



ORANGE FRIENDLIES

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



JUNE 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

Oh dear, last month was crazy busy. We started May off with the Veterans' Wall, we recognized our Volunteers, Pasta Festa found a new home, and celebrated at Peck Place School with the Senior Prom. I hope you had a lot of fun as there was a lot of opportunities for it to be had. Now on to June. We see the return of the Summer Concerts, the Elderly Brothers' Ice Cream Social, Computer Fest, and we are offering an Excel computer class.

Be sure to visit the Orange Business Expo on June 10 here at the High Plains Community Center. Visit the different vendors and collect samples, giveaways, and knowledge of the goods and services available in our community.

Dennis Marsh,
Senior Services Coordinator

A Word from the Director

June is the month we celebrate, fathers, grandfathers, brothers, uncles and whatever men have impacted our lives. "I believe what we become depends on what our fathers teach us at odd moments, when they aren't trying to teach us" (Umberto Eco). Also, June 21 is the first day of summer for those of us who enjoy the warm weather and sunshine. "June is the month of leaves and roses, when pleasant sights salute the eyes and pleasant scents the noses". (Antoine Francois). Happy Fathers Day and happy June! Stop by anytime my door is always open.

Joan Cretella, Director,
Orange Community Services

Afghans for Our Veterans

The Afghan Ladies knit and crochet afghans for veterans. An embroidered strip with "USA HERO" is sewn on every blanket. This group is looking for more crafters. This month they meet **June 1 and June 29 at 1:00pm** in the lounge.

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 (👟)



TWIN LOBSTER AND THE "I LOVE LUCY" & RICKY SHOW—At the Hu Ke Lau in MA. Includes a 2nd show—Polynesian Show **July 15, 2015.** Only \$87pp (👟)



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 for 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!

June 24, Wednesday 6:30-8:30pm—Cruz Machine—Classic Rock. Rain date is Thursday June 25.

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.



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **June 2** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month: **June 25** at OVNA.

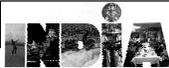
AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **June 4**. 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, **June 12** in Town Conference room, & Tuesday on **June 23** 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, **June 18**, 11:30am, for **India Culture**, with **Reena Katarya** as she speaks about her homeland and culture. 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



One of the best movies you never heard of. Join us Friday, **June 19** 1:00pm, "**Mr. Nobody**" starring Jaco Van Dormael. A boy stands on a station platform as a train is about to leave. Should he go with his mother or stay with his father? Infinite possibilities arise from this decision. As long as he doesn't choose, anything is possible.

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 **June 26**, from 2:00-3:30pm in room 3. This month's title is **The Road to Valor** by Anthony Doerr.

Ice Cream with the Elderly Brothers!

Join us for **The Elderly Brothers**: with Big Tom Stankus and Brian Gille on **June 15** **1:30—3:00pm**, as they rock out with all the great songs from the 50's. Seating is limited so call (203) 891-4784 to make a reservation.



Bingo of the Month

Benchmark Assisted Living will be the Bingo sponsor on **June 18**. 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!



Computer Fest is Back!!!

Computer Fest is back with Kathleen Gorelick! And it's Free!!! 4 weeks, 4 different classes.

Intro to Computers, (no experience needed) - **6/16**.

Internet Basics - **6/23**.

eMail 101 - **6/30**

iPad - **7/7**

Classes meet on Tuesdays from 9:30-11:30am. There are only a **limit of 10 seats** so hurry down to sign up.

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**

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.

Free Excel



Tom George returns to teach a 2 day Excel class, **Monday June 22 and Wednesday June 24**, 1:00-2:30pm. Space is limited so sign up early at 203-891-4784.

Flower Arranging Seminars

Come join us for a Flower Arranging class on Friday **June 26—Independence's Day Theme**. 10-12 in room 2. \$10 fee will be applied to cover the cost of materials. Call or stop by to register (203) 891-4784.

~ Wellness Corner ~

Summer Fitness Class, MELT & Zendoodle

With the Summer Camp in the building we will return to our summer fitness schedule. **Fitness** class will meet once on Tuesday and once on Thursday at **9:00am** in the café beginning **June 22**.

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

Wellness

Eating for Energy Join us on **June 8 at 12:00 noon**.

What would your life be like with an abundance of energy? Do you know what foods are best to eat to increase your energy? You will learn how certain foods decrease your energy, what food choices might be holding you back, tips to help find foods you enjoy to increase your energy and improve your performance, and how an imbalance in your lifestyle can impact your food choices and energy levels.

