



ORANGE FRIENDLIES

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



SEPTEMBER 2014

Senior Center Telephone: 203-891-4784

Check our website for all senior center activities: www.orangeseniors.org



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

WORD FROM THE SENIOR SERVICES COORDINATOR

Please be on the look out as the senior center is in great need of a **piano**. We are looking for a good working piano to be donated. If you know of one please let me know.

The Annual **Health & Safety Fair** is September 26. As a special feature this year we have scheduled **Vinny Carr** to perform from 11-12 noon. So don't miss the fair and don't miss Vinny Carr.

The **Orange Arts & Culture Council** will host William Boughton, the music director and principal conductor for the New Haven Symphony to discuss the upcoming season free at the Case Memorial Library on Sept 18. at 7:00pm.

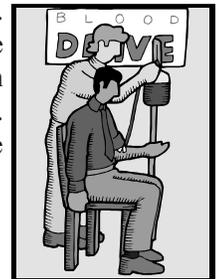
Be aware that September's **Lunch & Fun** will be on Friday, September 5. **Ned Skinnon** is schedule to speak: Sports Talk, on whatever is going on in the world of sports at the time. **Cabaret** resumes on September 8 with **Bill Kohler**. Bill has been performing all around the area. I have received nothing but positive feedback. So join us Monday September 8 from 1:30-3:00pm for an hour and half of free music and dessert.

Dennis Marsh
Senior Services Coordinator

A Word from the Director

Greetings to all! I hope you had a great August and have enjoyed the summer. I want to remind you of two great programs we have to offer. There is transportation available to Orange residents and tasty meals served daily in our cafeteria. Details for both are in the newsletter. You can contact Kim for transportation at 203-891-7488 or contact Ellen for meals at 203-891-4765. Also, The Red Cross is having a Blood Drive on Tuesday September 23 in the High Plains Gym from 9:00 AM to 2:15 PM. You can call 1-800-Red Cross or on line at REDCROSSBOOD.ORG for an appointment or to volunteer that day. Have a great September! Stop by any time my door is always open!

Joan Cretella - Director
Orange Community Services



Billiards, Ping Pong, & Chess

Come join us for Billiards, Ping Pong and Chess. Billiards meets Mondays at 1:00, Tuesday at 10:00, Thursday at 1:00, & Friday at 10:00. The Ping Pong plays Monday at 11:00 and Wednesday at 12:00. Chess plays Tuesday & Thursdays at 1:30.



2014 Health & Wellness Fair

The 13th Annual Health and Safety Fair will be held on Friday, September 26 from 9:30 am to 12 noon. Vendors representing health and social services, housing options, insurance companies, banking services, emergency response systems, wellness programs, adult day care, and municipal services will be on hand to give information about products and services that benefit older adults. The Parish Nurses of Griffin Hospital will be on hand offering osteoporosis screenings, breast wellness, and medication management. The Yale New Haven Mammography van is scheduled to attend. Call (203) 688-1010 for an appointment. The Orange VNA will offer blood pressure screenings. Free lunches will be given to the first 200 people to register that day. There will be raffle prizes and refreshments. Sponsored by Coldwell Bankers, Orange Visiting Nurses Association, and the Orange Senior Center. Join us for a special musical performance by Vinny Carr from 11-12noon.



Blood Pressure Screenings with the Parish

The Griffin Hospital Outreach and Valley Parish Nurse Van will be at the High Plains Center **Sept 26** from 10 – 11:30am for blood pressure screenings. The **OVNA** Blood Pressure check, 4th Thursday of the Month at the OVNA.

AARP Smart Driving course

The next AARP Driver's Training course will be Thursday, **September 4**. The cost of the "AARP Smart Driving Course" will be \$15 for AARP members and \$20 for non-members. Call the center to sign up.

Lunch & Fun!

