Lymes' Senior Center

Proudly serving seniors 60 & over since 1996

September 2013

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Stephanie Lyon with Channel 3 Meteorologist Mark Dixon at the Senior Safety Series kickoff August 14, 2013.

Letter from the New Senior Center Coordinator Stephanie Lyon

When thinking about September, most people think about children going back to school and learning new things. But why limit learning to children? Learning is important at any age. As the old adage goes, "You should learn something new every day." By keeping our minds active, we are keeping our brains young.

To that end, we are starting a free lifelong learning series this month! Please join us on September 5 at 1:00 pm for an Introduction to Reiki class with Reiki Master Becky Sears. According to reikicenter.net, Reiki can enhance every aspect of your life, whether you want to maintain a healthy state of wellness or you are facing the physical and emotional challenges of a life-altering disease. Each month we will be offering new classes, so make sure to check out our upcoming newsletters for details on these programs.

Our Summer Concert Series this year was a huge success. I would like to extend a special thank you to all of those who made the Summer Concert Series possible. Donations were made by the following companies: Lyme Fire Company, First Selectmen Ralph Enos and the Town of Lyme, First Selectwoman Bonnie Reemsnyder and the Town Of Old Lyme, Essex Savings Bank, Interim Health Care, The Republican Town Committee, Old Lyme Ice Cream Shoppe, and Salem Valley Farm Ice Cream. In addition we could have not done it without the Senior Center Board, who pitched in to make sure everything ran smoothly or Doris Johnson, who arranged the concerts. I feel fortunate to work with such wonderful people!

Fun at our 6th Annual Lobster Bake
August 2013

The Lymes' Senior Center
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Veterans' Luncheon

We would like to thank all of our Veterans for their service and invite them to a luncheon in their honor. The luncheon will be held at the Lymes' Senior Center at 1:00 pm on October 1. Join us for an afternoon of great food and musical entertainment from William Groth. Please call (860) 434-4127 to reserve your spot today. We will be accepting RSVPs through September 24; of course, this luncheon is open and free for all of those who sacrificed and served in our Armed Forces and a guest!

Weather with Scot Haney

On September 18, please join us for a Weather Lecture presented by Meteorologist Scot Haney from WFSB Channel 3 at 1:00pm.

Join us after work for Zumba Class

Starting September 19, we will be offering a Thursday night Zumba for Seniors class from 5:30- 6:30 pm. The class will be taught by Zumba Instructor Jean Pierce. The cost will be $4.00 a class. Come join us each week for exercise and fun!!

Exercise 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)
Thursday @ 5:30 pm Zumba for Seniors (Starting September 19th)
Friday @ 10:30 am Balance and Strength Training Class

Duck River Garden Club

Do you love to work in your garden? Dig in the dirt? You might want to join the Duck River Garden Club, which meets September through June on every second Monday at the Lymes' Senior Center at 7 pm. Meetings feature speakers on gardening topics or hands-on workshops in floral arranging. Members also gather in December to make wreaths for eighteen town sites. Members are expected to help maintain town garden sites, help at the Annual Plant Sale and provide a floral arrangement for the library once a year. To find out how to join, call Membership Chair Bruce Baratz at 860-625-1808 or Club President Kathi Green at 860-434-7106.

Trailblazers

George James will be leading a trail walk on Monday, September 30, 2013. It will be an easy one hour hike at the Lay Property in Old Lyme. We will be meeting here at the Senior Center at 10:00 am. Those interested should call (860) 434-4127 to sign up. It is a great way to enjoy an autumn day and meet new friends!

Congratulations!

Congratulations to our local artist, Shirley McHale who sold her "Shack by the Sea" painting this month! Our lobby is decorated with framed artwork that was painted by members of our own Shoreline Watercolor Workshop group. Any of this artwork is for sale; please talk to Stephanie (Lymes' Senior Center Coordinator) if you are interested in purchasing any pieces.

VFW

The focus of the VFW Post 1467 is veterans helping veterans. We are always open to new members who have military service in Foreign Wars. We meet here every fourth Monday of the month.

Learn to Skype

Want to learn how to video chat with your family for free around the country and world? Jessica Steding, Reference and Technology Librarian from the Old Lyme Library will be here to teach us how to Skype (Video Chat) at the Senior Center on September 19 at 10:30 am. Due to limited space in the class, advanced sign-ups are required. Laptops will be available to use or you can bring your own. Please call (860)434-4127 to sign up.

