

Orange Community Education & Recreation

... It's for a lifetime.

Programs

Classes

Activities

Services



Winter 2012 Registration Begins January 5

EXERCISE, FITNESS & DANCE

The mission of the Orange Senior Center is to offer opportunities to enrich the quality of life and support a diverse senior population who reside in the greater Orange School District. The Orange Senior Center is the district's focal point for resources for seniors and their families. All ages are welcome to participate in any classes, programs or activities.



The Senior Center is located on the North campus of the Orange Schools, across the street from Orange High School. It is open Monday through Friday from 9:00am to 4:30pm and some Tuesday evenings for classes and programs until 8:00pm. Staff: Nancy Haag, Older Adult Coordinator, ext. 5701, nhaag@orangecsd.org, Lucy Alexander, Office Associate, ext. 5703, lalexander@orangecsd.org

REGISTRATION

Pre-registration and payment is required for most classes and activities. Registration may be made by either stopping by the Senior Center or mailing in your check (payable to Orange Board of Education). Register with your Visa or MasterCard by calling 216-831-8601 ext. 5700. All programs are held at the Orange Senior Center unless otherwise noted. Please register early to avoid class cancellation or to be shut-out of your desired class or activity.

BECOME A MEMBER

Membership is not a requirement to participate in any of the Senior Center programs or services, but allows our organization to continue its mission of providing quality enrichment, wellness, social and supportive programs and services. Membership also guarantees that your copy of The Scoop, a bimonthly newsletter, will be sent to your home. The membership year is January to December. Annual fees are \$15 single and \$22 couple for Orange School District residents and \$19 single and \$28 couple for non-residents.

No. 12WSR907



Let's Have a 'Ball' - NEW!

Class participants will use their own stability ball to perform exercises standing, sitting on the ball, and lying on the floor, while guided and assisted by the class instructor. Goals of the class will be to increase core muscle strength and balance while having a ball! Participants should bring their own stability ball to class. (List of proper ball size based on individual's height available when registering.) *Instructor Cheryl Moone*

No. 12WSR115 Tuesdays 1/10-1/31 (4 sessions)
9:15-10:00am OSC Blue Room \$36/resident/OSC member \$41/non-resident

No. 12WSR115A Tuesdays 2/7-3/6 (5 sessions)
9:15-10:00am OSC Blue Room \$45/resident/OSC member \$50/non-resident

Line Dance

Slide and glide, step and stomp, cha-cha and grapevine your way to fitness in this fun class. No experience or partner needed, the music is great and so are the students. An additional benefit is memory enhancement. Wear comfortable shoes and be ready to have fun! *Beth Parmin has been teaching fitness over 35 years. She is certified through ESA, AIFE, NDEITA.*

No. 12WSR108 Mondays 1/9-3/05 (except 1/16, 2/20)
(7 sessions) 1:30-2:30pm OSC Purple Room
\$63/resident/OSC member \$68/non-resident

Cardio & Core

Intermediate level class emphasizes cardio conditioning using low impact, controlled moves. Instructor leads floor exercises to strengthen abdominal core and increase flexibility. *Cheryl Moone has a BA in Health and Physical Education and is an ACE Personal Fitness Trainer.*

No. 12WSR105 Mondays 1/09-3/05 (except 1/16, 2/20)
(7 sessions) 9:15-10:00am OSC Blue Room
\$63/resident/OSC member \$68/non-resident

No. 12WSR105A Wednesdays 1/04-2/1 (5 sessions) 9:15-10:00am OSC Blue Room \$45/resident/OSC member \$50/non-resident

No. 12WSR105B Wednesdays 2/8-3/7 (5 sessions)
9:15-10:00am OSC Blue Room \$45/resident/OSC member \$50/non-resident

SENIOR ADULTS

Cardio & Core Circuit

A new twist to Cardio & Core, this intermediate to advanced level class is for those who are looking for a more intense workout. This class is done in circuit training style rotating cardio conditioning and strength training for a maximum work out. *Instructor Cheryl Moone*

No. 12WSR105F Fridays 1/06-2/3 (5 sessions)
9:15-10:00am OSC Blue Room \$45/resident/OSC member \$50/non-resident

No. 12WSR105G Fridays 2/10-3/09 (5 sessions)
9:15-10:00am OSC Blue Room \$45/resident/OSC member \$50/non-resident

Strength & Stretch

Sitting and standing exercises are performed to increase strength, flexibility and relaxation using 1lb to 4lb handheld weights, balls and tubing. All exercises can be modified to each individual's needs. Weights optional, balls/tubing provided. *Instructor Cheryl Moone*

