



# ORANGE FRIENDLIES

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



NOVEMBER 2012

Senior Center Telephone: 203-891-4784

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



*Mission Statement: The Orange Senior Center provides activities that promote independence, creativity, physical and emotional health, and lifelong learning for residents over the age of 55.*

## WORD FROM THE SENIOR SERVICES COORDINATOR

We thank all the men & women who served our country in order to afford us the liberties we all enjoy. With that in mind be sure to join me in thanking our brave men & women as Bob Mel sings patriotic songs at the Senior Center Veteran's Appreciation Event on November 5 from 1:00 to 3:00pm in the Senior Café. Coffee and dessert will be served.

In keeping with Veteran's Appreciation, Grace Durgin will present her discussion and memorabilia on World War II: the Homefront & the Warfront at Lunch & Learn on November 1.

Since this is the month to give thanks, remember the Lions Club of Orange will host their annual Thanksgiving dinner the first Sunday after Thanksgiving, November 25, in the High Plains Community Center Gym from 12:30 – 2:30 pm. Come share good food and fellowship this holiday. Thank you Lions for all your hard work!

Lastly, the 2013 trips are here. Be sure to peruse the trips section - they sell out fast.

Happy Thanksgiving!

Dennis Marsh  
Senior Services Coordinator

## Call for Nominations for Living Treasure Awards

Nominations are currently being accepted through March 8, 2013 for the 2013 Living Treasure Awards. Nomination forms are available in the Orange Community Services office, Town Hall, and can be printed from the town's website at [www.orange-ct.gov](http://www.orange-ct.gov), <http://orangeseniors.org/>, or Facebook/Orange Senior Center. The three individuals chosen will be honored at the Senior Center's Pasta Festa! on May 10, 2013. Nominees must be current residents of Orange and at least 65 years of age. As a volunteer, they must have demonstrated positive actions to improve the quality of life for individual residents or enhanced the Orange community. The 2012 honorees were Marianne Bauer, Joseph Cuzzocreo, and Charles Flynn.

## Hot New Courses! Internet & Advance Internet

Jacalyn Deisenhouse will teach 2 new courses—first the **Internet** on Tuesdays November 13 & 27 from 1:30—3:00pm. The second **Advance Internet** on Thursday November 29 & Tuesday December 4. Here is a great opportunity to learn how to safely "surf" the internet. Learn how to shop and compare prices and products on the internet. Cost is \$20 for either course or both for \$35.

## Veteran's Day

Join us for a veteran's recognition event in the Senior Café November 5. The program will start with dessert and beverage at 1:30 pm. At 2:00 pm Bob Mel will perform, singing various patriotic and veteran themed songs. So please come out to honor our service men and women. Call the office to let us know you are coming!

## Anyone want to Learn Mahjong?

Rhea Savell will teach Mah Jongg to anyone who wants to learn the game or could use a refresher on Mondays at 10:00am in the Café. She will teach the "International Mah Jong Association" Rules. Cost is \$12 for a 4 week class. Come on in to register!

## 6th Annual Door Decorating Contest

Clubs, Community Groups, Civic Organizations, Schools and Town Departments are invited to decorate one of the hallway doors at the Community Center for the annual Holiday Door Decorating Contest. Stop by the Community Services office and pick up an entry form. The entry deadline is Nov. 21. All doors need to be decorated by Dec. 3. Voting will take place between Dec. 4 and 14. A prize will be awarded to the winning organization.



## Holiday Dinner Dance

Grassy Hill Lodge will be decorated in its usual Holiday splendor again this year for our annual Senior Center Holiday Dinner Dance on Sunday, December 2 from 12 to 3:30. The Frank Porto Band will provide music for listening and dancing from 1 to 3:30. The menu choices are Prime Rib, Chicken Marsala, or Stuffed Shrimp. There will be a cash bar. The cost this year will again be \$20 per person thanks to the generosity of the Olga Fund of the Orange Foundation who gave us a grant to pay for the music and to reduce the price of the ticket. Payment and meal choice must be made at the time of reservation. Tables will seat 8 to 10 persons. If you wish to be seated with particular people, payment for the group must be made at the same time. Checks are made out to Treasurer, Town of Orange. Tickets go on sale November 1.

