

# Lymes' Senior Center

~ December 2013 News & Events ~

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Lymes' Senior Center  
(860)434-4127

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



### Letter from the Senior Center Coordinator Stephanie Lyon

As the holidays roll around we are lucky enough to enjoy performances in December from the Old Lyme Town Band, Coast Guard Woodwind Quintet, and the Groton Christmas Chorus. The times and dates are listed on your calendar and information about them are listed in the second half of this newsletter. We will also be holding a craft demonstration by the Duck River Garden Club and having a Scarf Making Class as well. As part of our "Taking Care of your Health Series" we will have Select Physical Therapy do a presentation on Neck and Shoulder Dysfunction and teach us safe exercises and proper forms of treatment to help decrease your pain. I am also excited that Certified Reflexologist, Susette Christensen, will be presenting an Intro to Reflexology as the 4th segment of our Lifelong Learning Series. Susanne will go over specific ways we can perform reflexology on ourselves. I wanted to thank Angie Reale from Old Lyme Ice Cream Shop on Lyme Street. She will be preparing a wonderful meal for our veterans at our monthly VFW Meeting. "They deserve it, these guys did a lot for us!" Angie stated when I approached her about the idea. This month I would like to start a program called the "Book Tree". The entire Cedar Cove series by Debbie Macomber has been donated to us which I would like many to enjoy. The book tree works as follows: let's say eight people sign up, the first person on the list will have three weeks with the first book and upon returning it will sign out the second book. The second person in turn will then have three weeks with the first book and so on. As the winter months approach and the weather gets colder, there is nothing better than a good book, a warm blanket, and a cup of tea. If you would like to be part of our book tree, please let me know by visiting or calling (860)434-4127. As a gift idea may I suggest a subscription/membership to the Lymes' Senior Center for the year? For \$5.00 a year this is probably the best and most affordable gift you could give them! If you know someone who may enjoy getting the newsletter for the upcoming year feel free to call me or come in. I would also be happy to provide you with a certificate stating their gift that you can give them. In closing, I would like to wish you all a wonderful and safe holiday season!



Thank you Lyme Garden Club & Duck River Garden Club for Sponsoring Bostom Museum of Fine Art's Presentation - History of Art in Bloom



Thank you Watercolor Workshop for the wonderful Art Show!



In memory of our friend and teacher, George Mumblo, you will be missed!

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

**For Advertising Information:**  
Contact Fred at Essex Printing  
860.391.5725

## Intro to Reflexology

On December 13th at 1:00 pm, we will be continuing our lifelong learning series with Intro to Reflexology. Susette Christensen, Certified Reflexologist, will be leading and demonstrating what reflexology is, how you can perform it on yourself and the health benefits from it.

## Do you experience neck and shoulder pain?

Sky Miers, ATC from Select Physical Therapy will be giving a free lecture on Neck & Shoulder Dysfunction on Thursday, December 10th from 1:00 - 2:00 pm. They will discuss common signs and symptoms and pain patterns associated with injuries and degenerative factors of the neck and shoulder. Sky will also teach you safe exercises and proper forms of treatment to help decrease your pain and increase your everyday activities.

## Tree Trimming and Christmas Cookies

On Friday December 6<sup>th</sup> join us as we get into the spirit decorating and tree trimming for the season. We will be listening to Holiday music, trimming the tree and enjoying Christmas refreshments!

## Scarf Making Class

Please join us for a two part scarf making class led by Ann Griffith. The class is free but you will need to bring two size eight knitting needles and eight ounces of any color yarn. The first part of the class will be held on December 5th and the second part on December 19th. The class will be held both days at 1:00 pm. Please call (860) 434-4127 to sign up.

## Evening Fitness Classes

On Thursday December 5th and 19th please join us for our "Zumba for Seniors" class that meets at 5:30 pm. What a good way to unwind, have fun, and dance after work!! On Wednesday nights we will be offering Yoga for Active Seniors. Bring a mat, water bottle and blanket for relaxation. The cost for both classes is \$4.00 a class. Hope to see you there!!

## Giant Wreath Making Demonstration

On December 12th at 1:00 pm, come watch as the Duck River Garden Club demonstrates how to make one of the giant wreaths for the town buildings. This is a free program and very interesting to watch. The final product will be hung at the Senior Center.

## 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 on December 17<sup>th</sup> 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.

## Reiki Clinic

Becky Sears, Reiki Master, will be holding a free Reiki Clinic the second Tuesday of the month December 10th from 1:00-2:30 pm. Each twenty-minute session will be private. To sign up for a session, please call : (860) 434-4127.

## Pizza and a Christmas Movie

Come join us on December 24<sup>th</sup> at 12:00pm for a showing of *White Christmas* with Bing Crosby and have pizza with us. The cost will be \$4.00. No estuary lunches will be served that day. To sign up, please call (860) 434-4127 or see Stephanie. Final count will be due Monday December 23<sup>rd</sup>.