No. 12WSR104 Thursdays 1/05-2/2 (5 sessions)
10:15-11:15am OSC Blue Room \$37/resident/OSC member \$42/non-resident

No. 12WSR104A Thursdays 2/9-3/08 (5 sessions)
10:15-11:15am OSC Blue Room \$37/resident/OSC member \$42/non-resident

Tai Chi

Tai Chi is an ancient Chinese mind-body practice of flowing, circular movements. With regular practice Tai Chi can improve circulation, balance, posture and co-ordination. Many of the movements can be done seated or standing. Wear loose clothing and comfortable shoes. *Sandy Wiebusch has practiced and taught Tai Chi for the past 16 years. She has studied with Qigong master, Dr. Michael Frost and Tai Chi master, Chungliang Al Huang.*

No. 12WSR107 Tuesdays 1/10-2/7 (5 sessions)
1:30-2:30pm OSC Blue Room \$55/resident/OSC member \$63/non-resident

No. 12WSR107A Tuesdays 2/14-3/06 (4 sessions)
1:30-2:30pm OSC Blue Room \$44/resident/OSC member \$49/non-resident

ZUMBA Gold

ZUMBA fuses Latin musical rhythms and interval training to create a dynamic, exciting and effective fitness workout. Our instructor has designed routines that are easy on your joints and geared to all levels of fitness. This class consists of dancing followed by strengthening exercises performed in and around a chair that help build strength and flexibility. *Instructor, Pia Alesci has been teaching fitness over 15 years. She is trained in ballet and dance.*

No. 12WSR118 Wednesdays 1/11-3/7 (9 sessions)
1:30-2:30pm OSC Blue Room \$67/resident/OSC member \$72/non-resident

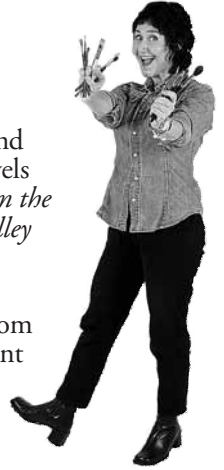
ENRICHMENT

Morning Drawing & Painting Studio with Nancy Martt

Artist/Instructor Nancy Martt helps students explore the fundamentals and techniques of both creative expressions. Students select their own projects and receive hands-on assistance and instruction. Beginner and intermediate skill levels welcome. *Instructor Nancy Martt graduated from the Art Institute in Chicago and helped found the Valley Art Center.*

No. 12WSR145 Tuesdays 1/10-1/31
(4 sessions) 9:00-11:30am OSC Purple Room
\$28/resident/OSC member \$33/non-resident

No. 12WSR145A Tuesdays 2/07-3/06
(5 sessions) 9:00-11:30am OSC Purple Room
\$35/resident/OSC member \$40/non-resident



Bridge Improvement

Who doesn't need a little improvement in their bridge game! The class will be structured to the participants and will include play techniques, defensive techniques, special bids, slam bidding, conventions, competition and more. *Instructor Sue Pisanelli is a certified ACBL instructor and member of ABTA (American Bridge Teachers Association).*

No. 12WSR182 Thursdays 1/12-2/23 (7 sessions)
9:30-11:30am OSC Green Room \$80/resident/OSC member \$85/non-resident

Novice Bridge

A perfect class for those who want to learn the fundamentals or those that just need a refresher course. Classes are geared to student levels and will cover the overall game, bidding, contracts, no-trump, transfers, scoring, strategies and more. *Instructor Sue Pisanelli*

No. 12WSR181 Mondays 1/09-2/27 (except 1/16, 2/20)
(6 sessions) 9:30-11:30am OSC Purple Room \$69/resident/OSC member \$74/non-resident

The Garden Club

Orange Community Education and Recreation Department initiated The Garden Club for women and men of all ages who want to learn about gardening and share their talents and love of gardening with others. If you are a novice or a master gardener, we welcome your participation. Meetings are held at the Orange Senior Center the 4th Monday of each month at 10:30am with presentations, workshops or speakers on areas of interest to gardeners.

No. 12WSR750 Annual Garden Club dues \$20
(club year September to August)

Highlights of the Chelsea Gardens Flower Show by Kathleen Esposito

No. 12WSR751 Monday 1/23 10:30am. OSC Blue Room **Free to Garden Club Member, \$4/resident/OSC member, \$9/non-resident**

Wildflowers of the Great Lakes Area by Kermit Greeneisen

No. 12WSR751 Monday 2/27 10:30am. OSC Blue Room **Free to Garden Club Member, \$4/resident/OSC member, \$9/non-resident**



Save the date of March 26 for **New Plants for 2012** by Noelle Akin, Director of Communication and Education of Petitti Garden Centers.

