



ORANGE FRIENDLIES

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



AUGUST 2014

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

The Summer Concerts are in full swing. Each show is better than the last. We have ice cream socials and are gearing up for a Summer Picnic, so get your ticket before they all go!. ♪ ♪ ♪

August brings Computer Fest 2014: 5 weeks, 5 tech classes all for free. Sign up early as space is limited. This month we will meet Mrs. Drinkwater and see if "All is Lost." We have begun to plan for the Annual Health & Safety Fair on September 26.

Please be aware that September's Lunch & Fun will be on Friday, September 5. Ned Skinnon is schedule to speak: Sports Talk, on whatever is going on in the world of sports at the time. Cabaret resumes on September 8 with Bill Kohler. Bill has been performing all around the area. He has been to Silverbrook here in Orange and also the Towers in New Haven. I have received nothing but positive feedback. So join us Monday September 8 from 1:30-3:00pm for an hour and half of free music and dessert.

Dennis Marsh
Senior Services Coordinator



A Word from the Director

A resident was interested in information from local colleges for free or reduced rates for seniors. What I found was:

Gateway Community College 20 Church Street New Haven, CT 06510 203-285-2010 Registration August 29, 2014 10am-12pm Room N100	Southern CT State University 501 Crescent Street New Haven, CT 06515 203-392-5200 Registration August 22, 2014 Wintergreen Bldg. 8am-11am
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Persons sixty-two and older are eligible to audit courses. You can also earn credit towards a degree. To do so, you would need to provide documentation of high school completion. Southern requires a registration fee of \$55 if you choose to take courses for credit. Gateway is free regardless if you are auditing class or taking it for credit. You must apply in person for either school and provide proof of age. There is a catalog for Gateway in my office and pre applications.

Joan Cretella - Director Orange Community Services

Summer Cookout

This year's *Summer Cookout* under the High Plains Pavilion will be held on Tuesday **Aug. 12** with a rain date of Wednesday, Aug 13 from 5 to 8 pm. Hot dogs and hamburgers will be grilled and served with salads, followed by dessert and coffee. "Good 2 Go" will perform. Tickets go on sale on July 1, for only \$15.

FREE! Summer Concerts—all ages welcomed

Are you ready for outdoor summer music. Orange Community Services is again scheduling 3 outdoor, all ages, shows in the Gazebo and we want you to come out for them! Orange Transportation is available to Orange seniors or disabled residents for the Wednesday night concerts. Call (203) 891-4788 for a ride. Bring your family and friends, and since it's free, bring your friend's family!

August 20, Wednesday 6-8pm—The Whiskey Boys—Bluegrass band. Rain date is Wednesday, August 27.

Thank you to our sponsors: Crunch Fitness, The Goddard School, Geico Insurance, Orange Visiting Nurses Association, Affordable Dentures, and Maplewood of Orange for making it all possible.



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **Aug. 5** from 10 – 11:30am for blood pressure screenings. The OVNA Blood Pressure check, 4th Thursday of the Month: **August 28** at OVNA.

AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **August 7**. 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.

Lunch & Fun!

Thursday, **August 14, 11:30am**, *Mrs. Drinkwater* is a one-woman show set in Boston, in the mid-1950's. Josie Drinkwater, she is a senior lady, widowed, and living with her daughter. There's a host of other folks who make up Josie's special neighborhood. The show is a comedy about family and friends, and the themes are universal. Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.

Book Club

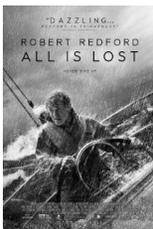
Come join us for our FREE Senior Center Book Club to be held the 4th Friday of each month—**August 22**, from 2:00-3:30pm in Lounge. One meeting a month. This month's title is The Nazi Officer's Wife: How One Jewish Woman Survived the Holocaust by Edith H. Beer

Money Management

Money Management Club, will meet once a month for July & August. The next meeting is Friday, **August 15** 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 of interest. This group is intended for entertainment purposes only.