Friday, September 5, 11:30am, *Talking Sports and Baseball Memorabilia Display* with **Ned Skinnon**. Ned will discuss current sports news. So read the Sports front page and come with your questions to the hottest sports topics. Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.

Book Club

Come join us for our **FREE** Senior Center Book Club to be held the 4th Friday of each month—**September 26**, from 2:00-3:30pm in Lounge. One meeting a month. This month's title is Transatlantic by Colum McCann

Money Management

Money Management Club, will meet Friday, October 3 from 9:00 to 10:00am. Join us for **Chad Lombardi** from Morgan Stanley as he discusses **Making the Most of your Fixed Income Investments**. The group is intended as a means to share and discuss basic financial planning experiences and perhaps review some investment vehicles of interest. Join us as This group is intended for entertainment purposes only.



Movie of the Month

Friday, **September 19**, 1:00pm, "**Philomena**" Starring Judi Dench. A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. Popcorn & soda will be served. Call the Center to reserve a seat.



Wellness

Thursday, **September 18**, Tara will discuss **Ask A Health Coach (simple steps to regaining health through diet and lifestyle changes)** from 11:30am-12:30pm. Call to let us know you are coming at (203) 891-4784.

You pick the trip!

Each year we take a trip or two to Westchester Broadway Theater. Besides the show it includes a delightful lunch. Well, this year you pick the Westchester Show you want. I'll look into the top 2 choices for a group trip. The choices are:



West Side Story: April 9—July 5, 2015

Godspell: July 9—August 16, 2015

Backwards in High Heels: Aug 20—Sept 27, 2015

Show Boat: Oct 1—Nov 29, 2015

You vote by sending me an email at dmarsh@orange-ct.gov or call the office at (203) 891-4784.

Cabaret—Bill Kohler

Monday, **September 8**, 1:30—3:00pm, Bill Kohler will be performing his show "Musical Memories". Bill received raved reviews from Silverbrook and Tower One/Tower East in New Haven. He will perform for us the Great American Song Book. Call to RSVP. Dessert to be served.

MARY-ANN WHITE'S RECIPE OF THE MONTH

Mary-Ann is a realtor from Coldwell Banker. She makes homemade dessert for our Cabarets. Those who attend the Cabarets often ask for her recipes. She has been gracious enough to share them with us. Mary-Ann can be reached at (203) 589-3383

Brownie S'mores Bars

Ingredients

eggs, oil and water for brownie mix
Betty Crocker FAMILY SIZE (for 9x13 pan) Fudge Brownie Mix
7 sheets honey graham crackers
cooking nonstick spray
2 cups mini marshmallows

Directions

- Preheat oven to 350 degrees F. Coat a 9 x 13 pan with non stick cooking spray.
- Prepare Fudge Brownie Mix according to package directions with eggs, oil, and water.
- Pour half of brownie mixture into pan.
- Top with sheets of graham crackers,
- Sprinkle marshmallows on top of graham crackers, covering completely.
- Drizzle remaining half of brownie batter over marshmallows.
- Bake for 25-30 minutes, until edges are crisp and center is set. Note: The typical toothpick test will not work for these because of the marshmallow middle, but the top brownies should be solid to the touch, not gooey, when done. Bake for an extra 5 to 10 minutes, if needed for doneness (checking after 5 minutes). Remove from oven and let cool for 15 minutes to set completely. Slice into bars and serve.

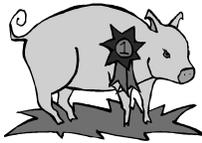
TRIPS

For day trips please make checks payable to "Treasurer, Town of Orange". Overnight and extended-stay trip checks are usually made out to the tour company.

Also, please be aware that the first two rows of seats on the bus are reserved for the escort and riders with special needs. To reserve a special needs seat you must notify the Senior Center staff at sign-up.

