



Lymes' Senior Center

ATTENTION SENIORS 65 & OLDER!

Big Y Has a **FREE**
benefit, just for you!



SENIOR SAVINGS CLUB

Join for **FREE** and receive the following benefits:

**FREE SILVER SAVINGS CLUB® MEMBERSHIP...
NO COST TO YOU...EVER!**



If you are 65 or older and you're already a Silver Savings Club® Member, ask your cashier to instantly register you for the Senior Savings Club! All future membership fees will be waived. Plus, your cashier will give you a **FREE** Gold Coin!



Existing Express Savings Club® Members, just tell your cashier you wish to become a Senior Savings Club® Member. You'll get your **FREE** Silver Savings Club card and all future fees will be waived.

If you don't have a Big Y card, just visit the Customer Service Desk to sign up for **FREE**... NO membership fees ever!

Visit Any Big Y Location To Enroll Today!

Wi-Fi

The Lymes' Senior Center has free Wi-Fi available for your Internet devices. Come cool off, relax, and search the web in our common room or our classroom when it is not being used for classes. We also have computers available to use on a first come, first served basis.

Do you need assistance with your iPhone or Cell Phone?

Do you have an iPhone you are unsure how to use? Do you need help programming numbers into your flip top phone? Members of the LYSB Youth Advisory Council will be offering 1 to 1 assistance, helping you with a wide variety of issues you have with your current cell phone. They will be available on Tuesday, August 20th between 1:00 - 3:00 pm at the Senior Center. This service is free, but sign ups are required. Call (860)434-4127 for more information.

Laptop Donations

Are you upgrading your laptop and would like your old laptop to have a good home? The Lymes' Senior Center is graciously accepting old laptops (with Windows XP or higher) in working condition to be used for beginner's basic use. Please contact Stephanie at (860) 434-4127 for more information.

Old Lyme Visiting Nurse

The nurse's office is open Monday through Thursday from 11:00 am – 1:00 pm and Friday from 12:00 pm -1:00 pm. No appointments are needed. Our nurse would be happy to address any health questions or concerns as well as check your blood pressure.

Toast our Armed Forces & Veterans

On Tuesday, November 12, 2013, a bus will depart from Old Lyme Market Place at 9:30 am for Grand Oak Villa in Oakville, CT. There will be a delicious family style meal of garden salad, pasta with homemade house sauce, BBQ chicken and sliced roast beef, potato, vegetable, dessert, and beverage. Complimentary carafes of red and white wines will be served. On arrival, there will be crackers, cheese and pepperoni to enjoy. The Joey Casella Ensemble and Live Band will be entertaining you for your listening and dancing pleasure!! The cost is \$75.00 pp. For more information or to sign up, call Allan Plimpton at (860)434-7634.

Grieving the Loss of a Loved One?

Antonio Okosky, MSW from Center for Hospice Care, will be facilitating a support group the third Tuesday of the month starting in September at 3:00 pm. This is open to all that are dealing with the loss of a loved one.

Meals on Wheels

For homebound seniors a nutritious meal is available and delivered daily Monday - Friday by volunteers. Call (860) 388-1611 for more information.

Transportation News

Nine Town Transit offers transportation to seniors at a reduced suggested donation of \$1.50 per way (\$3.00 round trip). If you are unable to afford this, their services are still available to you. Transportation vehicles are handicap accessible. In order to receive the reduced fare, you need to reserve your trip at least 24 hours in advance. For more information call (860) 510-0429 ext. 1.

In this issue:

- Classes
 - Lymes' Senior Club Bingo
 - Monday Cards
 - Bridge Groups
 - Center Upcoming Events
 - Travel by Allan
 - Exercising Classes
 - Transportation News
 - August Calendar
 - Letter from the New Senior Center Coordinator, Stephanie Lyon
 - Senior Center News
 - Lymes' Senior Center Questionnaire
- And much, much more!

Center Upcoming Events

Mark your Calendars!

Travel by Allan

Celebrate and remember the man who started it all, Dick Clark. The Latshaw Pops Orchestra, singers, and dancers will recreate the memories, dances, excitement, and music from the roots of Rock –N– Roll on October 7, 2013 at The Aqua Turf Country Club. There will be a full course Family Style Lunch. Tickets are \$59.00 per person (drive on your own) and doors open at 11:30 am. Call (860) 434-7634 to sign up.

Come Join Us for Lunch

During these hot afternoons wouldn't it be nice to have a hot meal without a hot kitchen? The meals are a \$3.00 donation for those 60 and over. To make a lunch reservation please call (860) 388-1611 before 11:00 am on the day before you would like to join us. What a great way to get out of the house, meet new friends, cool off and relax! Lunch is at 12:00 pm.