### New ILR Courses

ILR fall classes here at the Orange Senior Center.

**U.S.-South American Relations:** Course Leader: Lew House, PhD, Wed. 1:30-2:30pm, Nov. 7, 14, 21 & 28, Room 2

**Dream Workshop:** Course Leader: Rev. Lee Ireland, Thur. 10-11:00am, Oct. 4, 18, Nov. 1 & 15, Room 4

**The Books That Shaped Us:** Course Leader: Trish O’Leary Treat et al, Fri.10-11:30am, Nov. 2, 9, 16 & 30, Room 6

**Aging with Grace:** Course Leader: Joan K. Jackson, East Rock Village Inc. et al., Fridays: 11:00-12:00pm, October 26; November 2, 9 & 16, Room 6

**Jazz Talk: Conversations About Listening to Jazz Music:** Course Leader: William J. Macchia, Fri.10-11:30am, Oct. 19, 26;

### CT Energy Store

Seminar on Energy Saving Advice from CT Energy Store. Nov. 9 at 1pm, Senior Lounge. Call (203) 891-4784 to save a seat.

### Hearing Screening with Dr. Susan Meissner

Dr. Meissner will be available November 19 from 9am to 11:30am to conduct hearing screenings in the Town Conference room. Call the office to schedule a time.

### Birthdays of the Month

We will be celebrating Senior Center members’ birthdays for the month of November on **November 27**. Please join us in the senior café for lunch and stay for cake from 11:30 am to 12:00 pm. The birthday member will receive a gift bag with candy and a ticket for a free future lunch. Lunch suggested donation is \$2.00. Call Ellen in the kitchen by noon the day before at (203) 891-4765 to reserve a meal. Join us to celebrate the birthdays of the month!

## 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.

**FOXWOODS** – Tuesday, November 13, 2012. Leave the Senior Center in the morning and spend the day at Foxwoods. Cost: \$30 pp. Includes transportation, Casino Bonus, and driver gratuity. The Casino Bonus is a \$10.00 Food Coupon or Full Buffet, and \$15.00 in Keno. Space is limited, so sign up now! **Full payment due with reservation.** (👟👟)

**This Just In!!! BEHIND THE SCENES TOUR of the METROPOLITAN OPERA HOUSE** – Wednesday, November 14, 2012. Visit the Museum of the City of New York, exhibiting furniture, toys, dolls silver, costumes plus many more important items of New York’s history. We will have lunch at the famous Carmine’s, served family style including Rigatoni & Broccoli and Chicken Parmigianino with all the trimmings. After lunch enjoy a guided BACKSTAGE tour of the Metropolitan Opera House. Cost includes transportation, lunch, admissions, and driver’s gratuities. **Cost \$102 pp. Full payment due with reservation. Check for availability.** (👟👟👟)

### Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Community Center **November 6** from 10:00 – 11:30am for **blood pressure screenings**.

### Membership Renewal for 2013

Current non-resident members of the center must renew their memberships for 2013 by January 1. The annual membership fee is \$10 per person and \$15 for two persons living at the same address. Renewals can be made at the office or by sending a check made out to Treasurer, Town of Orange. All paid members receive the monthly newsletter and can take classes at the center, go on day trips and participate in all activities. There is no membership fee for Orange residents.

### Election Day

Election Day is November 6. The Orange Transportation program is available for rides to and from the polls. Call Kim Callahan, Transportation Coordinator to schedule a ride at (203) 891-4788.



### Presentation for Upcoming Ireland trip and

**November 6, 4:00 pm** Collette Tours and the Orange Senior Center will host a presentation in the senior lounge on two trips, one to Ireland called *Shades of Ireland*, and a second called *Reflections of Italy*. If you are interested in either trip, let us know and you should attend this presentation. If we have enough interest we can offer both Ireland & Italy trips (scheduled for September 2013).



