



ORANGE FRIENDLIES

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



MARCH 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

The Elderly Nutrition Program has returned on Wednesdays to the Orange Senior Center. As of February 1 the Church of the Good Shepherd has also started their Wednesday lunch program. So, there are plenty of opportunities for a hot lunch. Feel free to try one of these fabulous programs!

Each month we try to secure a sponsor for the third Thursday of the month Bingo. It makes the Bingo all the more fun and exciting. February's sponsor was Susan Meissner of Professional Hearing Aid Centers – Thank You Susan and Professional Hearing Aids! While we are at it, thank you to the Orange Visiting Nurses Association for sponsoring March's Bingo of the month.

We have some wonderful trips coming up. For example, in April we have the New York Botanical Garden's Orchids and Magnolias 10th Annual Show with time to shop on Arthur Avenue. In May we will be attending the 4 Troops show at the Aqua Turf. Three young men and one woman, one from each of the 4 branches of the armed services, all officers, who served on the front lines in Iraq and Afghanistan, come together to sing on behalf of all the troops. Both of these trips are sure to please!

Happy St. Patrick's Day!

Dennis Marsh

Senior Services Coordinator



FALL PREVENTION PROGRAM

A Fall Prevention Program sponsored by Griffin Hospital Lifeline, will be offered Thursday, March 29th @ 11a.m. in room 2 at the Orange Senior Center. This program will be presented by Daun Barrett RN, Director of Community Outreach and will include exercise demonstrations by Eunice Lisk, Exercise Physiologist and Cardiac Rehab Manager, and balance screenings by Myra Odenwaelder, Director of Rehabilitation Services. Call to let us know you are coming. Refreshments will be served!

CALL FOR NOMINATIONS FOR LIVING TREASURE AWARDS

Nominations are currently being accepted through March 9, for the 2012 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, at Town Hall, and can be printed from the town's website at www.orange-ct.gov, <http://orangeseniors.org/>, or Facebook/Orange Senior Center. Three individuals will be selected to be honored at the Senior Center's Pasta Festa! on May 18, 2012. Nominees must be current residents of Orange and at least 65 years of age, and must have demonstrated positive actions to improve the quality of life for individual residents or enhanced the Orange community.

TRAVEL SHOWCASE FOR BRITISH LANDSCAPE TRIP

March 20, 4:00 pm, Collette Tours and the Orange Senior Center will host a presentation in the senior lounge for an exciting trip we have scheduled to England, Scotland, & Wales September 6 - 15, 2012. Be advised there might be a price increase for this trip if booked after April 3rd. See our "Trips" section in this newsletter for more information. Call the senior center to let us know you are coming.

DEMENTIA TALK & LUNCH

Monday, March 12th and March 19th - 1:00 p.m. in the Senior Lounge, Maria Tomesetti, Director of the South Central Chapter of the Alzheimer's Association will discuss managing dementia. On March 12th, she will speak about keeping the Caregiver Healthy, lunch will be provided by Lend A Hand a home care agency. On March 19th, she will speak about Keeping Connected with People with Dementia, lunch provided by Senior Connection of the Orange Chamber of Commerce. Call the Senior Center to reserve your seat!

AARP TAX AIDE PROGRAM

Free income tax assistance is provided at the senior center by the AARP Tax-Aide program for low to moderate income taxpayers of all ages, with special attention to those 60 and older. Sessions are held on Wednesdays from 9 to 12 pm; call the center to schedule an appointment with a certified AARP Tax-Aide counselor. If married, both husband and wife should be present.



BOOMERS SERIES: "HEALTHY, WEALTHY, AND WISE"

Mark your calendars! Community Services and Case Memorial Library are partnering with Whitney Center Retirement Community in Hamden to present a three-part series in the month of March. On Thursday, March 1, at 7:30 p.m. Gretchen Joslyn, Community Relations Coordinator at the Whitney Center will talk to us about keeping healthy. On Monday, March 19, at 7:30 p.m., David Ratliff, Chief Financial Officer at the Whitney Center will discuss maintaining wealth. Finally, on Thursday, March 29, again at 7:30 p.m., Gretchen will be back to talk about wisdom.