Volunteer Opportunities

Just Retired? Looking for new opportunities? Want to meet new people, while continuing to make a difference in your community? We are searching for fun, talented, creative individuals who enjoy meeting other active seniors like themselves. No experience necessary.

Reception Desk Volunteers are needed for a 4 hour weekly commitment or to periodically fill in.

The Handwork Group creates and makes items for sale in the Loving Hands Gift Shop each Wednesday 10:00-3:00pm

Doll Making for Hillcrest Hospital meets Wednesdays 10:00am-12:00pm 1/18, 2/15, 3/21

The Fancy Fingers Group sews dresses for children in Haiti and knits pocket pals for our soldiers. They meet the last Monday of the month 11:30am-4:00pm. 1/30, 2/27, 3/26

Garden Volunteers are needed to lend a hand in our beautiful Senior Center Garden - planting, weeding, pruning & more.

Orange Senior Advisory Council Association meets the 4th Wednesday of each month at 10:30am. Meetings are open to all members.

Other Fun Daytime Activities Call (216) 831-8601 ext. 5700 for more information.

LOVING HANDS GIFT SHOP

Looking for a unique gift? Visit our gift shop located in the Senior Center building and browse through a wonderful selection of handmade items. The Loving Hands Shop is a great place to find one-of-a-kind items at a great value. An exceptional selection of Marian Heath greeting cards is on hand to compliment your selection. Gift shop proceeds support the beautification of the Garden at the Senior Center. Open Monday to Friday from 9:00 am-4:30 pm

SPECIAL EVENTS

Valentines Day Party Luncheon

Celebrate this special day with old and new friends at the Senior Center for a lovely lunch and delightful entertainment. Registration required by 2/9 *Sponsored by AOPT- Advanced Orthopedics & Physical Therapy, Anna Maria of Aurora and Home Instead Senior Care*

No. 12WSR330 Tuesday 2/14 11:30am-1:30pm OSC Blue Room \$10/resident/OSC member \$15/non-resident

Coming this Spring! View inspiring sights of our Nation's Capital, Visit Washington D.C.

We'll spend 3 nights and 4 days exploring the sights including the WWII Memorial, Capitol Hill, Embassy Row, Korean War Veterans Memorial, The Vietnam Veterans Memorial, Lincoln Memorial, and the Library of Congress, where you can view genealogical records unavailable anywhere else. The trip includes 3 nights accommodation in the D.C. area, two full-day guided tours, evening guided memorial and monuments tour, and 6 meals consisting of 3 breakfasts and 3 dinners. Motor coach will board at the Pepper Pike Learning Center. Registration and payment due by February 21. Price includes tips for driver and guides, plus tips for the included meals. Final itinerary will be mailed one-month in advance.

No. 12SSE990 Friday-Monday 4/27-4/30 \$399/person, double \$519/single \$379/triple

Watch for the spring brochure for another Digital Photography class on March 15.

SENIOR ADULTS

FUN, FOOD, & FRIENDS

Lunch Bunch

Get out of the house and enjoy a new restaurant or an old favorite. Lunch with friends or meet some new ones. Cost of lunch is on your own. Register a week in advance. All restaurants are self drive or carpool.

No. 12WSR702 Friday 1/13 1:00pm Paladar 28601 Chagrin Blvd., Woodmere

No. 12WSR702A Friday 2/10 1:00pm Bravo 28889 Chagrin Blvd., Woodmere

No. 12WSR702B Friday 3/09 1:00pm First Watch 6025 Kruse Drive, Solon

**Save the date of Friday,
March 16, for our St. Patrick's
Day Party Luncheon**

Men's Club

Enjoy the company of other local men at monthly luncheons and socials. *Call Bob Seaton at 216-464-1643*

Book Club

Join our Book Club at the Senior Center. Guided by an Orange Library staff member, we will meet monthly to explore new authors and books and discuss thoughts and perceptions. Invite a friend or come and make some new friends. Free and open to all ages.

No. 12WSR705 Thursdays 1/19, 2/16 & 3/15 1:30-2:30pm OSC Green Room

Drop-In Bridge

Practice your bridge skills in a non-competitive setting. No reservations required. \$1 donation per player

No. 12WSR180A Mondays 1/09-3/12 (except 1/16, 2/20) 9:30-11:30am OSC Green Room

No. 12WSR180B Fridays 1/06-3/16 12:30-3:30pm OSC Green Room

Hungarian Friends

This club meets on the 3rd Tuesday of the month. Annual Member Fee \$8.

