



ORANGE FRIENDLIES

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



OCTOBER 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

Wow, we had such a great time last month with Ashly Cruz at the *French Cabaret*. I can't believe this month is the last one for the year. What a way to end – a *Haunted Cabaret* with Dean & Marilyn. Come in costume or as you are. There will be a raffle and prizes will be given out for the best costume, most original, and most scary.

Did you hear? There is going to be a wedding; *The Godfather's Meshuggener Wedding!* The New York Hit show will be performed as a fundraiser for the Church of the Good Shepherd on October 6. The show will take place at 6:00pm at Saint Barbara's Greek Orthodox Church at 480 Racebrook Road in Orange. Besides the show there will be dinner, dancing, live & silent auctions, 50/50 raffle and an open bar. Tickets are \$75pp. Call (203) 795-6577 or www.thegoodshepherdorange.org. Proceeds go to The Shepherd's Table, an outreach program to those in need in the Greater New Haven area.

What's your story? At this month's Lunch & Learn Jan Cowles of Constellation Health Services will lead us in writing a life review. Learn how to make a lasting gift to yourself and a keepsake for generations to come. So come to this month's Lunch & Learn for Legacy (This is My Story) Writing. Just call the office and let us know you are coming. I would love to hear your story.

Happy Halloween!

Dennis Marsh
Senior Services Coordinator

Hot New Trip to 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.

Orange Leadership Program, Class of 2014

Are you looking for an innovative, interesting program that will give you a chance to learn more about our community, the region and the state, make new friends, along with your leadership skills? If so, the Orange Leadership Program is for you! We are now forming the 7th class since the start of the program in 2006. Fifteen Orange residents over the age of 55 will be accepted into the program this year. This popular program meets one Wednesday a month for 9 months in 2014 from September to May and covers topics such as the history of the town, its economic development, education, community policing, communications and the media, the arts, town government, state government, and regional issues. Graduation is held in June. The Leadership Program offers an opportunity to interact with other persons from the town to get an insider's view of the issues that are shaping our community. The Leadership Program provides retired or semi-retired persons a chance to use their life skills while giving back to their community in a positive way. The program is funded by the Orange Senior Center and the \$100 tuition paid by each of the participants. Applications are now being accepted. Please call 891-4784 if you would like more information about the program or would like an application form.

Are You Paying too Much for your Health Insurance?

Do Senior Health Programs Seem Like Alphabet Soup? Are you turning 65 within the next few months? **Trish Pearson** of TrueCare Insurance will present the Parts A, B, C, and D of Senior Health Insurance on **Wednesday, October 10th 1:00 - 3:00 p.m.** The annual Open Enrollment Period for current Medicare enrollees is October 15th through December 7th. This presentation is a great introduction to what changes have been made to the 2013 benefits. Light refreshments will be served. Please call the Center to reserve your spot, 203-891-4784.



Sheltering at Home During an Emergency?

Does everyone remember tropical storm Irene from last August? Did you stay home without power or go to a relative's home until your power came back? Now you know first hand that there are plenty of things that need to be done to prepare for those major storms. That being said, the Orange TRIAD is pleased to announce that will be a Sheltering at Home Panel. This event will take place on October 29th. There will be representatives from CERT, the OVNA, The Red Cross, United Illuminating, and the Orange Police Department. The Panel Discussion starts at 12:30, lunch will be served at 11:30, reservations for lunch are needed. Cost of the lunch is \$2.00. In addition, dessert will be provided. There will also be a raffle at the end of the Panel, so bring yourself and your appetite for good food and lots of useful knowledge.

Presentation for Upcoming Ireland trip and possible trip to Italy in 2013

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*. The second trip is the *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). Call the senior center to let us know you are coming to the presentation.

New ILR Courses

The Orange Senior Center has coordinated with the Institute for Learning in Retirement to offer some ILR fall classes here at the Orange Senior Center. To register for these courses call ILR at 1-800-220-0458. Classes will be on a variety of interesting topics.