VILLA ROMA RESORT—Monday, **September 8-12**. Located in the beautiful Catskill Mtns, Callicoon NY. Enjoy three delicious meals a day, full days of scheduled activities, nightly entertainment of comedians, singers, and more! Indoor and outdoor pools and saunas, spa and salon, fitness center, pool tables, reduced green fees. On the way home stop at the Monticello Raceway & Casino. **Cost \$569pp** double. Includes transportation, accommodations, baggage handling, 11 meals, entertainment, dining & housekeeping gratuities, and driver's gratuity. (👟).

THE BIG 'E' FAIR – Springfield, MA. Wednesday, **September 17**. Connecticut Day at the Big E, "New England's Great State Fair," is the premier event each Fall with nearly one million guests passing through the gates every September. It is ranked among the top fairs in the country. **Cost \$47pp**; includes transportation, admission, and driver's gratuity. **Full payment due at registration.** (👟👟👟)



DEAD MEN'S TALES—Tuesday, **September 23**. Enjoy a 90 minute walking tour that shows some of Newport RI's most historic pirate sites. After the tour, enjoy lunch at the Atlantic Beach Club. Free time to shop. **Cost \$89pp**; includes transportation, tour, lunch and driver's gratuity. **Full payment due at registration.** (👟👟👟)



DOO WOP OLDIES SHOW—Tuesday, **September 30**. Starring the Rock & Roll legend The Clusters. Enjoy a family-style menu including snacks on arrival, garden salad, rolls, penne pasta, roasted potatoes, mixed vegetables, chicken carciofo, stuffed pork, and Italian rum cake. **Cost \$72pp**; includes transportation, tour, lunch and driver's gratuity. **Full payment due at registration.** (👟).



KIKU, THE NEW YORK BOTANICAL GARDEN—Wednesday, **October 8**. Discover the exquisite beauty of *kiku*-meticulously cultivated chrysanthemums at the New York Botanical Garden. There will be time on your own for shopping and lunch on Arthur Avenue. **Cost \$66pp**. Includes transportation, driver's gratuity, and admission. **Full payment due at registration.** (👟👟👟).

ALBUQUERQUE BALLOON FIESTA – Wednesday, **Oct 8—October 13** (6 days 8 meals). Highlights include: Balloon Fiesta, Old Town Albuquerque, Nuclear Science & History Museum, Indian Cultural Museum, Turquoise Trail, Loreto Chapel, and the Santa Fe School of Cooking. Includes round trip air from Bradley Intl. Airport, air taxes and fees/surcharges, hotel transfers and group transportation to/from Bradley Airport. **Cost is \$2,399pp**, double. **Cancellation insurance is available.** (👟👟👟).

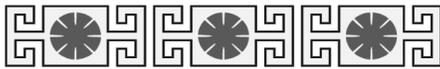
AUTUMN IN LANCASTER—Wednesday, **October 15-17**. Enjoy two evenings at the Country Inn of Lancaster plus the show *Crazy for You* at Dutch apple Dinner Theater. Enjoy an Amish Farmlands tour, visit the Amish Quilt & Craft Shop, stop at Elva's Barnyard Studio, enjoy Lititz Downtown Shopping Area, see the Sight & Sounds Millennium Theater presentation of *Moses*, and a visit to the Longwood Gardens. **Cost \$455pp** double. Includes transportation, accommodations, 4 meals, admission to 2 shows, taxes, baggage handling, driver's gratuity, and tour director's gratuity. **Full payment due at registration.** (👟👟👟).

OKTOBERFEST—Tuesday **October 21**. Enjoy a German meal at the East Side Restaurant with a choice of Jaeger Schnitzel, German Pot Roast, Sauerbraten, Burgermeister, knockwurst & bratwurst with sauerkraut chicken schnitzel or baked stuffed sole. The trip includes a scenic foliage train ride and German entertainment. **Cost \$87pp**; includes transportation, train ride, entertainment, and driver's gratuity. **Full payment due at registration.** (👟).

