

Lymes' Senior Center

~March 2014 News & Events~

Proudly serving seniors 60 & over since 1996



In this issue:

- Mohegan Sun Casino Trip
- 25 Ways to Train your Brain for Enhanced Memory and Top Performance
- AARP Tax Aide
- What you need to know about Reverse Mortgages
- AARP Drive Safety Class
- 300 Years of Connecticut's Remarkable Women
- Birds and Butterflies
- The Trolley Comes to Old Lyme.....and leave
- Trailblazers Hiking Club

Lymes' Senior Center
(860)434-4127

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

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!



Letter from the Senior Center Coordinator Stephanie Lyon

Wow, what a month we had! Today I sit at my desk for the first time in a month and am grateful to be back home at our center. After a month of being closed we are back to business! In the interim, it was wonderful to see our community pull together. I was able to hold many of our programs at different locations due to the generosity of many businesses in town. During our month away the Old Lyme Congregational Church, Lyme Art Association, Lymes' Youth Service Bureau, Old Lyme Library, Old Lyme Town Hall, Rogers Lake and the Estuary Senior Center in Old Saybrook offered the use of their locations. I would like to offer them heartfelt thanks from the Board of Directors, the seniors and myself, without their assistance the seniors in our two towns would have been without any programs. Some of our bigger programs that could not take place this last month, have been rescheduled into your March calendar. For those of you who do not know, we have had a new and deeper well drilled this month. Shown below are just a couple of pictures documenting this endeavor. In closing, I look forward to seeing you all again soon at the senior center!



(Oh Well!)

**Your
Emergency
Management
Team 4**



***We may be knocking on
your door one day!***
(see Events Page for more information)

Members from left to right: Bill Archer,
Richard Dakin, Kim Hale, Diane Blackwell

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

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

Mark your Calendars!

On April 2nd at 1:30 the Senior Club will have a Performance by the Norman and Linda. This talented duo will sing and play various oldies and rock and roll from the 50's.



The Groton Silvertones will be performing here on Friday April 4th at 1:00pm. This will be a free program.

Becky Sears, Reiki Master, will be holding a free Reiki Clinic on April 8th and 22nd from 12:30-2:00 pm. Each twenty-minute session will be private. To sign up for a session, please call Stephanie at (860) 434-4127.



Hank Golet and Ginger Bladen will be having a free multimedia presentation entitled "Birds and Butterflies" on Wednesday, April 9th at 1:00pm. This is a free program that nature lovers will not want to miss!

Trailblazers Hiking Club will start back up on Tuesday, April 15th, weather permitting. It will meet every Tuesday at 9:30am and will be an easy one hour hike. This program is free and registration is required. Please call (860)434-4127 to sign up.



The Duck River Garden club will host a free gardening program entitled "Spring Back to Basics in the Garden" on Wednesday, April 23rd at 1:00pm

On Thursday, April 24th we will be taking a daytrip to Mohegan Sun Casino. The cost will be \$20.00 a person and will include a motor coach bus ride, a \$15.00 meal voucher and a \$15.00 free bet. Sign up and prepayment are required. Please call (860)434-4127 for more information or to sign up.



Chelsea Bank will be presenting a free program entitled "What you need to know about Reverse Mortgages" on Friday, April 25th. This informative seminar will go over the things you need to watch out for before signing on the dotted line.

On April 30th at 1:00pm we will be having a free lecture on Old Lyme's history given by Old Lyme Historical Society's Board of Trustees Co-Chair Mark Landers entitled "The Trolley Comes to Old Lyme.....and leaves".