**THE VIENNA BOYS CHOIR AT SPRINGFIELD SYMPHONY HALL** – Tuesday, December 4, 2012. The world’s most beloved choir has been thrilling audiences for over 500 years. Their eagerly anticipated tours perform before sell-out crowds nationwide. Don’t miss this one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Lunch is included at the La Renaissance. Cost: \$91pp includes transportation, entertainment, lunch, meal and driver’s gratuities. **Waitlist.** (👟👟)



### 2013 TRIPS

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

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

**MILLION DOLLAR QUARTET**—January 12, 2013 at the Bushnell Theater, Hartford. *If you liked Jersey Boys... You're going to Love this!* The new smash-hit musical inspired by the famed recording session that brought together rock 'n' roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins for one unforgettable night! Lunch at the Chowder Pot: choice of stuffed Breast of Chicken or Baked Stuff Scrod, potato, vegetable, salad, rolls coffee, tea, and dessert. **Cost \$130 pp.** includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation.** (👟)

**BROADWAY—NEWIES OR NICE WORK IF YOU CAN GET IT** (You Choose the Show) - February 27, 2013. Lunch in New York and then a show. You choose between two fabulous shows, either Disney's Newies or Nice Work if You Can Get It. *Newies* is a musical set in New York City at the turn of the century. A rousing tale of Jack Kelly, a charismatic newsboy and leader of a ragged band of teenaged "newsies," who dream's only of a better life far from the hardship of the streets. *Nice Work If You Can Get It*, a high-stepping new musical comedy extravaganza starring Matthew Broderick and Kelli O'Hara in a tale of playboys, politicians, bootleggers and leggy chorus girls, all running loose in a glorious Long Island mansion in the rip-roaring 1920s. Includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation.** (👟)

**ST PATRICKS DAY AT AQUA TURF**—March 12, 2013. "Forever Irish," starring Andy Cooney plus the Andy Cooney Band, with the Irish Sopranos—Ireland's Singing Sensation, and Darrah Carr Dance—Irish Step Dancers. Family-style luncheon menu of tossed salad, penne pasta, corned beef & cabbage, and baked scrod. **\$75 pp** includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation.** (👟)

**WESTCHESTER THEATER – Guys & Dolls** – Wednesday, March 21, 2013. Winner of five Tony Awards including Best Musical! The show is set in the colorful world of New York in the mid 20th century. Populated by gangsters and gamblers, missionary dolls and beautiful showgirls, and has one of the great musical scores in the history of American theater! **Cost: \$95 pp** includes show, transportation, lunch, and driver gratuity. **Full payment due at registration.** (👟)

**BEIJING CITY STAY** – April 8 – 17, 2013 (9 days, 15 meals). Experience the beauty and intrigue of one of the most fascinating cities in the world. You will visit the Beijing Zoo famous for their pandas, Tiananmen Square – the world's largest public square, the Forbidden City, enjoy a Peking Duck Dinner and Opera, visit the Great Wall of China, the Olympic Green, Temple of Heaven, and enjoy a Rickshaw Tour. **Cost is \$2,499pp double. A \$250pp deposit due at registration. Cancellation insurance is available for \$220. A passport is required.** (👟👟👟)

**PAT BOONE @ Garde Arts Theater with Casino**—April 10, 2013. The entertainment icon autobiographical one-man show in which he sings his hits and tells stories of his 50+ years in show business. Pat shows why he is still one of the all-time greats. \$70pp includes transportation, admission, 15 Keno voucher and \$15 food voucher towards lunch at Mohegan Sun or Foxwoods Casino. **Full payment due with reservation which begins Jan 1.** (👟👟)

**THE DUPREES** – May 7, 2013 at the Aqua Turf. Musical interpretations of the most beautiful love songs. Family style lunch menu includes salad, pasta, chicken armigianino, roast pork loin with gravy, vegetable, potato, rolls, dessert & beverage. **Cost \$84 pp.** includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation which begins Jan 1.** (👟)

**ELVIS IN BLUE HAWAII**—June 13, 2013 at the Tekoa Country Club starring Brian Weldon. 2005 CSRA Elvis Impersonator Contest Finalist Brian Weldon uses authentic costumes and performs over 40 Elvis songs. Family style lunch with salad, vegetable, sausage and peppers, garlic mashed potatoes, green beans, chicken franchise, potroast, dessert, coffee or tea. Cost includes transportation, lunch, admissions, & driver gratuities. **Full payment due with reservation begins Jan 1.** (👟)

