



ORANGE FRIENDLIES

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



FEBRUARY 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

I want to welcome two new members to the Senior Center Advisory Committee: Rose Bradley and Linda Sheehan. They join six other dedicated members of this committee who meet every other month to give their advice and ideas to what we are doing at the Orange Senior Center. There is a vacant seat on the committee. Interested parties should contact me for details.

Enclosed in this month's newsletter is a survey for the Orange Community Services Transportation program. Please take a moment to fill out the survey and return it to us as soon as possible. Your feedback will provide information on how we are doing, what needs to be changed, and how we can improve.

On another note, have you noticed the beautiful art hanging in the glass case in the front lobby of the High Plains Community Center (outside the gym)? In December we had the work of Graham Dale's art class. Prior to that we had works from Orange Arts & Crafts Guild. In January we will have the photography of John Ulatowski and Marty Stofik. Together they photographed Orange and published them in book form. So come check out the photos from around town and keep an eye on the art case!

Happy Valentine's Day!

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://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 and/or enhanced the Orange community. The 2012 honorees were Marianne Bauer, Joseph Cuzzocreo, and Charles Flynn.

Intergenerational Tutoring

Intergenerational Tutoring Program Seeking Senior Volunteers (55 Years and Older) to Help Students

Orange Youth Services is seeking seniors to volunteer to assist students, grades 3-12, with tutorial help. Seniors are asked to commit to one or two session(s) per week to help students with homework. Tutored subjects are: English, Math, History, and Study Skills. The group meets every Thursday from 3:30 to 5 pm at Case Memorial Library. Tutoring times are in two sessions.

For more information, please contact John Ulatowski, Youth Services Coordinator, or call 891-4785.



Membership

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 2013. 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.



Lion's Club Valentine Pizza Party

February 12, 1:30 pm Ashley Cruz will perform her Italian Show. Pizza and beverages will be served. Sponsored by the Orange Lion's Club! Thank you Lions! Call the office (203) 891-4788 to reserve a seat.



Safety in Numbers

The Or Shalom Synagogue 9th Grade Social Action Team in cooperation with Community Services, is offering a service to Orange residents. The children with adult supervision will adhere numbers to your mailbox at no charge. These numbers are helpful in if you need emergency personnel to locate your home. Call Community Services—we will take your name, address, and phone number and contact Or Shalom (they will contact you to schedule a mutually agreeable time).



AARP Tax Aide Program

Starting February 6, 2013 this year's 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 9am to 12pm. 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 or other documentation).
- Social Security number (Social Security Card or Benefit Statement-Form SSA-1099) for taxpayer and all taxpayers dependents.
- Personal check, if available, with bank checking account & routing numbers (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 2012 federal and state income taxes.

What the Great Poets had to say about Aging

On **February 7**, 11:30am to 1:00pm, Lunch & Learn we will have Peter O'Connell. He will present "What the Great Poets had to say about Aging". 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. **All are welcome!**



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.

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.** (👟)

ST PATRICKS DAY AT AQUA TURF—March 12, 2013. "Forever Irish," starring Andy Cooney and 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 – Thursday, 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, 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. Now accepting registrations.** (👟)

Teen Tech Talk

Rabbi Wainhaus of Or Shalom and the Orange Senior Center would like to match 9th grade students with the Orange Senior Center's seniors to bring instruction on how to use an i-Phone or i-Pad. Let's get together! The kids need the hours for school and we need the knowledge. Call the Orange Senior Center (203) 891-4784 to register your interest in participating in this unique opportunity.



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Community Center **February 5** from 10:00 – 11:30am for **blood pressure screenings.**



St Patrick's Day Cabaret

First Cabaret Night of 2013 will be a St Patrick's Day Theme. It should be a fantastic show! Join us on **Wednesday, March 13** from 5:30 to 7 pm. *Maggie Carchrie Music and Dance of the Scottish Highlands* will be performing traditional Irish Songs and Scottish Dance. Coffee and dessert will be served at 5:30 and music begins at 6 pm. Dessert provided by Maria Biondi of the OVNA. Tickets are \$5 pp and are available in advance at the Senior Center starting February 1.

