



ORANGE FRIENDLIES

Orange Senior Center • High Plains Community Center
Orange, Connecticut 06477
FEBRUARY 2012



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

I want to start off by thanking the Orange and West Haven Lions Clubs for donating a low vision reader. The reader is in the Senior Lounge in the Library section. Please feel free to come down and use it!

I would like to thank the Orange Visiting Nurse Association for sponsoring the cake for January's Birthday's of the Month. We are one of the few communities that are fortunate to still have our own VNA. That local knowledge proves invaluable to many families.

Last month we included a list of the 2012 trips. Should you need a copy for a friend, they are available in the office. Sign up early as trips are filling fast. Also be sure to attend the Travel Showcase for Charleston & Savannah Trip on February 21 4:00 pm in the senior lounge. Tours of Distinction and the Orange Senior Center will present the exciting trip to Charleston, Savannah & Jekyll Island scheduled for October 17 – 22, 2012. *There may even be a special sneak peak of a January 2013 tropical trip.* See our "Trips" section in this newsletter for more information on Charleston & Savannah. Call the Senior Center to let us know you are coming to the presentation.

Happy Leap Year!

Dennis Marsh

Senior Services Coordinator



CALL FOR NOMINATIONS FOR LIVING TREASURE AWARDS

Nominations are currently being accepted through March 9, 2012 for the 2012 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, at Town Hall, and can be printed from the town's website at www.orange-ct.gov, <http://orangeseniors.org/>, or Facebook/Orange Senior Center. Three individuals will be selected by a review committee and honored at the Senior Center's Pasta Festa! On May 18, 2012. 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. Each Living Treasure selected receives a plaque engraved with his or her name and all names are added to the plaque hanging in the High Plains Community Center containing the names of previous recipients.



AARP TAX AIDE PROGRAM

Free income tax assistance is provided at the senior center by the AARP Tax-Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Sessions are held on Wednesdays from 9 to 12 pm starting February 8. Call the center to schedule an appointment with a certified AARP Tax-Aide counselor. If married, both husband and wife should be present. All taxpayers should bring the following information:

- Proof of Identity (picture id or other documentation).
- Social Security Number (Social Security Card or Benefit Statement-Form SSA-1099) for taxpayer and all taxpayer's dependents.
- Personal check, if available, with bank checking account & routing numbers since tax returns are done by direct deposit
- Copy of last year's Federal and State tax returns.
- All income statements that apply to the taxpayers 2011 Federal and State income taxes.

If there is an asterisk (*) near your name on the mailing label of this newsletter then your membership has expired and you will not receive a newsletter next month, therefore you must renew your memberships for 2012. The annual membership fee is \$10 per person or \$15 for two persons living at the same address. Renewals can be made by coming to the office or by sending a check made out to Treasurer, Town of Orange. There is no membership fee for Orange residents.

BOOMERS SERIES: "HEALTHY, WEALTHY, AND WISE"



Mark your calendars! Community Services and Case Memorial Library are partnering with Whitney Center Retirement Community in Hamden to present a three-part series in the month of March. On Thursday, March 1, at 7:30 p.m. Gretchen Joslyn, Community Relations Coordinator at the Whitney Center will talk to us about keeping healthy. On Monday, March 19, at 7:30 p.m., David Ratliff, Chief Financial Officer at the Whitney Center will discuss maintaining wealth. Finally, on Thursday, March 29, again at 7:30 p.m., Gretchen will be back to talk about wisdom.

The series will take place at Case Memorial Library in the upstairs community room. Refreshments will be served. Call the library at 203-891-2170 to register for what promises to be an informative and fun series.

WEDNESDAY MEALS TO BE SERVED AT CHURCH OF THE GOOD SHEPHERD

The Shepherd Café will be open Wednesdays from 10:30 a.m. to 1:30 p.m. beginning Wednesday, February 1 and will be serving coffee, light snacks and a tasty and nutritious lunch from 11:30 a.m. to 1:30 p.m. This meal will be available to seniors or to anyone that would like to share a meal and some companionship. Bingo and other activities will take place from 10:30 to 11:30 a.m. Church services are available at noon for those who would like to attend. There will be two menu choices each week with soup and selected sandwiches always available. While there is no cost for the meal, donations are always appreciated. This is a new ministry of the Church of the Good Shepherd, and a partnership between the church and Community Services to fill the gap left in service because of the elimination of the Wednesday Elderly Nutrition Project meal. The Church is located at 680 Racebrook Road, and there is ample parking. While reservations are not needed, they would be appreciated. **To make a reservation, volunteer, or to help in any way, please call the church at 203-795-6577. Community Services will provide transportation from the High Plains Community Center to and from the Shepherd Café. Please call Kim at 203-891-4788 at least a day ahead to reserve a ride.**