Foot Clinic

A foot care clinic will be held on September 19 from 9-11am. The cost is $35.00. Please call Tina Belmont RN with VNA of Southeastern Connecticut for an appointment at (860)444-1111 office or (860)271-5683 cell.

Old Lyme Visiting Nurse

The nurse's office is open Monday through Thursday from11:00 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.

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 have questions?

The Town of Old Lyme's Social Service Coordinator, Valerie Goncalvas will be here on Thursday September 1 and 19 from 11:30am – 12:30 pm to answer any questions about rental reimbursement, fuel assistance, or general social service concerns. No appointment needed.

Protecting Ourselves

On September 12 at 12:30 pm Trooper Gary Inglis will be teaching us ways to protect ourselves from Identity Theft and Scams. This program is free and is part of our Senior Safety Series. No registration is needed. I would encourage all seniors to attend.

Creative Writing Group

Do you enjoy writing? The Creative Writers Workshop meets on the 2nd and 4th Tuesday of each month from 1pm-3pm. We love to see new members and there is no charge to belong to the CWW. We enjoy writing stories on suggested subjects and also choosing subjects of our own liking. We exchange stories with one another and produce a book with our collected works which we sell for the holidays. Call Barbara at (860)434-7560 for more information.

Mark your Calendars!

Did you serve in our military? We would like to honor you at a special luncheon on October 1. Please call (860) 434-4127 by September 24 to reserve your spot.

Relax and enjoy the music of pianist, Pat Mitchell, as she entertains us at October's Senior Club Meeting on October 2 at 1:30 pm.

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 pm. Come learn how to protect yourself from falls!!

Antonio Okosky, MSW from Center for Hospice Care, will be facilitating a Grieving the Loss of a Loved One Support Group the third Tuesday of the month starting October 15 at 3:00 pm. This is open to all that are dealing with the loss of a loved one. Please call Antonio to sign up at (860) 848-5699. In addition, ongoing individual counseling is available free of charge at Center for Hospice Care in Norwich CT. Please call Antonio for more information or to refer someone.

Join us for a lecture by a Connecticut author. Sydney Sherman, Medium Author, will be doing a lecture on her book "You Are Not Alone - Our Loved Ones Are Here..You're Just Not Listening" on October 18. 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!

Keep your driving skills sharp with the AARP Drive Safety Program. It will be held on October 23, 2013 from 1:00 - 5:00 pm. Advanced registration required. $12.00 in check form only. Call (860) 434-4127 for more information.

Come check out Peter Magrane and Company, a great local band that plays a mixture of blues, jazz, and country on November 6 at 1:30 pm.

Don't miss the Boston Museum of Fine Arts' presentation of Art in Bloom on November 12 at 2:00 pm. Special thanks to the Lyme Garden Club and Duck River Club for arranging this event! This will be a great event and it is free to attend!!

Join us for the third segment of our Senior Safety Series, "Money Smarts for Older Adults," on November 13 at 1:30 pm. It will be presented by Pam Luketich of Chelsea Groton Savings Bank. Please RSVP at (860) 434-4127 so that we are sure to have enough materials available. The first fifty people in the door will receive a free gift!

Join us for an Art Show Opening for the Shoreline Watercolor Workshop on Friday November 15 from 5:00-7:00 pm. This will be a great opportunity to mingle with and purchase fantastic paintings from local artists.

Center Upcoming Events

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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Special thanks to Mark Dixon
for his Storm Preparedness Lecture
August 14, 2013