**CAPE COD OVERNIGHT**— June 24—26, 2013. Cape Cod trip with a day at Martha's Vineyard. More details to follow. (👟👟👟)

**BOSTON POPS @ TANGLEWOOD**—TBD (👟👟👟)

**ALL YOU CAN EAT LOBSTER & COMEDY SHOW @ DELANEY HOUSE** – Wednesday, July 10, 2012. 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: \$88 pp** includes transportation, dinner, entertainment, and driver gratuity. **Full payment at registration which begins April 1.** (👟)

**BLOCK ISLAND**—July 24, 2013. This tiny island was first settled in 1661. Today it is as much as it was 100 years ago—unspoiled, unhurried, a soothing contrast to the pressures of the mainland. Start with an Island Tour along sandy beaches, hilltops and beautiful vistas. Lunch at the National Hotel. Meal choices are New England clam chowder or salad, choice of baked scrod, pan fried chicken breast, poached salmon, blue lump crab cakes, or pasta pomodoro. **Cost \$TBD pp** includes transportation, lunch, tour and driver's gratuity. **Full payment at registration which begins April 1.** (👟👟)

**LAKE GEORGE, NY**— August 21-23, 2013. Involving the horses at Saratoga. Details to follow **Full payment at registration which begins April 1.** (👟👟👟)

**PROVIDENCE WATERFIRE**—August 2013. Early dinner at Legal Seafood in Warwick, RI, then to the award-winning sculpture by Barnaby Evans installed on the three rivers of downtown Providence. WaterFire's sparkling bonfires, fragrant scent of aromatic wood smoke; truly a treat for the senses. Dinner includes Caesar salad with chicken or shrimp, baked scrod, and fisherman's trio. **Cost \$85pp** includes transportation and dinner. **Full payment at registration which begins April 1.** (👟👟👟)

**SHADES OF IRELAND** – September 15 – 24, 2013 (10 days, 13 meals). Travel the Ring of Kerry, one of the world's most beautiful coastal routes, while experiencing old Ireland at its finest. You will visit Dublin, experience an Irish evening, visit Kilkenny - the home of Waterford Crystal, see Blarney Castle and kiss the Blarney Stone, enjoy a Jaunting Car Ride, travel along the Ring of Kerry, visit a farm in Killarney and experience the customs of a traditional Irish family, see the Cliffs of Moher, and stay overnight on the Cabra Castle grounds. A deposit is required to confirm your space. **Cost with early booking discount is \$2,999pp, double occupancy. Deposit due at registration. Cancellation insurance is available. A passport is required.** (👟👟👟)

**THE BIG 'E' FAIR** – Wednesday, September 18, 2013. Connecticut Day at the Big E, "New England's Great State Fair". **Full payment is due at registration which begins April 1.** (👟👟👟)

**REFLECTIONS OF ITALY** – Sept. 23—Oct. 2, 2013 (10 days 14 meals). Revel in the magic of this famed destination as you set out on a comprehensive tour that features Rome, Venice and Florence. Explore Rome's rich history, including a guided tour of the Coliseum. Visit one of Chianti's treasured wineries complete with a stop at a Medieval Castle. Relish the charm of Venice amid its canals and architecture. **Deposit due at registration. A passport is required.** (👟👟👟)



