



ORANGE FRIENDLIES

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



JULY 2015

Senior Center Telephone: 203-891-4784

Check our 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

Summer is here and in full swing. We already had our first Summer Concert and our next will be July 15, rain date July 16. Bring your lawn chair, your chips & dip, come on out and enjoy some music. It's free! As always, thank you to our sponsors for making it possible.

Are you ready for our annual Summer Cookout? Aug 10 with a rain date of Aug 11. Crowd favorite, Johnny Paolillo with Kickback will be the entertainment. Amazingly tickets are still only \$15!

Lastly, do you want to know a secret...? I booked a trip for the Senior Center. 2017 we are going to the Netherlands, Belgium and Paris. How is that for a European Vacation!

Dennis Marsh,
Senior Services Coordinator

A Word from the Director

Hello there, I hope you all had a great June and are enjoying your summer. This month we celebrate the United States, our history, heritage and freedom. July Fourth is actually, when in 1776, The Declaration of Independence was adopted by Congress, freeing our country from Great Britain. We celebrate with family, parades, fireworks, concerts and barbeques. When I think of the Fourth of July, the words from a popular song written by Lee Greenwood come to mind. "I'm proud to be an American where at least I know I'm free and I won't forget the men who died to give that right to me." So, enjoy the Holiday and the month July. Stop by anytime, my door is always open.

Joan Cretella, Director,
Orange Community Services

Summer Cookout

This year's *Summer Cookout* in the High Plains Pavilion will be held on Monday **Aug. 10** with a rain date of Tuesday, Aug 11 from 5 to 8 pm. John Paolillo with **Kickback Duo** will perform. Tickets go on sale on July 1, only \$15.



Flashback to the 50's on these Trips!!!

BOBBY RYDELL—A Teen Idol at the Aqua Turf Club. **August 12, 2015.** Only \$99pp (👟)



Billiards, Ping Pong, & Chess



Come join us for **Billiards, Ping Pong and Chess**. Billiards meets Mondays at 1:00, Tuesday at 10:00, Thursday at 1:00, & Friday at 10:00. Ping Pong plays Monday at 11:00 and Wednesday at 12:00. Chess plays Tuesday & Thursdays at 1:30.



Summer Concerts—all ages welcomed

Are you ready for FREE outdoor summer music? Orange Community Services has again scheduled 3 outdoor all ages shows in the Gazebo and we want you to come out to enjoy them! Orange Transportation is available to Orange seniors or disabled residents, for the Wednesday night concerts. Call (203) 891-4788 for a ride. So bring your family and your friends! Since its free, bring your friend's family!

July 15, Wednesday 6:30-8:30pm—Six 2 Midnight—Contemporary duo. Rain date is Thursday July 16.

August 12, Wednesday 6:30-8:30pm—The Bourbon Cowboys—Country. Rain date is Thursday, August 13.

Thank you to our sponsors for making it all possible: The Goddard School of Orange, the Orange Visiting Nurse Association, and Orange Community Services.



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **July 7** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **July 23** at OVNA.

AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **July 9**. 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.

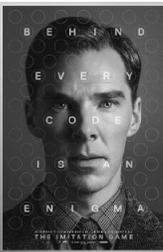
Money Management

Money Management Club, Friday, **July 7** in Town Conference room, & Tuesday, **July 21** in the Senior Lounge, from 9:00 to 10:00am. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles. This is intended for entertainment purposes only.

Lunch & Fun!

Join us Thursday, **July 16**, 11:30am, for **Gumbo Soup**, with **Gwendolyn Quezaire-Presutti** as she discusses life experiences; stories growing up, family and friends—a baby boomer perspective of life. Participants bring their lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.

Movie of the Month



Based on the real life story of Alan Turing. Join us Friday, **July 17** 1:00pm, "**The Imitation Game**" starring Benedict Cumberbatch, Keira Knightley, and Matthew Goode. During World War II, mathematician Alan Turing tries to crack the enigma code with help from fellow mathematicians. Popcorn & soda will be served. Call to

reserve a seat.

Book Club

Come join us for our **FREE** Senior Center Book Club to be held **July 24**, from 2:00-3:30pm in room 3. This month's title is **The Boys in the Boat** by Daniel James Brown.

Ice Cream with Vinnie Carr!

