



# ORANGE FRIENDLIES

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



DECEMBER 2012

Senior Center Telephone: 203-891-4784

Check our new 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

Stop the presses! Hold the phone! The senior center will finally be having a Holiday Market! We are so excited to announce that our inaugural Holiday Market will be held Friday, December 14<sup>th</sup> from 10:00am to 3:00pm in the Senior Center Café. We have invited local crafters and retailers to display their products to make it easy to pick up those last minute holiday items. Or if you prefer, for all of your holiday shopping!

A big special thank you to CERT, the Church of the Good Shepherd, Orange Congregational Church, OCS Transportation Drivers, Maria Biondi of the OVNA, and everyone who helped out during Hurricane Sandy. The Emergency Shelter was up and running all week. People were able to come and stay warm, have a hot meal, shower and charge electronics.

Happy Holidays!

Dennis Marsh  
Senior Services Coordinator

## Call for Nominations for Living Treasure Awards

Nominations are currently being accepted through March 8, 2013 for the 2013 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, Town Hall, and can be printed from the town's website at [www.orange-ct.gov](http://www.orange-ct.gov), <http://orangeseniors.org/>, or Facebook/Orange Senior Center. The three individuals chosen will be honored at the Senior Center's Pasta Festa! on May 10, 2013. Nominees must be current residents of Orange and at least 65 years of age. As a volunteer, they must have demonstrated positive actions to improve the quality of life for individual residents or enhanced the Orange community. The 2012 honorees were Marianne Bauer, Joseph Cuzzocreo, and Charles Flynn.

## Holiday Cabaret



Hurricane Sandy spooked our Haunted Cabaret away. Therefore I have invited Dean & Marilyn to celebrate the holidays with us. The next Cabaret will be on Monday, **December 17** from 5:30 to 7pm. The entertainment will be David Alan & Tracy Lynn, two impersonators who will perform their Dean Martin and Marilyn Monroe show "Dean & Marilyn". This will be a Holiday Theme event with a **raffle!** Coffee and dessert, provided by Maria Biondi of the Orange Visiting Nurses Association, will be served at 5:30pm and music begins at 6pm. Tickets for October's Haunted Cabaret will be honored for this special event! Tickets are now on sale for \$5 pp and are only available in advance at the Senior Center!

## Bingo of the Month

The Bingo Sponsor for December is *Euro Home Care*. Bingo will be held on Thursday, **December 20** from 1 to 3 pm. Euro Home Care offers customized homemaker and companion services. Refreshments and a door prize are donated by the sponsor. Bingo is played each Thursday at this time.

## Holiday Dinner Dance

Grassy Hill Lodge will be decorated in its usual Holiday splendor again this year for our annual Senior Center Holiday Dinner Dance on Sunday, December 2 from 12 to 3:30. The Frank Porto Band will provide music for listening and dancing from 1 to 3:30. The menu choices are Prime Rib, Chicken Marsala, or Stuffed Shrimp. There will be a cash bar. The cost this year will again be \$20 per person thanks to the generosity of the Olga Fund of the Orange Foundation who gave us a grant to pay for the music and to reduce the price of the ticket. Payment and meal choice must be made at the time of reservation. Tables will seat 8 to 10 persons. If you wish to be seated with particular people, payment for the group must be made at the same time. Checks are made out to Treasurer, Town of Orange. Tickets go on sale November 1.



## Help Wanted!

**Attention Bingo Players:** We are looking for volunteers to help set up and call Bingo on Thursday afternoons. If you are willing to help out please call the office at (203) 891-4788.

## Youth Services Job Bank

**Youth Services Job Bank Can Help with Autumn Leaves, and other Needs.** 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, cleaning attics/basements, snow shoveling, painting, party assistance, tutoring, mother's helper, and more. For further information, please call John Ulatowski, Orange Youth Services Coordinator, at 203-891-4785.



## Hearing Screening with Dr. Susan Meissner

Dr. Meissner will be available December 18 from 9am to 11:00am to conduct hearing screenings in the Town Conference room. Call the office to schedule a time.