March 2014



Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Stuffed Cabbage, Mashed Potato, Mixed Vegetable 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) <p style="text-align: right;">3</p>	10:00 Sittercise (F) 12:00 Baked Fish, Sweet Potato, Spinach 12:45 Lower Back Pain Talk (F) <p style="text-align: right;">4</p>	9:00 Tai Chi 10:30 Exercise (\$) 12:00 Chicken Cacciatore with Onions and Peppers, Wild Rice, Broccoli 1:00 Senior Club Meeting 1:30 T- Bone the Entertainer (F) 1:30 Brain Yoga • 5:30 Yoga \$ <p style="text-align: right;">5</p>	9:30 Zumba for Seniors \$ 11:00am-3:00pm Day of Fashion (F) 12:00 Italian Sausage with Apple Slices, Mashed Potato, Green Beans 12:30 Wii Bowling (F) • 1:00 Chicago Bridge (F) Sign Up Deadline for March 13th Corn Beef and Cabbage Meal <p style="text-align: right;">6</p>	9:30 Watercolor Workshop(F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Mac and Cheese, Zucchini 1:00 Raising Guide Dogs(F) <p style="text-align: right;">7</p>
9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Stuffed Shells with Sauce, Italian Blend, Apple Sauce 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 Duck River Garden Club <p style="text-align: right;">10</p>	10:00 Sittercise (F) 12:00 Swedish Meatballs, Noodles, Brussel Sprouts 1:00 Lecture from Donald Brown, Author of the Morphine Dream (F) 12:30-2:00 Reiki Clinic (F) Sign up required 1:00 Creative Writing Group (F) <p style="text-align: right;">11</p>	9:00 Tai Chi 9:15 12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 BBQ Chicken, Rice Pilaf, Zucchini 1:00 How to use Public Transportation(F) 1:30 Brain Yoga 5:30 Yoga \$ <p style="text-align: right;">12</p>	9:00-1:00 AARP Tax- Aide- Registration Required(F) 9:30 Zumba for Seniors \$ 12:00 Corn Beef and Cabbage, Boiled Potatoes and Carrots 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F) <p style="text-align: right;">13</p>	9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Tilapia, Sweet Potato, Stewed Tomato 1:00 Pendola the Troubadour (F) <p style="text-align: right;">14</p>
Happy St. Patrick's Day! 9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Salisbury Steak with Gravy, Mashed Potato, Baby Carrots 1:00 Irish Dance Performance (F) 1:00 Bridge (F) <p style="text-align: right;">17</p>	10:00 Sittercise (F) 10:30 Card Making Class (\$5.00) 12:00 Chicken Parm, Ziti, Broccoli 1:00 The Ins and Out of Homecare (F) <p style="text-align: right;">18</p>	9:00 Tai Chi 10:30 Exercise \$ 12:00 Roast Pork with Gravy, Roasted Potato, Green Beans 1:00 Senior Club Meeting and Bingo 1:30 Brain Yoga 5:30 Yoga \$ <p style="text-align: right;">19</p>	9:30 Zumba for Seniors \$ 12:00 Spaghetti and Meatballs, Peas 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F) <p style="text-align: right;">20</p>	9:30 Watercolor Workshop(F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Crabmeat Salad on Wheat Bread, Lettuce and Tomato 1:00-5:00 AARP Drive Safety Program- Sign up Required (\$15.00) <p style="text-align: right;">21</p>
9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Fish and Chips, Peas and Carrots 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00-3:00 Reflexology Appointments (\$10.00 per 15 min) Sign up Required <p style="text-align: right;">24</p>	10:00 Sittercise (F) 12:00 Sloppy Joe, Cauliflower 12:30- 2:00 Rieki Clinic (F) Sign Up Required 1:00 Anytime Fitness Lecture (F) <p style="text-align: right;">25</p>	9:00 Tai Chi • 10:30 Exercise \$ 12:00 Chicken Florentine, Brown Rice Winter Blend 1:00 "300 Years of Connecticut's Remarkable Women" (F) 1:30 Brain Yoga 5:30 Yoga for Active Seniors \$ <p style="text-align: right;">26</p>	9:00-1:00 AARP Tax- Aide- Registration Required(F) 9:30 Zumba for Seniors \$ 12:00 Beef Stew with Potato and Vegetables 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F) <p style="text-align: right;">27</p>	9:30 Watercolor Workshop(F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Manicotti with Sauce, Green Beans 1:00 25 Ways to Train your Brain for Enhanced Memory and Top Performance (F) <p style="text-align: right;">28</p>
9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Chicken Teriatki, Rice Pilaf, Oriental Blend 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner and Meeting <p style="text-align: right;">31</p>	Lymes' Senior Center (860)434-4127 Open Monday-Friday 9am-3pm unless otherwise noted		Classes and Events = Italics Lunches = Bold (F) = free \$ = \$4.00 a class	