Priorities for Connecticut Public Schools. Christopher Collier, PhD, Susan Weisselberg, Mon: 2-3:30pm, Oct. 15 & 22, Room 2

Immigration Revisited: with Atty. Martin Wolf, Tues: 10-11:30am, Oct 9, 16 & 23, in Senior Lounge.

Drawing for the Complete Beginner: Course Leader: Dorie Petrochko, Tues: 10-12:00pm, Oct 2, 9, 16 & 23, Room 4

The Cost of War: In the Words of Women: The Revolutionary War and the Birth of a Nation 1765-1799: Speakers: Landa M. Freeman et al, Tues. 2-3:30 pm. One session: Oct. 30, Room 2

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; Nov. 2 & 9, Room 6

Pancake Breakfast



Saturday, October 13 pancake breakfast at the High Plains Community Center Senior Café from 8 a.m. to 11:30 a.m. Delicious pancakes with bacon and coffee will be cooked by members from the Church of the Good Shepherd. All proceeds from the breakfast will go to support the Community Services Assistance Fund. Cost of tickets is \$5 for adults, \$3.50 for children, and \$15 for a family. A limited number of tickets will be sold at the door. Thanks to Peter Boppert and his crew from Good Shepherd for planning this event. Get your tickets in the senior center office.

Hearing Screening with Dr. Susan Meissner

Dr. Meissner will be available October 11 from 9am to 12 noon to conduct hearing screenings in the Town Conference room. Call the office to schedule a time.

Haunted Cabaret

The next Cabaret will be on Monday, **October 29** from 5:30 to 7pm. The entertainment will be *Dean & Marilyn* as David Alan & Tracy Lynn, two impersonators will perform their Dean Martin and Marilyn Monroe show. This will be a Halloween Theme event with **costumes optional along with prizes & a raffle!** Coffee and dessert, provided by Maria Biondi of the Orange Visiting Nurses Association, will be served at 5:30pm and music begins at 6pm. Thank you to MaryAnn White of Coldwell Banker for supplying dessert last month! Tickets are now on sale for \$5 pp and are only available in advance at the Senior Center!

New iPhones Class

Kathleen Gorelick will be teaching a 4-week iPhone class on October 31 – November 21 from 9:30 – 11:30 am in the computer room. Seating is limited to 10 people and the cost is \$25.00. Call now at (203) 891-4784 to register.

iPads

The November 19th iPad class filled up so fast, we have added another one for Monday, November 26 from 9:30-11:30am in room 15. Kathleen Gorelick will conduct this free iPad seminar. If you own an iPad or are considering getting one, this seminar is perfect for you. Come and learn the popular features that are underutilized. Space is limited to 25 people, so please call now at (203) 891-4784 to reserve a seat.

Intergenerational Tutoring

Orange Youth Services Seeking Volunteer Senior Citizen Tutors for Intergenerational Tutoring Program to offer Orange students, grades 3-12, tutorial/homework help. Youth Services is now looking for senior tutors (55 years & over) starting in October. Subjects are: Language Arts, Reading/comp., Writing skills, Math, and History. The group meets every Thursday from 3 to 5 pm at the Case Memorial Library. Tutoring time choices are in two sessions: 3:30 to 4:15 pm & 4:15 to 5:00 pm. Tutors work one-to-one with their students. Please contact John Ulatowski, Youth Services Coordinator at 203-891-4785 or email julatowski@orange-ct.gov.

Birthdays of the Month

We will be celebrating Senior Center members' birthdays for the month of October on **October 30**. 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!

Money Management for Women

Kathleen Gorelick will once again present this course. We have received wonderful feedback from those who have already taken it! In this 5-week class students will learn to use their computer to track their income and expenses, food costs, needs vs. wants and more. Begins Oct 1 and runs through Nov 5. The cost is \$30.

Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Community Center **October 2** from 10:00 – 11:30am for **blood pressure screenings**.

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 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.