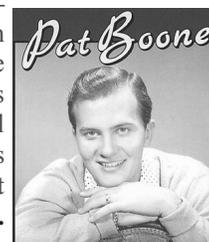


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BEIJING CITY STAY – April 8 – 17, 2013 (9 days, 15 meals). Experience the beauty and intrigue of one of the most fascinating cities in the world. You will visit the Beijing Zoo famous for their pandas, Tiananmen Square – the world's largest public 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, and admission. **Full payment due at reservation which begins Jan 2.** (👟👟)



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 parmigiana, roast pork loin with gravy, vegetable, potato, rolls, dessert & beverage. **Cost \$85 pp.** includes transportation, lunch, admissions, & driver gratuities. **Full payment due at reservation which begins Jan 2.** 

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, pot roast, dessert, coffee or tea. Cost \$65, includes transportation, lunch, admissions, & driver gratuities. **Full payment due at reservation which begins Jan 2.** 



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 \$449 pp for a double; includes transportation, hotel accommodations, taxes and baggage handling, dinner, ferry, and admission where applicable. **Full payment due at registration which begins Jan 2.**   



BOSTON POPS @ TANGLEWOOD—July 7th, Keith Lockhart, conductor, and Vince Gill as the special guest. Cost TBD   

ALL YOU CAN EAT LOBSTER & COMEDY SHOW @ DELANEY HOUSE – Wednesday, July 10, 2013. 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 due at registration which begins April 1.** Parking will be at the Orange Congregational Church. 



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 pomodoro. **Cost \$TBD pp** includes transportation, lunch, tour and driver's gratuity. **Full payment due at registration which begins April 1.**  



SARATOGA, NY— August 21-23, 2013. Travel through the Adirondack Mts to Saratoga Springs NY, home of Saratoga Racetrack and the "Sport of Kings" Cost TBD. **Full payment due at registration which begins April 1.**   



PROVIDENCE WATERFIRE—August 17, 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 due 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 due at registration which begins April 1.**   

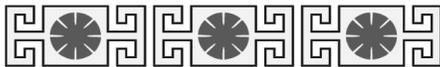
REFLECTIONS OF ITALY – Sept. 23—Oct. 2, 2013 (10 days 14 meals). Revel in the magic of this famed destination as you set out on a comprehensive tour that features Rome, Venice and Florence. Explore Rome's rich history, including a guided tour of the Coliseum. Visit one of Chianti's treasured wineries 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, 2013. 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. Beer, soda, and cider are served throughout the day. Great German entertainment! Cost \$79 pp includes transportation, entertainment, lunch, and driver's gratuities. **Full payment due at registration which begins June 3.** 

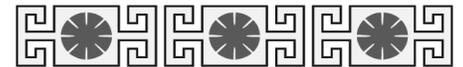
MYSTERY TRIP – Tuesday, October 15, 2013. The only clue is the theme—leaves! You *leave* the senior center, see *leaves* and you will enjoy a unique tasting experience... of *leaves*? Cost \$68, includes family-style luncheon, admissions, tour, and gratuities. There will be a gift shop. **Full payment is due at registration which begins June 3.** 

SLEEPY HOLLOW – October 23, 2013. 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 stained 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 \$73. **Full payment due at registration which begins June 3.** 

THE LION SLEEPS TONIGHT – October 15, 2013. Acapella Doo Wop hits 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 due at registration which begins June 3.** 



