lunch is served Monday through Friday, 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. To register (203) 891-4765.

Notary Public

Dennis Marsh is a Notary of Public for the State of CT. So if you need anything notarized, you can come to the senior center for this free service. Be aware he will follow the policy and procedures as established by the common practices of the other town notaries.

Orange Youth Services—Area Residents Need Jobs Help? Youth Services Job Bank Can Assist

The Orange Youth Services Job Bank provides a service of pre-screened students, ages 13-16, who can be employed by area residents to do a large variety of jobs such as yard work, garden help, attics/basements, raking, snow shoveling, small painting, party helper, tutoring, clerical assistance, mother's helper...and more. For further information, please call John Ulatowski, Orange Youth Services Coordinator, at 203-891-4785.

Transportation

The Town of Orange provides a transportation service for senior residents and handicap residents. This service runs Monday through Friday from 8:00 am until 4:00 pm. 24 to 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven and Hamden, and tries not to go to New Haven or Hamden after 3pm due to traffic. It is donation based—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call Kim Callahan (203) 891-4788 to schedule a ride.

Word from the Municipal Agent

September 14th at 1:00, in the Senior Lounge there will be a presentation on how you may qualify for extra money from Social Security. Orange has been identified as an under served community so I am inviting you to come and hear what it is all about. Call early to reserve your spot. Refreshments will be served.

Denise Stein, M.S., LPC
Elderly Outreach