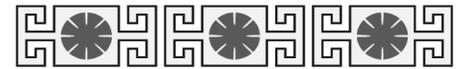
SOUTH PACIFIC at WESTCHESTER THEATER—Thursday, **October 30**. Rogers & Hammerstein's award-winning musical based on James A. Michener's Pulitzer Prize-winning book "Tales of the South Pacific" is set on an island during WWII and tells two parallel love stories. Recognizable songs are "Some Enchanted Evening", "I'm Gonna Wash that Man Right Out of My Hair", and "There is Nothing Like a Dame". **Cost \$97pp** Includes transportation, lunch, driver's gratuity, admission to the show. **Full payment due at registration.** (👟).

IT's ALL ABOUT THE 50's at COSTA AZZURRA—Thursday, **November 6**. Lunch is included, choice of: Sliced Sirloin Steak, Stuffed Sole or Chicken Parmesan. After lunch enjoy music by "Big John" Hartman as he performs the music of the 50's. **Cost \$35pp if you drive yourself or \$45pp with Transportation.** Transportation is limited to 12 seats. Includes lunch, and admission to the show. **Full payment due at registration.** (👟).

TEXAS TENORS—Thursday **December 11**. Return engagement for America's Got Talent stars, The Texas Tenors. With a mix of classical and country sounds, they have the perfect show to start your holiday season. **Cost \$59pp**; includes transportation, reserved seating, Foxwoods Bonus Package, and driver's gratuity. **Full payment due at registration.** (👟👟).



September 2014



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Closed Holiday</p>	<p>2</p> <p>sliced pork/LS gravy roasted garlic mashed potato Italian vegetable blend Pumpnickel bread Fresh apple</p>	<p>3</p> <p>Cream of broccoli soup tilapia with ginger honey sauce wild rice pilaf spinach wheat bread low fat milk</p>	<p>4</p> <p>Grandioli with marinara sauce braised carrots Italian bread Apple juice Chocolate chip cookie low fat milk</p>	<p>5</p> <p>cheeseburger wheat bun ketchup tomato cucumber salad potato salad Pears low fat milk</p>
<p>8</p> <p>sliced turkey/LS gravy mashed turnip green beans marble rye bread orange juice apple pie low fat milk</p>	<p>9</p> <p>Philly cheesesteak onions and peppers ketchup wheat roll country style blend mandarin oranges low fat milk</p>	<p>10</p> <p>roasted chicken with hickory BBQ sauce sweet cranberry rice pilaf wax beans pumpnickel bread fruit cocktail low fat milk</p>	<p>11</p> <p>roasted cauliflower soup crab cake Tartar sauce/lemon macaroni and cheese wheat dinner roll fresh fruit low fat milk</p>	<p>12</p> <p>meatloaf/LS gravy mashed potato peas and pearl onions enriched bread fruit yogurt low fat milk</p>
<p>15</p> <p>whole wheat spaghetti with meatballs in marinara garden salad with tomato and balsamic vinaigrette dressing garlic breadstick fresh fruit low fat milk</p>	<p>16</p> <p>chicken orzo soup/LS crackers vegetable quiche Italian breadstick tomato, cucumber, and basil salad Fresh fruit low fat milk</p>	<p>17</p> <p>pot roast/ LS gravy smashed potatoes carrots and onions marble rye bread fruit cocktail low fat milk</p>	<p>18</p> <p>cod in a chunky tomato and mozzarella cheese sauce baked fries zucchini multi grain dinner roll apple juice lemon pudding low fat milk</p>	<p>19</p> <p>sliced pork with sweet and sour sauce brown rice oriental vegetable blend family grain bread apple juice carrot cake low fat milk</p>
<p>22</p> <p>sliced turkey with gravy roasted potato green beans marble rye bread margarine grape juice pumpkin bread pudding low fat milk</p>	<p>23</p> <p>pulled pork with BBQ sauce wheat hamburger bun coleslaw baked sweet potato wedges/ ketchup cranberry juice ice cream sandwich low fat milk</p>	<p>24</p> <p>vegetable lasagna Caesar salad with croutons and Caesar dressing multigrain dinner roll margarine scalloped apples low fat milk</p>	<p>25</p> <p>salmon in a rosemary cream sauce brown rice zucchini wheat dinner roll fresh fruit low fat milk</p>	<p>26</p> <p>eggplant rollatini with marinara sauce garlic penne california blend Italian bread mandarin oranges low fat milk</p>
<p>22</p> <p>chicken a la king brown rice mixed vegetable multi grain bread fruit cocktail low fat milk</p>	<p>22</p> <p>sliced roast beef/LS gravy baked potato Scandinavian vegetable blend marble rye bread pineapple low fat milk</p>	<p>Lunch Program The senior lunch program runs Mon. through Fri., 11:30am – 12:00pm. No meals on Saturday or Sunday. A \$3.00 donation is accepted for persons 60 years and over. 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>All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt. All Rolls are Seedless. All White rice Is Enriched. All Non-citrus juices are Vitamin C fortified.</p>	

