



# ORANGE FRIENDLIES

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



**JANUARY 2013**

**Senior Center Telephone: 203-891-4784**

Check our new website for all senior center activities: [www.orangeseniors.org](http://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

Well it was ironic that Supper Storm Sandy caused the Shelter at Home Panel discussion to be postponed. I guess Mother Nature was just trying to remind us who is really in charge. With Mother Nature's approval the Sheltering at Home Panel has been rescheduled for January 14th.

On another note, has anyone noticed the beautiful art hanging in the glass case in the front lobby of the High Plains Community Center? It is right 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 New Year!

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://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 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.



## Safety in Numbers

The Or Shalom Synagogue 9<sup>th</sup> 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 finding your house in case you need to call emergency personnel. Just call Community Services and we will take your name, address, and phone number and contact Or Shalom. An adult from the synagogue will call you to set up a mutually-agreeable time.

## Bingo of the Month

The Bingo Sponsor for January is *Orange Healthcare and Rehabilitation*. This sponsored bingo will be held on Thursday, **January 24** from 1 to 3 pm. Orange Healthcare provides Nursing Home and Skilled Nursing care. Refreshments and a door prize are donated by the sponsor. Bingo is played each Thursday.

## Rescheduled!!! Sheltering at Home During an Emergency?

Does everyone remember tropical storm Irene from last August or Sandy from Halloween? Did you stay home without power or go to a relative's home until your power came back? Now you know first hand that there are plenty of things that need to be done to prepare for those major storms. That being said, the Orange TRIAD is pleased to announce that there will be a Sheltering at Home Panel. This event will take place on **January 14th**. There will be representatives from CERT, the OVNA, The Red Cross, United Illuminating, and the Orange Police Department. The Panel Discussion starts at 12:30, lunch will be served at 11:30, reservations for lunch are needed. Cost of the lunch is \$2.00. In addition, dessert will be provided. There will also be a raffle at the end of the Panel, so bring yourself and your appetite for good food and lots of useful knowledge.



## Hearing Loss and the Family

**January 29, 2013 10:00 am** Dr. Susan Meissner will present and lead a discussion on Hearing Loss and the Family. This presentation will take place in the Senior Lounge. Coffee and pastries will be served. Call the office (203) 891-4784 to reserve a seat.

### Severe Weather Policy

#### Orange Transportation Vans

Will not be in service when the Orange Highway Department deems the roads to be dangerous. Our Transportation Coordinator, Kim Callahan, will notify WTNH8, Fox 61, and Cable Channel 12 of cancellations. If you have van transportation scheduled during inclement weather, be sure to watch any of these stations.

#### Senior Center Classes

Instructors are responsible for notifying their students of class cancellations.

If the Emergency Shelter is open all Senior Center activities, events, and classes are cancelled.

### 5,000 years of Chinese Culture

On **January 10**, 11:30am to 1:00pm, Lunch & Learn we will have Shelly Ren. She will present "Reviving 5,000 years of Chinese Culture". 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!**



### 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. The kids need the hours for school and we need the knowledge so let's get together! 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 **January 8** from 10:00 – 11:30am for blood pressure screenings.



### Pictures of Orange

**January 17**, at a very special 2nd Lunch & Learn from 11:30—1:00pm, John Ulatowski & Marty Stofik will present their photos of and around Orange from the book series "Simple Treasures". This presentation will include photographs of farms, events such as Taste of Amity, Business and Community Fairs, Strawberry Fest, Memorial Day ceremonies, Volunteer Orange Fireman's Carnival, and more. The premise of the work is to highlight the town's rural spacious character, historical significance, and natural beauty. Call the office (203) 891-4788 to save a seat.