BIRTHDAYS OF THE MONTH

We will be celebrating Senior Center members' birthdays for the month on **February 28**. Please join us in the senior café for lunch and stay for cake from 11:30 am to 12:30 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.**

TRAVEL SHOWCASE FOR CHARLESTON & SAVANNAH TRIP

February 21, 4:00 pm Tours of Distinction and the Orange Senior Center will host a presentation in the senior lounge for an exciting trip we have scheduled to Charleston, Savannah & Jekyll Island October 17 – 22, 2012. See our "Trips" section in this newsletter for more information. Call the senior center to let us know you are coming. *Plus there might be a special sneak peak of a January 2013 tropical trip.*

TRIPS



For day trips please make checks payable to "Treasurer, Town of Orange". Overnight & extended stay trips checks are usually made out to the tour company. Call the Senior Center office for more information. Also 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. Between June 25 and August 17, trips departing on weekdays will leave from the Orange Congregational Church.

○ **ST. PATRICKS DAY TRIP** – Tuesday, March 13, 2012. Come enjoy a wonderful St. Patrick's lunch – Corn Beef and Cabbage or Baked Scrod at the Chez Josef in Agawam MA. Enjoy the singing of Cahal Dunne – Ireland's "Happiest Man", Irish step dancers, and the comedy of George Casey. Cost: \$75 pp includes transportation, lunch, show and driver's gratuities. **Full payment due at registration.**

○ **BELL, BOOK, AND CANDLE at Long Wharf Theater** – Wednesday, March 28, 2012. Gillian Holroyd is unlucky in love and restless in life. She also happens to be a witch. She watches as her long time love gets engaged to her college rival and she uses every magical trick up her sleeve to stop the wedding. Gillian learns that love is the strongest magic of all in this charming romantic comedy. Cost: \$72 pp with transportation or \$62 without transportation. Both prices include lunch at Brazi's, and show ticket. **Call for availability.**

○ **BOTANICAL GARDEN: ORCHID & MAGNOLIAS SHOW** – Wednesday, April 11, 2012. 10TH ANNUAL Orchid Show offers thousands of brilliantly colored orchids carefully placed in the landmark Enid A. Haupt Conservatory. Jump the complimentary tram to ride through the magnolia collection; take a stroll along "Daffodil Hill". Enjoy lunch on your own at the gardens or on Arthur Avenue with time to shop. Cost: \$66 pp includes admission & tour of garden, and driver gratuity. **Full payment due at registration.**

○ **SISTER ACT ON BROADWAY** – Wednesday, April 25, 2012. Come see the show that is all the rage on Broadway! Cost: \$183 pp includes transportation, lunch at Carmine's, show ticket, driver and tour director gratuities. **Call for availability. Final payment due by March 16.**

○ **4 TROOPS** – Thursday, May 24, 2012. Join us at the Aqua Turf for this memorable tribute. Three young men and one woman, all officers who served on the frontlines of Iraq and Afghanistan sing on behalf of all the troops. Cost: \$80 pp includes family style menu of salad, pasta, Chicken Francaise, Baked Salmon, potato, rolls, dessert and beverage and driver gratuity. **Full payment due at registration.**

○ **JONAH at the Millennium Theater** – Wednesday, June 5-7, 2012. See the show and step into the world of the Pennsylvania Amish. From the moment you walk into the theatre you will set sail on a fantastic journey with one of the Bible's most colorful prophets and experience incredible sets, costumes, lighting, seamless transitions, immersive scenes, and special effects. Besides the show you will explore **Longwood Gardens** – du Pont Estate with over 40 indoor/outdoor gardens, conservatory, and dancing fountains. Spend 2 nights at the Heritage Hotel, have a welcome dinner at Millers Smorgasbord, and enjoy a guided **Amish Countryside tour**. You will visit an Amish Farm, and **dine with at Amish family at the Hershey Farm Restaurant**. Cost: \$381 pp double, includes transportation, 2 nights hotel, 2 dinners, 2 breakfasts, admissions per itinerary, and driver & escort gratuity. **\$150 pp deposit due at registration. Final Payment due April 17. Space is limited – don't wait!**