No. 12WSR185 Tuesdays 1/17, 2/21, 3/20 1:00-3:00pm OSC Purple Room. Includes entrée, beverage, dessert, gratuity and transportation.

WELLNESS SERVICES

Massage

Massage is the therapeutic application of hands-on-therapy to soothe aches and pains and stimulate the body's own ability to heal. Massage relaxes and improves circulation, alleviates muscle pain and stiffness and adds to general sense of well being. *Colette Dimos, Licensed Massage Therapist of Advanced Orthopedics & Physical Therapy. By appointment only.*

No. 12WSR202 Mondays 1/30, 2/27 10:00am-1:00pm OSC Clinic

One hour table massage \$65/resident/OSC member \$70/non-resident

Half hour chair massage \$35/resident/OSC member \$40/non-resident

Food Addicts in Recovery Anonymous

An international program, known as FA, offers help and hope to anyone having a hard time controlling the way they eat. FA is a free program, open to all.

No. 12WSR551 Mondays and Thursdays 2:00-3:30pm OSC Blue Room Free

Podiatry

Regular podiatry care is recommended particularly for those with an inability to reach their feet due to arthritis in hips, back and knees, an inability to grasp instruments or visualize nail beds, or an inability to cut nails due to thickness. *Dr. Kelly Whaley, Doctor of Podiatric Medicine. By appointment only.*

No. 12WSR201 Mondays 1/09, 1/23, 2/13, 3/12, 3/26, 9:00am-12:00noon OSC Clinic \$25/resident/OSC member \$30/non-resident

Blood Pressure Check

Free blood pressure checks are available to all on Thursdays in the Senior Center Clinic. Just drop-in. *Sponsored by Judson Smart Living, Senior Independence, Beachwood Point Care Center and The Campus of Anna Maria.*

No. 12WSR203 Thursdays 9:30-11:30 am OSC Clinic Free



AGING & CAREGIVER RESOURCES

Orange Community Education & Recreation, through the Orange Senior Center, serves as the Office on Aging for the greater Orange School District. Referrals of licensed counselors, who can answer questions, provide in-home visits, access information and make referrals to other organizations as necessary, are a phone call away. Looking for professional assistance with legal issues? Do you have medical insurance questions? Do you need applications for an RTA pass, HEAP or Handicapped Parking? Need to borrow medical equipment for short-term use? The Orange Senior Center is your resource. Call 216-831-8601 ext. 5700.

Senior Independence Adult Day Program at Orange Senior Center

The Adult Day Program allows participants a fun and enriching outing while in a safe supervised environment. Family members are afforded a break from care giving responsibilities knowing their loved ones are enjoying themselves and are being well cared for. The program may particularly benefit persons with early memory impairment, Alzheimer's, Parkinson's, or other physical or mental limitations. The program operates Wednesdays, Thursdays and Fridays from 10:00am-3:00pm (extended hours available). *For more details, please contact Tina Witt at 216-765-1622 or the Senior Center at 216-831-8601 ext. 5700.*

Caregiver Support Group

Professionally facilitated support group meets the 3rd Friday (*note new day*) of each month to discuss resources, tools & techniques. Participants share and learn from one another in a supportive environment. *The facilitator is Marilyn Brenner, LISW.*

No. 12WSR503 Fridays 1/20, 2/17 2:00-3:00pm OSC
Blue Room \$2 donation

Low Vision Support Group

Sponsored by the Cleveland Sight Center. Explore new information, visual aids, and ways to overcome sight problems and more. Everyone is welcome. For more information contact *Joyce Steinhoff* at 216-292-3662.

No. 12WSR502 Tuesday 1/10, 2/14, 3/13 1:00-2:30pm
OSC Purple Room

Class & Program Sponsorships are Available to You

Would you like to be a more active participant in the senior adult programs, but your current financial situation prohibits it? The Senior Center Activity Resource Fund can help. Confidential inquiries may be made to the Older Adult Coordinator. *This fund was established through a generous contribution from Mr. Kenneth Parker.*

Orange Senior Adult Van Transportation/Senior Transportation Connection

Need a ride? Let us give you a lift and take you to the doctors, therapy, the Senior Center! Current riders please call 1-800-983-4782 or Ohio Relay 1-800-750-0750 for an appointment. New riders please call 216-831-8601 ext. 5703 in order to register. You may find new rider forms and our transportation brochure on www.orangerec.com.

The transportation service is made possible through financial support of the communities of Hunting Valley, Moreland Hills, Orange Village, Pepper Pike, and Woodmere, private donations, and a grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging.

**See the Adult of All Ages
section and the Aquatics
section for more activities**



Registration is Easy!