Movie of the Month

Friday, **August 15**, 1:00pm, "**All is Lost**" Starring Robert Redford. After a collision with a shipping container at sea, a resourceful sailor finds himself, despite all efforts to the contrary, staring his mortality in the face. Popcorn & soda will be served. Call the Center to reserve a seat.



Wellness

Dr. Lahav will discuss **Arthritis and Joint Replacement** on Friday, **Aug 8**. He is sponsored by Constellation Health Services and Milford Health & Rehabilitation Center from 11:30am-12:30pm. Tuesday, **Aug 28**, Tara will discuss **Detoxify Your Personal Care Products** from 11:30am-12:30pm. Call to let us know you are coming at (203) 891-4784.

Ice Cream Social

Our annual Ice Cream Social will be **August 18**, 1:30—3:00pm. Sal Anastasio will sing and play the piano. We must limit this event to the first 80 people. To reserve a seat at this *free* event call the office at (203) 891-4784.



FREE Computer Fest 2014

Kathleen Gorlick will be on hand for 5 weeks, 5 classes, Wednesdays 9:30-11:30am from Aug 6 –Aug 27, & Sept 17. You can sign up for one or sign up for all; you decide what you want to take! Week # 1: Intro to Computers, #2 Internet, #3 Email, #4 Word, #5 iPhone & iPad. For iPhone & iPad classes, bring your own device. Class size is limited.



Ballroom Moves

You asked for it, you got it. Straight from the 2013 Survey request list, we will have a ballroom dance class called "**Ballroom Moves**" on **Tuesdays from 11:30-12:30am. July 1 through Sept 16 for 12 weeks** with Susan Woods for **only \$25**—what a deal!. Just RSVP at (203) 891-4784. You don't need a partner so there are no excuses not to join.

Billiards, Ping Pong, & Chess

Come Just 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. The Ping Pong plays Monday at 11:00 and Wednesday at 12:00. Chess plays Tuesday & Thursdays at 1:30.



MARY-ANN WHITE'S RECIPE OF THE MONTH

Mary-Ann is a realtor from Coldwell Banker. She makes homemade dessert for our Cabarets. Those who attend the Cabarets often ask for her recipes. She has been gracious enough to share them with us. Mary-Ann can be reached at (203) 589-3383

Key Lime Pie – it's pretty healthy, easy to make, no baking and you are not going to believe how good it is.

Ingredients:

- 1 (3 ounce) package lime gelatin
- 2 (6 ounce) cartons key lime pie yogurt
- 1 (8 ounce) carton frozen whipped topping, thawed
- 1 graham cracker crust (9")

Directions:

1. In a bowl, combine gelatin powder and yogurt.
2. Fold in whipped topping.
3. Spread into crust.
4. Refrigerate at least 20 minutes before serving.



TRIPS

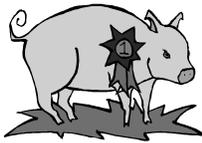
For day trips please make checks payable to "Treasurer, Town of Orange". Overnight and extended-stay trip checks are usually made out to the tour company.

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.

ODYSSEY LUNCHEON CRUISE – Tuesday, **August 12**. 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 \$85pp**. Includes transportation, cruise on Boston Harbor, driver's gratuity, and elegant luncheon. **Full payment due at registration** (). Departs from the Orange Congregational Church.

VILLA ROMA RESORT—Monday, **September 8-12**. Located in the beautiful Catskill Mtns, Callicoon NY. Enjoy three delicious meals a day, full days of scheduled activities, nightly entertainment of comedians, singers, and more! Indoor and outdoor pools and saunas, spa and salon, fitness center, pool tables, reduced green fees. On the way home stop at the Monticello Raceway & Casino. **Cost \$569pp** double. Includes transportation, accommodations, baggage handling, 11 meals, entertainment, dining & housekeeping gratuities, and driver's gratuity. ().