Join us for Ice Cream & **Vinnie Carr** on **July 6**, **1:30—3:00pm**, as he entertains us with all the great songs from the great American song-book. Seating is limited so call (203) 891-4784 to make a reservation.



Bingo of the Month

Bridges by EPOCH at Trumbull Assisted Living will be the Bingo sponsor on **July 23**. Bingo is played from 1 to 3:30 each Thursday in the senior café. We are grateful to our sponsors who furnish the refreshments and bring a door prize which makes it even more fun!



Art for Beginners

Graham Dale has agreed to teach a new art class. Art for Beginners will run 8 weeks on Thursdays 9:30-11:30am from **July 2—Aug 20**

Computer Fest is Back!!!

Computer Fest last class with Kathleen Gorelick will be: **iPads** and will meet on **Tuesday 7/7** from 9:30-11:30am. Only **10 seats** available.

Free!!! iPhone Class

Kathleen Gorelick will teach a 4 week **iPhone** class on Tuesdays from 9:30-11:30am. This limited time iPhone class will be **free** so hurry down to sign up. We are **limited to 10 students**. The class will run from **July 14 to August**

Vitas Veterans Coffee Hour

July 6, 11 –12pm VITAS Innovative Hospice Care, Wayne Rioux, a U.S. Army Veteran, will discuss veteran topics. Veterans and family members are encouraged to attend. Call the office (203) 891-4784 to RSVP.

~ Wellness Corner ~

Intro to The MELT Method

July 14 at 10:15am. Erase pain and tension brought on by everyday stress, overuse, and age. This simple self-treatment can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis, and more. Learn how the connective tissue gets dehydrated, the common aches and pains it can cause and how to rehydrate this essential system in our bodies for pain-free movement. This **FREE** class will allow you to experience how easy it is to create change in your body and alleviate the negative effects associated with aging. The techniques are easy to learn, and will help you remain active, healthy and pain free for life! Registration is required and limited to 12 people. Call 203-891-4784 to register.

Summer Fitness Class, MELT & Zendoodle

With the Summer Camp in the building beginning **June 22**, **Fitness** class will meet only at **9:00am** on Tuesday and Thursday in the café.

MELT & Zendoodle will meet once a week on Wednesdays in the café starting June 22. 11:15am for MELT and 12:30pm for Zendoodle. I hope to see you there!

Digestive Wellness

July 21 at 10:15am. Do you or someone you know have fatigue, constipation, diarrhea, gas, bloating, frequent headaches, anxiety, depression, urinary tract infections, brain fog, or frequent colds? Learn what could be affecting your digestion. Understand gut disbiosis. Discover the importance of, and differences between, prebiotics, probiotics and digestive enzymes. Uncover tools to improve the digestive system and protect the immune system

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.

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.

Trips in July and August usually depart from the Orange Congregational Church.

THE BOSTON POPS AT TANGLEWOOD—with Special Guest, Bernadette Peters. Sunday, July 5, 2015. Enjoy lunch at the Cork n Hearth or the Red Lion Inn. After lunch, we will head to the summer home of the Boston Symphony Orchestra/Pops. This years special guest is Bernadette Peters. Our seats are located in "The Shed." **Cost: \$136pp**, includes transportation, lunch, reserved seating and driver's gratuity. **Full payment due at registration** ( ).

*****NOTE THE DATE CHANGE*** COINS & CLAWS—Lobster & Casino. July 8, 2015.** Stop for lunch enroute at Abbott's Lobster in the Rough in Noank, CT. Voted as one of the best lobster shacks in New England. Your entrée option includes a choice of steamed lobster or herb roasted chicken with all the trimmings. After lunch depart for the Mohegan Sun Casino where you will receive a casino package including food credit. **Cost: \$61pp**, includes transportation, lunch, casino bonus package and driver's gratuity. *This Trip departs from the Orange Congregational Church.* **Full payment due at registration** ( ).

TWIN LOBSTER AND THE "I LOVE LUCY" & RICKY SHOW. At the Hu Ke Lau in MA. Wednesday, July 15, 2015. But wait, there's more! Did I mention there is a 2nd show—Polynesian Show **Cost: \$87pp**, includes transportation, lunch, 2 shows and driver's & server's gratuity. *This Trip departs from the Orange Congregational Church.* **Full payment due at registration** ().