## Holiday Market

Inaugural Holiday Market will be held Friday, December 14<sup>th</sup> from 10:00am to 3:00pm in the Senior Center Café. The Market will assist the senior center members with their holiday shopping. Local vendors have been invited to have a table to sell their crafts and other items. For more information call the senior center at (203) 891-4784.

## Severe Weather Policy

### Orange Transportation vans

Will *not* be in service when the Orange Highway Department deems the roads to be dangerous. Our Transportation Coordinator, Kim Callahan, will notify WTNH8, Fox 61, and Cable Channel 12 of cancellations. If you have van transportation scheduled during inclement weather, be sure to watch any one of these stations.

### Senior Center Classes

Instructors are responsible for notifying their students of class cancellations.

If the Emergency Shelter is open then all Senior Center activities, events, and classes are cancelled.

## Blood Pressure Screenings with the Parish

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

## Membership Renewal for 2013

Current non-resident members of the center must renew their memberships for 2013 by January 1. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. Renewals can be made at the office or by sending a check made out to Treasurer, Town of Orange. All paid members receive the monthly newsletter and can take classes at the center, go on day trips and participate in all activities. There is no membership fee for Orange residents.

## Birthdays of the Month

We will be celebrating Senior Center members' birthdays for the month of November on **December 18**. 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, 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. Parking is available along the fairgrounds at the Community Center.

### 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: \$91pp includes transportation, entertainment, lunch, meal and driver's gratuities. **Waitlist.**



### 2013 TRIPS

**UCONN WOMEN @ GEORGETOWN IN WASHINGTON DC** – January 8–10, 2013 (3 days 4 meals). Stay at the Hyatt Place in Chantilly, VA. Enjoy an 85-item buffet dinner at Phillips Flagship Restaurant overlooking the Potomac River. Visit the Smithsonian Institution's newly renovated National Museum of American History. Dinner at Carmine's before going over to Georgetown to enjoy the game and cheer on the UCONN ladies! Finally enjoy a continental breakfast before visiting the Newseum—the free press in a free society telling the world's important stories. **Cost is \$421pp double** includes transportation, hotel, 4 meals, admissions, driver & tour gratuities. **Full payment due with reservation. Now Accepting registrations.** 

**Sold Out—HAWAIIAN CRUISE** – January 10 – 20, 2013. 11 days with 7 shore excursions. 

**MILLION DOLLAR QUARTET**—January 12, 2013 at the Bushnell Theater, Hartford. *If you liked Jersey Boys... You're going to Love this!* The new smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for one unforgettable night! Lunch at the Chowder Pot: choice of stuffed Breast of Chicken or Baked Stuff Scrod, potato, vegetable, salad, rolls coffee, tea, and dessert. **Cost \$130 pp.** includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation. Now Accepting registrations.** 

**BROADWAY—NEWSIES OR NICE WORK IF YOU CAN GET IT** (You Choose the Show) - February 27, 2013. Lunch in New York and then a show. You choose between two fabulous shows, either Disney's Newsies or Nice Work if You Can Get It. *Newsies* is a musical set in New York City at the turn of the century. A rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged "newsies," who dreams only of a better life far from the hardship of the streets. *Nice Work If You Can Get It*, a high-stepping new musical comedy extravaganza starring Matthew Broderick and Kelli O'Hara in a tale of playboys, politicians, bootleggers and leggy chorus girls, all running loose in a glorious Long Island mansion in the rip-roaring 1920s. **Cost for Newsies: \$173 pp and cost for Nice Work is \$188 pp.** Includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation. Now Accepting registrations.** 

## 2013 TRIPS continued

**ST PATRICKS DAY AT AQUA TURF**—March 12, 2013. “Forever Irish,” starring Andy Cooney plus the Andy Cooney Band, with the Irish Sopranos—Ireland’s Singing Sensation, and Darrah Carr Dance—Irish Step Dancers. Family-style luncheon menu of tossed salad, penne pasta, corned beef & cabbage, and baked scrod. **\$74 pp** includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation. Now Accepting registrations.** 