# NOVEMBER 2012



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.</p>			<p><b>1</b> Roasted Pork w/LS Gravy Apple Stuffing Broccoli and Cauliflower Multigrain Dinner Roll Pineapple Tidbits</p>	<p><b>2</b> Grape Juice Herbed Baked Chicken Leg Qtr. Orzo Grilled Vegetables Wheat Bread Orange Sections</p>
<p><b>5</b> Swai Fish w/Florentine sauce Rice Pilaf w/peas &amp; onions Carrot coins Oat bread Apricots</p>	<p><b>6</b> Lasagna W/Meat Sauce Tossed Salad W/ Tomato and Italian Dressing Garlic Bread Orange Jell-O W/Peaches 1% Milk</p>	<p><b>7</b> Apple Juice Roast Beef W/L.S Gravy Baked Potato W/Sour Cream Scandinavian Blend Vegetables Wheat Bread Margarine, 1% Milk</p>	<p><b>8</b> Orange Juice Oven Fried Chicken Macaroni and Cheese Green Beans Buttermilk Biscuit Margarine, 1% Milk</p>	<p><b>9</b> Tomato Basil Soup Broccoli Quiche Fresh Zucchini Roast Potato Wheat Dinner Roll Fresh Fruit Margarine, 1% Milk</p>
<p><b>12</b> Closed For Veteran's Day No Lunch Program</p> 	<p><b>13</b> Teriyaki Chicken Brown Rice Oriental Blend Vegetables Oat Bread Mandarin Oranges Margarine, 1% Milk</p>	<p><b>14</b> Minestrone Soup Lite Crunch Fish w/Lemon Mashed Sweet Potatoes Spinach Multigrain Dinner Roll Fresh Fruit Margarine, 1% Milk</p>	<p><b>15</b> Apple Juice Sliced Turkey w/LS Gravy Cranberry Sauce Mashed Potato California Blend Vegetables 100% Whole Wheat Bread Oatmeal Raisin Cookie Margarine, 1% Milk</p>	<p><b>16</b> Cranberry Juice Whole Grain Spaghetti w/Marinara Sauce Meatballs Caesar Salad w/CROUTONS 100% Whole Wheat Bread Vanilla Pudding w/ Strawberry Topping Margarine, 1% Milk</p>
<p><b>18</b> Orange Juice Salmon Filet w/Lemon Sauce Brown Rice Pilaf Bean Blend Vegetables 100% Whole Wheat Bread Chocolate Pudding Margarine, 1% Milk</p>	<p><b>19</b> Spinach Grandioli Ravioli w/ Sauce Meatballs Broccoli Italian Bread Fresh Fruit Margarine, 1% Milk</p>	<p><b>20</b> Pineapple Juice Pot Roast w/Gravy Mashed Potato Tuscan Blend Vegetables Rye Bread Apple Strudel Margarine, 1% Milk</p>	<p><b>21</b> Closed For Thanksgiving No Lunch Program</p> 	<p><b>22</b> Closed For Thanksgiving No Lunch Program</p>  <p>Black Friday Shopping Day</p>
<p><b>26</b> Freshly Baked Ham W/LS Gravy Scalloped Potato Peas and Carrots Rye Bread Apple Sauce Margarine, 1% Milk</p>	<p><b>27</b> New England Clam Chowder Unsalted Crackers Crab Cake w/Tarter Sauce Brown Rice Pilaf Green and Wax Beans Oat Bread Fresh Fruit Margarine, 1% Milk <b>BIRTHDAYS of the MONTH</b></p>	<p><b>28</b> Apple Juice Hamburger Au Jus Onions and Mushrooms Ketchup Coleslaw Baked Beans Wheat Bun Pickle Wedge Brownie Margarine, 1% Milk</p>	<p><b>29</b> Roasted Pork w/LS Gravy Apple Stuffing Broccoli and Cauliflower Multigrain Dinner Roll Pineapple Tidbits Margarine, 1% Milk</p>	<p><b>30</b> Grape Juice Herbed Baked Chicken Leg Qtr. Orzo Grilled Vegetables Wheat Bread Orange Sections Margarine, 1% Milk</p>

# RESERVED FOR SPONSORS

## Quick View of classes and activities - November 2012

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00am Mah Jongg Class 10:00am Tap Dance II 11:00 am Chair Exercise 1:00pm Tap Dance I 1:00 pm Billiards 1:00 pm Wii Bowling	8:45 am Fitness 9:00 am Zumba Gold 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 10:10am Body Sculpturing 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 9:30 am iPhone 10:00 am Watercolor II 10:15 am Yoga 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 9:00 am Zumba Gold 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00pm Informal Art Studio 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Line Dancing 1:30 pm Intermediate Bridge Lessons

See class listing on page 5 for details. To register for IRL classes call 1-800-220-0458.