MY NAME IS BARBRA—A Tribute to Barbra Streisand at Amarante's Sea Cliff. Tuesday July 21, 2015. With the look, persona and sound of Barbra Streisand, tribute artist Joni Lambert brings the excitement and unmistakable vocals of the great Diva herself. **Cost: \$64pp with transportation on your own.** Includes social hour of Penne ala Vodka, Sweet & Sour Meatballs, Fried Dough Pizza, Frittata, Focaccia, and Cheese Puffs. Includes a Down East Clam Bake lunch of Fresh Lobster or Almond Encrusted Pork Tenderloin, New England Clam Chowder, Just picked Corn on the Cob, Roasted Potatoes, Steamed Mussels with butter, Barbecue Chicken, Strawberry Short Cake, and Iced Tea. **Full payment due at registration** ().

BOBBY RYDELL—A Teen Idol at the Aqua Turf Club. August 12, 2015. Bobby's career spans six decades and encompasses every area of the entertainment world. Starring in the hit film *Bye Bye Birdie*, and performing in countless TV shows, Bobby has earned a reputation as a classic performer. Family style lunch to include garden salad, pasta, chicken francaise & baked salmon with dill sauce, vegetable, potato, rolls, dessert and beverage. **Cost: \$99pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().

? MYSTERY TRIP ?—A relaxing trip with lunch. August 26, 2015. Ladies come in many shapes and sizes. After lunch just relax with this "Lady" and cruise. Take in the pristine and unspoiled views. Lunch includes a choice of 3 chef's selected entrees of the day which will include a fish, chicken, or beef entrée, includes all the fixings, dessert, and a complimentary glass of wine. **Cost: \$87pp** Includes transportation, lunch, admission and driver's gratuity. **Full payment due at registration** ().

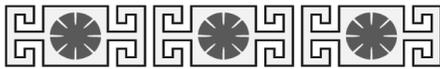
BACKWARDS IN HIGH HEELS—The Ginger Rogers story at Westchester Theater. September 3, 2015. After lunch we will watch the show. A tribute to the remarkable life and times of the multi-talented entertainment powerhouse, Ginger Rogers. A backstage look and her public and private life. The show combines cherished standards with new original songs, a compelling play and stunning dance sequences. **Cost: \$99pp** Includes transportation, lunch, show and driver's gratuity. **Full payment due at registration** ().



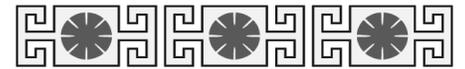
SCHOONER SAILING—scenic Gloucester, MA. September 9, 2015. Lunch at the famous waterfront restaurant, The Gloucester House, known for its seafood. Enjoy a choice of Gloucester House Haddock or Baked Stuff Breast of Chicken with all the trimmings, including clam chowder. After lunch we will set sail on the 65 foot Schooner, the Thomas E. Lannon **Cost: \$119pp** Includes transportation, lunch, 2 hour schooner ride and driver's gratuity. **Full payment due at registration** (  ).

THE BIG E FAIR—Connecticut Day. September 23, 2015. "New England's Great State Fair," with nearly one million guests passing through the gates is ranked among the top fairs in the country. **Cost: \$49pp** Includes transportation, Admission to the Big E and driver's gratuity. **Full payment due at registration** (  ).

A TRIBUTE TO THE RAT PACK!—at Foxwoods Casino. October 7, 2015. You will have time on your own to use the gaming tables or shop at the many stores that Foxwoods has to offer until the matinee begins. Vintage Vegas at its best! Relive the days of Frank, Dean, and Sammy in this popular and entertaining Las Vegas Tribute Show. **Cost: \$69 pp**, includes transportation, Buffet lunch, \$10 Slot machine token, reserved seating and driver's gratuity. **Full payment due at registration** (  ).



