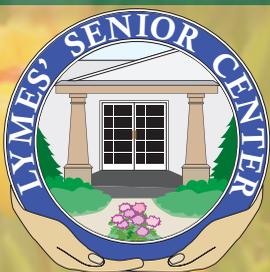


# Lymes' Senior Center

~April 2014 News & Events ~

Proudly serving seniors 60 & over since 1996



## In this issue:

- White House Memories
- Old Lyme Historical Society Lectures
- Birds & Butterflies
- What you need to know about Reverse Mortgages
- Civil War Presentation
- Music & Dance of the Scottish Highlands
- Mohegan Sun Casino Trip
- Spring Back to Basics in the Garden
- Guided Meditation

Lymes' Senior Center  
(860)434-4127

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

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# March Madness at the Lymes' Senior Center



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860.391.5725

# Mark your Calendars!

Join us on Friday, May 2nd at 1:00pm for a behind the scenes look at entertaining at the most prestigious address in the country: the White House. Former butler, Alan DeValerio will tell all about what goes on during State Dinners, luncheons, receptions, etc. He will share his own personal memories and related stories learned from those he worked with going all the way back to FDR administration.



On Wednesday, May 7th at 1:30 pm Larry Batter who has been entertaining audiences throughout Connecticut and New York for over 35 years will be performing for us. Getting his first big break at the Piano Bar of Poor Richards Restaurant in 1980, Larry has been amusing people with his humor and music ever since. This is a free program put on by the Senior Club.



Join us for Pain Release Meditation on Friday May 9th at 1:00pm. This free program is presented by Laura Kokosa. She will be using imagery, breath and body awareness techniques to release pain and encourage balance in our bodies.



At 10:30am on Tuesday, May 13th we will be holding a Bracelet Making Class. This class is limited to the first 12 people. The cost is \$5.00 for materials and you will be able to make two or three bracelets. To sign up please call (860)434-4127.



Music and Dance of the Scottish Highlands will be performed by Maggie Carchrie and Friends on Wednesday May 14th at 1:00pm. There will be traditional songs sung in both Galic and English along with bagpiping and Highland Dancing. This free performance is one you surely will not want to miss.



Peaceful Wolf Tai Chi will be sponsoring a weekend seminar "Qi Gong for Women" taught by Master Lisa O'Shea on May 17th and 18th. This seminar will run both days from 9am-6pm. The cost is \$300.00 for the weekend. For more information call Dave at (860)334-8488.



Sue Campbell, great granddaughter of both a Yankee and Rebel Soldier will be doing a presentation on Soldiers' Lives during the Civil War on Wednesday, May 28th. Come join us for this interesting presentation.



Linda Wright, who has been stamping for over 20 years will be holding a card making class Wednesday, May 28th 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.



