



ORANGE FRIENDLIES

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



DECEMBER 2013

Senior Center Telephone: 203-891-4784

Check our new website for all senior center activities: www.orangeseniors.org



Mission Statement: The Orange Senior Center provides activities that promote independence, creativity, physical and emotional health, and lifelong learning for residents over the age of 55.

WORD FROM THE SENIOR SERVICES COORDINATOR

Have you ever wondered about the mural in the Senior Café? It was created in 1995 by Doris Malota, Ann Iaquinto, Bernice Mathisen, Pearl Weinstein, Mildred Schultz, and Mary Jewel. From Ann's childhood memories, she painted the buildings in Orange—"Main Street". Bernice's impression of Orange is one of open space so she painted the four seasons. Pearl climbed a chair to paint the blossom in the upper right corner while Mildred painted the beech trees. And lastly Mary painted the flowers in front. I hope you take the time to enjoy their beautiful work.

Thank you to all who took the time to complete a survey. We will be collecting surveys until December 31. If you need a copy just call or stop by the Senior Center office.

Happy Holidays!

Dennis Marsh
Senior Services Coordinator

A Word from the Interim Director

Greetings!!! Another month has flown by! Thanksgiving has come and gone. Fall is slipping by with winter at our door. I hope you all remembered to have your flu shots. Ladies don't forget to take advantage of the free mammography offered by Yale New Haven Hospital mammography van rolling into the senior center on December 2, 2013. I hope you enjoyed your month and continue to take advantage of the many offerings sponsored by the senior center. I have had the pleasure of meeting many of you this past month. Stop by my office anytime. My door is always open! Have a great December and Happy Holidays!!

Joan Cretella
Interim Director

2nd Annual Holiday Market

The 2nd Annual Holiday Market will be held Friday, **December 6** from 10—3pm in the Senior Café. Be sure to shop the market for some unique and special gift ideas for this holiday season. Call the office for more information.



Teen Tech Talk



Tuesday, December 10 pm Rabbi Wainhaus and the Congregation Or Shalom Amity High School Teens will offer personalized help with iPhone, iPad, and laptop computers. I have upgraded the senior center wifi, so take advantage of this special opportunity to learn how to use these technical devices.

Holiday Dinner Dance

Come join us at the Grassy Hill Lodge for our annual Senior Center Holiday Dinner Dance on **Sunday, Dec. 8 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 payable to Treasurer, Town of Orange. Tickets go on sale Nov 1.

Call for Nominations for Living Treasure Awards

Nominations are currently being **accepted through March 7, 2014** for the 2014 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, www.orangeseniors.org or Facebook/Orange Senior Center. The three individuals chosen will be honored at the Senior Center's Pasta Festa! on May 9, 2014. 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 2013 honorees were Nancy Becque, Patricia Miller, and James White.

Lunch & Learn—Storyteller

December 12, from 11:30am to 1:00pm. **Stories from the Stuebaker and other Cars we Loved**". Todd Goodwin will present a one hour long "campfire" storytelling session. This unique experience should be a lot of fun!. 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.



AARP Driving has been revised!

The AARP Driver's Training course has been revised by AARP. A new curriculum has been developed and the price has increased. The cost of the "AARP Smart Driving Course" will be \$15 for AARP members and \$20 for non-members. The new course begins Jan. 1, 2014. So be aware, if you sign up for Dec. courses, you would pay the 2013 rate of AARP members \$12, Non-members \$14. So why wait?



Movie of the Month

Friday, **December 20**, 1:00pm, **"The Great Gatsby"**. An adaptation of F. Scott Fitzgerald's Long Island-set novel, where Midwesterner Nick Carraway is lured into the lavish world of his neighbor, Jay Gatsby. Popcorn & soda will be served. Call the center to let us know you are coming.



Membership Renewal Time

Current non-resident members of the center must renew their memberships for 2014 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.

Bereavement Group: Finding Comfort in Our Time of Loss

Coping with the loss of a loved one has no set time frame. There are moments when we seem to be managing just fine and then there are moments when we continue to struggle. Holiday, lifecycle events, and everyday living can at times feel overwhelming. Please come join us as we support one another in a shared loss. Laughter and tears are both welcome. Jan Cowles, facilitator, is the Bereavement Coordinator for Constellation Hospice here in Orange. The group meets bi-weekly, Dec. 3, and Dec. 17, from 10—11:30am room 2 at the Senior Center. Call Jan to let her know you are coming at 203-497-3888.