## Special Events - November 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 5: Veteran's Day Appreciation with Bob Mel Nov. 5: Connecticut 1:00pm Nov 12: Closed for Veteran's Day Nov 19: Dr. Meissner Hearing Screening Nov 19 & 26: iPad Nov. 19 United Healthcare 1:00pm Nov. 29 Aetna 1:00pm Nov 26: Afghan Group	Nov 6: Parish Nurses Blood Pressure Screening 10:00am Nov 6: Ireland & Italy Trip Presentations Nov 13: Foxwoods Trip Departure at 8am Nov 13 & 27: Internet Nov 27: Birthdays of the Month, 11:30am	Nov 7: Legal Clinic, Call for an Appointment Nov 14: Metropolitan departs 9am	Nov 1: AARP Driving Course, 9:00am Nov 1: Lunch & Learn Grace Durgin <i>WWII</i> <i>Memorabilia—Home</i> <i>Front &amp; War Front</i> 11:30am Nov 1 & 15: <i>ILR Course:</i> Dream Workshop 10-11:00 Nov 8: Yale Mammography Van (203) 200-5251 for appt Nov 22: Closed for Thanksgiving Dec 4: Advanced Internet	Nov 2, 9, & 16: <i>ILR Course</i> – Books that Shaped Us 10-11:30pm Nov 2 & 9: <i>ILR Course</i> – Conversations about Listening to Jazz 10:00-11:30am Nov 9: CT Energy Store 1pm Nov 16: Movie-“War Horse” 1pm Nov 23: Closed for Thanksgiving Nov 25: <b>Sunday</b> Lions Club Thanksgiving Dinner

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Nov 1 By Reser- vation	Course can earn seniors a discount on their driver' insurance. AARP members \$12, Non-members \$14	Len Dorsett Room 2
<b>New Class!</b> - Body Sculpting Tuesdays, 10:10-11:00 \$50.00, 10 wks	Oct 16 – Dec 18	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	Oct 5 – Dec 28	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/23	Al Pol Senior Lounge
Chair Exercise Monday & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities.	Mary Jewell Senior Lounge
Computer-iPad Monday, 9:30-11:30am No fee	Nov 19 <b>Class Filled</b>	Learn the popular features that go underutilized with an iPad. This class is perfect if you own an iPad or have ever consid- ered getting one.	Kathleen Gorelick Room 15
Computer-iPad Monday, 9:30-11:30am No fee	Nov 26 <b>Class Filled</b>	Learn the popular features that go underutilized with an iPad. This class is perfect if you own an iPad or have ever consid- ered getting one.	Kathleen Gorelick Room 15
Computers-i-Phone Wednesdays, 9:30-11:30am \$25.00, 4 wks	Oct 31 – Nov 21	If you own an iPhone or have ever considered getting one, then this class is for you. Learn the popular features that go underutilized.	Kathleen Gorelick Computer Room
Computers–Internet Tues. 1:30-3:00 \$20.00 2 wks	Nov 13 & Nov 27	Learn to safely “surf” the internet. Learn how to shop and compare prices and products on the internet and more. ***Sign up both Internet courses for only \$35**	Jacalyn Diesenhouse Computer Lab
Computers–Advanced Internet Thur & Tues. 1:30-3:00 \$20.00 2 wks	Nov 29 & Dec 4	Learn to safely “surf” the internet. Learn how to shop and compare prices and products on the internet and more. ***Sign up both Internet courses for only \$35**	Jacalyn Diesenhouse Computer Lab
Fitness T/Th 8:45-9:45, 10:00-11:00 \$25.00, 12 wks	Oct 2 – Dec 20	This class combines light weight lifting, stretching, and bal- ance into a fun-filled class which burns calories and im- proves health. No class 11/22.	Mindy Leventhal Gym
Informal Art Studio Thursday 1:00 – 3:00pm	On going	Like working in a creative environment? This group is for you; bring your ideas & inspiration. No class 11/22.	Bernice Mathisen Room 6
Line Dancing Fridays, 1:00-2:00pm	On going \$2.00/class	Dancers form one or more lines and repeat a sequence of steps, executing the steps at the same time.	Evelyn Hahn Gym
Mahjong Monday, 10:00 am \$25.00 4 wks	Nov 19 – Dec 10	For new students or those in need of a refresher. Rhea will teach by the “International Mah Jong Association” rules.	Rhea Savell Cafe
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 2 – Dec 4	The course will improve drawing & painting skills through various techniques, methods, styles.	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$60.00, 12 wks	Oct 5 – Dec 28	Tai-Chi been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 11/23	David Chandler Gym
Tap Dance I Mondays, 1:00-2:00pm \$50.00, 10 wks	Oct 1 – Dec 17	Catch the rhythm and learn the basics of tap dancing while having fun exercising. No class 11/12	Marge Gloria Room 4
Tap Dance II Mon, 10:00-11:00, \$50.00, 10wks	Oct 1 – Dec 17	Set those feet dancing and feel the excitement of seeing a dance come together. No class 11/12.	Marge Gloria Room 4
Watercolor II Wed. 10:00-12:00pm \$60.00, 12 wks	Oct 3- Dec 19	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	Oct 1 – Dec 17	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 11/12	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Oct 3 - Dec 26	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind. No class on 11/ 21	Sue Neufeld Senior Lounge
Zumba Gold Tuesdays, 9:00-10:00am \$50.00, 10 wks	Oct 16 – Dec 18	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to be easy to follow by indi- viduals of any size or age.	Florene Nichols Room 15
Zumba Gold Thursdays, 9:00-10:00am \$50.00, 10 wks	Oct 25 – Jan 3	Easier than the basic Zumba but just as much fun. The moves have been carefully designed to be easy to follow by indi- viduals of any size or age. No class 11/22	Florene Nichols Room 15