The series will take place at Case Memorial Library in the upstairs community room. Refreshments will be served. Call the library at 203-891-2170 to register for what promises to be an informative and fun series.

WEDNESDAY LUNCH AT THE CHURCH OF THE GOOD SHEPHERD

The Shepherd Café is open Wednesdays from 10:30 a.m. to 1:00 p.m. The Church is serving coffee, light snacks and a tasty and nutritious lunch from 11:30 a.m. to 1:00 p.m. This meal will be available to anyone that would like to share a meal and some companionship. Bingo and other activities will take place from 10:30 to 11:30 a.m. Church services are available at noon for those who would like to attend. There will be two menu choices each week with soup and selected sandwiches always available. While there is no cost for the meal, donations are always appreciated. The Church is located at 680 Racebrook Road, and there is ample parking. While reservations are not needed, they would be appreciated. **To make a reservation, volunteer, or to help in any way, please call the church at 203-795-6577.**

BUSINESS SPONSORED BINGO

Orange Visiting Nurses Association will be the Bingo sponsor on March 15. Bingo is played from 1 to 4:00 each Thursday in the senior café. We are grateful to our sponsors who furnish the refreshments and bring a door prize.

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.

ST. PATRICKS DAY TRIP – Tuesday, March 13, 2012. Come enjoy a wonderful St. Patrick's lunch – Corn Beef and Cabbage or Baked Scrod at the Chez Josef in Agawam MA. Enjoy the singing of Cahal Dunne – Ireland's "Happiest Man", Irish step dancers, and the comedy of George Casey. Cost: \$75 pp includes transportation, lunch, show and driver's gratuities. **Call for availability.** ()

BELL, BOOK, AND CANDLE at Long Wharf Theater – Wednesday, March 28, 2012. Gillian Holroyd is unlucky in love and restless in life. She also happens to be a witch. She watches as her long time love gets engaged to her college rival and she uses every magical trick up her sleeve to stop the wedding. Gillian learns that love is the strongest magic of all in this charming romantic comedy. Cost: \$72 pp with transportation *or* \$62 without transportation. Both prices include lunch at Brazi's, and show ticket. **Call for availability.** ()

BOTANICAL GARDEN: ORCHID & MAGNOLIAS SHOW – Wednesday, April 11, 2012. 10TH ANNUAL Orchid Show offers thousands of brilliantly colored orchids carefully placed in the landmark Enid A. Haupt Conservatory. Jump the complimentary tram to ride through the magnolia collection; take a stroll along "Daffodil Hill". Enjoy lunch on your own at the gardens or on Arthur Avenue with time to shop. Cost: \$66 pp includes admission & tour of garden, and driver gratuity. **Full payment due at registration.** (  )

SISTER ACT ON BROADWAY – Wednesday, April 25, 2012. Come see the show that is all the rage on Broadway! When disco singer Deloris Van Cartier walks in on a "hit" of a different kind, the cops hide her in the last place anyone would think to look - a convent! Cost: \$183 pp includes transportation, lunch at Carmine's, show ticket, driver and tour director gratuities. **Call for availability. Final payment due by March 16.** ( )

4 TROOPS – Thursday, May 24, 2012. Join us at the Aqua Turf for this memorable tribute. Three young men and one woman, all officers who served on the frontlines of Iraq and Afghanistan sing on behalf of all the troops. Cost: \$80 pp includes family style menu of salad, pasta, Chicken Francaise, Baked Salmon, potato, rolls, dessert and beverage and driver gratuity. **Full payment due at registration.** ()

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. **\$150 pp deposit due at registration. Final Payment due April 17. Space is limited – don't wait!** (  )

