



ORANGE FRIENDLIES

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



MAY 2013

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 Orange Arts & Culture Council, the Orange Garden Club and Case Memorial Library are sponsoring author Judy Condon to speak about her new gardening book, "Through the Garden Gate," at 1:00pm Saturday, May 18, in the Upstairs Meeting Room at Case Memorial Library. Two Orange gardens are featured in the book. Judy grew up in Orange.

The program and book signing is FREE and open to the public. Reservations are requested and may be made through the main desk at Case (203-891-2170). Light refreshments will be served and door prizes will be awarded.

The 2013 Living Treasures have been selected. Every person nominated deserves to be a Living Treasure, but only 3 are selected each year. Honorees are chosen for their voluntary contributions they have given to the community during their lives, and especially in their later years. Here is just a small snippet of some of their accomplishments.

Nancy Becque has given her time and talent to countless town committees including the Civic and Conservation Committee, the Garden Club, Racebrook School and Holy Infant Church.

Pat Miller is the face of arts and culture in our town. Well known for being a driving force in Orange Players and a founding member of the thriving Orange Arts and Culture Council.

James White, a West Point graduate, moved to Orange after retiring from the Army. He is active in the Orange Lions Club, receiving the Lion's highest honor, The Melvin Jones award, and the Ambassador of Sight award. He also is an active member of the Orange CERT team among others committees.

Thank you treasures for all you have done for our town!

Dennis Marsh
Senior Services Coordinator

Pasta Festa

Join us on Friday, May 10 from 5 to 8pm for the ninth annual Pasta Festa! We will again hold the dinner in the beautiful, hall at St. Barbara's Greek Orthodox Church at 480 Racebrook Road. The pasta and meatballs will be catered by Cusano's. Members of the Board of Selectmen will be on hand to help serve the meal. The highlight of the evening will be the presentation of this year's Living Treasure Awards to Nancy Becque, Pat Miller, & Jim White. Winners of the raffle will go home with some great prizes donated by individuals and local businesses. Tables of 8 to 10 are available. If you wish to be seated with particular people, payment for the group must be made at the same time. Otherwise we cannot guarantee that you will be sitting together. Please let us know if you would like to donate a prize for the raffle. Tickets are on sale now for \$20 per person.



New Course!

Introducing a new course and a new instructor. Our **new instructor** is Andrea Cashman, Andrea is a Hatha Yoga Teacher and Yoga Dance Instructor.

Yoga Dance is a restorative, joyous, and gentle breath based dance, using chairs as needed. The movement and global music brings joyful physical activity and healing to the body and spirit; wonderful for all ages and capabilities. This dance is beneficial for anyone with physical challenges.

The class: An introductory 5 week course will be offered from May 30 to June 27, Thursdays 9:30 to 10:30am for \$25pp. A full session will start July 11 to Sept. 12, 9:30 to 10:30am 10 weeks for \$50 for the class.



Yoga Dance

4th Annual Peck Place Senior Prom

Peck Place School will once again host a Senior Prom on Tuesday, May 14 from 11:00 am to 2:00 pm. Last year we had a ton of fun! There will be a buffet style lunch and beverages. This is an actual prom with music and dancing. The attire is dressy, but you could wear whatever will make you comfortable. Oh, and the best part is it's **FREE!** Just RSVP to the senior center so we can tell the school how many will be attending.



Sleep & Wellness Seminar

Most experts believe sleep is a time when we "recharge" the mind and body. A typical human spends a *third* of his or her life asleep. The nature and quality of this time can have a dramatic impact on our waking hours. Griffin Hospital will present an informational seminar on Sleep and Wellness on May 20th at 1pm in room 2. Coffee and dessert will be provided. Call the senior center to RSVP.

Afghan Ladies

A faithful group of volunteers meet every 4th Monday of the month in the senior lounge to work on the afghans they have either knitted or crocheted for foster children. Due to the Memorial Day holiday they will meet the third Monday this month, May 20, at 1:00pm. Each afghan is personalized with the name of the child who will receive the blanket. If you knit or crochet, please join them on May 20.

