



ORANGE FRIENDLIES

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



FEBRUARY 2014

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

Great News! There is new carpet in the Senior Lounge. Now it is up to you to help keep it clean. Take very extra care not to spill food or drink on it and it will stay fresh for years to come.

On a sad note, our long time Fitness instructor, Mindy Leventhal, has resigned to spend more time with her family. I am sure you will join me in wishing her the best and saying she will be missed.

Thank you to the Lions' Club of Orange for sponsoring our annual Valentine's Day Pizza Party. They do it every year and I can't say thank you enough. Our extra fun is Paul Shlien will be playing Billy Joel and Elton John music. The Piano Man meets the Rocket Man! ♪ ♪ ♪.

Happy Valentine's Day!

Dennis Marsh
Senior Services Coordinator

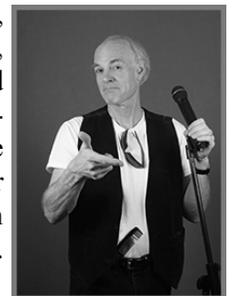
A Word from the Interim Director

Hope you all had a great January and managed to stay warm and dry. The cold weather is definitely upon us. With the Holidays over, a new year brings with it a time for reflection and New Year resolutions. Many of our neighbors and friends struggle to make ends meet and rely on the generosity of others. Donations to the Food Pantry and the Community Assistance Fund are most welcome. Please remember that my door is always open. Many of you have stopped in to say hello and I continue to meet many of you. Have a great February!

Joan Cretella
Interim Director

Lunch & Learn—Salute to Song in America

February 6, from 11:30am to 1:00pm. **Salute to Song in America.** With Brian Gillie. Discover America's glorious and outrageous songs, singers and composers since 1620. Biographies and history come alive as Brian guides us through the Revolution, minstrelsy, Civil War, westward expansion, ragtime, roaring '20s, blues, jazz, Broadway, rock and everything in between, all with Brian's instrumentation, impersonations and an audience that's the supporting, sing-along cast. 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.



Money Management Club

Money Management Club, a hot new group will have its second meeting on **February 21**, from 9:00am to 10:00am. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles of interest. No sales professionals are involved. This group is intended for entertainment purposes only.

AARP Tax Preparation

Starting February 5, free income tax assistance provided by the AARP Tax-Aide program will begin. 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 need to 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 2013 federal and state income taxes.

Teen Tech Talk

Tuesday, February 11 pm Rabbi Wainhaus and the Congregation Or Shalom Amity High School Teens will offer personalized help with iPhone, iPad, and lap top computers.

Blood Pressure Screenings with the Parish

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

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. Please come join us as we support one another in a shared loss. Laughter and tears are both welcome. The group is facilitated by Jan Cowles, Bereavement Coordinator for Constellation Hospice here in Orange. The group meets bi-weekly, **Feb 4**, and **Feb 18**, from 10—11:30am room 2 at the Senior Center. Call Jan to let her know you are coming at 203-497-3888.

New AARP Smart Driving course

The next AARP Driver’s Training course will be **Feb 5**. The cost of the “AARP Smart Driving Course” will be \$15 for AARP members and \$20 for non-members. Call the center to sign up.

Lion’s Club Valentine’s Pizza Party

Lets celebrate Valentine’s with a Pizza Party sponsored by the Lion’s Club of Orange on Monday, **February 10**, from 1:30 to 3:00pm. **Paul Shlien** will do his own version of the famous **dueling pianos concerts from Billy Joel and Elton John**. Coffee and dessert will be available. Seats are limited to the first 80 so call the center to reserve a seat!

i-Club

The i-club will be meeting the third Thursday of the month—**February 20**, 11:30am in the Senior Lounge. The club meets to discuss the wonderful apps found, answer questions, and share experience using i-phones, i-pads, and laptops.

Movie of the Month

Friday, **February 21**, 1:00pm, “**Searching for Sugar Man**”. The Greatest 70s rock star who never was. In South Africa he was an icon even more famous than Elvis. This true-story documentary follows 2 fans who search whatever happen to their hero. Popcorn & soda will be served. Call the center to let us know you are coming.

Living Treasure Nominations

Nominations are currently being **accepted through March 7, 2014** for the 2014 Living Treasure Awards. 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. Nomination forms are available in the Orange Community Services office.

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.

“**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** (  ).