## Coast Guard Band-Woodwind Quintet

Coast Guard Band Woodwind Quintet will be here Tuesday, December 17<sup>th</sup> at 1:00pm to entertain and educate us about the United States Coast Guard and the Coast Guard Band.

## Old Lyme Town Band Holiday Concert

On Sunday, December 15th at 4:00 pm, the Old Lyme Town Band will perform their Holiday Concert for our listening pleasure. This concert is sponsored by Essex Savings Bank and is open to all!

## Groton Christmas Chorus Performance

On Friday, December 20th at 1:30 pm, come get into the holiday spirit with us as we enjoy the performance of the Groton Christmas Chorus and the Swinging Star Dancers. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive!



# Happy Holidays



*From Lymes' Senior Center*

# December 2013

Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 First Time Painters (F) 10:30 Exercise \$ <b>12:00 Stuffed Pepper, Mashed Potatoes, Baby Carrots, Ice Cream</b> 1:00 Nickel Card Games 1:00 Bridge (F) <span style="float: right;">2</span>	10:00 Sittercise (F) <b>12:00 Chicken Florentine, Rice Pilaf, Green Beans, Citrus Fruit</b> <span style="float: right;">3</span>	9:00 Tai Chi 10:30 Exercise (\$) <b>12:00 Beef Stroganoff Noodles, Winter Blend, Butterscotch Pudding</b> 12:00 Senior Club Luncheon at Hideaway 1:30 Brain Yoga 5:30 Yoga for Active Seniors \$ <span style="float: right;">4</span>	11:30 Social Service Visit <b>12:00 Tilapia, Sweet Potato, Spinach, Apple</b> 12:30 Wii Bowling 1:00 Scarf Making Class (Part 1) 1:00 Chicago Bridge 5:30 Zumba for Seniors <span style="float: right;">5</span>	9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 11:00 Food Pantry (F) <b>12:00 Cheese Rotelli with Tomato Sauce, Tossed Salad, Apple Sauce</b> 12:45 Tree Trimming and Holiday Decorating <span style="float: right;">6</span>	
9:00 First Time Painters (F) 10:30 Exercise \$ <b>12:00 Estuary Burger, Mixed Vegetables, Mandarin Oranges</b> 1:00 Nickel Card Games 1:00 Bridge (F) <span style="float: right;">9</span>	10:00 Sittercise (F) <b>12:00 Fish and Chips, Cole Slaw, Banana</b> 1:00 Reiki Clinic (F) 1:00 Neck and Shoulder Dysfunction (F) <span style="float: right;">10</span>	9:00 Tai Chi 9:15- 12:30 Haircuts (\$10.00) 10:30 Exercise (\$) <b>12:00 Chicken Caesar Salad, Jell-O</b> 1:30 Brain Yoga 5:30 Yoga for Active Seniors \$ <span style="float: right;">11</span>	12:00 Spaghetti with Meatballs, Tossed Salad, and Cake 12:30 Wii Bowling 1:00 Chicago Bridge 1:00 Giant Wreath Making Demonstration <b>Last Day For Christmas Dinner Reservations</b> <span style="float: right;">12</span>	9:30 Watercolor Workshop(F) 10:30 Solid Gold- Balance and Strength Training \$ 11:00 Food Pantry (F) <b>12:00 Cowboy Casserole, Biscuit, Cauliflower, Peaches</b> 1:00 Intro to Reflexology <span style="float: right;">13</span>	
9:00 First Time Painters (F) 10:30 Exercise \$ <b>12:00 Manicotti w Tomato Sauce, Italian Blend, Sherbet</b> 1:00 Nickel Card Games 1:00 Bridge (F) <span style="float: right;">16</span>	10:00 Sittercise (F) <b>12:00 Salisbury Steak with Gravy, Mashed Potatoes, Zucchini, Cookies</b> 1:00 Coast Guard Band Woodwind Quartet (F) 3:00 Loss of a Loved One Support Group (F) <span style="float: right;">17</span>	9:00 Tai Chi 10:30 Exercise (\$) <b>12:00 Chicken Cacciatore, Wild Rice, Peas and Carrots, Fruit Cocktail</b> 1:00 Senior Club and Bingo 1:30 Brain Yoga 5:30 Yoga for Active Seniors \$ <span style="float: right;">18</span>	11:30 Social Service Visit <b>12:00 Sloppy Joe, Broccoli, Vanilla Pudding</b> 12:30 Wii Bowling 1:00 Scarf Making Class (Part 2) 1:00 Chicago Bridge 5:30 Zumba for Seniors <span style="float: right;">19</span>	9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 11:00 Food Pantry (F) <b>12:00 Christmas Dinner-Roast Pork, Potato, Green Beans, Lemon Meringue Pie (RESERVATIONS NEEDED BY DEC12)</b> 1:30 Groton Christmas Chorus <span style="float: right;">20</span>	
9:00 First Time Painters (F) 10:30 Exercise \$ <b>12:00 Chicken Teriyaki, Rice Pilaf, Oriental Blend, Crushed Pineapple</b> 1:00 Nickel Card Games 1:00 Bridge (F) <span style="float: right;">23</span>	10:00 Sittercise (F) <b>12:00 Pizza and a Christmas Movie- (\$4.00) (No Estuary Lunch Today)</b> <span style="float: right;">24</span>	<b>Center Closed Merry Christmas</b> <span style="float: right;">25</span>		12:00 American Chop Suey, Green Beans, Pears 12:30 Wii Bowling 1:00 Chicago Bridge <span style="float: right;">26</span>	9:30 Watercolor Workshop(F) 10:30 Solid Gold- Balance and Strength Training \$ 11:00 Food Pantry (F) <b>12:00 New Years Eve Dinner- Stuffed Chicken with Gravy, Cranberry Sauce, Mashed Potato, Peas and Carrots, Applesauce</b> <span style="float: right;">27</span>
9:00 First Time Painters (F) 10:30 Exercise \$ <b>12:00 Baked Fish, Mashed Potatoes, Beets, Peaches</b> 1:00 Nickel Card Games 1:00 Bridge (F) 7:00 VFW Meeting <span style="float: right;">30</span>	10:00 Sittercise (F) <b>12:00 Swedish Meatballs, Noodles, Brussel Sprouts, Brownie</b> <span style="float: right;">31</span>	<b>Old Lyme Town Band is performing their holiday concert here on Sunday December 15th at 4:00pm</b>		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	Classes and Events = Italics Lunches = Bold (F) = free \$ = \$4.00 a class