Chicago Bridge

Chicago Bridge is currently looking for new players. They meet on Thursday afternoons at 1:00 pm. Pop in at game time if you would like to join!

Watercolor Workshop

At 9:30 am on Fridays, join group leader and local artist Elin Larson in the watercolor workshop. Bring your own art supplies and join our dynamic group.

Summer Bingo

This free program will be held on August 21st at 1:30 pm. Come out, win prizes, and have some fun with us!!

Do you have Questions?

The Town of Old Lyme's Social Service Coordinator, Valerie Goncalvas will be here on Thursday August 15th and 29th from 11:30 am - 12:30 pm to answer any questions about rental reimbursement, fuel assistance, or general social service concerns? No appointment needed.

Want to learn a new Card Game?

Come learn Nickel Nickel Card Game with Annie and Judy at 12:30 pm the 2nd Monday in August. No need to sign up... just bring some nickels (13 to be exact) to play.

Men's Club Volunteer Needed

Lymes' Senior Center would like to start a Men's Club this fall and is looking for someone to facilitate this group. If you are interested in doing so, please call (860) 434-4127.

Exercising Classes

Monday and Wednesday @ 10:30 am Cardio Classes
 Tuesday @ 10:00 am Sittercise
 Wednesday @ 9:00 am Tai Chi
 Wednesday @ 1:30 pm Brain Yoga and Meditation (Chair Based Yoga)
 Friday @ 10:30 am Balance and Strength Training Class

T'ai Chi

A new session will be starting August 28, 2013. 18 posture Yang Style form is taught. For additional information and to sign up call David Shaver at (860)334-8488.



Join the Lymes' Senior Club which will be starting back up in September. It will be held the first and third Wednesday of the month at 1:00 p.m. Come enjoy entertainment, bingo and getting together with old friends and meeting new ones. Cost is \$5.00 a year and \$1.00 a meeting to defray refreshment costs.

Have Lunch with one of Old Lyme's Finest. Trooper Gary Inglis will be joining us for lunch on September 12th at 12:00 p.m. Sign up for your lunch with the Estuary Council by 11:00 a.m. the day before by calling (860) 388-1611.



Learn "How to protect yourself from Identity Theft and Scams" on September 12th at 12:30 p.m. Old Lyme Trooper Gary Inglis will be presenting the second segment in our Senior Safety Series.

Meet Channel 3 Meteorologist Scot Haney. He will be here to do a Weather Lecture on September 18th at 1:00 p.m.



Want to be more proficient at using the computer? Ruth Roach, IT Coordinator for the Town of Old Lyme, will be offering computer lessons on Wednesday evenings starting on September 18th at 5:00 p.m. Lessons are free. Please call (860) 434-4127 to sign up.



Don't Fall for Fall! Physical Therapist Colin Morris will be doing our third segment of the Senior Safety Series on October 9th at 1:00 p.m. Come learn how to protect yourself from falls!!

Join us for a lecture by a Connecticut author. Sydney Sherman, Medium Author, will be doing a lecture on her book "Your Are Not Alone - Our Loved Ones Are Here... You're Just Not Listening" on October 18th. SIGN UPS ARE REQUIRED so please call (860) 434-4127 if you would like to attend. The cost is \$5.00 for the general public, but SENIORS ARE FREE!



Exercise with us after work at the Senior Center. In September, we will be offering exercise programs at night. Check your September calendar for specific days and times.

Keep your driving skills sharp with the AARP Drive Safety Program. It will be held on October 23rd from 1:00 p.m. to 5:00 p.m. Advanced registration required. \$12.00 in check form only. Call (860) 434-4127 for more information.





Letter from the New Senior Center Coordinator Stephanie Lyon

Senior Center News

Senior Center News

As we age, social connections, meaningful experiences, and activities that challenge us mentally and physically are even more important to our well-being. As the new coordinator, I would like to provide new and innovative programs that encourage more patrons 60 and over to utilize our facility. Inside this newsletter, I have enclosed a questionnaire to learn more about what types of programs you enjoy attending, or would like to see at the Senior Center in the future. I hope you take this opportunity to fill it out. There will be a drawing to win a \$50.00 gift certificate donated by The Hideaway Restaurant and Pub for all of those 60 and over who fill out and return this survey. These past few months I have received a warm welcome from many in both towns. I would like to invite seniors of both towns to a "Getting to know you" gathering on August 23, 2013 at 1:00 pm at the Senior Center. Light refreshments will be served. The drawing will be held during this gathering. You do not need to be present to win. If you are unable to make it to our get together, please stop by and introduce yourself when you are in the neighborhood. I would love to meet you!