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.

TICKET TO RIDE—A Tribute to the Beatles at the Grand Oak Villa, Oakville CT. June 9, 2015. The Beatles, the most influential Band of the Sixties. Recreating the Beatles sound and harmonies in the original key. Family Style seating. **Cost: \$76pp**, includes transportation, lunch and show. **Full payment due at registration** (👟).

STATUE OF LIBERTY AND ELLIS ISLAND Thursday June 25, 2015. Travel to Liberty State Park in New Jersey to explore one of the greatest symbols of freedom in America. You will board a ferry to Ellis Island where millions of immigrants began the process toward American Citizenship. Later that afternoon you will enjoy an early dinner at Bonefish Grill. Enjoy an entrée choice of Chicken Marsala, Longfin Tilapia, or Spring Basil Fettuccine. **Cost: \$102pp**, includes transportation, ferry to Liberty & Ellis Island,



lunch and gratuity. **Full payment due at registration** (👟👟👟).

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** (👟👟).

COINS & CLAWS—Lobster & Casino. July 7, 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 steam 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** (👟).



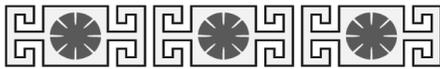
MY NAME IS BARBRA—A Tribute to Barbra Streisand at Amarante's Sea Cliff. Tuesday July 21, 2015. With the look, persona and sound of Barbra Streisand, tribute artist Joni Lambert brings the excitement and unmistakable vocals of the great Diva herself. **Cost: \$64pp with transportation on your own.** 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 1 1/1lb. 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** (👟).

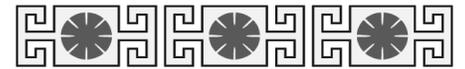
? MYSTERY TRIP ?—A relaxing trip with lunch. August 26, 2015. Ladies come in many shapes and sizes. After lunch just relax with this "Lady" and cruise. Take in the pristine and unspoiled views. Lunch includes a choice of 3 chef's selected entrees of the day which will include a fish, chicken, or beef entrée, includes all the fixings's, 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** (👟).





June 2015



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Swedish meatballs Bowtie noodles Green beans Wheat dinner roll Peaches low fat milk</p>	<p>2</p> <p>Escarole and bean soup LS crackers Crab cake/tartar sauce Confetti brown rice California blend Rye bread Fresh fruit low fat milk</p>	<p>3</p> <p>Herb roasted chicken qtr Spanish rice spinach salad with raspberry vinaigrette Wheat bread Apple juice Chocolate chip cookie low fat milk</p>	<p>4</p> <p>Pot roast/LS gravy Smashed potato Broccoli Pumpnickel dinner roll Fresh melon low fat milk</p>	<p>5</p> <p>Spinach grandolioli with LS sauce Parmesan cheese Tossed Salad with Italian dressing Garlic breadstick Pineapple low fat milk</p>
<p>8</p> <p>Mandarin chicken Vegetable fried rice Oriental blend Wheat bread Mandarin oranges low fat milk</p>	<p>9</p> <p>Hamburger au jus Wheat bun Ketchup Steak fries Coleslaw watermelon low fat milk</p>	<p>10</p> <p>Broccoli quiche Beets Green beans Wheat dinner roll Fresh fruit low fat milk</p>	<p>11</p> <p>Chicken noodle soup LS crackers Turkey/LS gravy Stuffing spinach Rye bread Baked apple wedges low fat milk</p>	<p>12</p> <p>Seafood salad seafood salad lettuce and tomato three bean salad Portuguese roll Cranberry juice Sliced yellow cake low fat milk</p>
<p>15</p> <p>Cream of carrot soup LS crackers Light crunch fish Tartar sauce/lemon tossed salad with Italian dressing Family grain bread Fresh fruit low fat milk</p>	<p>16</p> <p>Chicken cacciatore Bowtie pasta Cauliflower with parsley Italian bread Pineapple juice Ice cream cup low fat milk</p>	<p>17</p> <p>Meatloaf/LS gravy Baked potato sour cream Glazed carrots Multi grain bread Tropical fruit low fat milk</p>	<p>18</p> <p>Veal Roulade W/LS Gravy Small Baked Potato Sour Cream Herbed Peas and Onions Garlic Dinner Roll Father's Day Cake low fat milk</p>	<p>19</p> <p>Eggplant roladini with cheese Penne pasta Spinach Garlic bread Melon low fat milk</p>
<p>22</p> <p>Spaghetti w/meat sauce Parmesan cheese Spinach salad with raspberry vinaigrette Garlic bread Mixed fruit juice Italian ice low fat milk</p>	<p>23</p> <p>Shrimp bisque LS crackers Chef salad with French dressing Wheat breadstick Fresh fruit low fat milk</p>	<p>24</p> <p>Stuffed salmon with rosemary cream sauce Brown rice pilaf Roasted Fresh zucchini and yellow squash Marble rye bread pears low fat milk</p>	<p>25</p> <p>Roast beef/LS gravy Baked potato sour cream Tuscan blend Multigrain bread peaches low fat milk</p>	<p>26</p> <p>Vegetable omelet Sweet potato fries Coleslaw vinaigrette Pumpnickel bread Apple juice M&M cookie low fat milk</p>
<p>29</p> <p>Stir fry chicken and cup broccoli Brown rice Rye bread pineapple low fat milk</p>	<p>30</p> <p>Salisbury steak/LS mushroom gravy Roasted potato Scandinavian blend Pumpnickel dinner roll Cranapple juice Marble cake low fat milk</p>		<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>