○ **WESTCHESTER THEATER – GEORGE M!** – Wednesday, June 20, 2012. Join us for this musical, celebrating the rags to riches story of George M Cohen, including his life and career as a performer, writer, and composer. His style dominated the first 20 years of the 20th century with well known hits such as: “Yankee Doodle Dandy”, “Over There”, and “You’re a Grand Old Flag”. Cost: \$90 pp includes show, transportation, lunch, and driver gratuity. **Full payment due at registration.**

○ **BOSTON POPS at TANGLEWOOD featuring BERNADETTE PETERS** – Sunday, July 8, 2012. After lunch at the **Red Lion Inn** we will travel to Tanglewood to see the Boston Pops conducted by the famous Keith Lockhart. The orchestra draws from a wealth of repertoire, including classical, big band, and contemporary hits. Includes lunch, transportation, reserved seat in the Shed, and driver gratuity. **Cost: \$126pp - \$40pp deposit due at registration beginning Feb. 1. Final payment due June 1. Departs from the Senior Center.**

○ **SAVOR RHODE ISLAND CULINARY HERITAGE** – Wednesday, July 11, 2012. Visit a turn of the century grist mill dating back to 1600’s. Tour the mill and learn about its history. Lunch at the Matunuck Oyster Bar and learn about the aquaculture of oyster farming. Lunch includes choice of Linguini with Clams, Rib Eye Steak or Lobster Roll. Cost: \$87 pp includes admission where applicable, lunch, transportation, and driver gratuity. **Full payment at registration which begins April 2. Departs from Congregational Church.**

○ **GOODSPEED OPERA HOUSE - CAROUSEL** – Wednesday, July 25, 2012. Rodgers and Hammerstein’s 1945, the tale of chemistry between a carnival barker named Billy Bigelow and a millworker name Julie Jordan, asking answerable questions about the nature of life and tidal pull between men and women. Lunch at the Gelston House. Cost: \$117 pp includes lunch, transportation, and driver gratuity. **Full payment at registration which begins April 2. Departs from Congregational Church.**

○ **TRIPLE LOBSTERS at the HU KE LAU** – Wednesday, August 8, 2012. Join us as we head up to Chicopee MA, to enjoy 3 lobsters per person or prime rib, and a fabulous Polynesian Show. 3 lobsters, how can anyone eat 3 lobsters! Don’t worry take home bags will be available. Cost: \$80 pp includes admission, lunch, transportation, show, and driver gratuity. **Full payment at registration which begins April 2. Departs from Congregational Church.**

○ **QUEBEC CITY INTERNATIONAL FESTIVAL of MILITARY BANDS** – Tuesday, August 21-24, 2012. No other city in North America reflects the charm of Europe the way Quebec does. Tour the city, shop in boutiques, enjoy a carriage ride, visit St. Anne De Deaupre, and enjoy the Quebec City Military Tattoo. Cost: \$595 double pp includes transportation, hotel accommodations, admissions, tickets to Quebec City Military Tattoo, 5 meals, driver and tour guide gratuities. **A passport is required.** Cancellation insurance is recommended. **\$100 pp deposit due with registration beginning Feb. 1. Final payment due July 13.**

○ **MYSTERY TRIP** – Wednesday, August 29, 2012. Boats, Trains, and Automobiles!?! We hope you don’t get motion sickness as we whisk you around... who knows where, on this nostalgic trip of yesteryear. No passports required but a sense of adventure is. Cost: \$81 pp includes lunch, transportation, and driver gratuity. **Full payment at registration which begins April 2.**

○ **BRITISH LANDSCAPE** – September 6 – 15, 2012. Enjoy 10 days traveling through vibrant England, hear the unique sounds of Scotland, and see the rolling countryside of Wales on a trip that combines the exploration of dramatic history and natural wonders. See a London Theater Performance, Buckingham Palace, Big Ben, Cambridge, York, Stonehenge, Edinburgh Castle – even stay overnight in a castle located in the north of Wales. Cost: \$3,299 pp double. Pricing includes \$100 **early**

booking discount by March 6, 2012. Cancellation Insurance available for \$220.

○ **WINE & THE RIVER ROSE** – Tuesday, September 18, 2012. Tour and taste the Brotherhood Winery, America’s oldest winery. Lunch at the famous *Torches on the Hudson* restaurant which boasts the East Coast’s largest non-institutional salt-water aquarium. Board the Mississippi style River Rose Paddleboat for a relaxing two-hour cruise up the Hudson River to Bannerman’s Island to marvel at the views. Cost \$100 pp includes transportation, lunch, admission and driver’s gratuity. **Full payment at registration which begins April 2.**

○ **THE BIG ‘E’ FAIR** – Wednesday, September 19, 2012. Connecticut Day at the Big E, “New England’s Great State Fair”, is the premier event each Fall. There is something for everyone at the Big E! Cost: \$47 pp. Driver gratuity is not included. **Full payment at registration which begins April 2.** This trip is open to non-members of the senior center.