RAGTIME at the WESTCHESTER THEATER— Thursday, March 13, 2014. E.L. Doctorow’s novel comes vividly to life in this Tony Award-winning musical set against the backdrop of the ragtime craze in New York City and New Rochelle. This award winning musical intertwines the stories of three families, as they confront timeless contradictions of wealth and poverty, freedom and prejudice, hope and despair, and what it means to live in turn of the century America. Cost \$99pp Includes transportation, lunch, driver’s gratuity, admission to the 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.**(  ).

2014 Trips Continued

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 classics 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). 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** ().

A DAY AT THE RACES! – Monday, June 16, 2014. Experience the spectacle and excitement of live thoroughbred horse racing at the grandest racetrack in New England. Your day includes Clubhouse admission and a daily Racing Program. Also included is a complete hot and cold luncheon buffet, with a variety of tasty foods to choose from. Cost \$67 Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** ().

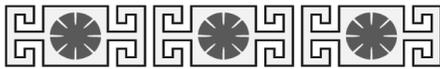
ALL YOU CAN EAT LOBSTER – Thursday, July 10, 2014. Details to be announced ().

BOSTON POPS @ TANGLEWOOD—July 13, Keith Lockhart, conductor, and Jason Alexander as the special guest. Cost \$131. Includes transportation, driver's gratuity, admission and lunch. **Full payment due at registration** ()

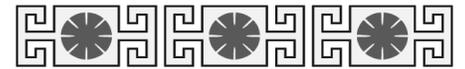
ODYSSEY LUNCHEON CRUISE – Tuesday, August 12, 2014. Luncheon Cruise on Boston Harbor aboard the Odyssey. Lunch includes garden fresh Caesar Salad, Lobster Bisque, Tuscan Chicken, Asian Grilled Salmon, Beef Short Ribs, or Seafood Ravioli Grantinee. Cost \$67 Includes transportation, cruise on Boston Harbor, driver's gratuity, and an elegant luncheon. **Full payment due at registration** ().

VILLA ROMA RESORT – Sept. 8—Sept. 12, 2014 (5 days 11 meals). Located in the beautiful Catskills Mountains, well-known for its many activities and exciting entertainment. Cost is \$569pp double occupancy. ()

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.** ()



February 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|---|--|---|
| 3 Potato Crusted Pollock Israeli couscous Bean blend vegs whole wheat bread margarine Blended fruit juice Vanilla pudding with strawberry topping low fat milk | 4 Roast pork with LS gravy Scalloped potato Spinach Applesauce garnish Dinner roll margarine Pineapple low fat milk | 5 Meatloaf with gravy Baked potato/ sour cream Jardinière blend vegs Pumpernickel bread Margarine Mandarin oranges low fat milk | 6 Oven fried chicken Macaroni and cheese spinach salad with Italian dressing oat bread margarine Fresh fruit low fat milk | 7 Minestrone soup/LS crax Cheese stuffed shells meat sauce Broccoli Parmesan cheese garlic bread margarine Birthday Cake low fat milk |
| 10 BBQ chicken quarter Baked beans Coleslaw Biscuit Margarine mandarin oranges Low fat milk | 11 Light crunch fish with lemon and tarter sauce confetti brown rice Broccoli Wheat dinner roll Margarine pistachio pudding Low fat milk | 12 Cheeseburger on wheat bun ketchup Sweet potato fries Green beans Fresh fruit low fat milk | 13 Sliced turkey with LS gravy Herb stuffing Roman oat bread Margarine orange juice oatmeal raisin cookie low fat milk | 14 Beef Braciolo W/LS Gravy Au Gratin Potatoes Green Beans Wheat Dinner Roll Margarine Holiday Cake low fat milk |
| 17 PRESIDENTS DAY Centers are Closed  | 18 Lentil soup/LS crax Vegetable omelet Roasted potato Grilled vegetables Multigrain bread Margarine Cherry Pie low fat milk | 19 Chicken with broccoli & cheese Brown rice Carrot Dinner roll margarine Cranberry juice apple strudel low fat milk | 20 Spaghetti with meatballs California blend vegs Parmesan cheese garlic breadstick Margarine pineapple tidbits low fat milk | 21 Salmon with Honey Mustard Orzo Green beans rye bread margarine fruited jello low fat milk |
| 24 Eggplant rolatini Penne pasta with sauce Tossed salad with cucumber and Italian dressing Parmesan cheese Italian bread Margarine Peaches low fat milk | 25 Herb roasted chicken thigh Baked sweet potato summer spring blend Rye bread Margarine Apple juice coffee cake low fat milk | 26 NE clam chowder/LS crax Seafood salad on bed of lettuce with tomato and pasta salad oat bread margarine apricots low fat milk | 27 Roast beef with LS gravy Smashed potato Peas and carrots corn bread margarine grape juice chocolate pudding low fat milk | 28 Sweet and sour pork Lo Mein Oriental blend vegs wheat bread margarine Fresh fruit low fat milk |
| | 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. | |  | |