OKTOBERFEST @ THE PLATZL BRAUHAUS – Wednesday, October 10, 2012. The Platzl Bauhaus in the Hudson River Highlands is most famous for their Oktoberfest program and luncheon. A wonderful menu, an Oomph 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 includes transportation, entertainment, lunch, meal and driver's gratuities. **Wait list.** ()



Sold out - CHARLESTON, SAVANNAH, & JEKYLL ISLAND – 36th Annual Home & Garden Tour October 17-22, 2012, 6 Days/ 5 Nights. (  )

Just Added!!! FOXWOODS – Tuesday, November 13, 2012. Leave the senior center at 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. Have lunch at the famous Carmine's served family style including Rigatoni & Broccoli and Chicken Parmigiana served with all the trimmings. After lunch enjoy a guided BACK-STAGE tour of the Metropolitan Opera House. Cost includes transportation, lunch, admissions, and driver's gratuities. **Full payment due with reservation.** (  )

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: \$91 pp includes transportation, entertainment, lunch, meal and driver's gratuities. **Wait list.** ( )

2013 TRIPS

Sold Out—HAWAIIAN CRUISE – January 10 – 20, 2013. 11 days with 7 shore excursions. Explore 7 Polynesian Cultural Centers, Pearl Harbor & USS Arizona Memorial, a 60-acre Maui Tropical Plantation, Volcanoes National Park, Waimea Canyon – "The Grand Canyon of the Pacific", Dole Pineapple Plantation, and more. **Prices range from \$3599 to \$4099 depending on cabin chosen. A deposit of \$500 is required to confirm your space. Travel insurance is available and recommended.** (  )

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 \$2,399pp double with early booking discount of \$100 until Oct. 8, 2012. A \$250pp deposit due at registration. Cancellation insurance is available for \$220. A passport is required.** (  )

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, in Limerick 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.** (  )



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. Cancellation insurance is available. A passport is required.** (  )



Stay tuned more trips are coming for 2013!

WALKING KEYS FOR TRIPS:



One shoe means minimal walking;



two, some walking;