THE BIG 'E' FAIR – Springfield, MA. Wednesday, **September 17**. Connecticut Day at the Big E, "New England's Great State Fair," is the premier event each Fall with nearly one million guests passing through the gates every September. It is ranked among the top fairs in the country. **Cost \$47pp**; includes transportation, admission, and driver's gratuity. **Full payment due at registration.** (  )



DEAD MEN'S TALES—Tuesday, **September 23**. Enjoy a 90 minute walking tour that shows some of Newport RI's most historic pirate sites. After the tour, enjoy lunch at the Atlantic Beach Club. Free time to shop. **Cost \$89pp**; includes transportation, tour, lunch and driver's gratuity. **Full payment due at registration** (  ).



DOO WOP OLDIES SHOW—Tuesday, **September 30**. Starring the Rock & Roll legend The Clusters. Enjoy a family-style menu including snacks on arrival, garden salad, rolls, penna pasta, roasted potatoes, mixed vegetables, chicken carciofo, stuffed pork, and Italian rum cake. **Cost \$72pp**; includes transportation, tour, lunch and driver's gratuity. **Full payment due at registration** ().



KIKU, THE NEW YORK BOTANICAL GARDEN—Wednesday, **October 8**. Discover the exquisite beauty of *kiku*-meticulously cultivated chrysanthemums at the New York Botanical Garden. There will be time on your own for shopping and lunch on Arthur Avenue. **Cost \$66pp**. Includes transportation, driver's gratuity, and admission. **Full payment due at registration** (  ).

ALBUQUERQUE BALLOON FIESTA – Wednesday, **Oct 8—October 13** (6 days 8 meals). Highlights include: Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Loreto 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 \$2,399pp**, double. **Cancellation insurance is available** (  ).

AUTUMN IN LANCASTER—Wednesday, **October 15-17**. Enjoy two evenings at the Country Inn of Lancaster plus the show *Crazy for You* at Dutch apple Dinner Theater. Enjoy an Amish Farmlands tour, visit the Amish Quilt & Craft Shop, stop at Elva's Barnyard Studio, enjoy Lititz Downtown Shopping Area, see the Sight & Sounds Millennium Theater presentation of *Moses*, and a visit to the Longwood Gardens. **Cost \$455pp** double. Includes transportation, accommodations, 4 meals, admission to 2 shows, taxes, baggage handling, driver's gratuity, and tour director's gratuity. **Full payment due at registration** (  ).

OKTOBERFEST—Tuesday **October 21**. Enjoy a German meal at the East Side Restaurant with a choice of Jaeger Schnitzel, German Pot Roast, Sauerbraten, Burgermeister, knockwurst & bratwurst with sauerkraut chicken schnitzel or baked stuffed sole. The trip includes a scenic foliage train ride and German entertainment. **Cost \$87pp**; includes transportation, train ride, entertainment, and driver's gratuity. **Full payment due at registration** ().

SOUTH PACIFIC at WESTCHESTER THEATER—Thursday, **October 30**. Rogers & Hammerstein's award-winning musical based on James A. Michener's Pulitzer Prize-winning book "Tales of the South Pacific" is set on an island during WWII and tells two parallel love stories. Recognizable songs are "Some Enchanted Evening", "I'm Gonna Wash that Man Right Out of My Hair", and "There is Nothing Like a Dame". **Cost \$97pp** Includes transportation, lunch, driver's gratuity, admission to the show. **Full payment due at registration** ().

IT's ALL ABOUT THE 50's at COSTA AZZURRA—Thursday, **November 6**. Lunch is included, choice of: Sliced Sirloin Steak, Stuffed Sole or Chicken Parmesan. After lunch enjoy music by "Big John" Hartman as he performs the music of the 50's. **Cost \$35pp if you drive yourself or \$45pp with Transportation**. Transportation is limited to 12 seats. Includes lunch, and admission to the show. **Full payment due at registration** ().