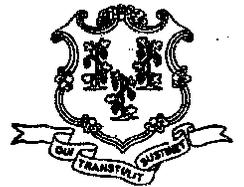
Senior Center Holiday Party



Another fabulous free event—Monday, **December 16**, from 1:30 to 3:00pm. **Tom Hanford** will play a wide assortment of holiday songs on his fiddle. We will also award the \$50 gift certificate to the winning organization for the Holiday Door Decoration contest. Coffee and dessert will be available. Call the center

Meet your State Representatives

Monday, **December 9**, from 12:00 to 1:00pm. **CT State Representatives Kalrides, Davis, and Maroney** will speak on the issues facing our state. A great opportunity to hear from the decision makers themselves. Coffee and dessert will be available. Call the center to let us know you will be attending.



7th Annual Door Decorating Contest

Clubs, Community Groups, Civic Organizations, Schools and Town Departments are invited to decorate one of the hallway doors at the Community Center for the annual Holiday Door Decorating Contest. Stop by the Community Center and vote for your favorite door. Voting will take place between Dec. 3 and 13. A prize will be awarded to the winning organization.

TRIPS

Please be sure to notice the enclosed sheet of Trips for 2014.

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.

2013 Trips

CHRISTMAS WITH KENNY & DOLLY – Chicopee Ma. Tuesday, December 3, 2013. Two shows at the Hu Ke Lau: 1) Hawaiian Christmas, 2) See Marty Edwards as Kenny Rogers, Sandy Anderson as Dolly Parton. Includes transportation, driver's gratuity, 2 shows and lunch. Choice of Baked Scrod or Prime Rib of Beef. Cost \$75. **Full payment due at registration. Begins September 2.** (👟)



CHRISTMAS WITH THE DICKENS – Tuesday, December 10, 2013. **CANCELLED**

2014 Trips

UCONN WOMEN'S BASKETBALL @ RUTGERS—Sunday, January 19, 2014, travel with us to the Rutgers Athletic Center to see the Women Huskies take on the Scarlet Knights. Cost \$59. Includes transportation, driver's gratuity, admission to the game. **Full payment due at registration** ( ).

"BACKYARD PARADISE" CT FLOWER SHOW – Thursday, February 20, 2014 (snow date 2/21/14). Travel to the CT Convention Center in Hartford for the 33rd Annual CT Flower Show. Stop for lunch at the Chowder Pot with choice of Prime Rib, Baked Stuffed Scrod, or Chicken Cutlet Parmesan. Cost \$75. Includes transportation, lunch, driver's gratuity, admission to the flower show. **Full payment due at registration** (  ).

ESCAPE TO SOME SUN @ MOHEGAN SUN—Tuesday, February 25-26, 2014. At Mohegan Sun every turn leads to a new adventure with an indoor 7-story waterfall, the world's largest and most spectacular planetarium dome and the awe-inspiring Wombi Rock. Includes a bonus package of 2 \$15 food coupons, 2 \$10 free bets. Cost \$163pp double. Includes transportation, lunch, driver's gratuity, admission to the flower show. **Full payment due at registration** (  ).

ISRAEL: Biblical Journey – March 19-27, 2014 (9 days 15 meals). Enjoy Israel on a comprehensive tour that features Jaffa, Caesarea, Nazareth, Cana, Tiberias, Sea of Galilee, Capernum, Golan Heights, Caesarea Philippi, Mount Tabor, Bethlehem, Jerusalem, Mount of Olives, Mount Zion, Western Wall, Via Dolorosa, Garden Tomb and so much more. **Cost is \$3,399pp with early booking discount, double occupancy. Cancellation insurance is available. A passport is required.**(  ).

St Patrick's Day trip—DUBLIN CITY RAMBLERS @ FOXWOODS—Wednesday, March 19, 2014. See Ireland's #1 Ballads/Folk group of the year on a limited engagement US Tour. Cost \$64. Includes transportation, Foxwoods Bonus Package, Buffet Lunch, driver's gratuity, reserved seating. **Full payment due at registration** (  ).

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 Parmigiana. 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. Featuring all the hit classic you love! 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** ().

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.** (  ).

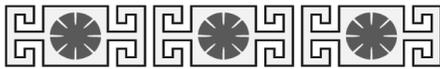
THE RIDE—Monday April 21, 2014. Start off with a stop at Eataly, a 50,000 square foot space which features multiple restaurants, a microbrewery, pizzeria, year-round rooftop beer garden and more. Lunch is on your own. In the afternoon, combining entertainment and tourism, The Ride drives through NYC. 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, Penna 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** ().

