



ORANGE FRIENDLIES

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



JUNE 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

May was such a busy month with the Pasta Festa! Supper, Living Treasure Awards, 3rd Annual Senior Prom at Peck Place School, and the Bells of Fire. All were very successful and many thanks to all the people who helped to plan each event. It was wonderful to see so many people at our recent Pasta Festa! Supper. Over 200 people attended and the social hall at St. Barbara's Church looked beautiful. Cusano's prepared the delicious pasta dinner which was served by our Selectmen and volunteers. Beautiful raffle prizes were donated by many local businesses. Thank you to the First Selectman James Zeoli and Kevin Hadlock for speaking and to our State representatives for awarding the State Citations.

I would like to extend my appreciation to the excellent staff of the Community Services Office who make all the trips, classes and events go smoothly. Carol Nardini, the Director of the Department, Denise Stein our Elderly Outreach Worker/Municipal Agent, John Ulatowski our Youth Service Coordinator, Kim Callahan, Administrative Assistant/Transportation Coordinator, all the van drivers, and Jennifer Antalik make a great team. We are able to accomplish so much and offer a lot because of these dedicated people.

June has many activities going on as well, as you can see in this newsletter. I hope you will participate in several of our activities. Nothing would happen if we didn't have people coming to all our events and activities!

Best Wishes!

Dennis Marsh
Senior Services Coordinator



CABARET NIGHT

The next Cabaret will be on Monday, **June 11** from 5:30 to 7pm for Cabaret Night. The entertainment will be *Karen Wagner* who will sing Patriotic and Show tunes. Coffee and dessert will be served at 5:30 and music begins at 6pm. Tickets are \$5 pp and are only available in advance at the Senior Center starting June 1.

GIZMO & GADGETS: WHAT THE KIDS TALKING ABOUT!

Come join us Monday **July 23 from 1:00 – 3:00 pm** in the Senior Lounge when representatives from the Apple Store & Best Buy will present many of the latest Apple hand held electronic devices. Items included are: iPads, iPods, iPhones, & more. Please call to let us know you are coming. "Coffee and" will be served.

WELLNESS & BALANCE SCREENINGS WITH DR. TOM

Dr Tom Gregson of Gregson Chiropractic will be here the fourth Tuesday, **June 26** to offer Balance Screenings, Fall Prevention and Wellness. He will be in the Town Conference room – across from the gym, from 9:45 – 10:45 am. There is no charge and he would communicate his findings to your primary care physician.

BOCCE ANYONE?

Fridays at 9:00 am the Orange Senior Center will offer Bocce. Please meet at the bocce court in the grass along the building on the fairground side. The benefits of bocce ball include healthy social interaction, light activity, strategic planning, and friendly competition. Bocce can be played by two people or by two teams of two to four people. The rules of the game are relatively simple. In essence, one player (or team) begins by rolling a smaller ball, known as the "jack", onto the court. Turns are then taken as each player (or team) attempts to bowl his or her balls closest to the jack. Open to all and all levels welcomed.

SUMMER COOKOUT



This year's *Summer Cookout* under the High Plains Pavilion will be held on Tuesday, **Aug 14** from 5 to 8 pm with a rain date of Aug 15. Hot dogs and hamburgers will be grilled and served with salads followed by dessert and coffee. Kickback Duo will perform 50/60's music for your listening and dancing pleasure. This is always a sold out event. Tickets go on sale on July 2. Tickets are \$10.

Annual Holiday Hill Senior Outing

Seniors are invited to the *Statewide Senior Outing at Holiday Hill in Prospect, CT* on Monday, **August 13** from 9 am to 4 pm. This is always a great day with food galore, raffle prizes, bocce, horseshoes, shuffleboard, mini golf, swimming in the heated pool, and bingo. Shuttle Service is available from the parking lot. The tickets for the day are \$28 per person and may be ordered by sending a check payable to Holiday Hill and mailed to Holiday Hill, P.O. Box 338, Cheshire, CT 06410. Include your name and address with the check and tickets will be mailed to you upon receipt of check or money order. Transportation from the senior center can be arranged separately in the senior center office for an additional cost of \$10 per person for those who cannot provide their own transportation and is limited to twelve passengers. Checks for transportation are made payable to the Treasurer, Town of Orange.