The Hideaway
 Restaurant & Pub
 "Good Food, Good Times, Good Company"

Your Hosts,
 The Caramantes

(860) 434-1455 In the Courtyard
 (860) 434-1854 Old Lyme Shopping Center
 (860) 434-3335 (860) 434-5186 fax
 Old Lyme, CT 06371 (Exit 70 off I-95)



Contact Betsy Avery, Personal Home & Auto
 Local: 860-434-1611 • Toll Free: 800-835-3077

Indoor, Outdoor and At Home Exercise Solutions



Feel Better • Sleep Better • Enjoy Being Active

Silver Sneakers • Classes • Personal Training

17 Liberty Way, Niantic
 860.691.1611



www.anytimefitness.com



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

Branch Office
 101 Halls Road, P.O. Box 528
 Old Lyme, CT 06371
 860-434-1646
 Fax 860-434-1649
 CT Toll Free 877-377-3922
 bdill@essexsavings.com

AARP Drive Safety Program

AARP's Drive Safety Program will be offered on March 21st from 1:00-5:00pm. Advanced registration is required and the cost is \$15.00 for AARP members, \$20.00 for non-members (in check form only). Call (860) 434-4127 for more information.

300 Years of Connecticut's Remarkable Women

As part of Women's History Month, the Connecticut Women's Hall of Fame will be presenting an interactive multi-media program entitled "300 Years of Connecticut's Remarkable Women" on March 26th at 1:00 pm. Be inspired as you learn about well-known figures like Ella Grasso, Katharine Hepburn and Marian Anderson and lesser known heroines like Maria Sanchez, Barbara McClintock and Hannah Watson.

Raising Guide Dogs

Local resident Janet Cody will be talking about her experiences in raising guide dogs, present a DVD and offer a first-hand look at a guide dog she is currently training. This free interactive program will on March 7th at 1:00 pm.

T-Bone the Entertainer

T-Bone, a professional entertainer for over 40 years, will perform for us on March 5th at 1:30pm. His special blend of wit and music will have us laughing, singing, clapping along, and even dancing along within minutes. This is a senior club event, but all are welcome to attend.

Learning How the Use Public Transportation

Would you like to use public transportation but you are unsure how to? On March 12th at 1:00 pm, we will have both Joseph Comerford (Executive Director of Nine Town Transit) and Judy Sousa (from the Estuary Transit) here to give short presentations and to answer questions about how to get to doctor appointments, local shopping, the Senior Center, etc. using public transit. 9 Town Transit will even be offering mock rides to show us more about riding the bus. This program is free and no registration is required.

AARP Free Tax- Aide

AARP Foundation TAX-AIDE is offered in conjunction with the IRS. Its Tax Counseling for the Elderly program (TCE), provides free tax help to low- to moderate-income tax-payers, with special attention to those 60 and older. Counselors will be available on the following dates to complete your Federal and State Income Tax Returns: March 13th, March 27th and April 10th. To schedule an appointment at the Lymes' Senior Center in Old Lyme, call the Estuary Senior Center in Old Saybrook at 860-388-1611.

Card Making Class

Linda Wright, who has been stamping for over 20 years and even has her own card line: "Say it with Cards," will be teaching a card-making class on Tuesday, March 18th at 10:30 am. Beginners are welcome! The cost of materials for this class will be \$5.00. The class can accommodate twelve people, so be sure to reserve your spot today by calling (860) 434-4127.

Donald L. Brown, Boston native and Distinguished Author

Donald L. Brown, Boston native and distinguished author of the book *The Morphine Dream*, speak with us about determination and never giving up on your dreams. As mentioned on his website, *The Morphine Dream* is more than just a memoir; its proof that inner spirit and strength can always win a battle over the cards life deals. This free presentation will be held on March 11th at 1:00pm.