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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Fresh Baked Ham w/LS Gravy Scalloped Potatoes Peas & Carrots Rye Bread Applesauce Margarine, 1% Milk</p>	<p>2</p> <p>New England Clam Chowder Unsalted Crackers Crab Cake w/Tartar Sauce Brown Rice Pilaf Green and Wax Beans Oat Bread Fresh Fruit</p>	<p>3</p> <p>Hamburger Au Jus Onions and Mushrooms Ketchup Coleslaw Baked Beans Wheat Bun Pickle Wedge Brownie</p>	<p>4</p> <p>Roasted Pork w/LS Gravy Apple Stuffing Broccoli and Cauliflower Multigrain Dinner Roll Pineapple Tidbits Margarine, 1% Milk</p>	<p>5</p> <p>Grape Juice Herbed Baked Chicken Leg Qtr. Orzo Grilled Vegetables Wheat Bread Orange Sections</p>
<p>8</p> <p>Closed For Columbus Day No Lunch Program</p> 	<p>9</p> <p>Lasagna W/Meat Sauce Tossed Salad W/ Tomato and Italian Dressing Garlic Bread Orange Jell-O W/Peaches Margarine, 1% Milk</p>	<p>10</p> <p>Roast Beef W/L.S Gravy Baked Potato W/Sour Cream Scandinavian Blend Vegetables Wheat Bread Marble Cake Margarine, 1% Milk</p>	<p>11</p> <p>Orange Juice Oven Friend Chicken Macaroni and Cheese Green Beans Buttermilk Biscuit Margarine, 1% Milk</p>	<p>12</p> <p>Tomato Basil Soup Broccoli Quiche Fresh Zucchini Roast Potato Wheat Dinner Roll Fresh Fruit Margarine, 1% Milk</p>
<p>15</p> <p>Meatloaf W/LS Gravy Bowtie Noodles Baked Fresh Acorn Squash 100% Whole Wheat Bread Pears Margarine, 1% Milk</p>	<p>16</p> <p>Teriyaki Chicken Brown Rice Oriental Blend Vegetables Oat Bread Mandarin Oranges Margarine, 1% Milk</p>	<p>17</p> <p>Minestrone Soup Lite Crunch Fish w/Lemon Mashed Sweet Potatoes Spinach Multigrain Dinner Roll Fresh Fruit Margarine, 1% Milk</p>	<p>18</p> <p>Sliced Turkey w/LS Gravy Cranberry Sauce Mashed Potato California Blend Vegetables Oatmeal Raisin Cookie Margarine, 1% Milk</p>	<p>19</p> <p>Cranberry Juice Whole Grain Spaghetti w/Marinara Sauce Meatballs Caesar Salad w/CROUTONS Vanilla Pudding w/ Strawberry Topping Margarine, 1% Milk</p>
<p>22</p> <p>Salmon Filet w/Lemon Sauce Brown Rice Pilaf Bean Blend Vegetables 100% Whole Wheat Bread Chocolate Pudding Margarine, 1% Milk</p>	<p>23</p> <p>Spinach Grandioli Ravioli w/ Sauce Meatballs Broccoli Italian Bread Fresh Fruit Margarine, 1% Milk</p>	<p>24</p> <p>Pineapple Juice Pot Roast w/Gravy Mashed Potato Tuscan Blend Vegetables Rye Bread Apple Strudel Margarine, 1% Milk</p>	<p>25</p> <p>Butternut Squash Soup Unsalted Crackers BBQ Chicken Black Beans and Corn Collard Greens Oat Bread Applesauce Margarine, 1% Milk</p>	<p>26</p> <p>Beef Stew Egg Noodles Spinach Salad w/Shredded Carrots Vinegrette Dressing Multigrain Dinner Roll Tropical Fruit Cocktail Margarine, 1% Milk</p>
<p>29</p> <p>Freshly Baked Ham W/LS Gravy Scalloped Potato Peas and Carrots Rye Bread Apple Sauce Margarine, 1% Milk</p>	<p>30</p> <p>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 Birthdays of the Month</p>	<p>31</p> <p>Hamburger Au Jus Onions and Mushrooms Ketchup Coleslaw Baked Beans Wheat Bun Pickle Wedge Brownie Margarine, 1% Milk</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>



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Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Oct 4 By Reservation	Course can earn seniors a discount on their driver's insurance. AARP members \$12, Non-members \$14	Len Dorsett Room 2
New Class! - 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 – De- cember 28	This class is for those who have mastered the begin- nings 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. No class 9/28 & 10/8	Mary Jewell Senior Lounge
Computers-Facebook Tuesdays, 1:30-3:30pm \$35.00, 4 wks	Sept 25 – Oct 16	This course will teach students how to develop and maintain a Facebook profile.	Jacalyn Diesenhouse Computer Lab
Computer-iPad Monday, 9:30-11:30am No fee	Nov 19 Class Filled	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 Gorelick Room 15
Computer-iPad Monday, 9:30-11:30am No fee	Nov 26 Class limited To 25	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 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 fea- tures that go underutilized.	Kathleen Gorelick Computer Room
Computers-\$ Management for Woman Mon. 9:30-11:30 \$30.00, 5 wks	Oct 1- Nov 5	Learn to use tables to track income and expenses, food costs, needs vs. wants, document where money comes from and where it goes, and more. No class 10/8.	Kathleen Gorelick 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 balance into a fun-filled class which burns calories and improves health. No class 11/22.	Mindy Leventhal Gym
Informal Art Studio Thursday 1:00 – 3:00pm	Will resume Oct 4, No fee	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. No class 9/21.	Evelyn Hahn Gym
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 flexibil- ity, 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 10/8 & 11/12. No sign ups after 10/15	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 see- ing a dance come together. No class 10/8 & 11/12. No sign ups after 10/15	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 10/8 & 11/12	Dee Stephens Gym
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Sept 26 – Dec 19	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 fol- low by individuals 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 fol- low by individuals of any size or age. No class 11/22	Florene Nichols Room 15