BIRTHDAYS OF THE MONTH

We will be celebrating Senior Center members' birthdays for the month of June on **June 26**. Please join us in the senior café for lunch and stay for cake from 11:30 am to 12:00 pm. The birthday member will receive a gift bag with candy and a ticket for a free future lunch. Lunch suggested donation is \$2.00. Call Ellen in the kitchen by noon the day before at (203) 891-4765 to reserve a meal. Join us June 26 to celebrate the birthdays

BINGO SPONSOR OF THE MONTH

The Bingo Sponsor for June is *Humana*. Bingo will be held on Thursday, **June 21** from 1 to 3 pm. Humana offers Medicare health plans. Refreshments and a door prize are donated by the sponsor. Bingo is played each Thursday at this time.

TRIPS



For day trips please make checks payable to "Treasurer, Town of Orange". Overnight & extended stay trip 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 at the Community Center except for summer trips noting departure is from Mary L. Tracy School.

○ **Hot Trip! JONAH at the Millennium Theater** – Wednesday, June 5-7, 2012.

Enjoy a 3 day getaway in Amish country. 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. **Call for availability.**

○ **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. **Wait list check for availability.**

○ **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. **Wait list check for availability. 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. Departs from Mary L. Tracy School.**

○ **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. Departs from Mary L. Tracy School.**

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- **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. **Wait list check for availability. Departs from Mary L. Tracy School.** 
- **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. 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.** 
- **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: \$3,399 pp double, \$3,799 pp single, \$3,369 pp triple. Cancellation Insurance available for \$220. Visit our website: <http://www.collettevacations.com/group-page/index.cfm?id473810>   
- **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.**  
- **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.** 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.   
- **9/11 MEMORIAL AND MUSEUM postponed to 2013** – We were notified that the 911 Museum will not open until 2013, therefore we decided to postpone the trip until next year.
- **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 includes 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.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p>All Soups come with unsalted Crackers *The dessert is the same for both meals All Soups and Entrees Gravies, Sauces, and Salad Dressings and Desserts are Low Fat and Low Salt</p> | <p>All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified</p> | <h1>June 2012</h1>  <p>Happy Father's Day</p> | | <p>1 Vegetable Beef Soup Seafood Salad on a bed of Lett./Sl. Tom. and Green Beans w/Italian Dr. - 2pkts Plate Whole Wheat Sandwich Roll Orange</p> |
| <p>4 Grape Juice Phillie Cheese Steak w/Mozzarella cheese Tossed Garden Salad French Dressing-2 pkts. 6" Grinder Roll Fruit Cocktail</p> | <p>5 100% Fruit Punch Chicken Fajitas w/Vegetables Belgian Carrots Soft Tortilla Fruited Jello w/Topping</p> | <p>6 Sl. Thin Select Roast of Beef Au Jus Roasted Potatoes California Blend Veg. Tropical Fruit Cup Whole Wheat Dinner Roll Birthday Cake</p> | <p>7 Apple Juice Stuffed Shells w/Tom. Sauce Yellow Beans Garden Salad Italian Dressing - 2 pkts. Italian Bread Oatmeal Raisin Cookie</p> | <p>8 Minestrone Soup Tunafish Salad on bed of Lettuce/Tomato Plate w/Pickled Beet Salad Whole Wheat Sandwich Roll Fresh Fruit Cup</p> |
| <p>11 New Orleans Mandarin Chicken Brown Rice Broccoli Whole Wheat Dinner Roll Special Cookie</p> | <p>12 Italian Wedding Soup BBQ Rib Pattie Tossed Green Salad w/Sl. Red Onion French Dressing - 2pkts. Petite Peas 4" Grinder Roll Melon</p> | <p>13 Cream of Carrot Soup Cold Carando Sl. Corned Beef Potato Salad Creamy Cole Slaw Mustard - 2 pkts. Rye Bread- 2 Sl. Sliced Peaches</p> | <p>14 Cranapple Juice Roast Turkey w/Gravy Cranberry Sauce Stuffing w/Gravy Petite Peas & Mushrooms Whole Wheat Dinner Roll Black Forest Cake</p> | <p>15 100% Fruit Punch Fresh Fish Fillet Tartar Sauce - 2 pkts. Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears</p> |
| <p>18 Vegetarian Veg. Soup Turkey Kielbasa Sauerkraut/Mustard Parslied Potatoes Hot Dog Roll Seasonal Fresh Fruit</p> | <p>19 Apple Juice Chicken Stir Fry Fluffy White/Brown Rice Oriental Blend Veg. 4" Grinder Roll Oatmeal Raisin Cookie</p> | <p>20 Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Orange</p> | <p>21 Grape Juice Angus Burger Sl. American Cheese Potato Puffs Ketchup- 2 pkts Tossed Salad Italian Dressing -2 pkts. Whole Wheat Hamburger Roll Brownie</p> | <p>22 Cream of Broccoli Soup Chicken Salad w/Let., Tom. on a Kaiser Roll Mayonnaise - 2 pkts. 3-Bean Salad Vegetable Crudites w/ French Dressing Apple</p> |
| <p>25 100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p> | <p>26 Pineapple Juice Chef's Salad Chicken, Ham, Cheese & Cherry Tom. on a Bed of 1 c. Lettuce Potato Salad Creamy Cole Slaw Pumpnickel Bread Vanilla Pudding w/Topping</p> | <p>27 Apple Juice Sausage, Peppers and Onions Fluffy Brown Rice Mixed Green Salad w/Cherry Tomatoes Ranch Dressing - 2 pkts. 4" Grinder Roll Sliced Peaches</p> | <p>28 Terryaki Chicken White Wild Rice Combo California Blend Veg. Rye Bread Pie</p> | <p>29 100% Fruit Punch Canneloni & Meat Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup</p> |

