

Lymes' Senior Center

~ October 2013 News & Events ~

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Lymes' Senior Center
(860)434-4127

Open Monday-Friday
9am-3pm
(unless otherwise noted)

In this issue:

- Letter From Coordinator
- October Calendar
- Evening Programs
- iPad Tips & Tricks
- Casino Trip
- Jewelry Making Class
- Birding Program
- VFW Halloween Party

And much, much more...



Letter from the Senior Center Coordinator Stephanie Lyon

As the weather gets colder, we must look ahead at what is to come: winter! During winter the chance of falling increases and it is important to know ways to prevent it. On October 9th at 1:00 pm, Physical Therapist Collin Morris from Select Physical Therapy will be here to educate us on safety strategies, modify certain risk factors to falling, and leave both literature and tools to improve balance and reduce the risk of falling. This will be an informative lecture and there will be time at the end for any questions you may have. Please think about joining us for this free presentation. In addition we will be having a "Taking Care of your Health" kickoff on October 30th at 1:00 pm. Christina McKenna will be hosting a free informative session about hearing health and how it impacts memory and brain activity. This program will be the first of many throughout the year which will target our health and staying healthy.

This month the Lymes' Senior Center is privileged to host an "Appreciation of our Veterans" Luncheon. Many have made this possible and I would be remiss if I did not mention them. The wonderful food will be cooked and donated by Bridebrook and Atria Crossroads Place. In addition, the Old Lyme Police Union and Old Lyme Public Works Union have generously donated money for our Veteran Appreciation Gifts.

I was asked this month to clarify the difference between having a membership to the Senior Center and the Senior Club. To belong to either group, you must be 60 years of age or over. There is an annual \$5.00 fee to belong to the Center and your membership entitles you receive a monthly newsletter and the ability to attend the programs offered here. If you are not already a member and you would like to be, please call Stephanie at (860) 434-4127. In comparison, the Club membership costs \$5.00 annually, plus a \$1.00 per meeting fee to help defer refreshment costs. The Senior Club meets the first and third Wednesday of the month from September through June. At every get-together, there will be arranged entertainment or bingo. It is a wonderful opportunity to meet and socialize with new people. To sign up, come to any of the Senior Club meetings and let them know you wish to become a member.

The Lymes' Senior Center will be taking a bus trip to the Mohegan Sun Casino on November 7th. TO WIN A TRIP TO THE MOHEGAN SUN CASINO, just attend one of the following free events during the month: October 9 at 1:00 pm - "Don't Fall for Fall" program; October 29 at 1:30pm - "Enjoying the birds in your backyard"; or October 30 at 1:00pm - "How Hearing Health Impacts Memory and Brain Activity." Simply by attending one of these programs, you will be entered into a raffle. A name will be drawn October 31st and the winner will be notified via telephone. Limit one entry per person. Congratulations to Eleanor McGrath, August raffle winner of the \$50.00 Hideaway Restaurant and Pub Gift Certificate!!



Thank you Trooper Gary Inglis
for your Scam/Identity Theft Prevention lecture



Thank you for your visit, Scot Haney!

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

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Contact Fred at Essex Printing
860.391.5725

Evening Fitness Classes

On Thursday nights please join us for our “Zumba for Seniors” class that meets at 5:30. What a good way to unwind, have fun, and dance after work!! Starting Wednesday, October 16th at 5:30, we will be having a Yoga and Meditation class every Wednesday night. Bring a mat, water bottle and blanket for relaxation. The cost for both classes is \$4.00 a class. Hope to see you there!!

Reiki Clinic

Becky Sears, Reiki Master, will be holding a free Reiki Clinic the second Tuesday of the month from 1:00-2:30 pm starting on October 8. Each twenty-minute session will be private. To sign up for a session, please call Stephanie at (860) 434-4127.

Birding Program

Bird enthusiast Ginger Bladen will be holding an informal “Enjoying the Birds in your Backyard” talk. Within the discussion she will help you to identify the birds you have, discuss bird behaviors, and learn which birds to feed and how to best do so. This will take place October 29th at 1:30 pm. This is a free program and no registration is required.

Jewelry Making Class

We will be having a jewelry making class on Friday, November 1 at 1:00pm. Please call (860)434-4127 for more information or to sign up. Materials for this class will cost \$4.00.