Quick View of classes and activities - October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 9:30am \$ Management for Women 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 1:30pm Facebook 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 - October 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 8: Closed for Columbus Day Oct 15 & 22: <i>ILR Course</i> – Priorities of CT Public Schools 2-3:30pm Oct 22: Afghan group Oct 29: Haunted Cabaret with Dean & Marilyn 5:30pm	Oct 2: Parish Nurses Blood Pressure Screening 10:00am Oct 2, 9, 16 & 23: <i>ILR Course</i> – Drawing for the Complete Beginner 10-12pm Oct 9, 16, & 23: <i>ILR Course</i> – Immigration Revisited, 10-11:30am Oct 30: <i>ILR Course</i> – The Cost of War, 2-3:30pm Oct 30: Birthdays of the Month, 11:30am	Oct 3: Legal Clinic, Call for an Appointment Oct 10: Oktoberfest Trip Departs 9:00am Oct 17: Charleston & Savannah Trip departure time still to be determined	Oct 4: AARP Driving Course, 9:00am Oct 4: Lunch & Learn Jan Cowles of Constellation Health Services – <i>Legacy Writing</i> 11:30am Oct 4, 18, Nov 1 & 15: <i>ILR Course: Dream Workshop</i> 10-11:00 Oct 11: Dr Messiner – Hearing Screening by appointment Oct 25: Halloween Bingo 1:00pm	Oct 19: Movie-“Hugo” 1pm Oct 26, Nov 2, 9, & 16: <i>ILR Course</i> – Books that Shaped Us 10-11:30pm Oct 19, 26; Nov 2 & 9: <i>ILR Course</i> – Conversations about Listening to Jazz 10:00-11:30am Saturday Oct 13: Pancake Breakfast at the HPCC to benefit the Community Assistance Fund 8:00 – 11:30am



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

<p><u>Lunch and Learn</u> October 4, 11:30am to 1:00pm, Jan Cowles of Constellation Health Services will speak about “<i>Legacy (This is My Story) Writing</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 . All are welcome!</p>	<p><u>Friday at the Movies!</u> – October 19, at 1:00pm, “Hugo” a <u>Martin Scorsese</u> film starring <u>Asa Butterfield</u>, set in 1930s Paris, an orphan who lives in the walls of a train station is wrapped up in a mystery involving his late father and an automaton. Call the center to let us know you are coming. We’ll supply the popcorn!</p>	
<p><u>Blood Pressure & Hypertension Screenings</u> <i>Griffin Hospital Outreach and Valley Parish Nurse Mobile Van</i> will be at the HPCC the first Tuesday of the month, Oct. 2, 10:00 – 11:00 for blood pressure screenings. The OVNA offers screenings at their offices at 605A Orange Center Rd Thursday, Oct. 25, 1:00 – 2:00 pm.</p>	<p><u>Birthdays of the Month</u> Come celebrate members’ birthdays for the month on October 2 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><u>Veteran’s Day Recognition Event</u> will be held in the High Plains Community Center gym on Monday, from 1:30 to 3:00pm, November 5. Bob Mel will lead us in Patriotic theme music. Call the senior center to let us know you are coming.</p>
<p><u>Lunch Program</u> The Orange Senior Center hosts a congregate meal program Mon. through Fri., 11:30am – 12:00pm. No meals on Saturday, or Sunday. A \$2.00 donation is accepted for persons 60 years and over. People under 60 years of age will need to pay the full price of \$5.60 a meal. Call Ellen in the kitchen by noon the day before to register (203) 891-4765.</p>	<p><u>Ireland Trip Presentation, Italy Trip Presentation</u> November 6, 4:00pm Collette Tours and the Orange Senior Center will host 2 trip presentations in the senior lounge 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>	