RESERVED FOR SPONSORS

Class	Date	Description	Instructor
AARP Driver's Safety First Thursday, 9:00-1:00pm	Sept 4 Reservations	Course can earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 15
Afghan Ladies 4th Monday 1:00pm	Ongoing No fee	These volunteers help make Afghans for children in foster care. Need Yarn!	Clair Westerink Senior Lounge
Ballroom Moves Tuesday, 11:30—12:30pm \$20.00, 10wks	Oct 7– Dec 16	Learn Ballroom moves. You don't need a partner! No class 11/11.	Susan Wood Room 15
Bridge—Beginners Thursday 1:00—3:00pm \$60.00, 10 wks	Oct 2 – Dec 11	This class is for beginners of Bridge and those who want to learn the game. No class 11/27	Al Pol Room 2
Bridge – Intermediate Fridays, 1:00-3:00pm \$60.00, 10 wks	Oct 3– Dec 12	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/28	Al Pol Room 2
Chair Exercise 11:00am Monday, Wednesday & Friday	Ongoing No fee	This is a great form of exercise for seniors and for those with disabilities.	Sr Lounge & Cafe
Choir Friday 1:00 - 2:45pm 10 wks, No fee	Oct 3 - Dec 12	Join the senior chorus. All accepted. In Room 15	Gary Harger Room 15
Fitness T/Th 8:45 & 10:00am \$25.00, 12 wks	Oct 2 – Dec 30	This fun-filled class combines light weights, stretching, & balance to burn calories and improve health. No class 11/11, 11/27, 12/23, 12/25	Tara Graham Gym
Line Dancing Fridays, 1:00-2:00pm \$2.00/class	Returns in Sept	Dancers form one or more lines and repeat a sequence of steps. Will resume in September	Evelyn Hahn Gym
Painting and Drawing Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 7 – Dec 16	The course will improve drawing & painting skills through various techniques, methods, and styles. No class 11/11	Graham Dale Room 6
Tai-Chi Fridays, 11:30-12:30pm \$55.00, 11 wks	Oct 3 - Dec 19	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 11/28	David Chandler Room 15
Tap Dance Mondays, 10:00-11:00am \$50.00, 10 wks	Sept 8 - Nov 17	Set those feet dancing and feel the excitement of seeing a dance come together! No class 10/13	Karen Goodman Room 15
Watercolor Wed, 10:00-12:00pm \$60.00, 12 wks	Oct 1 - Dec 17	This class is for those who have an interest in painting and for those who want to expand their watercolor techniques.	Audrey Galer Room 6
Yoga – Mondays 9:15-10:30am \$30.00, 6 wks	Sept 10 - Nov 13	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind. No class 11/17	Dee Stephens Lounge
Yoga – Wednesdays 9:00-10:00, 10:15-11:15am \$50.00, 12 wks	Oct 1 - Dec 17	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—10:30am \$50.00, 10 wks	Sept 11 - Nov 17	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class Oct 13	Andrea Cashman Senior Lounge
Zumba Gold Wednesdays, 11:00-12:00pm \$30.00, 8 wks	Sept 3 - Oct 22	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals.	Danielle Pettitt Room 15
Zumba Gold Fridays, 11:00-12:00pm \$30.00, 8 wks	Sept 5 - Oct 24	Easier than the basic Zumba but just as much fun. The moves are easily follow by all individuals.	Danielle Pettitt