Teen Tech Talk

On May 13, 4:00pm in the Orange Senior Center Lounge, Amity students from Or Shalom will be available to help seniors with instruction on how to use an i-Phone or i-Pad. To RSVP call the Orange Senior Center (203) 891-4784.

Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Community Center **May 7** from 10:00 – 11:30am for **blood pressure screenings**.

Boomers & Beyond: Is This Thing On?

Thursday **May 2, 7pm** at Case Memorial Library, Abby Stokes will discuss how to navigate the ever changing landscape of Technology. A straight forward and jargon free presentation.



Movie of the Month

May 17, Bond is Back! 1:00pm, “Skyfall” starring Daniel Craig and Judi Dench. Bond's loyalty to M is tested when her past comes back to haunt her. Whilst MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost. Popcorn & soda will be served. **Call the center to let us know you are coming.**

Lunch & Learn

Thursday, May 9, from 11:30am to 1:00pm, Maplewood of Orange will present a cooking demonstration. Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be supplied. Call the center to register. **All are welcome!**

Greater New Haven Transit Vans

Due to State funding cuts, and budget restrictions, Regional Rides Program (RRP) of Greater New Haven Transit will be reduced effective as of 4/21/13. Service will no longer be provided on Sundays, be limited to Medical, work, adult day care, and shopping trips. Call (203) 288-6643 with questions.

Fitness Class

Please be aware that there will be no Fitness Class on **May 2**



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.

THE DUPREES – May 7, 2013 at the Aqua Turf in Plainfield CT. 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.** 

New Date!!! WESTCHESTER THEATER, NY – Guys & Dolls – Thursday, May 30, 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. 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.** 

VICTORIAN HOMES IN CT – Saturday, June 1, 2013 Guided Tour of Victorian homes and gardens in Willimantic CT. Includes admission to the Textile Museum and a stop at Munson Chocolates. “Victorian Tea” luncheon of cucumber/tarragon sandwiches, salmon salad & egg salad, fresh baked homemade scones served with preserves & clotted cream, assorted pastries & hot tea. **Cost \$65 pp.** includes transportation, tour guide, lunch, admissions, & driver gratuities. **Full payment due at reservation.**  



ELVIS IN BLUE HAWAII—June 13, 2013 at the Tekoa Country Club, in Westfield MA, 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.** 



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 April 1.**   



BOSTON POPS @ TANGLEWOOD—Bershire County MA. July 7th, Keith Lockhart, conductor, and Vince Gill as the special guest. Trip includes Transportation, lunch in the Lenox area, reserved seat in the Music Shed, and driver’s gratuity. **Cost \$111. Full payment due at registration.**   

ALL YOU CAN EAT LOBSTER & COMEDY SHOW @ DELANEY HOUSE – Holyoke, MA. 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. Start with an Island Tour along sandy beaches, hilltops and beautiful vistas. Lunch at the National Hotel. Meal choices are New England baked scrod, pan fried chicken breast, or pasta pomodori. **Cost 87 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 \$87pp 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, Kilkenny - the home of Waterford Crystal, see Blarney Castle and kiss the Blarney Stone, enjoy a Jaunting Car Ride, 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 – Springfield, MA. 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. **Cost is \$3,899pp, double occupancy. Deposit due at registration. Cancellation insurance is available. A passport is required.**   

New - SOUTHERN ITALY & SICILY – Sept. 26—Oct. 7, 2013 (12 days 17 meals). Enjoy Southern Italy & Sicily on a comprehensive tour that features Palermo, Monreale, Agrigento, Catania, Mt. Etna, Giardini Naxos, Taormina, Messina, Villa San Giovanni, Matera, Alberobello, Altamura, Pompeii, and Rome. Explore Italy & Sicily's rich history. Visit the stunning Valley of the Temples' ruins. Enjoy viewing the Greek Amphitheater, Corso Umberto and the bountiful Public Gardens, and so much more. **Cost is \$3,849pp, double occupancy. Deposit due at registration. Cancellation insurance is available. A passport is required.**   