**WESTCHESTER THEATER – Guys & Dolls** – Wednesday, March 21, 2013. Winner of five Tony Awards including Best Musical! The show is set in the colorful world of New York in the mid 20th century. Populated by gangsters and gamblers, missionary dolls and beautiful showgirls, and has one of the great musical scores in the history of American theater! **Cost: \$95 pp** includes show, transportation, lunch, and driver gratuity. **Full payment due at registration.** 

**BEIJING CITY STAY** – April 8 – 17, 2013 (9 days, 15 meals). Experience the beauty and intrigue of one of the most fascinating cities in the world. You will visit the Beijing Zoo famous for their pandas, Tiananmen 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 \$2,499pp double. A \$250pp deposit due at registration. Cancellation insurance is available for \$220. A passport is required.** 

**PAT BOONE @ Garde Arts Theater** —April 10, 2013. The entertainment icon autobiographical one-man show in which he sings his hits and tells stories of his 50+ years in show business. Pat shows why he is still one of the all-time greats. \$90pp includes transportation, admission. **Full payment due with reservation which begins Jan 1.** 

**THE DUPREES** – May 7, 2013 at the Aqua Turf. Musical interpretations of the most beautiful love songs. Family style lunch menu includes salad, pasta, chicken armigianino, roast pork loin with gravy, vegetable, potato, rolls, dessert & beverage. **Cost \$85 pp.** includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation which begins Jan 1.** 

**ELVIS IN BLUE HAWAII**—June 13, 2013 at the Tekoa Country Club starring Brian Weldon. 2005 CSRA Elvis Impersonator Contest Finalist Brian Weldon uses authentic costumes and performs over 40 Elvis songs. Family style lunch with salad, vegetable, sausage and peppers, garlic mashed potatoes, green beans, chicken franchise, potroast, dessert, coffee or tea. Cost includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation begins Jan 1.** 

**CAPE COD OVERNIGHT**— June 24—26, 2013. Cape Cod trip staying in the historic district of Falmouth at the Shoreway Acres Resort Inn. Enjoy a Cape Cod theme reception, Dinner at the Coonamesett Inn, a day at Martha’s Vineyard, visit the Heritage Plantation, lunch at the Daniel Webster Inn, and more. Cost is \$437 pp for a double; includes transportation, hotel accommodations, taxes and baggage handling, dinner, ferry, and admission where applicable. **Full payment at registration which begins April 1.** 

**BOSTON POPS @ TANGLEWOOD**—TBD 

**ALL YOU CAN EAT LOBSTER & COMEDY SHOW @ DELANEY HOUSE** – Wednesday, July 10, 2012. Cheese and vegetable platter, shrimp cocktail, all you can eat lobster, plus beef tips with noodles, seafood newburg, chicken cordon blue, bread, dessert, and beverage. Andre & Cirell will entertain with music and comedy. **Cost: \$91 pp** includes transportation, dinner, entertainment, and driver gratuity. **Full payment at registration which begins April 1.** 

**BLOCK ISLAND**—July 24, 2013. This tiny island was first settled in 1661. Today it is as much as it was 100 years ago—unspoiled, unhurried, a soothing contrast to the pressures of the mainland. Start with an Island Tour along sandy beaches, hilltops and beautiful vistas. Lunch at the

National Hotel. Meal choices are New England clam chowder or salad, choice of baked scrod, pan fried chicken breast, poached salmon, blue lump crab cakes, or pasta pomodori. **Cost \$TBD pp** includes transportation, lunch, tour and driver’s gratuity. **Full payment at registration which begins April 1.** 

**LAKE GEORGE, NY**— August 21-23, 2013. Involving the horses at Saratoga. Details to follow. **Full payment at registration which begins April 1.** 