○ **OKTOBERFEST @ THE PLATZL BRAUHAUS** – 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 include transportation, entertainment, lunch, meal & driver’s gratuities. **Full payment is due at registration which begins June 1.**

○ **CHARLESTON, SAVANNAH, & JEKYLL ISLAND** – 36th Annual Home & Garden Tour October 17-22, 2012 6 Days/ 5 Nights. This is a special time to visit, as we will be attending a once a year event, the 36th Annual Charleston Home & Garden Tour. We will have access to some of the most exclusive homes & gardens in downtown Charleston. We will also visit the wonderful cities of Savannah & Jekyll Island, and enjoy great meals at Paula Deen’s & the Pirates’ house! \$1,838 pp dbl inclusive of air, taxes, transfers, hotel stays, all sights/inclusions as listed on itinerary and gratuities. \$250 pp deposit due at registration. Cancellation insurance is available. **Trip presentation scheduled for Tuesday, February 21, 4pm in the Senior Lounge.**

○ **9/11 MEMORIAL AND MUSEUM opening new Sept. 2012** – Date to be determined but we requested late October or early November if possible. The two reflecting pools, grove of trees, and victims names inscribed in bronze sit in the footprints of the Twin Towers and is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon, and United Flight 93. Lunch at Carmine’s prior to visiting the memorial. Cost & Registration TBD. **Full payment will be due at registration.**

○ **BEHIND THE SCENES TOUR of the METROPOLITAN OPERA HOUSE** – Fall 2012, Cost and Date to follow!

○ **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: \$91 pp include transportation, entertainment, lunch, meal & driver’s gratuities. **Full payment is due at registration which begins June 1.**

Walking Keys for Trips:

 One shoe means minimal walking;

 two, some walking;

 three, considerable walking; four, bring a pair of replacement shoes.

FEBRUARY MENU 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

NO MEAL

PROGRAM

2

Sausage and Peppers
Butternut Squash
Cut Green Beans
Kaiser Roll
Sliced Pears

3

100% Fruit Punch
Spaghetti & Meatballs
w/Tom. Sauce
Tossed Salad w/Sl. Black
Olives
Italian Dressing- 2 pkts.
Italian Bread
Fresh Fruit Cup

6

Grape Juice
Phillie Cheese Steak
w/Mozzarella cheese
Tossed Garden Salad
French Dressing-2 pkts.
6" Grinder Roll
Fruit Cocktail

7

Pineapple Juice
Meatloaf w/Chunky Tom.
Sauce
Whipped Potatoes
w/Gravy
Cut Green Beans
Pumpnickel Bread
Very Ripe Seasonal
Fresh Fruit

8

NO MEAL

PROGRAM

9

100% Fruit Punch
Roast Pork w/Applesauce
Gravy
Sweet Potatoe
Oriental Vegetables
Whole Wheat Dinner Roll
Oatmeal Raisin Cookie

10

100% Fruit Punch
Baked Salmon Boat w/Dill
Sauce/Tartar Sauce
Lemon Wedge
Fluffy Brown Rice
Tossed Salad w/Tomato
French Dressing - 2 pkts.
Corn Muffin
Sliced Pears

13

Turkey Kielbasa
Sauerkraut
Mustard - 2 pkts.
Boiled Potatoes
California Blend
Hot Dog Roll
Very Ripe Seasonal
Fresh Fruit

14

VALENTINE'S DAY

100% Fruit Punch
Tangerine Chicken
Brown Rice
Oriental Vegetable
Whole Wheat Dinner Roll
Ice Cream Cup

15

NO MEAL

PROGRAM

16

Cranapple Juice
Roast Turkey w/Gravy
Stuffing w/Gravy
Cranberry Sauce
Mixed Vegetables
Whole Wheat Dinner Roll
Fresh Fruit Cup

17

Grape Juice
Cheese Canneloni
Parmesan Cheese
Cut Green Beans
Tossed Salad w/Tomato
Italian Dressing - 2 pkts.
Italian Bread
Fruit Cocktail