August 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Lunch Program 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>		<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>1 whole grain Vegetable lasagna Caesar salad Garlic breadstick margarine pineapple low fat milk</p>
<p>4 Sliced pork/ LS gravy apple stuffing Mixed vegetables Applesauce garnish Grape juice Iced vanilla cake low fat milk</p>	<p>5 Philly cheese steak sandwich with pepper and onion Steak fries Green beans Mandarin oranges low fat milk</p>	<p>6 Ziti primavera with chicken Spinach salad with mushrooms and vinaigrette dressing Italian bread low fat milk</p>	<p>7 Cannelloni Cheese Pasta W/White Sauce Cauliflower & Zucchini Baked Tomato Half Italian Bread Chocolate Mousse 8 oz Low Fat Milk</p>	<p>8 Herb baked chicken Israeli couscous Fresh zucchini Wheat dinner roll peaches low fat milk</p>
<p>11 Tilapia with lemon and dill Oven roasted potato Spinach Rye bread Pineapple low fat milk</p>	<p>12 Beef and broccoli Brown rice Carrots marble rye bread Fresh fruit low fat milk</p>	<p>13 Spaghetti with Chicken meatballs Tossed salad with vinaigrette dressing slice Garlic bread cranberry juice Italian ice low fat milk</p>	<p>14 turkey/ LS gravy Baked sweet potato Green beans Cranberry sauce garnish Wheat bread margarine Peaches low fat milk</p>	<p>15Vegetarian vegetable soup with LS crackers Spinach quiche Three bean salad Wheat dinner roll grape juice Chocolate chip cookie low fat milk</p>
<p>18 Stuffed chicken supreme Wild rice pilaf country style vogs Rye bread margarine Fresh fruit low fat milk</p>	<p>19 Spinach grandoli ravioli parmesan cheese Tossed salad with cucumber Italian bread margarine Fruited jell-o low fat milk</p>	<p>20 Chicken Gumbo soup Crab cake/ tartar sauce Sweet potato fries Coleslaw Pumpnickel bread Pears low fat milk</p>	<p>21 Pot roast with LS gravy Mashed potato Fresh zucchini and yellow squash Wheat dinner roll Cranberry juice Carrot cake low fat milk</p>	<p>22 Cold cut grinder With turkey, ham and cheese, Lettuce and tomato on grinder roll Carrot/raisin salad Fruit cocktail low fat milk</p>
<p>25 Hamburger on wheat bun with ketchup Baked beans Carrots Pineapple juice Ice cream cup low fat milk</p>	<p>26 BBQ chicken Macaroni and cheese Green beans Wheat dinner roll Fresh fruit low fat milk</p>	<p>27 Sweet and sour pork Brown rice Oriental blend Enriched bread Mandarin oranges low fat milk</p>	<p>28 Grilled Hamburger Au Jus/Roll Cheese, L&T Summer Veg Blend German Potato Salad Blueberry Parfait Vanilla Pudding</p>	<p>29 Lightly breaded fish Mashed sweet potato Peas and pearl onions Herbed breadstick Mixed fruit juice Coffee cake low fat milk</p>