**PROVIDENCE WATERFIRE**—August 2013. Early dinner at Legal Seafood in Warwick, RI, then to the award-winning sculpture by Barnaby Evans installed on the three rivers of downtown Providence. WaterFire’s sparkling bonfires, fragrant scent of aromatic wood smoke; truly a treat for the senses. Dinner includes Caesar salad with chicken or shrimp, baked scrod, and fisherman’s trio. Cost \$85pp includes transportation and dinner. **Full payment at registration which begins April 1.** 

**SHADES OF IRELAND** – September 15 – 24, 2013 (10 days, 13 meals). Travel the Ring of Kerry, one of 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, 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.** 

**THE BIG ‘E’ FAIR** – Wednesday, September 18, 2013. Connecticut Day at the Big E, “New England’s Great State Fair”. **Full payment is due at registration which begins April 1.** 

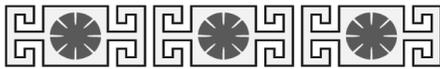
**REFLECTIONS OF ITALY** – Sept. 23—Oct. 2, 2013 (10 days 14 meals). Revel in the magic of this famed destination as you set out on a comprehensive tour that features Rome, Venice and Florence. Explore Rome’s rich history, including a guided tour of the Coliseum. Visit one of Chianti’s treasured wineries complete with a stop at a Medieval Castle. Relish the charm of Venice amid its canals and architecture. **Deposit due at registration. A passport is required.** 

**OKTOBERFEST** – 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. **Full payment is due at registration which begins June 3.** 

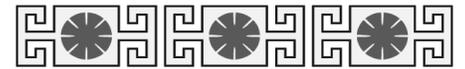
**MYSTERY TRIP** – Leaves of Many Flavor! Wednesday, October 15, 2013. Cost TBA. **Full payment is due at registration which begins June 3.** 

**SLEEPY HOLLOW** – October 23. See Sunnyside, the home of America’s beloved author, Washington Irving who wrote “The Legend of Sleepy Hollow” and “Rip Van Winkle”. Stop at Union Church containing the stain glass by Henri Matisse. Dine at Sunset Cove with a choice of Chicken Picatta or Bowtie Primavera, including mixed salad, fruit platter coffee and tea. Cost TBA. **Full payment is due at registration which begins June 3.** 

**THE LION SLEEPS TONIGHT** – October 15, 2013. Acappella Doo Wop hits from where it all began... under the Street Lamp! With the legendary Tokens, Angels, and Jimmy Clanton all in one show for one day at Garde Arts Theatre in New London. Cost \$86. **Full payment is due at registration which begins June 3.** 



# DECEMBER 2012



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>3</b> baked ham with LS gravy scalloped potato peas and carrots rye bread margarine baked apple low fat milk</p>	<p><b>4</b> New England Clam Chowder unsalted crackers cake with tarter sauce brown rice pilaf coleslaw oat bread margarine Seasonal fresh fruit low fat milk</p>	<p><b>5</b> hamburger with onions and mushrooms baked beans green beans wheat burger roll margarine pineapple tidbits low fat milk</p>	<p><b>6</b> cranberry juice hot open turkey sandwich with LS gravy on wheat bread roasted sweet potato broccoli and cauliflower margarine brownie low fat milk</p>	<p><b>7</b> herb baked chicken leg quarter orzo grilled winter vegetables multi grain roll margarine mandarin oranges low fat milk</p>
<p><b>10</b> pineapple juice baked tilapia with lemon dill sauce confetti brown rice spinach 12 grain bread chocolate pudding low fat milk</p>	<p><b>11</b> lasagna roll with meat sauce tossed salad with tomato and Italian dressing garlic bread orange jell-o with peaches low fat milk</p>	<p><b>12</b> orange juice roast beef with LS gravy baked potato with sour cream Scandinavian vegetables wheat bread low fat milk</p>	<p><b>13</b> oven fried chicken quarter macaroni and cheese green beans buttermilk biscuit apricots low fat milk</p>	<p><b>14</b> Italian wedding soup unsalted crackers broccoli quiche sliced zucchini wheat dinner roll Seasonal fresh fruit low fat milk</p>
<p><b>17</b> meatloaf with LS gravy mashed potato baked fresh acorn squash 100% whole wheat bread margarine pears low fat milk</p>	<p><b>18</b> chicken teriyaki brown rice oriental blend vegetables oat bread margarine low fat milk</p>	<p><b>19</b> minestrone soup unsalted crackers lite crunch fish with lemon and tarter sauce roasted potatoes stewed tomato multi grain roll Seasonal fresh fruit low fat milk</p>	<p><b>20</b> Eggnog Chicken Cordon Bleu w/LS cream sauce mashed sweet potato roasted vegetables Pumpnickel raisin roll margarine Chocolate Layer Cake low fat milk</p>	<p><b>21</b> grape juice whole grain spaghetti with marinara sauce chicken meatballs Italian bread Caesar salad with vanilla pudding with strawberries low fat milk</p>
<p><b>24</b> Closed For Christmas No Lunch </p>	<p><b>25</b> Closed For Christmas No Lunch </p>	<p><b>26</b> cream of carrot soup unsalted crackers BBQ chicken black beans and corn collard greens wheat bread Seasonal fresh fruit low fat milk</p>	<p><b>27</b> pot roast wit LS gravy mashed potato Tuscan blend vegetables rye bread applesauce low fat milk</p>	<p><b>28</b> fish Florentine with lemon brown rice baby Belgium carrots multi grain roll margarine tropical fruit cocktail low fat milk</p>
<p><b>31</b> Closed For Christmas No Lunch </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