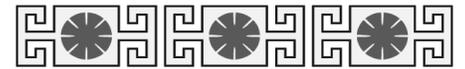
SOUTH DAKOTA AND THE BADLANDS – May 27—June 2, 2014 (7 days 10 meals). Trip presentation with a Collette rep will be on Nov 4, 2013 at 4:00pm in the Senior Lounge. Experience South Dakota Black Hills and Badlands featuring an 1880 train, Black Hills Gold, Crazy Horse Memorial, Needle Highway, Custer State Park, a Chuckwagon Supper, Hot Springs, Deadwood, Badlands National Park, and Wall Drug Store. **Cost is \$1,999pp, double occupancy with early booking discount. 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 Lobsterbake dinner. Cost \$452 pp double. Includes transportation, overnight accommodations, 4 meals, admissions, and driver's gratuity. **Deposit due at registration** (  ).

GREECE – Sept. 28—Oct. 12, 2014 (15 days 23 meals). **Cost is \$4,299pp with early booking discount, double occupancy. Cancellation insurance is available. A passport is required.**(  ).



December 2013



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>BBQ chicken quarter Baked beans Coleslaw Biscuit Margarine mandarin oranges Low fat milk</p>	<p>3</p> <p>Pot Roast/L.S. Gravy Potato Latke Applesauce Garnish Carrots Rye Bread Jelly Donut 1 tsp Margarine 8 oz Low Fat Milk</p>	<p>4</p> <p>Cheeseburger on wheat bun ketchup Sweet potato fries Green beans Fresh fruit low fat milk</p>	<p>5</p> <p>Sliced turkey with LS gravy Herb stuffing oat bread Margarine orange juice oatmeal raisin cookie low fat milk</p>	<p>6</p> <p>Tomato Basil Soup Spinach quiche Zucchini whole wheat bread margarine fruit cocktail low fat milk</p>
<p>9</p> <p>Salisbury steak with LS gravy Smashed potato Mixed vegetables oat bread margarine Fresh fruit low fat milk</p>	<p>10</p> <p>Lentil soup/LS crax Vegetable omelet Roasted potato Grilled vegetables Multigrain bread Margarine peaches low fat milk</p>	<p>11</p> <p>Chicken with broccoli and cheese Brown rice Carrot Dinner roll margarine Cranberry juice Apple strudel low fat milk</p>	<p>12</p> <p>Spaghetti with meatballs California blend vegs Parmesan cheese garlic breadstick Margarine pineapple tidbits low fat milk</p>	<p>13</p> <p>Salmon W/Honey Mustard Sauce Orzo Green beans rye bread margarine fruited jello low fat milk</p>
<p>16</p> <p>Eggplant rolatini Penne pasta with sauce Tossed salad with cucumber and Italian dressing Parmesan cheese Italian bread Margarine peaches low fat milk</p>	<p>17</p> <p>Herb roasted chicken thigh Baked sweet potato summer spring blend Rye bread Margarine Apple juice coffee cake low fat milk</p>	<p>18</p> <p>NE clam chowder/LS crax Seafood salad on bed of lettuce with tomato and pasta salad oat bread margarine apricots low fat milk</p>	<p>19</p> <p>Beef Wellington Twice Baked Potato Peas and Mushrooms Dinner Roll Margarine Holiday Cake Low Fat Milk</p>	<p>20</p> <p>Sweet and sour pork Lo Mein Oriental blend vegs wheat bread margarine Fresh fruit low fat milk</p>
<p>23</p> <p>oven roasted chicken leg quarter Mashed potato Carrot Wheat dinner roll margarine mixed fruit juice BIRTHDAY CAKE low fat milk</p>	<p>24</p> <p>Pot roast with LS gravy Bowtie noodles Baked acorn squash Pumpernickel bread margarine Fresh fruit low fat milk</p>	<p>25</p> <p>HOLIDAY SENIOR CENTER CLOSED</p> 	<p>26</p> <p>Split pea soup/ LS crax Crab cake with lemon and tarter sauce Confetti brown rice Scandinavian blend vegs wheat bread margarine fruit cocktail low fat milk</p>	<p>27</p> <p>Fresh ham w/ LS gravy baked potato/ sour cream green beans 100% whole wheat bread margarine cranberry juice rice pudding low fat milk</p>
<p>30</p> <p>Tuna Salsa Verde Bean blend vegs whole wheat bread margarine Blended fruit juice Vanilla pudding with strawberry topping low fat milk</p>	<p>31</p> <p>Roast pork with LS gravy Scalloped potato Spinach Applesauce garnish Dinner roll margarine Pineapple 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>	