*A Blast from the Past
Some of our Founding Members
June 1994*

Channel 3 Meteorologist

Mark Dixon

**will help us kick off our yearlong
Senior Safety Series Program**



Mark Dixon will be coming on August 14th at 2:00 pm to talk to us about how to prepare and protect ourselves in a storm. The first 50 people in the door will receive a free gift!! It will be the first in a yearlong series of programs about how we can protect ourselves in all different situations. These programs will be free.

A Place to Go

*By Dave Roberge,
Director of Emergency Management*

As the weather conditions always continue to change here in Lyme and Old Lyme, the Senior Center is part of the towns Emergency Management network to provide assistance during adverse weather events. The designation of the facility as either a Cooling or Warming Center allows residents the opportunity to seek comfort from the weather. In addition, during large scale storms such as the recent tropical storm events, the Senior Center works as a Respite Care facility for the communities of Lyme and Old Lyme. This respite care provides persons a location to come and receive meals, use of charging stations, a location to receive local important storm related information and serves as a distribution point for commodities such as water ice, and food.

**The Lymes' Senior Center
Appreciates the support of the
advertisers in our newsletter**

**For Advertising Information:
Contact Fred
860.391.5725**

Lymes' Senior Center Questionnaire

Please take a few moments to complete this questionnaire and you could win a **\$50.00 Gift Certificate donated by the Hideaway Restaurant & Pub.** See below for more details.

Do you currently attend programs at the Senior Center?

- Yes
 No

If no, please feel free to share the reason why.

If yes, please indicate how often.

- daily
 weekly
 monthly
 quarterly
 occasionally

Which activities that are currently offered at the Lymes' Senior Center are you interested in? (Check all that apply)

- Concerts
 Day Trips
 Exercise/ Fitness Classes
 Painting Classes
 Card Game _____
 Creative Writing
 Informational Lectures _____
 Entertainment/ Parties/ Special Events
 Wii Games
 Bingo
 Meals
 Tai Chi/ Meditation Classes
 Health Screening Programs
 Other _____

If you were to enroll in a program/ class, what would appeal to you? (Check all that apply)

- Computer and/or iPad Classes
 Financial Consulting/ Classes
 Senior Headline News
 Informational Classes on protecting yourself from Scams/ Identity Theft
 Class on how to program and use your cell phone/ iPhone
 Nature/ Conservation Activities _____
 Nutrition Classes
 Community Service Program/ Projects
 Choral/ Singing Group
 Dancing Classes: type(?) _____
 Jewelry Making
 Photography Class
 Woodworking
 Quilting
 Scrapbooking
 Movies
 Card Games/ Board Games _____
 Walking Club
 Gardening Club
 Book Club
 Lecture on _____
 Other (list as many as you want) _____

Would you like to volunteer?

- Yes
 No
 Already a volunteer

If yes, do you have an expertise you would like to share?

Do you have any specific program ideas?

- Yes
 No



Lymes' Senior Center

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If so, are you skilled in this area, or do you know someone who would want to present on this topic?

- Yes
- No

Instructor's Name/ Phone #

Do you wish to be contacted to discuss any suggestions/ concerns that you may have?

- No
- Yes

If yes, please list your name and phone number below.

*Optional (If you wish to be entered into our raffle to win a dinner \$50.00 gift certificate for the Hideaway Restaurant and Pub, please list your name and phone number below). You must be 60 or older to enter.

Would you like to receive future newsletters via mail or e-mail?

- Already receive it
- Yes
- No

If yes, please list your name and e-mail address or mailing address below.

Please return completed form by mail or in person to the Senior Center, 26 Town Woods Road, Old Lyme, CT, 06371. Those who wish to be entered into the raffle should return their questionnaires by August 23rd at 1:00pm. You do not have to be present for the drawing; however, we would love for you to join us for a gathering to welcome your New Coordinator at the Senior Center on August 23rd at 1:00pm. Refreshments will be served.