| Class | Date | Description | Instructor |
|---|---|--|--|
| AARP Driver's Safety First Thursday, 9:00-1:00pm | June 7 By Reservation | Course can earn seniors a discount on their driver's insurance. AARP members \$12, Non-members \$14 | Len Dorsett Room 2 |
| Arthritis Exercise Tuesdays, 10:15-11:00am \$50.00, 10 wks | May 15 – July 17 | This low-impact course helps people with arthritis increase joint flexibility, range of motion, stamina, and muscle strength. | 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 | July 6 – September 9 | This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 4/6. | 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 | July 3 – September 18 | This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health. | Mindy Leventhal Gym |
| Computers – iPhone Monday, 9:30-11:30am Limited to 25 people | July 9 1 time only No Fee | If you own an iPhone or have ever considered getting one, then this one day class is for you. You will learn many of the popular features that go underutilized. | Kathleen Gorelick Room 2 |
| Gizmo & Gadgets: What are the Kids Talking About Monday, 1:00-3:00am Limited to 50 people | July 23 1 time only No Fee | Representatives from the Apple Store & Best Buy will present many of their hand held electronic devices, including: iPads, iPods, iPhones, & more. | Natanael Bonilla Kathleen Gorelick Senior Cafe |
| Computers-Internet, Email & Chat Tuesdays, 1:30-3:30am \$35.00, 5 wks | July 3- July 31 | This course will teach what the internet is, how to surf the internet, how to send and receive emails, and participate in chat rooms. | Jacalyn Diesenhouse Computer Lab |
| Informal Art Studio Thursday 1:00 – 3:00pm | Resume Oct 4 No fee | Like working in a creative environment? This group is for you, so bring your ideas and inspiration. | Bernice Mathisen Room 6 |
| Legal Clinic 1st Wednesday of Month | June 6 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 | Apr 24 – July 10 | The course will improve drawing & painting skills through various techniques, methods, styles. No class on June 19 & 26. | Graham Dale Room 6 |
| Tai-Chi Fridays, 11:30-12:30am \$60.00, 12 wks | July 6 – September 21 | 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 | Will Resume in Oct | Catch the rhythm and learn the basics of tap dancing while having fun exercising. | Marge Gloria Room 4 |
| Tap Dance II Mondays, 10:00-11:00am \$50.00, 10 wks | Will Resume in Oct | Set those feet dancing and feel the excitement of seeing a dance come together. This fun class is great exercise. | Marge Gloria Room 4 |
| Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks | July 11 – September 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 \$50.00, 12 wks | Apr 16 – July 16 | Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. 25 student limit. | Dee Stephens Senior Lounge |
| Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks | June 6 – August 28 | 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 | May 15 July 17 | 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 | May 17– July 19 | See above description. <i>Please note new time.</i> | Florene Nichols Room 15 |