RESERVED FOR SPONSORS

| Class | Date | Description | Instructor |
|---|--|--|---|
| AARP Driver's Safety First Thursday, 9:00-1:00pm | Feb 6 Reservations | Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20 | AARP Instructor Room 2 |
| Bereavement Group Tuesday 10:00—11:30am No cost, bi-weekly | Feb 4 & 18 Mar 4 & 18 Apr 1 & 15 | 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 1:30—3:30 \$60.00, 10 wks | Jan 9— Mar 13 | 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 10 – Mar 14 | 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. | Tara Graham Gym |
| Computers—iPhone 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. No class 1/3 | Evelyn Hahn Gym |
| Painting and Drawing Tuesdays, 9:30-11:30am \$60.00, 12 wks | Jan 7 - Mar 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 10 - Mar 28 | 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, 9:00—10:00am \$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, 2/17 | Karen Goodman Room 15 |
| Tap Dance II Mondays, 10:00-11:00 am \$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, 2/17 | Karen Goodman Room 15 |
| Watercolor 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, 2/17 | Dee Stephens Lounge |
| Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks | Jan 22 - Apr 16 | 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 9 – Mar 13 | 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 10- Feb 14 | 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 - February 2014

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 9:15 am Yoga 9:00pm Tap I 10:00am Tap II 11:00 am Chair Exercise 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 10:45am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:00 pm Bridge Intermediate |

Special Events - February 2014

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| Feb 10 Lions Club Valentine's Pizza Party —Paul Shlien 1:30—3:00pm Feb 17: Closed—Holiday Feb 24: Afghan Ladies 1pm | Feb 4 Parish Nurses Blood Pressure Screenings 10:00 am Feb 4: Bereavement Group 10:00am Feb 11: Teen Tech Talk 4:00pm Lounge Feb 18: Bereavement Group 10:00am Feb 25—26 Mohegan Sun overnight trip departure | Feb 5 Legal Clinic, Call for an Appointment Feb 5: AARP Tax Preparation begins | Feb 6: AARP Driving Course, 9:00am Feb 6: Lunch & Learn “Salute to Songs in America” Brian Gillie 11:30am Feb 20: I-Club 11:30am Feb 20 CT Flower Show Trip Departure | Feb 21: Money Management Club. 9:00am Feb 21: Movie of the Month “Searching for Sugar Man” 1pm Feb 21 CT Flower Show Trip Departure— Snow Date |

**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” - February 2014
Senior Services Coordinator—Dennis Marsh, 203-891-4784**

Lunch & Learn— Salute to Song in America

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Friday at the Movies –

February 21, 1:00pm, **“Searching for Sugar Man”**. This true-story documentary finds out whatever happened to the Greatest 70s rock star who never was. In South Africa he was an icon even more famous than Elvis. Popcorn & soda will be served. Call the center to let us know you are coming.

Teen Tech Talk

Tuesday, **February 11**, Congregation Or Shalom & Amity High School Teens will offer personalized help with iPhone, iPad, and lap top computers. Coffee & dessert will be served. Call to RSVP.

Mammography Van

The *Yale New Haven Hospital Mammography van* is scheduled to come to the Orange Senior Center on **March 27**. Call (203) 688-1010 for an appointment!



Lions Club of Orange—Valentine’s Pizza Party

Lets celebrate Valentine’s with a Pizza Party sponsored by the Lion’s Club of Orange on Monday, **February 10**, from 1:30 to 3:00pm. **Paul Shlien** will do his own version of the famous **dueling pianos concerts from Billy Joel and Elton John**. Coffee and dessert will be available. Seats are limited to the first 80 so call the center to reserve a seat!



Lunch Program

The senior lunch program runs Mon. through Fri., 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. People under 60 years of age will need to pay the full price of \$5.60 a meal. Call Ellen in the kitchen by noon the day before to register (203) 891-4765.