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. **Call 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. **Cost: \$126pp - \$40pp deposit due at registration. Final payment due June 1. 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 which begins April 2. Departs from Congregational Church.** ()

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 which begins April 2. Departs from Congregational Church.** ()

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. **Full payment at registration which begins April 2. Departs from Congregational Church.** ()

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 which begins April 2.** ()

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: \$3,299 pp double, \$3,699 pp single, \$3,269 pp triple. Pricing includes \$100 **early booking discount by April 3, 2012.** 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 which begins April 2.** ()

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 which begins April 2.** 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 scheduled to open fall 2012 – Date to be determined but we requested late October or early November if possible. The two reflecting pools, grove of trees, and victims names inscribed in bronze sit in the footprints of the Twin Towers and is a tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001 at the World Trade Center, the Pentagon, and United Flight 93. Lunch at Carmine's prior to visiting the memorial. Cost & Registration TBD. **Full payment will be due at registration.** ()

Walking Keys for Trips:

 One shoe means minimal walking;

  two, some walking;

   three, considerable walking; four, bring a pair of replacement shoes.



MARCH MENU 2012



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><i>Nutrition for mind, body and spirit</i></p> <p>All Rolls are Seedless All White Rice is Enriched All non-citrus juices are Vitamin C Fortified</p>	<p>1</p> <p>New Orleans Mandarin Chicken Brown Rice Oriental Vegetable Whole Wheat Dinner Roll Mandarin Orange Slices</p>	<p>2</p> <p>Vegetarian Vegetable Soup Seafood Salad w/Lettuce and Tomato Kaiser Roll Sliced Peaches</p>
<p>5</p> <p>Cream of Carrot Soup Turkey Kielbasa Sauerkraut Mustard - 2 pkts. Boiled Potatoes California Blend Hot Dog Roll Very Ripe Seasonal Fresh Fruit</p>	<p>6</p> <p>Pineapple Juice Sl. Roast Pork w/Gravy Lettuce and Tomato Salad French Dressing- 2 pkts. Peas & Mushrooms Kaiser Roll Cake</p>	<p>7</p> <p>Apple Juice Sl. Ham w/Pineapple Glaze Sweet Potatoes Petite Peas Rye Bread Applesauce</p>	<p>8</p> <p>Grape Juice Eggplant Rolatini w/Tomato Meat Sauce Tossed Salad w/Sl. Black Olives Italian Dressing - 2 pkts. Garlic Bread Very Ripe Seasonal Fresh Fruit</p>	<p>9</p> <p>100% Fruit Punch Fish Fillet Sauce/Tartar Sauce Lemon Wedge Fluffy Brown Rice Tossed Salad w/Tomato French Dressing - 2 pkts. Corn Muffin Sliced Pears</p>
<p>12</p> <p>Tangerine Chicken White Wild Rice Combo California Blend Rye Bread Seasonal Fresh Fruit</p>	<p>13</p> <p>100% Fruit Punch Roast Pork w/Applesauce Gravy Sweet Potatoe Oriental Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p>	<p>14</p> <p>Corn Beef w/Boiled Potato, Cabbage Diced Carrots Irish Soda Bread Cupcake w/Green Icing Mustard</p>	<p>15</p> <p>Angus Burger w/Gravy Fluffy White Rice Tender Broccoli Cuts Whole Wheat Sandwich Roll (no seeds) Sliced Peaches</p>	<p>16</p> <p>Grape Juice Canneloni w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Garlic Bread Sliced Pears</p>
<p>19</p> <p>Pineapple Juice Meatloaf w/Chunky Tom. Sauce Whipped Potatoes w/Gravy Cut Green Beans Pumpnickel Bread Very Ripe Seasonal Fresh Fruit</p>	<p>20</p> <p>Cranapple Juice Roast Turkey w/Gravy Stuffing w/Gravy Cranberry Sauce Mixed Vegetables Whole Wheat Dinner Roll Holiday Ice Cream</p>	<p>21</p> <p>Vegetable Beef Soup Beef Rib B Que Tossed Salad w/Sl. Black Olives/ Italian Dressing 2 pkts. Petite Corn 6" Grinder Roll Mandarin Orange Slices</p>	<p>22</p> <p>Sausage and Peppers Butternut Squash Cut Green Beans Kaiser Roll Sliced Pears</p>	<p>23</p> <p>Apple Juice Tuna Salad on a bed of Lettuce & Tomato 3-Bean Salad Whole Wheat Bread Melon</p>
<p>26</p> <p>100% Fruit Punch Spaghetti & Meatballs w/Tom. Sauce Tossed Salad w/Sl. Black Olives Italian Dressing- 2 pkts. Italian Bread Fresh Fruit Cup</p>	<p>27</p> <p>Split Pea Soup Roasted Fresh Ham Sweet Potato Petite Peas & Mushrooms Whole Wheat Sandwich Roll Orange</p>	<p>28</p> <p>100% Fruit Punch Chicken Fajitas w/Vegetables Belgian Carrots Tossed Salad w/Black Olives Vinagrette Dr. - 2 pkts. Soft Tortilla Fruited Jello w/Topping</p>	<p>29</p> <p>Cranapple Juice Broccoli and Cheese Quiche(made w/egg beaters) Mixed Vegetables Whole Wheat Dinner Roll Oatmeal Raisin Cookie</p>	<p>30</p> <p>Grape Juice Stuffed Shells w/Tom. Sauce Yellow Beans Garden Salad Italian Dressing - 2 pkts. Italian Bread Oatmeal Raisin Cookie</p>