## 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.

**UCONN WOMEN @ GEORGETOWN IN WASHINGTON DC** – January 8–10, 2013 (3 days 4 meals). Stay at the Hyatt Place in Chantilly, VA. Enjoy an 85-item buffet dinner at Phillips Flagship Restaurant overlooking the Potomac River. Visit the Smithsonian Institution's newly-renovated National Museum of American History. Dinner at Carmine's before going over to Georgetown to enjoy the game and cheer on the UCONN ladies! Finally enjoy a continental breakfast before visiting the Newseum—the free press in a free society telling the world's important stories. **Cost is \$421pp double** includes transportation, hotel, 4 meals, admissions, driver & tour gratuities. **Full payment due with reservation. Now accepting registrations.** (👟👟👟)

**Sold Out—HAWAIIAN CRUISE** – January 10 – 20, 2013. 11 days with 7 shore excursions. (👟👟👟)

**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 plus 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.** (👟)

**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, admission. **Full payment due at reservation which begins Jan 1.** (  )

**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 1.** (  )

**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 1.** (  )

**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 1.** (  )

**BOSTON POPS @ TANGLEWOOD**—July 7th It will include Keith Lockhart as the conductor, and Vince Gill as the special guest. Cost to 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.** (  )

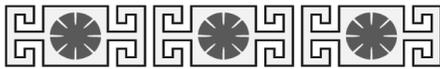
**REFLECTIONS OF ITALY** – Sept. 23—Oct. 2, 2013 (10 days 14 meals). Revel in the magic of this famed destination as you set out on a comprehensive tour that features Rome, Venice and Florence. Explore Rome's rich history, including a guided tour of the Coliseum. Visit one of Chianti's treasured wineries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

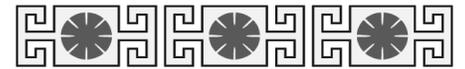
**MYSTERY TRIP** – Tuesday, October 15, 2013. The only clue is the theme—leaves! You *leave* the senior center, see *leaves* and you will enjoy a unique tasting experience... of *leaves*? Cost \$68, includes family style luncheon, admissions, tour, and gratuities. There will be a gift shop. **Full payment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



# January 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><b>1</b></p> <p>Closed For New Year's No Lunch</p> 	<p><b>2</b></p> <p>Italian style cod with lemon fresh sweet potato green cabbage and carrots pumpnickel roll Banana</p>	<p><b>3</b></p> <p>sliced steak with onion gravy red bliss potato Belgium carrots corn bread fresh orange</p>	<p><b>4</b></p> <p>hearty veg soup unsalted crackers chicken parmesan penne with marinara sauce broccoli Italian bread berry strudel</p>
<p><b>7</b></p> <p>fresh baked ham with gravy scalloped potato peas and carrots rye bread baked apple</p>	<p><b>8</b></p> <p>New England Clam Chowder unsalted crackers crab cake with tarter sauce brown rice pilaf coleslaw oat bread Seasonal fresh fruit</p>	<p><b>9</b></p> <p>hamburger with onions and mushrooms Ketchup baked beans green beans wheat burger roll pineapple tidbits</p>	<p><b>10</b></p> <p>cranberry juice hot open turkey sandwich with gravy on wheat bread roasted sweet potato broccoli and cauliflower brownie</p>	<p><b>11</b></p> <p>herb baked chicken leg quarter orzo grilled winter vegetables multi grain roll mandarin oranges</p>
<p><b>14</b></p> <p>pineapple juice baked tilapia with lemon dill sauce confetti brown rice spinach 12 grain bread chocolate pudding</p>	<p><b>15</b></p> <p>lasagna roll with meat sauce tossed salad with tomato and Italian dressing garlic bread orange jell-o with peaches</p>	<p><b>16</b></p> <p>orange juice roast beef with gravy baked potato with sour cream Scandinavian vegetables wheat bread marble cake</p>	<p><b>17</b></p> <p>oven fried chicken quarter macaroni and cheese green beans buttermilk biscuit apricots</p>	<p><b>18</b></p> <p>Italian wedding soup unsalted crackers broccoli quiche sliced zucchini wheat dinner roll Seasonal fresh fruit</p>
<p><b>21</b></p> <p>Closed For Martin Luther King Day</p>	<p><b>22</b></p> <p>chicken teriyaki brown rice oriental blend vegetables oat bread mandarin oranges</p>	<p><b>23</b></p> <p>minestrone soup unsalted crackers lite crunch fish with lemon and tarter sauce roasted potatoes stewed tomato multi grain roll Seasonal fresh fruit</p>	<p><b>24</b></p> <p>pork loin with gravy mashed sweet potato peas and onions rye bread applesauce</p>	<p><b>25</b></p> <p>grape juice whole grain spaghetti with marinara sauce chicken meatballs Italian bread Caesar salad with croutons and vinaigrette dressing vanilla pudding with strawberries</p>
<p><b>28</b></p> <p>cranapplejuice sliced turkey with LS gravy cranberry sauce apple stuffing California blend vegetables whole wheat dinner roll slice pumpkin pie</p>	<p><b>29</b></p> <p>salisbury steak with gravy egg noodles peas and pimentos oat bread green jell-o with peaches</p>	<p><b>30</b></p> <p>cream of carrot soup unsalted crackers BBQ chicken black beans and corn collard greens slices wheat bread Seasonal fresh fruit</p>	<p><b>31</b></p> <p>pot roast wit gravy mashed potato Tuscan blend vegetables rye bread applesauce</p>	