WINTER ACTIVITY REGISTRATION FAIR

Thursday, January 5 from 6:00-7:30pm

Orange Community Education & Recreation will begin accepting registrations for all winter programs at the Winter Activity Registration Fair on Thursday, January 5 from 6pm-7:30pm at the Pepper Pike Learning Center. This is the first opportunity for Orange School District residents to register for fall programs and activities.



In-Person

The Winter Activity Registration Fair on Thursday, January 5 between 6:00pm and 7:30pm is the first opportunity to register.

Beginning Friday, January 6 at 9am, registration continues throughout the season. Register using check, money order or credit card (Visa or Mastercard) at the Pepper Pike Learning Center



By Mail

Beginning Friday, January 6 at 9am. Complete registration form (see page 45 or download form at www.orangerec.com) and mail with payment (check, money order, Visa or Mastercard) to:
Orange Community Education & Recreation,
32000 Chagrin Blvd.,
Pepper Pike, OH 44124.



By Phone

Beginning Friday, January 6 at 9am. Call 216-831-8601 and have your credit card (Visa, Mastercard) and program information ready. You cannot register for Youth or Teen classes by phone as we need a signed, dated Release & Medical Consent form with payment.



By Fax

Beginning Friday, January 6 at 9am. Complete the ADULT registration form on page 45 or download and complete the YOUTH registration form at www.orangerec.com and FAX it with credit card information to: 216-831-4209

- Registration continues throughout the season unless specific deadlines are noted
- Checks and money orders must be made payable to: Orange Board of Education
- Payment in full is due at time of registration
- Youth and Teen registrations must be done in-person as we need a signed, dated Release & Medical Consent form and require medical and emergency contact information (doctor's and dentist's name/name of insurance company and emergency contact name and phone number) for each child
- A \$25 cash fee will be charged for all checks returned to us by the bank
- Unless otherwise noted, class fees do not include materials or books, if required
- Orange Drop-in activities are payable at the door (pre-registration is not required)
- Registration is required for all classes, including free classes

PHOTOGRAPHS

- Orange Community Education & Recreation may take pictures of participants in our programs. We may use these photos in our brochure or for media publicity. By your registration, you grant us permission to use these photos for publicity purposes only.

REGISTRATION DEADLINE

- In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. OCE&R has instituted a deadline of 3 business days prior to the start of all activities and classes, unless otherwise specified. Please note that OCE&R reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

REFUND POLICY

- Refunds are available for classes and activities (unless otherwise specified) provided we are notified 3 business days prior to the start of class or activity
- If the class or activity you registered for is filled or closed due to low enrollment, you will be notified promptly and given the opportunity to change to another class, to obtain a letter of credit for use within the same activity area or obtain a refund or a charge credit
- A \$5 processing fee will be charged for all refunds initiated by the customer
- If a refund is \$10 or less, only a letter of credit will be issued for use within the same activity area
- Charge refunds are credited promptly. Allow 4-6 weeks for refund checks as they are issued by the Treasurer's office

SUMMER CAMP REFUND POLICY

- **Summer camp fees are non-refundable.** A medical refund may be considered, minus a \$25 processing fee, only upon receipt of a written report from your child's primary care physician. No exceptions, please

PEPPER PIKE LEARNING CENTER OFFICE HOURS

Daytime: Monday – Friday 9am-5pm

Evening: Monday-Thursday 5pm-8pm

Weekend: Saturdays 9am-1pm

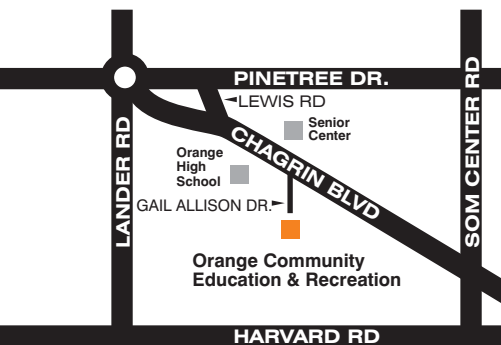
Summer Office Hours (June 10-August 28)
Monday-Friday 9am-5pm

Offices are closed December 23-26, December 31-January 3, 16 and February 20. All offices close at 5pm December 21-30 when in session.

For pool schedules, visit orangerec.com or call 216-831-8601 ext. 2316. For Orange Senior Center schedule call 216-831-8601 ext. 5700

Orange Community
Education & Recreation
Orange School District
32000 Chagrin Blvd.
Pepper Pike, OH 44124

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Youth & Teens
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Early Childhood
Ski & Snowboarding
Sports & Fitness
& Much More!