20

PRESIDENT'S DAY

HOLIDAY

NO LUNCH
PROGRAM

21

New Orleans Mandarin
Chicken
Brown Rice
Oriental Vegetable
Whole Wheat Dinner Roll
Mandarin Orange Slices

22

NO MEAL

PROGRAM

23

Cranapple Juice
Angus Burger w/Gravy
Fluffy White Rice
Tender Broccoli Cuts
Whole Wheat Sandwich
Roll (no seeds)
Sliced Peaches

24

Grape Juice
Eggplant Rolatini
w/Tomato Meat Sauce
Tossed Salad w/Sl. Black
Olives
Italian Dressing - 2 pkts.
Garlic Bread
Very Ripe Seasonal
Fresh Fruit

27

Pineapple Juice
Sl. Pot Roast
California Blend
Mashed Potatoes
Whole Wheat Dinner
Roll
Tapioca Pudding
w/Topping

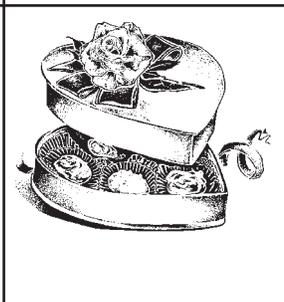
28

Grape Juice
Veal Parmesan
Ziti w/Marinara Sce.
Tossed Salad w/Sl. Black
Olives
Italian Bread
Cupcake

29

NO MEAL

PROGRAM



All Rolls are Seedless
All White Rice is Enriched
All non-citrus juices are
Vitamin C Fortified

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Feb 2 By Reservation	Course can earn seniors a discount on their driver' insurance. AARP members \$12, Non-members \$14	Len Dorsett Room 2
Arthritis Exercise Tuesdays, 10:15-11:00am \$50.00, 10 wks	Feb 21 – Apr 24	This low-impact course helps people with arthritis increase joint flexibility, range of motion, stamina, and muscle strength. (No class 11/29, 12/20, 12/27)	Florene Nichols Room 15
Bingo Thursdays 1:00-4:00 pm	On going	Refreshments served. 3 rd Thurs is business sponsor bingo with raffle. (\$1 1 st card, \$0.25 each addn'l card)	Senior Cafe
Bridge – Intermediate Fridays, 1:30-3:30pm \$60.00, 12 wks	Jan 6 – Mar 23	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 11:00 am	On going No Fee	This is great form of exercise for seniors, for those with disabilities, or trouble standing to exercise.	Mary Jewell Senior Lounge
Fitness T/Th 8:45-9:45, 10:00-11:00 \$25.00, 12 wks	Jan 3 – Mar 22	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health.	Mindy Leventhal Gym
Computers-Word Processing I Wednesdays, 9:30-11:30am \$35.00, 6 wks	Apr 4 – May 9	Learn techniques of letter writing, cut, copy and paste, bullets, fonts, type sizes, colors, clip art, and more.	Kathleen Gorelick Computer Lab
Computers-Intermediate Word Wednesdays, 9:30-11:30am \$35.00, 6 wks	May 16 – June 20	This class is a continuation of Word Processing I.	Kathleen Gorelick Computer Lab
Computers-Money Management for Women Mondays, 9:30-11:30am \$35.00, 6 wks	Apr 2 – May 7	Learn to track your income and expenses, food costs, needs vs. wants, and more. Learn to use tables to document where money comes from and where it goes.	Kathleen Gorelick Computer Lab
Informal Art Studio Thursday 1:00 – 3:00pm	Will resume March 1	Like working in a creative environment, this group is for you, so bring your ideas and inspiration. No Fee	Bernice Mathisen Room 6
Legal Clinic 1st Wednesday of Month	Feb 1 By Appointment	Cantor & Floman Law Offices are available to assist with a variety of simple legal matters. No Fee.	Cantor & Floman Town Conf. Room
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
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Feb 14 – Apr 17	The course will improve drawing & painting skills through various techniques, methods, styles. No class 12/27	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30am \$60.00, 12 wks	Jan 13 – Mar 16	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	Nov 28 – Mar 5	Catch the rhythm and learn the basics of tap dancing while having fun exercising. (no class 12/19, 12/26, 01/02, 01/16, 02/20)	Marge Gloria Room 15
Tap Dance II Mondays, 10:00-11:00am \$50.00, 10 wks	Nov 28 – Mar 5	Set those feet dancing and feel the excitement of seeing a dance come together. This fun class is great exercise. (no class 12/19, 12/26, 01/02, 01/16, 02/20)	Marge Gloria Room 15
Watercolor II Wed, 10:00-12:00pm \$50.00, 10 wks	Jan 4 – Mar 14	This class is for those who have been painting for a while and want to expand on watercolor techniques. (no class 2/22)	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$50.00, 12 wks	Jan 9 – Apr 9	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. (no class 01/16, 02/20)	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Mar 7 – May 23	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. (no class 12/28, 2/29)	Sue Neufeld Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	Feb 21 – Apr 24	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. (No class 11/29, 12/20, 12/27)	Florene Nichols Room 15
Zumba Gold Thursdays, 10:00-11:00am \$50.00, 10 wks	Feb 24 – Apr 27	See above description. (No class 12/22, 12/29)	Florene Nichols Room 15