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Dec 5 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$12, Non-members \$14	AARP Instructor Room 2
Bereavement Group Tuesday 10:00—11:30am No cost, bi-weekly	Dec. 3 & 17 Jan 7 & 21 Feb 4 & 18	Coping with the loss of a loved one has no set time frame. Join us for a bi-weekly support group. No charge. Pre-register @ 497-3872	Jan Cowles Constellation Hospice Rm 2
Bridge—Beginners Thursday 1:00—3:00 \$60.00, 10 wks	Jan 2— Mar 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	Jan 3 – Mar 7	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 Monday & Friday 11:00am	Ongoing No fee	This is a great form of exercise for seniors and for those with disabilities.	Mary Jewell Senior Lounge
Fitness T/Th 8:45 & 10:00 \$25.00, 12 wks	Jan 2 – Mar 25	This fun-filled class combines lightweight lifting, stretching, and balance which burns calories and improves health.	Mindy Leventhal Gym
Computers—iPad Wednesday 9:30—11:30 \$25.00, 4 wks	May 7 - May 28	If you own an iPad or have considered getting one, then this class is for you. Learn the popular features that go underutilized.	Kathleen Gorlick Computer Lab
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	On going No fee	Dancers form one or more lines and repeat a sequence of steps, executing the steps at the same time.	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks	Jan 7 - Feb 25	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	Jan 3 - Mar 21	Tai-Chi has 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 6 - Mar 24	Catch the rhythm and learn the basics of tap dancing while having fun exercising. No class 1/20	Marge Gloria Room 15
Tap Dance II Mondays, 10:00-11:00, \$50.00, 10 wks	Jan 6 - Mar 24	Set those feet dancing and feel the excitement of seeing a dance come together. No class 1/20	Marge Gloria Room 15
Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks	Jan 8 - Mar 26	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	Jan 6 – Mar 10	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 1/20	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Jan 8 - Mar 26	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	Jan 2 – Mar 6	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. Movement to global music for joyful physical activity and healing.	Andrea Cashman Senior Lounge
Zumba Gold Fridays, 10:30-11:30am \$20.00, 6 wks	Jan 3- Feb 7	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to be easy to follow by all individuals.	Brooke DeRosa Room 15

Quick View of classes and activities - December 2013

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00am Tap II 11:00 am Chair Exercise 1:00pm Tap I 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 II 10:15 am Yoga 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 10:30am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:00 pm Bridge Intermediate

Special Events - December 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Dec 9: Meet Your State Representatives 12:00pm Dec 16: Holiday Party 1:30pm Dec 23: Afghan Ladies 1pm	Dec 3: Bereavement Group 10:00am Dec 3: Christmas with Kenny & Dolly Trip Departure 9:30am Dec 10: Teen Tech Talk 4:00pm Lounge Dec 17: Bereavement Group 10:00am	Dec 4: Legal Clinic , Call for an Appointment Dec 25: Closed—Holiday	Dec 5: ARP Driving Course , 9:00am Dec 12: Lunch & Learn “Stories from the Studebaker” Storyteller 11:30am	Dec 6: Holiday Market 10—3pm Dec 20 Movie of the Month “The Great Gatsby” 1pm Sunday Dec 1: Lion’s Club Thanksgiving Dinner 12pm Dec 8: Holiday Dinner Dance 10—3pm

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” - December 2013
Senior Services Coordinator—Dennis Marsh, 203-891-4784

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<p align="center"><u>Meet your State Representatives</u> Monday, December 9, from 12:00 to 1:00pm. CT State Representatives Kalrides, Davis, and Maroney will speak on the issues facing our state. Coffee and dessert will be available. Call the center to let us know you will be attending.</p>	<p align="center"><u>Holiday Market</u> The 2nd Annual Holiday Market will be held Friday, December 6 from 10—3pm in the Senior Café. Be sure to shop the market for some unique and special gift ideas for this holiday season. Call the office for more information.</p>	<p align="center"><u>Mammography Van</u> The <i>Yale New Haven Hospital Mammography van</i> is scheduled for December 2. Call (203) 688-1010 for an appointment!</p> 
<p align="center"><u>Lunch Program</u> The Orange Senior Center hosts a congregate meal program 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 \$6.60 a meal. Call Ellen in the kitchen by noon the day before to register (203) 891-4765.</p>	<p align="center"><u>Blood Pressure & Hypertension Screenings</u> <i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, Dec 3, 10:00 – 11:00, for blood pressure screenings. The OVNA offers screenings at 605A Orange Center Rd Thursday, Dec 19, 1:00 – 2:00 pm.</p>	