Taking Care of Your Health

The team from Miracle Ear in Old Lyme and Waterford will be hosting an informative session about hearing health. Most people know that untreated hearing loss affects your quality of life, but they are not aware of the fact that it also affects the brain’s ability to remember common everyday sounds. This is because the hearing channels are no longer effectively used. Also, a study by Johns Hopkins and the National Institute on Aging has found that seniors with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. These findings could lead to new ways to combat dementia. Please join the Miracle Ear team to learn more about hearing health and strategies for keeping your ears and your brain as sharp as possible.



Flu Shots

Seasonal Flu Clinics will be held for Lyme residents on Wednesday, October 2 from 1:00-3:00 pm and for Old Lyme residents on Saturday, October 5 from 9:00 am-12:00 pm. No appointment is necessary. The clinic will service residents of these towns who are 50 years and older. In addition it will also service residents 19-49 years of age with a chronic medical condition and a doctor’s note. No insurance or Medicare required. There is no set fee; donations are appreciated. To schedule a visit for homebound residents, please call 860-434-7808. Please wear a short-sleeved garment

iPad Class

Do you want to learn more about using your iPad? On Oct 24 at 1:00pm, Jessica Stedding, Reference and Technology Librarian from Old Lyme Library, will be holding an iPad Tips and Tricks program here at the senior center. To sign up for this free program call (860)434-4127.



Intro to Qigong

David Shaver from Peaceful Warrior will be presenting a free program on November 4 at 1:00pm as part of our Life Long Learning Series. Qigong (Ch’i Kung) is a Chinese exercise art that has been shown through numerous Western Scientific and Medical studies to have an enormous range of health benefits. It has grown in popularity over the last few years and we have begun to hear about it and see it demonstrated on such mainline TV shows as Oprah and Dr. Oz. During this presentation we will explore the three primary areas of Qigong practice which are medical, spiritual and martial with our primary focus of the lecture being how this 2500 year old art can benefit us now and make us healthier. This free program will be held November 4 at 1:00pm and it is a program you will not want to miss.

Grieving for the Loss of a Loved One Support Group

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 who 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 make a referral for someone else.

Author Lecture

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 at 1:00pm. SIGN UPS ARE REQUIRED so please call (860) 434-4127 if you would like to attend. This is open to the general public. The cost is \$5.00 for the general public, but SENIORS ARE FREE!

Lymes’ VFW 12th Annual Halloween Party

The Halloween party will be on Saturday, October 26 at 5 pm! Dinner will be served at 6:00 pm. The cost is \$20.00 for adults and \$10.00 for children 12 and under. There will be dinner, music, and costume prizes. There will also be a \$400.00 Super Raffle Prize! All proceeds will support Post 1467 Community and Veterans Programs. Warning: Reservations go fast! Please call Andy at 434-4207 or Bob 434-5800 for reservations.