## Quick View of classes and activities - December 2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:15 am Yoga 10:00am Mah Jongg Class 10:00am Tap Dance II 11:00 am Chair Exercise 1:00pm Tap Dance I 1:00 pm Billiards 1:00 pm Wii Bowling	8:45 am Fitness 9:00 am Zumba Gold 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 10:10am Body Sculpturing 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor II 10:15 am Yoga 12:00 pm Ping Pong 12:45 pm Duplicate 1:30 pm Advanced Internet	8:45 am Fitness 9:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00pm Informal Art Studio 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:30 pm Intermediate Bridge Lessons

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

## Special Events - December 2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Dec 17: Holiday Cabaret with Dean & Marilyn Dec 24: Closed—Christmas Eve Dec 31: Closed at 1:00pm New Year's Eve	Dec 4: Parish Nurses Blood Pressure Screening 10:00am Dec 4: Vienna Boys Choir Dec 18: Birthdays of the Month, 11:30am Dec 18: Hearing Screenings Dec 25: Closed for Christmas	Dec 5: Legal Clinic, Call for an Appointment Dec 5 & Dec 12: ILR US Relations	Dec 6: AARP Driving Course, 9:00am Dec 6: Lunch & Learn OVNA & Vitas Dec 20: Lunch & Learn 2 Grace Durgin <i>WWII</i> <i>Memorabilia—Home</i> <i>Front &amp; War Front</i> 11:30am	Dec 14: Holiday Market 10-3 Dec 21: Holiday Classic Movie—"Holiday Inn" 1pm        Dec 2: <u><b>Sunday</b></u> Holiday Dinner Dance @ Grassy Hill Lodge 12—3:30