Quick View of classes and activities - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am Yoga 10:00 am Tap Dance 11:00 am Chair Exercise 11:00 am Ping Pong 1:00 pm Billiards	8:45 am Fitness 9:30 am Painting/Drawing 10:00 am Fitness 10:00 am Billiards 10:30 am Ballroom Moves 1:00 pm Social Bridge 1:30 pm Chess	9:00 am Laughter Club 9:00 am Yoga 10:00 am Watercolor 10:15 am Yoga 11:00am Zumba Gold 11:00 am Chair Exercise 12:00 pm Ping Pong 12:45 pm Duplicate Bridge	8:45 am Fitness 9:30 am Yoga Dance 10:00 am Fitness 1:00 pm Bingo, Billiards 1:00 pm Bridge - Beginners 1:30 pm Canasta, Pinochle, Chess	10:00 am Billiards 11:00am Zumba Gold 11:00 am Chair Exercise 11:30 am Tai-Chi 1:00 pm Bridge Intermediate 1:00 pm Line Dancing

Special Events - September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 22: Afghan Ladies 1pm	Sept 2: Parish Nurses Blood Pressure 9am Sept 23: Blood Drive Red Cross Gym 9am-2:15	Sept 3: Legal Clinic, 9am Call for an Appointment Sept 10: Leadership Session 7	Sept 4: AARP Driving Course, 9:00am Sept 18: Wellness: Ask a Health Coach 12:30pm	Sept 5: Lunch & Fun - <i>Talking Sports and</i> <i>Baseball Memorabilia</i> <i>Display with Ned</i> Skinnon 11:30am Sept 12 Money Management Club. 9:00am Sept 19: Movie of the Month Philomena 1:00pm Sept 26: Book Club: <i>Transatlantic</i> 2:00pm

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

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

Current resident or

“ORANGE FRIENDLIES” - September 2014
Senior Services Coordinator—Dennis Marsh, 203-891-4784

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Cabaret: Musical Memories

Monday, **September 8**, 1:30—3:00pm, Bill Kohler will be performing his show “Musical Memories”. He will perform for us the Great American Song Book. Call to RSVP. Dessert by Mary-Ann White of Coldwell Banker



Lunch & FUN: Talking Sports & Baseball

Thursday, **September 5**, 11:30am, **Talking Sports & Baseball: the sports topic of the day**. Ned Skinnon will discuss the Sports topic of the day. Participants bring their own lunch at 11:30 and the program begins at noon. Coffee and dessert will be available. Call the Center to reserve a seat.



Transportation

The Town of Orange provides a transportation service for senior residents and handicap residents. This service runs Monday through Friday from 8:00 am until 4:00 pm. 24 to 48 hours notice is required. The program transports to Orange, Milford, West Haven, New Haven and Hamden, and tries not to go to New Haven or Hamden after 3pm due to traffic. It is donation based—\$2.00 to Senior Center, \$4.00 within Orange and \$6.00 outside of Orange all round trip. Aides ride free. Call Kim Callahan (203) 891-4788 to schedule a ride.

Word from the Municipal Agent

The 13th Annual Health and Safety Fair is September 26. admission to the fair is free, however, this year we ask attendees to bring a non perishable item for our food bank. We are in need of paper and hygiene products. Thank you for your assistance.

Denise Stein, M.S., LPC