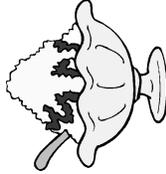
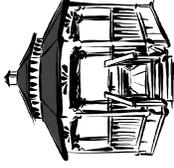
RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Aug 7 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 15
Afghan Ladies 4th Monday 1:00pm	Ongoing No fee	These volunteers help make Afghans for children in foster care. Need Yarn!	Clair Westerink Senior Lounge
Ballroom Moves Tuesday, 11:30—12:30pm \$25.00, 12wks	July 1– Sept 16	Free demonstration for the month of June. Classes begin in July. You don't need a partner!	Susan Wood Room 15
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	July 10 – Sept 11	This class is for beginners of Bridge and those who want to learn the game.	Al Pol Lounge
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	July 11– Sept 19	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class Aug 1	Al Pol Lounge
Chair Exercise 11:00am Monday, Wednesday & Friday	Ongoing No fee	This is a great form of exercise for seniors and for those with disabilities.	Sr Lounge & Cafe
Choir Friday 1:00 - 2:45pm	Resume in the fall	Join the senior chorus. All accepted. In Room 15	Tamara Witkin Marcus
Computer Fest Wednesday 9:30—11:30am 6 wks, No fee	Aug 6 - Aug 27, & Sept 15	Sign up for one or sign up for all: Week # 1: Intro to Computers, #2 Internet, #3 Email, #4 Word, #5 iPhone & iPad. You decide!	Kathleen Gorelick Computer Lab
Fitness T/Th 9:00am \$25.00, 12 wks	July 1 – Sept 18	This fun-filled class combines lightweight lifting, stretching, and balance which burns calories and improves health.	Tara Graham Cafe
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	Returns in Sept	Dancers form one or more lines and repeat a sequence of steps. Will resume in September	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks	July 1 – Sept 16	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Cafe
Tai-Chi Fridays, 11:30-12:30pm \$55.00, 11 wks	July 11 - Sept 26	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 7/4 or 8/29	David Chandler Room 15
Tap Dance Mondays, 10:00-11:00am \$50.00, 10 wks	Sept 8 - Nov 17	Set those feet dancing and feel the excitement of seeing a dance come together! Class will resume in the Fall. (5 classes Nov 24 - Dec 22 for \$25)	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	July 2 - Sept 17	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Cafe
Yoga – Mondays 9:15-10:30am \$30.00, 6 wks	Sept 10 - Nov 13	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 11/17	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	July 2 - Sept 17	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—10:30am \$50.00, 10 wks	Sept 11 – Nov 17	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class Oct 13	Andrea Cashman Senior Lounge
Zumba Gold Wednesdays, 11:00-12:00pm \$30.00, 8 wks	Sept 3 - Oct 22	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals.	Danielle Pettitt Room 15
Zumba Gold Fridays, 11:00-12:00pm \$30.00, 8 wks	Sept 5 - Oct 24	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals.	Danielle Pettitt Gazebo

Quick View of classes and activities - August 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 11:00 am Chair Exercise 1:00 pm Billiards	9:00 am Fitness 9:30 am Painting/Drawing 10:00 am Billiards 10:30 am Ballroom Moves 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 9:30am Computer Refresher 10:00 am Watercolor 10:15 am Yoga 11:00am Zumba Gold 11:00 am Chair Exercise 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	9:00 am Fitness 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 11:00am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Bridge Intermediate

Special Events - August 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Aug 18: Ice Cream Social— With Sal Anastasio 1:30pm Aug 25: Afghan Ladies 1pm 	Aug 5: Parish Nurses Blood Pressure Aug 12: Odyssey Trip Aug 12: Summer Picnic 5-8pm	Aug 6: Legal Clinic, Call for an Appointment Aug 6: Leadership Session 5 Aug 20: Summer Concert The Whiskey Boys— bluegrass band 6-8pm Rain date Aug 21 	Aug 7: AARP Driving Course, 9:00am Aug 14: Lunch & FUN — Mrs. Drinkwater 11:30pm Aug 28: Wellness: Detoxify Your Personal Care Products 12:30pm	Aug 8: Wellness: Dr. Lahav 11:30pm Aug 15 Money Management Club. 9:00am Aug 15: Movie of the Month All is Lost 1:00pm Aug 22: Book Club: <i>The Nazi Officer's Wife:How one Jewish Woman Survived the Holocaust</i> 2:00pm

**TOWN OF ORANGE
COMMUNITY SERVICES**

525 Orange Center Rd.
Orange, CT 06477

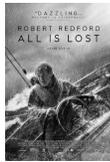


Current resident or

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

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