# April 2014

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Lymes' Senior Center</b> (860)434-4127 Open Monday-Friday 9am-3pm unless otherwise noted</p>	<p>10:00 Sittercise (F) 12:00 Spaghetti &amp; Meatballs, Salad, Surprise Dessert 12:00-2:00 Reiki Clinic (F) Sign Up Req 12:45 Balance Program w/ Select Physical Therapy (F) 4:30 Strength and Cardio (Sign up Req) 5:30 Balance and Flexibility (Sign up Req)</p>	<p>9:00 Tai Chi 10:30 Exercise (\$) 12:00 Hot Dogs and Beans, Sauerkraut 1:00 Senior Club Meeting 1:30 Old Time Music with Norman &amp; Linda (F) 1:30 Brain Yoga 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Turkey with Gravy, Green Beans, Cranberry Sauce, Pineapple 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p>	<p>9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Lemon Pepper Fish, Mashed Potatoes, Spinach, Banana 1:00 Groton Silvertones (F)</p>	
	<p>10:00 Sittercise (F) 12:00 Chicken Cacciatore, Onions and Peppers, Brown Rice, Broccoli 12:00-2:00 Reiki Clinic (F) Sign up required 4:30 Strength and Cardio (Sign up Req) 5:30 Balance and Flexibility (Sign up Req)</p>	<p>9:00 Tai Chi 9:15 12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Swedish meatballs, Noodles, Mixed Veg., Pound Cake 1:00 Birds and Butterflies Presentation (F) 1:30 Brain Yoga • 5:30 Yoga \$</p>	<p>9:00-1:00 AARP Tax- Aide- Registration Required (F) 9:30 Zumba for Seniors \$ 12:00 Fish, Baked Potato, Stewed Tomatoes 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p>	<p>9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance &amp; Strength Training \$ 12:00 Eggplant Parm., Zucchini, Lemon Meringue Pie 12:30 Movie Matinee</p>	
	<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Stuffed Pepper, Mashed Potatoes, Baby Carrots, Ice Cream 1:00-3:00 Reflexology Appointments (\$10.00) Sign Up Required 1:00 Nickel Card Games • 1:00 Bridge (F)</p>	<p>9:00 Trailblazers (Sign up Required) 10:00 Sittercise (F) 12:00 American Chop Suey, Cauliflower, Butterscotch Pudding 4:30 Strength and Cardio (Sign up Req) 5:30 Balance and Flexibility (Sign up Req)</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Chicken Teriyaki, Pilaf, Oriental Blend, Fruit Cocktail 1:00 Senior Club Meeting and Bingo 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Meatloaf with Gravy, Mashed Potato, Winter Blend, Cookies 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p>	<p><b>Center Closed in Observance of Good Friday</b></p>
	<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Fish, Mashed Potatoes, Beets 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>9:00 Trailblazers (Sign up Required) 10:00 Sittercise (F) 12:00 Fish and Chips, Green Beans 1:00 Creative Writing Group (F) 4:30 Strength and Cardio (Sign up Req) 5:30 Balance and Flexibility-(Sign up Req)</p>	<p>9:00 Tai Chi • 10:30 Exercise \$ 12:00 Chicken Florentine, Rice Pilaf, Peas and Carrots, Mandarin Oranges 1:00 Spring Back to Basics in the Garden(F) 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga for Active Seniors \$</p>	<p>9:00 Mohegan Sun Casino Trip (\$20.00 Advanced Sign Up Req) 9:30 Zumba for Seniors \$ 12:00 Sloppy Joe on a Bun, Coin Carrots, Brownies 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p>	<p>9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Ham and Cheese Sandwich 1:00 What you need to know about A Reverse Mortgage (F) 6:00 Old Lyme Historical Society Dinner &amp; Lecture (Sign up Req)</p>
	<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Salisbury Steak with Gravy, Mashed Potato, Brussel Sprouts 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>9:00 Trailblazers (Sign up Required) 10:00 Sittercise (F) 12:00 Fish, Mashed Potato, Stewed Tomatoes 4:30 Strength and Cardio (Sign up Req) 5:30 Balance and Flexibility (Sign up Req)</p>	<p>9:00 Tai Chi • 10:30 Exercise \$ 12:00 Beef Stroganoff, Noodles, Salad, Birthday Cake 1:00 The Trolley Comes to Old Lyme- Historical Lecture (F) 1:30 Brain Yoga • 4:30 Guided Meditation \$ 5:30 Yoga for Active Seniors \$</p>	<p><i>Classes and Events = Italics</i> <b>Lunches = Bold</b> (F) = free \$ = \$4.00 a class</p>	<p>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</p>

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Assistant Vice President  
Branch Manager, Loan Officer

## Groton Silvertones Chorus

The Silvertones Chorus from the Groton Senior Center will be performing for us on Friday, April 4th at 1:00pm. Their music will have us singing and clapping along. Special gifts will be given out for both April birthdays and as prizes during a Name that Tune segment. Come join us for a free and fun filled afternoon!!

## Functional Fitness - Balance and Flexibility Class by Anytime Fitness

Climbing stairs, reaching into cabinets, getting in and out of vehicles and preventing falls are activities this class will help with. The focus is on exercises to improve balance and flexibility and prevent injuries in daily living activities. Class begins with light warm-ups, and then moves through a variety of exercises that can be done standing or sitting. Core training and stretching are included.

6 Week Program which will begin April 1st  
Classes are offered at 4:30pm and 5:30pm

Price: 6 classes for \$39 Class

Registration required. Call (860) 691-1611.  
Minimum - 6 people.

### 6 Week TUESDAY NIGHT EXERCISE PROGRAMS:

#### Functional Fitness - Strength and Cardio Class by Anytime Fitness

Chasing after grandchildren, picking up heavy grocery bags, playing tennis and walking an 18 hole golf course are activities this class will help with. The focus is on functional cardio movements and strength patterns designed to increase strength and endurance for daily living activities. Class begins with lightweight warm-ups then moves into working core muscles, upper body strength training and lower body exercises. Class ends with cool-down exercises and stretches. Most exercises are done standing.