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	March 1 By Reservation	Course can earn seniors a discount on their driver' insurance. AARP members \$12, Non-members \$14	Len Dorsett Room 2
Arthritis Exercise Tuesdays, 10:15-11:00am \$50.00, 10 wks	Feb 28 – May 1	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	Apr 13 – June 29	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned.	Al Pol Room 2
Chair Exercise Monday & Friday 11:00 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	Apr 3 – June 19	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health.	Mindy Leventhal Gym
Computers-Word Processing I Wednesdays, 9:30-11:30am \$35.00, 6 wks	Apr 4 – May 9	Learn techniques of letter writing, cut, copy and paste, bullets, fonts, type sizes, colors, clip art, and more.	Kathleen Gorelick Computer Lab
Computers-Intermediate Word Wednesdays, 9:30-11:30am \$35.00, 6 wks	May 16 – June 20	This class is a continuation of Word Processing I.	Kathleen Gorelick Computer Lab
Computers-Money Management for Women Mondays, 9:30-11:30am \$35.00, 6 wks	Apr 2 – May 7	Learn to track your income and expenses, food costs, needs vs. wants, and more. Learn to use tables to document where money comes from and where it goes.	Kathleen Gorelick Computer Lab
Informal Art Studio Thursday 1:00 – 3:00pm	Will resume March 1	Like working in a creative environment, this group is for you, so bring your ideas and inspiration. No Fee	Bernice Mathisen Room 6
Legal Clinic 1st Wednesday of Month	March 7 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	Feb 14 – Apr 17	The course will improve drawing & painting skills through various techniques, methods, styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30am \$60.00, 12 wks	Apr 13 – June 29	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	Apr 2 – June 25	Catch the rhythm and learn the basics of tap dancing while having fun exercising. (no class 12/19, 12/26, 01/02, 01/16, 02/20)	Marge Gloria Room 15
Tap Dance II Mondays, 10:00-11:00am \$50.00, 10 wks	Apr 2 – June 25	Set those feet dancing and feel the excitement of seeing a dance come together. This fun class is great exercise. (no class 12/19, 12/26, 01/02, 01/16, 02/20)	Marge Gloria Room 15
Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks	March 28 – June 13	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 17	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. (no class 01/16, 02/20)	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Mar 7 – May 23	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 28 – May 1	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, 10:00-11:00am \$50.00, 10 wks	Mar 1 – May 3	See above description.	Florene Nichols Room 15