July 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>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. to register (203) 891-4765.</p>	<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 Oven fried chicken Macaroni and cheese Spinach Wheat bread apricots fat milk</p>	<p>2 Lemonade BBQ Beef Ribs Baked Beans Coleslaw Small Wheat Roll Strawberry Shortcake</p>	<p>3 Tomato soup w/crackers turkey ham and cheese on grinder roll Tossed salad with tomato and ranch dressing Fresh fruit low fat milk</p>
<p>6 Swedish meatballs Bowtie noodles ½ cup Green beans Wheat dinner roll Peaches low fat milk</p>	<p>7 Escarole and bean soup Crab cake/tartar sauce Confetti brown rice California blend Rye bread Fresh fruit low fat milk</p>	<p>8 Herb roasted chicken qtr Spanish rice spinach salad with raspberry vinaigrette Apple juice Chocolate chip cookie low fat milk</p>	<p>9 Pot roast/LS gravy Smashed potato Broccoli Pumpnickel dinner roll Fresh melon low fat milk</p>	<p>10 Spinach grandoli Parmesan cheese Tossed Salad with cucumber and Italian dressing Garlic breadstick Pineapple low fat milk</p>
<p>13 Mandarin chicken Vegetable fried rice Oriental blend Wheat bread Mandarin oranges low fat milk</p>	<p>14 Chicken Cordon Bleu Rice Pilaf French Green Beans Small Croissant Fruit & Pudding Parfait W/ Topping low fat milk</p>	<p>15 Broccoli quiche Beets Green beans Wheat dinner roll Fresh fruit low fat milk</p>	<p>16 Chicken noodle soup crackers Turkey/LS gravy Stuffing spinach 1 slice Rye bread Baked apple wedges low fat milk</p>	<p>17 Seafood salad lettuce and tomato three bean salad 1 Portuguese roll Cranberry juice Iced yellow cake low fat milk</p>
<p>20 Cream of carrot soup Light crunch fish Tartar sauce/lemon tossed salad Family grain bread Fresh fruit low fat milk</p>	<p>21 Chicken cacciatore Bowtie pasta Cauliflower with parsley Italian bread Pineapple juice Ice cream cup low fat milk</p>	<p>22 Meatloaf/LS gravy Baked potato sour cream Glazed carrots Multi grain bread Tropical fruit low fat milk</p>	<p>23 Fresh ham/LS gravy Mashed sweet potato Bean blend Biscuit pineapple low fat milk</p>	<p>24 Eggplant rolatini with cheese Penne pasta Spinach Garlic bread Melon low fat milk</p>
<p>27 Spaghetti meat sauce Parmesan cheese Spinach salad Garlic bread Mixed fruit juice Italian ice low fat milk</p>	<p>28 Shrimp bisque Chef salad with turkey, ham and cheese Lettuce, tomato, cucumber French dressing Wheat breadstick Fresh fruit low fat milk</p>	<p>29 Stuffed salmon with rosemary cream sauce Brown rice pilaf Roasted Fresh zucchini and yellow squash Marble rye bread pears low fat milk</p>	<p>30 Roast beef/LS gravy Baked potato sour cream Tuscan blend Multigrain bread peaches low fat milk</p>	<p>31 Vegetable omelet Sweet potato fries Coleslaw vinaigrette Pumpnickel bread Apple juice M&M cookie low fat milk</p>

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
Basic Photography Chorus Creative Writing Line Dancing Tap Dance Yoga – Fridays	Will resume in fall	Due to limited space, some classes have to be postponed until September. We look forward to the classes resuming in the fall and to your return to the class.	
New Art for Beginners Thursdays, 9:30-11:30am \$40.00, 8 wks	July 2 - August 20	Art for Beginners will teach you what you need to know about art elements. This is the one to begin with!	Graham Dale Room 6
Ballroom Moves Tuesday, 11:30—12:30pm \$20.00, 10wks	June 16– August 18	A fun and gentle cardio workout, learn new dance steps and elements. Keep the mind and body moving, no partner necessary.	Susan Woods Gym
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	July 2 – Sept 10	This class is for beginners of Bridge and those who want to learn the game. No class 8/6	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	July 10 – Sept. 18	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 7/3, 8/7	Al Pol Room 2
Computer Fest Tuesday, 9:30-11:30am Free Introductory Class	July 7	Our last Computer Fest class of the year is the perfect spring board to a free 4 week more indepth iPad with Kathleen starting July 14	Kathleen Gorelick Computer Room
Fitness T/Th 9:00-10:00am \$25.00, 12 wks	July 2 – Sept 22	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. One class during Summer Camp.	Tara Graham Cafe
iPhone Tuesday, 9:30-11:30am No Fee	July 14 - August 4	Computer Fest offered an iPhone class, and folks wanted more. Free 4 week class for a more indepth look at iPhone. Limit to 10 students	Kathleen Gorelick Computer Room
MELT Wed 11:30am	Ongoing Free	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate a whole body. No class 7/8	Tara Graham Cafe Need kit to attend
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	July 14 – Sept 15	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:45-12:45pm \$40.00, 8 wks	June 26 – August 21	Tai-Chi has been known to improve balance and flexibility, as well as reduce fall risk among older adults. No class 7/3	David Chandler Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	July 8 - Sept 23	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Café during the summer
Yoga – Mondays 9:15-10:30am \$30.00, 6 wks	July 6 - August 10	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 6/29	Dee Stephens Senior Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	June 17 - August 19	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, 10:00—11:00am \$50.00, 10 wks	June 18 - August 20	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed.	Andrea Cashman Senior Lounge
Zumba Gold Mon 11-12, Wed 11:30-12:30, Fri 10:45-11:45 1 class: \$30.00, 2+ class \$60	July 13 - Sept 30	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 9/7 or 9/25	Danielle Pettitt Room 15 during the summer
Zendoodle Wed 12:30am	Ongoing Free	Create beautiful images from repetitive doodles. Easy to learn and relaxing. No class 7/8	Tara Graham Cafe