## Old Lyme Historical Annual Dinner Lecture

The Old Lyme Historical Society will hold their annual dinner lecture on Friday, April 25th at 6:00pm. The evening will begin with a scrumptious dinner provided by Coffees' Market followed by a fascinating talk by Old Lyme Historian Dr. John Pfeiffer. All are invited to attend. Tickets are \$30.00 for members/\$35.00 non-members and can be purchased at Old Lyme Historical Society Head Quarters or Webster Bank. Tickets will also be available at the door for \$40.00.

## Birds and Butterflies

Hank Golet, local birder and Ginger Bladen, bird enthusiast will be presenting a multimedia program on Wednesday, April 9th at 1:00pm. Some of the topics covered will be nesting birds and uncommon butterflies that can be attracted to the backyards of Old Lyme. There will also be a question and answer segment at the end of the program. This is a free program that nature lovers will not want to miss!

## Mohegan Sun Trip

We will be taking a bus trip to Mohegan Sun Casino on Thursday, April 24th. The bus leaves promptly at 9:15 am and will return around 3:30 pm. The cost of the trip is \$20.00 - in check form only - due by April 3rd. 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.

## Spring Back to Basics in the Garden

This free program will be presented by members of the Duck River Garden Club on Wednesday, April 23rd at 1:00pm. This program will present many tips and tricks to getting your garden ready for spring. Annuals will be featured and planted in a container to be given away as a door prize.

## The Trolley Stops in Old Lyme...and Leaves

Mark Lander co-chairman of The Old Lyme Historical Society will be here on Wednesday, April 30th at 1:00pm. This free lecture will go over many historical facts of Old Lyme to include the route of the Trolley which use to go right through Old Lyme!

## What you need to know about Reverse Mortgages

Could a Reverse Mortgage be right for you? Pam Luketich and Karen Stearns from Chelsea Groton Bank will be here Friday, April 25th at 1:00pm to give a free seminar. Come find out the myths and misconceptions, pros and cons, advantages and disadvantages, and the benefits and pitfalls regarding a reverse mortgage.

## 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 for dinner, a meeting, and fellowship.

## Trailblazers

Our Hiking Club will start back up on Tuesday, April 15th (weather permitting). It will meet every Tuesday at 9:30am and will offer an easy, one hour hike. This program is free and registration is required.

Please call (860)434-4127 to sign up.

## Guided Meditation

Stress is a normal part of our lives. Our challenge is to learn how to keep our bodies healthy so we can respond to it in functional ways rather than have it overwhelm us. Starting Wednesday, April 23rd at 4:30pm we will be offering Guided Meditation with Laura Kokoska. This 45 minute class will offer participants the opportunity to use imagery and breathing techniques to release tension and invite a state of relaxation. This class is \$4.00 and does not require advanced registration. Stay tuned for a free Pain Release Meditation on Friday, May 9th at 1:00pm.

## Old Time Rock and Roll

On Wednesday, April 2nd at 1:30pm, we will be enjoying a performance by Norman Belanger and Linda Stolz. This talented duo will sing and play various oldies and rock and roll from the 50's. This free performance is a Senior Club Event.



## This is Wilson!

Wilson was found abandoned on Boston Post Road in Old Lyme. He is about 4-5 years old, neutered, and up to date on shots! He is very affectionate with such a sweet personality and just wants to be loved! Please call the Old Lyme Animal Shelter at 860-434-3047 if interested in giving him a forever home!

## Creative Writing Group

Do you enjoy writing? The Creative Writers Workshop meets on the 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.

## Tips from a Community Safety Expert

- Do not put your address on luggage tags (only put a phone number or email address). It only takes a minute for a thief to take a picture of it and send it to a friend letting them know you are getting on a plane and that your house is vacant.
- Never put mail in your car showing your address, always put it face down.
- Never pull over on country road never stop...put hazard lights on and call 911. Even if a police pulling you over, do not stop. Wait until you get to a public place.
- Don't let folks in your house if you do not know them.... lock the door and call the police.
- Don't give away information...example at the post office through talk or from your mail. i.e .I am going to New Hampshire this week.
- Always park under a light if going out at night....look around your car from a distance to check under and around.....park close to building...lock doors right away when you get in.
- Never get in the car with anyone you do not know...it limits your chance of escape.
- Be aware of your surroundings.
- Lamp timers, great neighbors, and dogs are the best security for your home.
- If you live alone get a male to do your voicemail.
- Never say you are on vacation on your voicemail.
- Always lock the doors in the house when you are home.
- Lock your cars even in your driveway.
- When you have work done while you are away, even for the day, ask them not to leave tags on door i.e. oil company delivery etc.



# Lymes' Senior Center

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