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
Excel Mon. & Wed. 1:00-2:30pm No Fee	June 22 & June 24	For persons who have modest experience using the computer and introduces the student to spreadsheets as a productivity tool for finances	Tom George Computer Room
Fitness T/Th 8:45 & 10:00am \$25.00, 12 wks	Apr 2 – June 25	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. No class 4/16	Tara Graham Gym
MELT Wed 11:15	Ongoing Free	MELT Hand & Foot Treatments, where we treat the hands & feet to stimulate a whole body.	Tara Graham Cafe Need kit to attend
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	May 5 – July 7	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 shown 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	Apr 15 - July 1	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Room 6
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	Apr 13 - July 10	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals. No class 6/10 or 7/3	Danielle Pettitt Gym
Zendoodle Wed 12:30am	Ongoing Free	Create beautiful images from repetitive doodles. Easy to learn and relaxing. No class 6/10	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 Painting/Drawing 10:00 am Billiards 11:30 am Ballroom Moves 1:00 pm Social Bridge & Duplicate Bridge Chess 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor 10:15 am Yoga 11:30am Zumba Gold 11:00 am Chair Exercise 11:15 am MELT 12:00 pm Ping Pong 12:30 am Zendoodle 12:45 pm Duplicate Bridge	9:00 am Fitness 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 - June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
June 1: Afghan Ladies June 8: Wellness—Eating for Energy June 15: Ice Cream Social—Elderly Brothers June 22: Computers—Excel June 29: Afghan Ladies <hr/> July 6: Veterans' Coffee Hour July 6: Ice Cream Social—Vinnie Carr	June 2: Parish Nurses Blood Pressure 9am June 6: Computer Fest: Intro to Computers June 23: Money Management June 23: Computer Fest: Internet Basics June 30: Computer Fest: email <hr/> July 7: Comp. Fest: iPad	June 3: Legal Clinic, 9am Call for an Appointment June 10: Orange Business Expo June 24: Computers—Excel June 24: Summer Concert with Ashley Cruz & Cruz Machine <hr/> July 12 : Summer Concert with Collin Monahan & Six 2 Midnight	June 3: AARP Driving Course, 9:00am June 18: Lunch & Fun—Reena Katarya India Culture	June 12: Money Management 9am June 19: Movie of the Month <i>Mr. Nobody</i> June 26: Flower Arranging June 26: Book Club: <u>The Road to Valor</u>

**TOWN OF ORANGE
COMMUNITY SERVICES**

525 Orange Center Rd.
Orange, CT 06477



Current resident or

**“ORANGE FRIENDLIES” - June 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—Youth Services is seeking a volunteer senior citizen for its Intergenerational Tutoring program. The program is comprised of senior citizens who meet at Case Library every Thursday and tutor a youth in either Elementary or Middle School. The session is 3:30-4:15. A parent brings the student and usually remains in the library until the session is over. Subject most needed is math, but will also consider other subjects as well. This would be a volunteer position. The tutor would have to be able to commit on a regular basis weekly if possible (excluding holidays, school vacations). The sessions run from October through May. Interested seniors can contact John Ulatowski at 203-891-4785 or by email at julatowski@orange-ct.gov

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

When you are on the internet and looking for some cool web sites, why not try these?
Refdesk.com, snackgirl.com, stumbleupon.com and pinterest. Some will enrich you educationally, while others are for pure entertainment. Enjoy!

Denise Stein, M.S., LPC