Quick View of classes and activities - February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00 am Tap Dance II 11:00 am Chair Exercise 1:00 pm Billiards 1:00 pm Wii Bowling 1:00 pm Tap Dance I 	8:45 am Fitness 9:00 am Zumba Gold 9:30 am Painting & Drawing 10:00 am Fitness 10:00 am Billiards 10:15 am Arthritis Fitness 1:00 pm Social Bridge 1:30 pm Chess	8:30 am Laughter Club 9:00 am Yoga 10:00 am Watercolor II 10:15 am Yoga 11:00 am Ping Pong 12:45 pm Duplicate Bridge 	8:45 am Fitness 10:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:30 pm Canasta, Pinochle, Mah Jang, 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

Special Events - February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 13: Orange Lion's Club Valentine's Day Party 1:00 – 3:00 pm Paul Shlien on Piano Feb 20: Closed for President's Day Feb 27: Nature Walk, 9 am Feb 27: Afghan Club, 1 pm 	Feb 14: Dr. Gregson Balance Screening 10-11:30am Feb 28: Dr. Gregson Balance Screening 10-11:30am Feb 28: Birthdays of the Month, 11:30 am	Feb 1: Legal Clinic, by Appt, 9:00 am	Feb 2: AARP Driving Course, 9:00 am Feb 2: Lunch & Learn, 11:30 am Feb 9 – 10: Mohegan Sun Overnight Trip Feb 23: Parish Nurses 10:30 am	Feb 17: Movie - "Water for Elephants", 1 pm 

“ORANGE FRIENDLIES” –February 2012
Senior Services Coordinator – Dennis Marsh, 203-891-4784

Lunch and Learn

February 2, 11:30 to 1:00 pm

Josephine Lifrieri, from Area Agency on Aging RSVP will present her discussion *Volunteering in Our Late Years*.

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 for this event. **All are welcome!**

Friday at the Movies! – February 17, at 1:00 pm,
“Water for Elephants” starring *Robert Pattinson and Reese Witherspoon*. Adapted from the book. A veterinary student abandons his studies after his parents are killed and joins a traveling circus as their vet. Call the center to let us know you are coming. We’ll supply the popcorn!

Monthly Blood Pressure Screenings

At the OVNA offices at 605A Orange Center Rd (the Old Library) Thursday,

Feb. 23, 1:00 – 2:00 pm and

Griffin Hospital Outreach and Valley Parish Nurse at the HPCC Senior Cafe on Friday, **Feb. 24, 10:30 am – noon.**

AARP Driver Safety Program

Feb. 2, 9 am – 1 pm. The class fees are \$12 for AARP members and \$14 for non-members. For more information or to register please call the center (203) 891-4784.

Valentine’s Day Party!

February 13, at 1:00 pm,

Paul Shlien will sing and play the piano. Pizza and beverages will be served. Call the center to let us know you are coming. Sponsored by the Orange Lion’s Club!

Thank you Lions!

Mammography Van - The *Yale New Haven Mammography van* is scheduled for **March 22**. Call (203) 688-6800 for an appointment!

Nature Walk - February 27 The group will travel to Lighthouse Point in New Haven. A premier location for observing migrating hawks, eagles and falcons. Walkers meet at the High Plains Pavilion at 9:00 am to car pool to the hike lead by Richard Wright. Call the center to register in advance.

Lunch Program - The Orange Senior Center hosts a congregate meal program Monday, Tuesday, Thursday, and Friday. No meals on Wednesday, Saturday, or Sunday. A \$2.00 donation is encouraged. Call Ellen in the kitchen the by noon the day before to registered (203) 891-4765.

**TOWN OF ORANGE
 COMMUNITY SERVICES**

525 Orange Center Rd.
 Orange, CT 06477

PRESORTED STANDARD
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