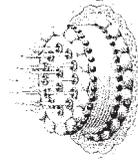
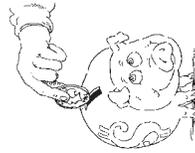
Quick View of classes and activities - March 2012

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 Fitness 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 11:00 am Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 10:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Informal Art Studio 1:30 pm Canasta, Pinochle Mah Jong, 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

See class listing on page 5 for details

Special Events - March 2012

Monday	Tuesday	Wednesday	Thursday	Friday
March 12: Dementia Discussion and Lunch Part 1 @ 1:00 pm March 19: Dementia Discussion and Lunch Part 2 @ 1:00 pm March 19: Boomers Series "Maintaining Wealth" @ 7:30 p.m. Case Memorial Library	March 13: St Patrick's Day trip to Chez Josef Departs 9:30 am March 20: British Landscape Presentation 4:00 pm in Lounge March 27: Birthdays of the Month, 11:30 am in Cafe	March 7, 14, 21, & 28: AARP Tax Call for an Appointment March 7: Legal Clinic, Call for an Appointment March 21: Orange Leadership Graduation March 28: Long Wharf Theater trip – "Bell, Book, and Candle" Departs 11:00 am Meet Brazi's 11:30 am	March 1: AARP Driving Course, 9:00 am March 1: Boomers Series "Keeping Healthy" @ 7:30 p.m. Case Memorial Library March 8: Lunch & Learn "John Ulatowski – Places of Rest", photos and poetry March 15: OVNA Bingo Sponsor March 22: Parish Nurses Blood Pressure Screening 10:30 am March 22: Yale Mammography Van March 29: Fall Prevention Discussion 11:00 am March 29: Boomers Series "Wisdom" @ 7:30 p.m. Case Memorial Library	March 9: Deadline for Living Treasure Nominations March 9: Movie – "Snowflower and the Secret Fan", 1 pm March 16: St Patrick's Day Cabaret with Tom Callinan 1:30 pm (Ticket Required)



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

<p align="center"><u>Lunch and Learn</u></p> <p>March 8, 11:30 to 1:00 pm, <i>John Ulatowski</i>, Youth Services Coordinator with Orange Community Services will present his photos with poetry <i>Places of Rest</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> – March 9, at 1:00 pm, “Snowflower and the Secret Fan”. Adapted from the book is set in 19th century China centering on the friendship between two girls who develop their own secret code as a way to contend with the rigid cultural norms imposed on women. Call the center to let us know you are coming. We’ll supply the popcorn!</p>	
<p align="center"><u>Monthly Blood Pressure Screenings</u></p> <p>At the <i>OVNA</i> offices at 605A Orange Center Rd (the Old Library) Thursday, Mar. 22, 1:00 – 2:00 pm and <i>Griffin Hospital Outreach and Valley Parish Nurse</i> at the HPCC Senior Cafe on Thursday, Mar. 22, 10:30 am – noon.</p>	<p align="center"><u>Birthdays of the Month</u></p> <p>We will be celebrating members’ birthdays for the month on March 27 from 11:30 am to 12:30 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 March 22. 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. No meals on Saturday, or Sunday. A \$2.00 donation is encouraged. Call Ellen in the kitchen the by noon the day before to registered (203) 891-4765.</p>	<p align="center"><u>St. Patrick’s Day Cabaret!</u></p> <p><i>Little Bit O’ Erin</i>, March 16 at 1:30 pm, Tom Callinan will sing and play Irish Tunes at our first Cabaret of the year! <i>Mary Ann White of Coldwell Banker</i> will be providing dessert. Coffee and dessert will be served at 1:30 and music begins at 2 pm. Tickets are \$5 pp and are available in advance at the Senior Center starting March 1.</p>	

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

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