September

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Labor Day *Center Closed* 2	*10:00 Sittercise (F)* **12:00 Stuffed Cabbage, Mashed Potato, Carrot Coins, Pears** 3	*9:00 Tai Chi* *10:30 Exercise $* **12:00 Chicken Cacciatore With Onion and Pepper, Brown Rice, Green Beans, Pudding** *1:00 Senior Club & Bingo* *1:30 Brain Yoga (F)* 4	**12:00 Baked Fish, Roasted Potato, Spinach, Banana** *1:00 Chicago Bridge (F)* *1:00 Lifelong Learning Segment- Introduction to Reiki (F)* 5	*9:30 Watercolor Workshop (F)* **12:00 Beef Stew with Potato, Mixed Vegetable, Jell-O** 12:30 Food Pantry (F) 6
9:30 First Time Painters (F) *10:30 Exercise $* **12:00 Stuffed Shells with Tomato Sauce, Italian Blend, Ice Cream** *1:00 Bridge (F)* *1:00 Nickel Card Games* *7:00 Duck River Garden Club* 9	*10:00 Sittercise (F)* **12:00 Tilapia, Sweet Potato, Green Beans, Fruit** *1:00 Creative Writing (F)* 10	*9:00 Tai Chi* *9:15-12:30 Haircuts ($10.00)* *10:30 Exercise $* **12:00 Meatloaf with Gravy, Mashed Potato, Peas, Carrots, Cake** *1:00 Nickel Cards* *1:30 Brain Yoga (F)* 11	***12:00 Lunch with Trooper Gary Inglis*** ***Chicken Florentine, Wild Rice, Broccoli, Peaches*** *12:30 Senior Safety Series- How to Protect Yourself from Identity Theft/ Scams (F)* *1:00 Chicago Bridge (F)* 12	*9:30 Watercolor Workshop (F)* *10:30 Solid Gold- Balance and Strength Training $* **12:00 American Chop Suey, Zucchini, Brownies** 12:30 Food Pantry (F) 13
9:30 First Time Painters (F) *10:30 Exercise $* **12:00 Chicken Teriyaki, Rice Pilaf, Oriental Vegetables, Vanilla Pudding** *1:00 Bridge (F)* *1:00 Nickel Card Games* 16	*10:00 Sittercise (F)* **12:00 Salisbury Steak with Gravy, Mashed Potatoes, Beets, Crushed Pineapple** 17	*10:30 Exercise $* **12:00 Spaghetti and Meatballs, Tossed Salad with Dressing, Assorted Pies** *1:00 Scot Haney Weather Lecture (F) Senior Club* *1:30 Brain Yoga (F)* *5:00 Computer Lessons (F)* 18	*10:30 Learn to Skype on the Computer (F)* **12:00 Spaghetti and Meatballs, Tossed Salad with Dressing, Assorted Pies** *12:30 Dietician Talk (F)* *1:00 Chicago Bridge (F)* *5:30 Zumba for Seniors $* 19	*9:30 Watercolor Workshop (F)* *10:30 Solid Gold - Balance and Strength Training $* **12:00 Tuna Salad Sandwich on Wheat, Cole Slaw, Apple** *12:30 Food Pantry (F)* 20
9:30 First Time Painters (F) *10:30 Exercise $* **12:00 Tuna Salad Sandwich on Wheat, Cole Slaw, Apple** *1:00 Bridge (F)* *1:00 Nickel Card Games* *7:00 VFW Meeting* 23	*10:00 Sittercise (F)* **12:00 Chicken Alfredo, Broccoli, Jell-O** *1:00 Creative Writing (F)* *** Last Day to RSVP for Veterans' Luncheon (860)434-4127** 24	*10:30 Exercise $* **12:00 Sloppy Joe, Cauliflower, Birthday Cake** *1:00 Nickel Cards* *1:30 Brain Yoga (F)* *5:00 Computer Lessons (F)* 25	**12:00 Roast Pork with Gravy, Roasted Potatoes, Mixed Vegetables, Fruit Cocktail** *1:00 Chicago Bridge (F)* *5:30 Zumba for Seniors $* 26	*9:30 Watercolor Workshop (F)* *10:30 Solid Gold- Balance and Strength Training $* **12:00 Chicken Patty on a Bun, Cole Slaw, Cookies** *12:30 Food Pantry (F)* 27
9:30 First Time Painters (F) *10:00 Trail Blazers (F)* *10:30 Exercise $* **12:00 Estuary Burger, 3 Bean Salad, Sherbet** *1:00 Bridge (F)* *1:00 Nickel Card Games* 30		(F) = free $ = $4.00 a class Classes & Events = *Italic* Lunches: **Bold**	**Lymes' Senior Center** **(860)434-4127** Open Monday-Friday 9am-3pm (unless otherwise noted)	*Lunches are a $3.00 donation for seniors 60+ and need to be ordered the day before by 11 am.* *Lunches can be ordered by calling (860) 434-4322 *NEW NUMBER*

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