Reiki Clinic

Becky Sears, Reiki Master, will be holding a free Reiki Clinic on March 11th and March 25th from 12:30-2:00 pm. Each twenty-minute session will be private. To sign up for a session, please call Stephanie at (860) 434-4127.

Irish Dance Performance

The Gray School of Irish Dance will perform a variety of Irish Dances including soft and hard shoe dances. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional), and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes. This free performance will take place on March 17th at 1:00 pm.

The “Ins and Outs” of Home Care

Lori McCarthy from Interim Health will be here to do a short presentation on the “Ins and Outs” of Home Care on Tuesday, March 18th at 1:00 pm. After the presentation, she will also be able to answer any questions you have and provide you with informational pamphlets.

Do you experience lower back pain?

Select Physical Therapy Center Manager, Colin Morris will be giving a free lecture on lower back pain on Tuesday, March 4th from 12:45-1:15 pm. He will discuss common signs and symptoms and pain patterns associated with the lower back. Collin will also teach you safe exercises and proper forms of treatment to help decrease your pain and increase your everyday activities.

Pendola the Troubadour

Join us on Friday, March 14th at 1:00 as FRANK PENDOLA “The Troubadour” serenades us with his highly talented voice. He has performed locally for many years and has been a company regular at the Granite Theater since 2003, where he played the role of “Tevya” in Fiddler on the Roof. This is a free program and no registration is necessary.

Reflexology Clinic

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on March 24th from 1:00- 3:00 pm. The cost is \$10.00 for a 15 minute session. To sign up, please call (860) 434-4127.

Exercise Class Schedule

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)
Wednesday@ 5:30pm. Yoga for Active Seniors
Thursday @ 9:30am. Zumba Gold
Friday @ 10:30 am. Balance and Strength Training Class

Lifelong Learning Series – FREE Functional Fitness Presentation by Anytime Fitness

This free lifelong learning segment will be offered on Tuesday February 25th at 1:00 pm and will focus on movements used in our everyday life. Examples include squatting to pick up a grandchild, sitting and turning while getting out of a car, and lifting bags of groceries. If performed improperly, these activities can cause back, knee or other issues. Functional fitness improves quality of life, reduces injury and aches and pains from everyday activities, and creates awareness of posture when standing or sitting.

“25 Ways to Train Your Brain for Enhanced Memory and Top Performance”

Have you ever wondered why when we get older our memory may start to fade? It takes longer to memorize things, we have to think a bit longer trying to recall names of friends, and it becomes more difficult to concentrate and remember details from a book we just read. To prevent that from happening, we need to do something; we need to “Train Our Brain”! On March 28th at 1:00 pm, Joanne Harrison-Becker will present “25 Ways to Train Your Brain for Enhanced Memory and Top Performance.” This one-hour seminar is free and will teach participants 25 ways to develop a training regimen for your brain! It is never too late for anyone who has lived half a century and beyond to train their brains, improving blood flow and intake of the brain and stimulating the many regions of the brain.

Emergency Management Team 4

Senior Center Respite Center, our tasks are the following: provide support for Emergency Management enrollment, ensure that you are safe and well, assist in the delivery of meals, coordinate evacuation if you are in distress. Our team members will be dressed in reflective yellow vests and have a photo ID. Additional members of our team that are not shown in the photo are: Lisa Campbell (Café Manager), Sue Campbell (Board of Directors Chairperson), Mary Christ and Barbara Blackwell. Please call the Lymes’ Senior Center Coordinator, Stephanie Lyon, if you have any questions, telephone # 860-434-4127 or you can contact Diane Blackwell, telephone #203-915-1353. See Page 2 for introductions!



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 60 & over since 1996

Join The Club!

Senior Membership Includes:

Frequency discounts

Special Events

Preferred Seating

Restaurant Discounts

Free Glass of House Wine w/ Entrée
4pm - 6pm

10% off Sunday Brunch
10am - 3pm

*Must Be 65 Years Young!



85 Lyme St. Old Lyme, CT • (860)434-2600 • oldlymeinn.com