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**ELIZABETH K. DILL**  
Assistant Vice President  
Branch Manager, Loan Officer

# Mark your Calendars!

Starting on January 6th the first Monday of the month from 1:00pm-3:00pm Certified Reflexologist, Susette Christensen will be offering a reflexology clinic. The cost is \$5.00 for a 15 minute session. Please call 860 434-4127 to sign up for a slot.



Join us on January 8th at 1:30 pm for a dancing and singing performance from the duo "We Got Rhythm." This is a Senior Club event.

On January 15th at 1:00 pm, please join us for the unique program "Beautiful Birds of Prey." Mary-Beth, from Horizon Wings, has been a Wildlife Rehabilitator since 1985. She will be doing a live presentation with some of her birds.

This is a free program that you will not want to miss!



Start the New Year off right! Join our Tuesday evening fitness classes starting January 21st taught by Anytime Fitness instructors. The classes will be held at 4:30, 5:30, and 6:30pm. The cost will be \$39.00 for six classes. To sign up, please call (860) 691-1611.

Did you know that one in four Americans will be a victim of identity theft in their lifetime or that recycling one ton of paper saves seventeen trees? We will be holding a Shred Day event on January 22nd from 2:00 - 4:00 pm. Come have your outdated records shredded. This service is FREE FOR SENIORS (up to 4 boxes) and \$5.00 a box (up to 20 pounds) for all other Lyme and Old Lyme residents. Protect your identity and your planet!



iPad basic tips and tricks (part 1) will be held on January 23rd at 1:00pm. Jessica Stedding, Old Lyme Reference and Technology Librarian will be teaching this class. Because of the overwhelming response, this is a repeat of the iPad class offered in October. Part 2 of this class will be offered on February 20th at 1:00pm. To sign up for either or both of these classes please call (860)434-4127.

Do you want to improve the quality of your life, reduce injury and aches and pains from everyday activities and create awareness of posture when your standing or sitting? Anytime Fitness will be presenting a program entitled Functional Fitness on January 29th at 1:00pm as part of our Lifelong Learning Series. It will focus on movements used in our everyday life. This program is free and no registration is needed.



Are you uninsured or do you need to change your current health care plan? Through the Connecticut Exchange of Insurance, Access Health Connecticut will be here at 6:00pm on January 31st to discuss the Affordable Care Act and show you what is available to you.

Do you have trouble remembering appointments or where you put your keys, then join us on February 18th at 1:00pm as Joanne Harrison-Becker shows us 25 Ways to train your brain for Enhanced Memory and Top Performance. This program is free and will have a lot of handouts.



## Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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### Center Upcoming Events

*Proudly serving seniors 60 & over since 1996*



## Join The Club!

Senior Membership Includes:

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10% off Sunday Brunch  
10am - 3pm

\*Must Be 65 Years Young!



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