October 2013

Monday	Tuesday	Wednesday	Thursday	Friday
(F) = free \$ = \$4.00 a class Classes & Events = <i>Italic</i> Lunches: Bold	10:00 Sittercise (F) 12:00 Manicotti with Tomato Sauce, Italian Blend, Pears 1:00 Veterans Luncheon (F) (Advanced Registration Required)	9:00 Tai Chi • 10:30 Exercise \$ 12:00 Chicken Caesar Salad with Tomato and Cheese, Roll, Applesauce 1:00 Senior Club meeting & Entertainment by Pianist Pat Mitchell 1:30 Brain Yoga (F) 5:00 Computer lessons (F)	12:00 Swedish Meatballs, Mashed Potatoes, Broccoli, Chocolate Pudding 1:00 Chicago Bridge (F) 5:30 Zumba for Seniors (\$)	9:30 Watercolor Workshop (F) 11:00 Food Pantry (F) 12:00 Hot Dogs and Beans, Sauerkraut, Banana
9:00 First Time Painters (F) 10:30 Exercise \$ 12:00 Stuffed Peppers, Mashed Potatoes, Baby Carrots, Ice Cream 1:00 Bridge (F) 1:00 Nickel Card Games	10:00 Sittercise (F) 12:00 Fish and Chips, Cole Slaw, Apple 1:00 Creative Writing (F) 1:00-2:30 Reiki Clinic (F) (20 minute sessions- Call the Senior Center to sign up)	9:00 Tai Chi 9:15-12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Chicken Parm, Ziti, Tossed Salad, Jell-o 1:00 Don't Fall for Fall w/ PT Colin Morris (F) 1:30 Brain Yoga (F) 5:00 Computer lessons (F)	12:00 Meatloaf with Gravy, Roasted Potatoes, Peas, Carrots, Cookies 12:45 Wii Bowling 1:00 Chicago Bridge (F) 5:30 Zumba for Seniors (\$)	9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 11:00 Food Pantry (F) 12:00 Mac and Cheese, Stewed Tomatoes, Peaches 12:30 Questions about Medicare:Mark Lee
Center Closed <i>In observance of Columbus Day</i> 7:00 Duck River Garden Club Meeting	10:00 Sittercise (F) 12:00 Salisbury Steak with Gravy, Mashed Potatoes, Green Beans, Fruit Cocktail 3:00 Grieving the Loss of a Loved One Support Group (F)	9:00 Tai Chi 10:30 Exercise \$ 12:00 Chicken Florentine, Brown Rice, Spinach, Butterscotch Pudding 1:00 Senior Club Meeting and Bingo 1:30 Brain Yoga (F) 5:30 Yoga and Meditation \$	9-11 Foot Clinic Call Tina @ 860.271.5683 11:30 Social Service Visit 12:00 Eggplant Parm, Tossed Salad, Cake 12:45 Wii Bowling 1:00 Chicago Bridge (F) 5:30 Zumba for Seniors \$	9:30 Watercolor Workshop (F) 10:30 Solid Gold - Balance and Strength Training \$ 11:00 Food Pantry (F) 12:00 Fish, Roasted Potatoes, Beets, Orange 1:00 Book Lecture from Medium Author Sydney Sherman
9:00 First Time Painters (F) 10:30 Exercise \$ 12:00 BBQ Chicken, Wild Rice, Winter Blend, Sherbet 1:00 Bridge (F) 1:00 Nickel Card Games	10:00 Sittercise (F) 12:00 American Chop Suey, Cauliflower, Jell-o 1:00 Creative Writing (F)	9:00 Tai Chi 10:30 Exercise \$ 12:00 Lemon Pepper Fish, Mashed Potatoes, Stewed Tomatoes, Citrus Fruit 1:00 AARP Drive Safety Program 1:30 Brain Yoga (F) 5:30 Yoga and Meditation \$	12:00 Roast Turkey with Gravy, Cranberry Sauce, Stuffing, Green Beans, Lemon Meringue Pie 12:45 Wii Bowling 1:00 Chicago Bridge (F) 1:00 iPad Tips & Tricks (F) 5:30 Zumba for Seniors \$	9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Beef Stroganoff over Noodles, Broccoli, Crushed Pineapple 12:30 Movie Matinee
9:00 First Time Painters (F) 10:30 Exercise \$ 12:00 Estuary Burger on a Bun, Brussel Sprouts, Vanilla Pudding 1:00 Bridge (F) 1:00 Nickel Card Games 7:00 VFW Meeting	10:00 Sittercise (F) 12:00 Baked Fish of the Day, Rice Pilaf, Carrot Coins, Mandarin Oranges 1:30 Enjoying the Birds in your Backyard Talk (F)	9:00 Tai Chi • 10:30 Exercise \$ 12:00 Chicken Cacciatore with Onions & Peppers, Mashed Potatoes, Green Beans, Cake 1:00 How Hearing Health impacts Memory and Brain Activity (F) 1:30 Brain Yoga (F) 5:30 Yoga and Meditation \$	Happy Halloween! 12:00 Spaghetti and Meatballs, Tossed Salad, Pears 12:45 Wii Bowling 1:00 Chicago Bridge (F) 5:30 Zumba for Seniors \$	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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Mark your Calendars!

Come craft with us! On November 1 at 1:00 pm, we will be making earrings. The cost for materials will be \$4. To sign up please call (860)434-4127.



As part of our lifelong learning series, we will be having David Shriver from Peaceful Warrior hold an "Introduction to Qigong" program on November 4 at 1:00 pm. Please read the preceding letter in this newsletter for more details.

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



On November 7 we will be taking a bus trip to Mohegan Sun Casino. The bus leaves promptly at 9:15 am and will return by 3:30 pm. The cost of the trip is \$25.00 - in check form only - due by October 15. A \$15.00 food/retail voucher and a \$15.00 bet are included in the price. For more information or to sign up, please call (860) 434-4127.

Join us for the third segment of our Senior Safety Series, "Money Smarts for Older Adults," at 1:30 pm on November 8 (**please note new date). 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!



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 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.



Robert Boedecker, southeastern Connecticut resident and former U.S. Army Officer, will be sharing his firsthand account of and stories about the Liberation of the German Concentration Camp at Dachau and the end of World War II. He will be joining us on November 21 at 1:00pm. This program is free and one you won't want to miss!



Lymes' Senior Center

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