**TOWN OF ORANGE  
COMMUNITY SERVICES**

525 Orange Center Rd.  
Orange, CT 06477

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

Return Service Requested

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**“ORANGE FRIENDLIES” - NOVEMBER 2012**  
**Senior Services Coordinator—Dennis Marsh, 203-891-4784**

<p><b><u>Lunch and Learn</u></b> <b>November 1</b>, 11:30am to 1:00pm, Grace Durgin will present memorabilia from “<i>World War II: The Home Front &amp; War Front</i>”. Participants bring their own brown bag lunch at 11:30 and the program begins at noon. Coffee and dessert will be served. Call the center to register . <b>All are welcome!</b></p>	<p><b><u>Friday at the Movies!</u></b> – <b>November 16</b>, at 1:00pm, “<b>War Horse</b>” a <i>Steve Spielberg</i> film starring <i>Jeremy Irvine</i> and <i>Emily Watson</i> where young Albert enlists in the Army after his beloved horse is sold to the cavalry. A hopeful journey from England to the front lines. Call the center to let us know you are coming. We'll supply the popcorn!</p>	
<p><b><u>Blood Pressure &amp; Hypertension Screenings</u></b> <i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, <b>Nov 6</b>, 10:00 – 11:00 for blood pressure screenings. The OVNA offers screenings at their offices at 605A Orange Center Rd Thursday, <b>Oct. 25</b>, 1:00 – 2:00 pm.</p>	<p><b><u>Birthdays of the Month</u></b> Come celebrate members' birthdays for the month on <b>November 27</b> from 11:30 am to 12:00pm. If you would like a lunch, call Ellen in the kitchen by noon the day before at (203) 891-4765. Suggested donation is \$2.00.</p>	<p><b><u>Veteran's Day Recognition Event</u></b> will be held in the High Plains Community Center Cafe on Monday, from 1:30 to 3:00pm, <b>November 5</b>. Bob Mel will lead us in Patriotic theme music. Call the Senior Center to let us know you are coming.</p>
<p><b><u>Medicare Seminars</u></b> Denise Stein, Elderly Outreach Worker, has scheduled the following Medicare Seminars for 1:00pm in room 2. Come hear about the latest changes with the 2013 Medicare Advantage plans. Call (203) 891-4784 to RSVP. 11/5 Connecticut 11/19 United Healthcare 11/29 Aetna</p>		<p><b><u>Ireland Trip Presentation, Italy Trip Presentation</u></b> November 6, 4:00pm Collette Tours and the Orange Senior Center, Senior Lounge will host 2 trip presentations we have scheduled for September 2013. See our trip section for more details. Call the senior center to let us know you are coming.</p>