February 2013



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<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</p> <p>fish Florentine with lemon brown rice baby Belgium carrots multi grain roll Margarine tropical fruit cocktail</p>
<p>4</p> <p>apple juice southern chicken quarter butternut squash spinach whole wheat bread margarine bread pudding</p>	<p>5</p> <p>pineapple juice Swedish meatballs egg noodles country style vegetables whole wheat bread margarine pears</p>	<p>6</p> <p>Italian style cod with lemon fresh sweet potato green cabbage and carrots pumpnickel roll margarine banana</p>	<p>7</p> <p>sliced steak with onion gravy red bliss potato Belgium carrots corn bread margarine fresh orange</p>	<p>8</p> <p>hearty vegetable soup unsalted crackers chicken parmesan penne with marinara sauce broccoli Italian bread margarine berry strudel</p>
<p>11</p> <p>fresh baked ham with gravy scalloped potato peas and carrots rye bread margarine baked apple</p>	<p>12</p> <p>New England Clam Chowder unsalted crackers crab cake with tarter sauce brown rice pilaf coleslaw oat bread margarine Seasonal fresh fruit</p>	<p>13</p> <p>hamburger with onions and mushrooms Ketchup baked beans green beans wheat burger roll margarine</p>	<p>14</p> <p>VALENTINE'S DAY cranberry juice hot open turkey sandwich with gravy on 2 slice wheat bread roasted sweet potato broccoli and cauliflower margarine brownie</p>	<p>15</p> <p>herb baked chicken leg quarter orzo grilled winter vegetables multi grain roll margarine mandarin oranges</p>
<p>18</p> <p>Closed For President's Day</p> 	<p>19</p> <p>lasagna roll with meat sauce tossed salad with tomato and Italian dressing garlic bread margarine Cherry Cobbler Birthday of the Month</p>	<p>20</p> <p>orange juice roast beef with gravy baked potato with sour cream Scandinavian vegetables wheat bread margarine marble cake</p>	<p>21</p> <p>oven fried chicken quarter macaroni and cheese green beans buttermilk biscuit margarine</p>	<p>22</p> <p>Italian wedding soup unsalted crackers broccoli quiche sliced zucchini wheat dinner roll margarine Seasonal fresh fruit</p>
<p>25</p> <p>meatloaf with gravy mashed potato baked fresh acorn squash 100% whole wheat bread margarine pears</p>	<p>26</p> <p>chicken teriyaki brown rice oriental blend vegetables slices oat bread tsp margarine mandarin oranges</p>	<p>27</p> <p>minestrone soup unsalted crackers lite crunch fish with lemon and tarter sauce roasted potatoes stewed tomato multi grain roll margarine Seasonal fresh fruit</p>	<p>28</p> <p>pork loin with gravy mashed sweet potato peas and onions rye bread margarine applesauce</p>	

RESERVED FOR SPONSORS

Quick View of classes and activities - February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
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 AARP Tax 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 9:00 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

Special Events - February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 18: Closed—Presidents Day	Feb 12: Lions Club of Orange Valentine Pizza Party Feb 26: Birthdays of the Month, 11:30am	Feb 6: Legal Clinic, Call for an Appointment	Feb 7: AARP Driving Course, 9:00am Feb 7: What the Great Poets had to say about Aging Lunch & Learn 11:30am	Feb 15: Movie of the Month - “The Best Exotic Marigold Hotel” 1pm

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm \$50.00, 10 wks	Feb 7 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 Room 2
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 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
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, and 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	Jan 7 – 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 Lounge
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

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“ORANGE FRIENDLIES” - FEBRUARY 2013
Senior Services Coordinator—Dennis Marsh, 203-891-4784

<p align="center"><u>Lunch & Learn</u></p> <p>February 7, 11:30am to 1:00pm, Peter O’Connell to present <i>“What the Great Poets had to say about Aging”</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. All are welcome!</p>		<p align="center"><u>Friday at the Movies –</u></p> <p>February 15, at 1:00pm, “The Best Exotic Marigold Hotel”. British retirees travel to India to take up residence in what they believe is a newly restored hotel. Starring Judi Dench, Bill Nighy and Maggie Smith. Call the center to let us know you are coming.</p>	
<p align="center"><u>Blood Pressure & Hypertension Screenings</u></p> <p><i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, Feb. 5, 10:00 – 11:00 for blood pressure screenings. The OVNA offers screenings at 605A Orange Center Rd Thursday, Feb. 28, 1:00 – 2:00 pm.</p>	<p align="center"><u>Birthdays of the Month</u></p> <p>Come celebrate members’ birthdays for the month on February 26 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 align="center"><u>Valentine Pizza Party</u></p> <p>February 12, 1:30 am Ashley Cruz will perform her Italian Show. Pizza and beverages will be served. Sponsored by the Orange Lion’s Club! Thank you Lions! Call the office (203) 891-4788 to reserve a seat.</p>	
<p align="center"><u>Lunch Program</u></p> <p>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 align="center"><u>St Patrick’s Day Cabaret</u></p> <p>The first Cabaret of the year will be March 13, Maggie Carchrie will perform <i>traditional Irish Music and Scottish Dance</i>. Coffee and dessert will be served at 5:30 and music begins at 6 pm. Tickets are \$5 pp and are available in advance at the Senior Center starting February 1. Call the office (203) 891-4788 to reserve a seat.</p>	