Quick View of classes and activities - June 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 Exercise 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 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 1:30 pm Canasta, Pinochle, Chess | 9:00 am Bocce 10:00 am Billiards 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:30 pm Intermediate Bridge Lessons |

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

Special Events - June 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|--|---|--|
| June 25: Afghan Group 1:00 pm | June 5: Parish Nurses Blood Pressure Screening 10:00 am June 26: Balance Screening w/Dr. Tom 9:45 am June 26: Birthdays of the Month, 11:30 am in Café | June 6: Legal Clinic, Call for an Appointment | June 7: AARP Driving Course, 9:00 am June 7: Lunch & Learn Susan Noonan of the Lend A Hand – “Transition from Natural Independence to Assisted Independence in Your Home” 11:30 am | June 15: Movie – “The Iron Lady”, 1pm |

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

| | | |
|---|---|--|
| <p align="center"><u>Lunch and Learn</u></p> <p>June 7, 11:30 to 1:00 pm, <i>Susan Noonan – Lend a Hand</i>, will speak about the “<i>Transition from Natural Independence to assisted Independence in Your Home</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 for this event. All are welcome!</p> | <p align="center"><u>Friday at the Movies!</u> – June 15, at 1:00 pm, Actress Meryl Streep won the 2012 Oscar for Best Actress for her portrayal of Margaret Thatcher in “The Iron Lady”. Britain's first woman Prime Minister looks back on her life as she clears out her late husband's clothes. His ghost comments on her successes and failures. Call the center to let us know you are coming. We'll supply the popcorn!</p> | |
| <p><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, June 5, 10:00 – 11:00. and blood pressure screenings The <i>OVNA</i> offices at 605A Orange Center Rd Thursday, June 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 June 26 from 11:30 am to 12:00 pm. If you would like a lunch, call Ellen in the kitchen by noon the day before at (203) 891-4765. Lunch suggested donation is \$2.00.</p> | <p align="center"><u>Mammography Van</u></p> <p>The <i>Yale New Haven Mammography van</i> is scheduled for Sept. 28. Call (203) 688-6800 for an appointment!</p> |
| <p align="center"><u>Lunch Program</u></p> <p>The Orange Senior Center hosts a congregate meal program Monday through Friday, 11:30 – 12:00 pm. No meals on Saturday, or Sunday. A \$2.00 donation is accepted for person 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 the by noon the day before to registered (203) 891-4765.</p> | | <p align="center"><u>Gizmos & Gadgets: What the Kids Talking About!</u></p> <p><i>Apple Store & Best Buy</i>, will present many of the popular electronic devices such as iPhones, iPads, iPods, and more. July 23 at 1:00 pm in the Senior Lounge. RSVP at (203) 891-4784</p> |

**TOWN OF ORANGE
COMMUNITY SERVICES**
525 Orange Center Rd.
Orange, CT 06477

Return Service Requested

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