OKTOBERFEST – Pomona, NY. Wednesday, October 9, 2013. The Platzl Brauhaus is famous for their Oktoberfest program and luncheon. A wonderful menu, an Oompah Band, folk dancing, and outdoor activities. Beer, soda, and cider are served throughout the day. Great German entertainment! Cost \$79 pp includes transportation, entertainment, lunch, 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.** 

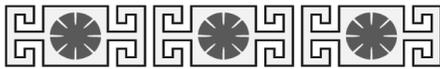
SLEEPY HOLLOW – Terrytown, NY. October 23, 2013. See Sunnyside, the home of America's beloved author, Washington Irving who wrote "The Legend of Sleepy Hollow" and "Rip Van Winkle". Stop at Union Church containing the stained glass by Henri Matisse. Dine at Sunset Cove with a choice of Chicken Picatta 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 – Garde Arts Theater in New London. October 29, 2013. Acapella Doo Wop hits with the Tokens, the Angels and Jimmy Clancy. Includes transportation, driver's gratuity, and lunch at the Dock & Dine. Choice of Baked New England Cod or Grilled Top Sirloin. Cost \$86. **Full payment due at registration begins June 3.** 

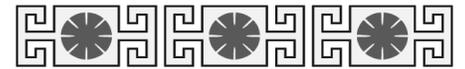
9/11 MEMORIAL AND MUSEUM – Date to be determined but we requested late October or early November. A tribute of remembrance and honor to the nearly 3,000 people killed in the terror attacks of September 11, 2001. Lunch prior to visiting the memorial. Cost & Registration TBD. **Full payment will be due at registration begins June 3.**   

CHRISTMAS WITH KENNY & DOLLY – Chicopee Ma. December 3, 2013. 2 shows at the Hu Ke Lau: 1) a Hawaiian Christmas, 2) See Marty Edwards as Kenny Rogers, Sandy Anderson as Dolly Parton. Includes transportation, driver's gratuity, 2 shows and lunch at the Hu Ke Lau. Choice of Baked Scrod or Prime Rib of Beef. Cost \$75. **Full payment due at registration begins June 3.** 

CHRISTMAS WITH THE DICKENS – December 10, 2013. Enhance your Bright Nights experience with Dinner with Dickens. Guests greeted by a caroler from the grand Victorian era, and a sumptuous buffet dinner at the Carriage House in Forest Park. Choice of English Cider Chicken and Prime Rib of Beef. Cost \$83. Includes transportation, driver's gratuity, admission to Bright Nights, carolers & Dickens storyteller, and lunch **Full payment due at registration which begins June 3.** 