Quick View of classes and activities - June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 11:00 am Chair Exercise 11:00 am Zumba Gold 11:00 am Ping Pong 1:00 pm Billiards	9:00 am Fitness 9:30 am iPhone 9:30 am Painting/Drawing 10:00 am Billiards 11:30 am Ballroom Moves 1:00 pm Social Bridge & Duplicate Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor 10:15 am Yoga 11:00 am Chair Exercise 11:15 am MELT 11:30am Zumba Gold 12:00 pm Ping Pong 12:30 am Zendooodle 12:45 pm Duplicate Bridge	9:00 am Fitness 9:30 am Art for Beginners 9:30 am Yoga Dance 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 11:45 am Tai-Chi 1:00 pm Bridge Intermediate

Special Events - July 2015

Monday	Tuesday	Wednesday	Thursday	Friday
July 6: Veterans' Coffee Hour July 6: Ice Cream Social— July 27: Afghan Ladies Aug 10: Summer Cook Out	July 7: Parish Nurses Blood Pressure 9am July 7: Money Management July 21: Money Management July 21: My Name is Barbara trip Aug 11: Summer Cook Out rain date	July 1: Legal Clinic, 9am Call for an Appointment July 8: Coins & Claws trip July 15: I Love Lucy & Lobster trip July 15: Summer Concert with Collin Monahan & Six 2 Midnight Aug 12 : Summer Concert With the Bourbon Cowboys	July 9: AARP Driving Course, 9:00am July 16: Lunch & Fun—Gumbo Soup with Gwendolyn Quezairre-Presutti July 16: Summer Concert rain date Aug 13: Summer Concert rain date	July 17: Movie of the Month <i>The Imitation Game</i> July 24: Book Club: <i>The Boys in the Boat</i> Sunday—July 5: Tanglewood Trip

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



Current resident or

“ORANGE FRIENDLIES” - July 2015
Senior Services Coordinator—Dennis Marsh, 203-891-4784

Hot and Cold Lunches

The Orange Senior Center offers a hot lunch Monday through Friday. On Tuesdays and Thursdays a cold lunch option is also available. Lunch is served Monday through Friday, 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. To register (203) 891-4765.

Notary Public

Dennis Marsh is a Notary of Public for the State of CT. So if you need anything notarized, you can come to the senior center for this free service. Be aware he will follow the policy and procedures as established by the common practices of the other town notaries.

Orange Youth Services—Area Residents Need Jobs Help? Youth Services Job Bank Can Assist

The Orange Youth Services Job Bank provides a service of pre-screened students, ages 13-16, who can be employed by area residents to do a large variety of jobs such as yard work, garden help, attics/basements, raking, snow shoveling, small painting, party helper, tutoring, clerical assistance, mother's helper...and more. For further information, please call John Ulatowski, Orange Youth Services Coordinator, at 203-891-4785.

Transportation

The Town of Orange provides a transportation service for senior residents and handicap residents. This service runs Monday through Friday from 8:00 am until 4:00 pm. 24 to 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven and Hamden, and tries not to go to New Haven or Hamden after 3pm due to traffic. It is donation based—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call Kim Callahan (203) 891-4788 to schedule a ride.

Word from the Municipal Agent

Summer is here! Get out, get exercise and be active. If you need any tips on what kinds of activities to engage in go to go4life.com.

Denise Stein, M.S., LPC
Elderly Outreach