August

Monday	Tuesday	Wednesday	Thursday	Friday
Lunches are \$3.00 for seniors 60+ and need to be ordered the day before by 11 am. Lunches can be ordered by calling (860)388-1611	Lymes' Senior Center (860)434-4127 Open Monday-Friday 9am-3pm (unless otherwise noted)	(F) = free \$ = \$4.00 a class Classes & Events = <i>Italic</i> Lunches: Bold	10:00 <i>Changes in Medicare (F)</i> 12:00 Roast Pork, Sweet Potatoes, Peas, Mandarin Oranges 1:00 <i>Chicago Bridge (F)</i> 7:00 <i>The Old Lyme Town Band and Ice Cream Social (F)</i>	9:30 <i>Watercolor Workshop (F)</i> 10:30 <i>Solid Gold- Balance and Strength Training \$</i> 12:00 Tuna Fish Sandwich with Lettuce and Tomato, Cookies 1:00 <i>Food Pantry (F)</i>
10:30 <i>Exercise \$</i> 12:00 Stuffed Pepper, Mashed Potato, Baby Carrots, Ice Cream 1:00 <i>Bridge (F)</i> 1:00 <i>Nickel Card Games</i>	10:00 <i>Sittercise (F)</i> 12:00 BBQ Chicken, Wild Rice, Green Beans, Pears	9:00 <i>Tai Chi</i> 9:15-12:30 <i>Haircuts (\$10.00)</i> 10:30 <i>Exercise \$</i> 12:00 Beef Stroganoff, Noodles, Beets, Pudding 1:00 <i>Nickel Cards</i> 1:30 <i>Brain Yoga (F)</i>	12:00 <i>New England Lobster Bake (\$26.00)- registration required</i> 12:00 Tilapia, Roast Potatoes, Stewed Tomatoes, Banana 1:00 <i>Chicago Bridge (F)</i>	9:30 <i>Watercolor Workshop (F)</i> 10:30 <i>Solid Gold- Balance and Strength Training \$</i> 12:00 Chicken Sausage with Apple, Mashed Potato, Mixed Veg, Citrus Fruit 1:00 <i>Food Pantry (F)</i>
12:00 Manicotti with Sauce, Italian Blend Veg, Vanilla Pudding 12:30 <i>Learn to play Nickel Cards</i> 1:00 <i>Bridge (Free)</i> 1:00 <i>Nickel Cards</i>	10:00 <i>Sittercise (F)</i> 12:00 Chicken Florentine, Rice Pilaf, Oriental Blend, Melon of the Day 1:00 <i>Creative Writing (F)</i>	10:30 <i>Exercise \$</i> 12:00 Swedish Meatballs, Cake 1:30 <i>Brain Yoga (F)</i> 2:00 <i>Channel 3 Meteorologist, Mark Dixon Program on Storm Prep (F)</i>	9:00 - 11:00 <i>Foot Clinic</i> <i>Call Tina @ 860.271.5683</i> 12:00 Roast Turkey with Gravy, Cranberry Sauce, Stuffing, Peas and Carrots, Sherbet 1:00 <i>Chicago Bridge (F)</i>	10:30 <i>Solid Gold- Balance and Strength Training \$</i> 12:00 Baked Fish of the Day, Mashed Potato, Spinach, Crusted Pineapple 1:00 <i>Food Pantry (F)</i>
10:30 <i>Exercise \$</i> 12:00 Salisbury Steak, Mashed Potato, Carrot Coins, Ice Cream 1:00 <i>Bridge (F)</i> 1:00 <i>Nickel Cards</i>	10:00 <i>Sittercise (F)</i> 12:00 Chicken Parmesan with Ziti and Tomato Sauce, Tossed Salad with Dressing, Peaches 1:00 <i>iphone / cell phone class- Sign Up Required (F)</i>	9:00 <i>Tai Chi</i> 10:30 <i>Exercise \$</i> 12:00 Meatloaf, Roasted Potato, Green Beans, Jell-O 1:00 <i>Bingo</i> 1:30 <i>Brain Yoga (F)</i>	12:00 Primavera Pasta Salad with Cheese and Tomato, Lemon Meringue Pie 1:00 <i>Chicago Bridge (F)</i>	9:30 <i>Watercolor Workshop (F)</i> 10:30 <i>Solid Gold- Balance and Strength Training \$</i> 12:00 Turkey Sandwich, Cole Slaw, Applesauce 1:00 <i>Food Pantry (F)</i> 1:00 <i>Welcome the New Coordinator (F)</i>
10:30 <i>Exercise \$</i> 12:00 Pizza and a Movie (\$4.00) 1:00 <i>Bridge (F)</i>	10:00 <i>Sittercise (F)</i> 12:00 Fish and Chips, Broccoli, Fruit Cocktail 1:00 <i>Creative Writing (F)</i>	9:00 <i>Tai Chi</i> 10:30 <i>Exercise \$</i> 12:00 Chicken Caesar Salad, Tomato and Cheese, Roll, Cake 1:00 <i>Nickel Cards (F)</i> 1:30 <i>Brain Yoga (F)</i>	12:00 Spaghetti with Turkey Meatballs, Italian Blend, Mandarin Oranges 1:00 <i>Chicago Bridge (F)</i>	9:30 <i>Watercolor Workshop (F)</i> 10:30 <i>Solid Gold- Balance and Strength Training \$</i> 12:00 Cowboy Casserole, Biscuit, Cauliflower, Sherbet 1:00 <i>Food Pantry (F)</i>

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