# RESERVED FOR SPONSORS

## Quick View of classes and activities - January 2013

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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 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 - January 2013

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Jan 14: Sheltering at Home Panel Jan 21: Closed—Martin Luther King Birthday	Jan 8: Blood Pressure Screening Jan 8: UCONN Washington DC Trip Jan 29: Hearing Loss and the Family 10:00 am Jan 29: Birthdays of the Month, 11:30am	Jan 2: Legal Clinic, Call for an Appointment	Jan 3: ARP Driving Course, 9:00am Jan 10: 5,000 Years of Chinese Culture 11:30am Jan 17: Lunch & Learn: Pictures of Orange	Jan 11: Hawaii Trip Departs Jan 18: Movie of the Month - "Hope Springs" 1pm

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Jan 3 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 Senior Lounge
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 ever 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
Mahjong Monday, 10:00 am \$25.00 4 wks	Jan 7 - Jan 29	For new students or those in need of a refresher. Rhea will teach by the "International Mah Jongg Association" rules.	Rhea Savell Cafe
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, 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 Gym
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

PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 722  
MILFORD, CT 06460

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

<p align="center"><b><u>Lunch &amp; Learn</u></b></p> <p><b>January 10</b>, 11:30am to 1:00pm, Shelly Ren to present a cultural and art forms presentation: <i>“Reviving 5,000 years of Chinese Culture”</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. <b>All are welcome!</b></p>		<p align="center"><b><u>Friday at the Movies –</u></b></p> <p><b>January 18</b>, at 1:00pm, <b>“Hope Springs”</b>. After thirty years of marriage, a middle-aged couple attends an intense, week-long counseling session to work on their relationship. Starring Meryl Streep and Tommy Lee Jones. Call the center to let us know you are coming.</p>	
<p align="center"><b><u>Blood Pressure &amp; Hypertension Screenings</u></b></p> <p><i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, <b>Jan 8</b>, 10:00 – 11:00 for blood pressure screenings. The OVNA offers screenings at 605A Orange Center Rd Thursday, <b>Jan. 24</b>, 1:00 – 2:00 pm.</p>	<p align="center"><b><u>Birthdays of the Month</u></b></p> <p>Come celebrate members’ birthdays for the month on <b>January 29</b> 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"><b><u>Hearing Loss and the Family</u></b></p> <p><b>January 29</b>, 10:00 am Dr. Susan Meissner will present a discussion on <i>Hearing Loss and the Family</i> in the Senior Lounge. Coffee and pastries will be served. Call the office (203) 891-4788 to reserve a seat.</p>	
<p align="center"><b><u>Lunch Program</u></b></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"><b><u>Pictures of Orange</u></b></p> <p><b>January 17</b>, at a very special 2nd Lunch &amp; Learn from 11:30am—1:00pm, John Ulatowski &amp; Marty Stofik will present their photos of and around Orange from the book series “Simple Treasures”. The series highlight the town’s rural, spacious, and natural beauty. Call the office (203) 891-4788 to reserve a seat.</p>	