<b>Class</b>	<b>Date</b>	<b>Description</b>	<b>Instructor</b>
AARP Driver's Safety First Thursday, 9:00-1:00pm	Dec 6 By Reservation	Course can earn seniors a discount on their driver's insurance. AARP members \$12, Non-members \$14	AARP Instructor Room 2
Body Sculpting Tuesdays, 10:10-11:00 \$50.00, 10 wks	Feb 5 – Apr 9	Build strength as well as muscle tone by working with light dumbbells and slowly progressing to heavier ones over time. Also includes a lot of balance work.	Florene Nichols Room 15
Bridge – Intermediate Fridays, 1:30-3:30pm \$60.00, 12 wks	Jan 4 – Mar 22	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned.	Al Pol Senior Lounge
Chair Exercise Monday & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities.	Mary Jewell Senior Lounge
Computers—iPhone Wednesday 9:30—11:30 \$40.00, 6 wks	Feb 6 - Mar 27	If you own an iPhone or have ever considered getting one, then this class is for you. Learn the popular features that go underutilized. No class 3/6, 3/13.	Kathleen Gorlick Computer Lab
Computers—iPad Wednesday 9:30—11:30 \$40.00, 6 wks	Apr 3 - May 8	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 Gorlick Computer Lab
Fitness T/Th 8:45-9:45, 10:00-11:00 \$25.00, 12 wks	Jan 3 – Mar 26	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health.	Mindy Leventhal Gym
Informal Art Studio Thursday 1:00 – 3:00pm	On going	Like working in a creative environment? This group is for you; bring your ideas & inspiration.	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.	Evelyn Hahn Gym
Mahjong Monday, 10:00 am \$25.00 4 wks	Jan 7 - Jan 29	For new students or those in need of a refresher. Rhea will teach by the "International Mah Jongg Association" rules.	Rhea Savell Cafe
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Jan 8 – Mar 12	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	Jan 11 – Apr 5	Tai-Chi been shown to improve balance and flexibility, as well as reduce fall risk among older adults.	David Chandler Gym
Tap Dance I Mondays, 1:00-2:00pm \$50.00, 10 wks	Jan 7 – Mar 25	Catch the rhythm and learn the basics of tap dancing while having fun exercising. No class 1/21, 2/18	Marge Gloria Room 4
Tap Dance II Mon, 10:00-11:00, \$50.00, 10wks	– Mar 25	Set those feet dancing and feel the excitement of seeing a dance come together. No class 1/21, 2/18	Marge Gloria Room 4
Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks	Jan 2- Mar 20	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 \$40.00, 10 wks	Feb 4 – Apr 22	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 2/18	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Jan 9- Mar 27	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	Feb 5- Apr 9	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	Feb 7 – Apr 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

**TOWN OF ORANGE  
COMMUNITY SERVICES**

525 Orange Center Rd.  
Orange, CT 06477



Return Service Requested

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**“ORANGE FRIENDLIES” - DECEMBER 2012**  
**Senior Services Coordinator—Dennis Marsh, 203-891-4784**

<p><b><u>Lunch &amp; Learn</u></b> <b>December 20</b>, 11:30am to 1:00pm, Grace Durgin will present memorabilia from “<i>World War II: The Home Front &amp; War Front</i>”. Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be served. Call the center to register . <b>All are welcome!</b></p>		<p><b><u>Friday at the Movies Goes Christmas Classic! – December 21</u></b>, at 1:00pm, “<b>Holiday Inn</b>”. At an inn which is only open on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer. Starring Bing Crosby, Fred Astaire, and Marjorie Reynolds. Call the center to let us know you are coming.</p>	
<p><b><u>Blood Pressure &amp; Hypertension Screenings</u></b> Griffin Hospital Outreach and Valley Parish Nurse Mobile Van will be at the HPCC the first Tuesday of the month, <b>Dec 4</b>, 10:00 – 11:00 for blood pressure screenings. The OVNA offers screenings at 605A Orange Center Rd Thursday, <b>Dec. 27</b>, 1:00 – 2:00 pm.</p>	<p><b><u>Birthdays of the Month</u></b> Come celebrate members’ birthdays for the month on <b>December 18</b> 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><b><u>Holiday Market</u></b> Inaugural Holiday Market will be held Friday, <b>December 14<sup>th</sup></b> from 10:00am to 3:00pm in the Senior Center Café. Local vendors have been invited to sell their crafts. For more information call the senior center at (203) 891-4784.</p>	
<p><b><u>Lunch Program</u></b> The Orange Senior Center hosts a congregate meal program Mon. through Fri., 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><b><u>Holiday Cabaret</u></b> <b>December 17</b> from 5:30 to 7pm. David Alan &amp; Tracy Lynn, two impersonators who will perform as <i>Dean &amp; Marilyn</i>. This will be a Holiday Theme event, so come in your favorite holiday clothing and maybe win a prize. Tickets for October’s Haunted Cabaret will be honored for this special event! Tickets are \$5.00.</p>	