May 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>1</p> <p>Minestrone soup unsalted crackers Tilapia with Florentine sauce Mashed squash Broccoli 1 Multi grain dinner roll margarine slice Carrot cake low fat milk</p>	<p>2</p> <p>Baked ziti with cheese Parmesan cheese Italian blend Parmesan cheese Caesar salad with croutons and Caesar dressing Garlic bread margarine Fresh fruit low fat milk</p>	<p>3</p> <p>Meatloaf/LS gravy Mashed potato Peas and onions Oat bread margarine Mandarin oranges low fat milk</p>
<p>6</p> <p>Herb baked chicken qtr Fresh Sweet potato Green beans margarine Fresh fruit low fat milk</p>	<p>7</p> <p>Stuffed pepper Mashed potato Carrot coins Wheat dinner roll margarine Grape low fat milk</p>	<p>8</p> <p>Hot open turkey sandwich with gravy on 2 oat bread Steak fries California blend margarine Vanilla pudding with berry topping low fat milk</p>	<p>9</p> <p>Chicken noodle soup crackers Stuffed salmon with lemon dill sauce Confetti brown rice margarine Pears low fat milk</p>	<p>10</p> <p>Eggplant rololini Cauliflower Parmesan cheese Tossed salad with cucumber and Italian dressing Garlic bread margarine low fat milk Strawberry Shortcake W/ Whipped Cream</p>
<p>13</p> <p>Barilla plus spaghetti Meatballs marinara Broccoli Parmesan cheese Herbed breadstick margarine peaches low fat milk</p>	<p>14</p> <p>Pork loin with LS gravy Applesauce garnish Scalloped potato Peas and mushrooms Multigrain bread margarine Fresh fruit low fat milk</p>	<p>15</p> <p>New Orleans Chicken Brown rice Oriental blend Wheat bread margarine Pineapple tidbits</p>	<p>16</p> <p>Pot roast with LS gravy Mashed potato Fresh Acorn Squash Wheat dinner roll margarine Apple juice Iced chocolate cake low fat milk</p>	<p>17</p> <p>Vegetable barley soup Unsalted crackers Seafood salad plate with seafood salad, lettuce, tomato and carrot/raisin salad Pumpnickel bread margarine Cherry jello with pears low fat milk</p>
<p>20</p> <p>Lite crunch fish Tarter sauce Sweet potato fries Fresh zucchini 100% whole wheat bread margarine Cranberry juice Chocolate chip cookie low fat milk</p>	<p>21</p> <p>Chicken breast with lemon sauce Couscous pilaf Scandinavian blend Wheat dinner roll margarine Fresh fruit low fat milk</p>	<p>22</p> <p>Swedish meatballs Noodles Green and wax blend Oat bread margarine Peaches low fat milk</p>	<p>23</p> <p>Lentil soup/LS crackers Chef salad Turkey, ham, cheese Tossed salad/cucumber French dressing Croissant margarine Mandarin oranges low fat milk</p>	<p>24</p> <p>pineapple juice 2 (turkey) hot dogs baked beans coleslaw mustard, ketchup, relish 2 wheat hot dog buns fresh watermelon low fat milk</p>
<p>27</p> <p>SENIOR CENTER CLOSED for MEMORIAL DAY</p>	<p>28</p> <p>Beef onion soup unsalted crackers Granioli spinach ravioli Meatball Tossed salad with tomato Italian dressing Italian bread & margarine Italian ice low fat milk Birthday of the Month</p>	<p>29</p> <p>Baked Fresh Ham LS gravy O'Brien potato Chuck Wagon Blend Oat bread margarine apricots low fat milk</p>	<p>30</p> <p>Turkey with LS gravy Stuffing Bean blend Cranberry sauce Biscuit margarine Green jello with mixed fruit low fat milk</p>	<p>31</p> <p>Cod with lemon dill sauce Roasted potato Broccoli 100% whole wheat bread margarine Pineapple juice Berry strudel low fat milk</p>

RESERVED FOR SPONSORS

Quick View of classes and activities - May 2013

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am Personal History 9:15 am Yoga 10:00am Tap Dance II 11:00 am Chair Exercise 1:00pm Tap Dance I 1:00 pm Billiards	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 9:30 am Yoga Dance 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 - May 2013

Monday	Tuesday	Wednesday	Thursday	Friday
May 13: Teen Tech Talk 4pm May 20: Afghan Ladies 1pm May 20: Sleep & Wellness 1pm May 20: Blues Cabaret with Janice Dompke, 5:30pm May 27: Closed for Memorial Day	May 7: Griffin Hospital and Parish Nurse Mobile Van May 7: Duprees at Aqua Turf May 28: Birthdays of the Month, 11:30am	May 1 Legal Clinic, Call for an Appointment	May 2: AARP Driving Course, 9:00am May 9: Lunch & Learn “Maplewood Cooking Demonstration” 11:30am May 30: New Course—Yoga Dance begins	May 17: Movie of the Month - “Sky Fall” 1pm

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	May 2 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	TBD	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	Apr 5 – June 21	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 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities.	Mary Jewell Senior Lounge
Computers—iPad Wednesday 9:30—11:30 \$40.00, 6 wks	May 1 - June 5	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	Apr 9 – June 27	This class combines light weight lifting, stretching, and balance into a fun-filled class which burns calories and improves health. No class 5/2	Mindy Leventhal Gym
Informal Art Studio Thursday 1:00 – 3:00pm	Resumes Fall 2013	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. No class 5/3	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Apr 2 – June 4	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
Personal History Workshop Monday 9:00—10:30am \$60.00, 10 wks	Apr 1 - June 10	This workshop is for students wishing to record selected recollections in writing using prompts to stimulate memories. No class 5/27.	Judy Goodwyn Room 2
Tai-Chi Fridays, 11:30-12:30pm \$60.00, 12 wks	Apr 26 – July 19	Tai-Chi been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 5/24	David Chandler Gym
Tap Dance I Mondays, 1:00-2:00pm \$20.00, 4 weeks	April 29 - May 20	Catch the rhythm and learn the basics of tap dancing while having fun exercising.	Marge Gloria Room 15
Tap Dance II Mondays, 10:00-11:00, \$20.00, 4 weeks	April 29 - May 20	Set those feet dancing and feel the excitement of seeing a dance come together.	Marge Gloria Room 15
Watercolor II Wed, 10:00-12:00pm \$60.00, 12 wks	Apr 3 - June 19	This class is for those who have been painting for a while and want to expand on watercolor techniques. No class 4/10	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$40.00, 10 wks	May 13 – Aug 5	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 5/27, 7/15, or 7/22	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Apr 10 - June 26	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 9:30—10:30 \$25.00, 5wks	May 30 - June 27	Wonderful for all ages and capabilities as it uses gentle breathing dance and chairs if needed. Movement to global music for joyful physical activity and healing.	Andrea Cashma Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	TBD	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	TBD	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
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 MILFORD, CT 06460

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

<p align="center"><u>Lunch & Learn</u></p> <p>May 9, from 11:30am to 1:00pm, Maplewood of Orange, Assisted Living, will present a “Cooking Demonstration”. Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be supplied available. Call the center to register. All are welcome!</p>		<p align="center"><u>Friday at the Movies –</u></p> <p>May 17, Bond is Back! 1:00pm, “Skyfall” starring Daniel Craig and Judi Dench. Bond's loyalty to M is tested when her past comes back to haunt her. Whilst MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost. Popcorn & soda will be served. Call the center to let us know you are coming.</p>	
<p align="center"><u>Blood Pressure & Hypertension Screenings</u></p> <p><i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, May 7, 10:00 – 11:00 for blood pressure screenings. The OVNA offers screenings at 605A Orange Center Rd Thursday, May 23, 1:00 – 2:00 pm.</p>	<p align="center"><u>Birthdays of the Month</u></p> <p>Come celebrate members' birthdays for the month on May 28, from 11:30 am to 1:00pm. 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"><u>Mammography Van</u></p> <p>The <i>Yale New Haven Mammography van</i> is scheduled for May 20. Call (203) 688-6800 for an appointment!</p> 	
<p align="center"><u>Rotary Rose Sale</u></p> <p>Annual Rose Sale for Mother's Day Weekend, Friday, May 10. Only \$15 a dozen. For orders, contact Baxter Walsh at (203) 795-5178, bkw@staffage.com or any Orange Rotarian.</p> 		<p align="center"><u>Blues Theme Cabaret</u></p> <p>Blues Theme Cabaret will be May 20, with Janice Dompke. Coffee and dessert provided by Maplewood will supply dessert which will be served at 5:30 and music begins at 6 pm. Tickets are \$5 pp and are available in advance at the Senior Center.</p>	