

Lymes' Senior Center

~May 2014 News & Events ~

Proudly serving seniors 60 & over since 1996



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Lymes' Senior Center
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Open Monday-Friday
9am-3pm
(unless otherwise noted)

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*Thank you Groton Silvertones
for your spring performance!!*

*We enjoyed an amazing lecture
"25 Ways to Train your Brain
for Enhanced Memory and
Top Performance" by Jo Anne
Harrison-Becker . We look
forward to your 4 week Memory
Enhancement Seminar in
September!*



*Thanks to the Connecticut
Women's Hall of Fame for their
presentation on 300 years of
Remarkable Women. We look
forward to having you again in
November!*

**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!

Come join us at the Port n' Starboard on June 6th at 6:00 p.m. for a fun night of dinner and dancing with The Corvettes Doo Wop Revue! Tickets are \$20.00, which includes both dinner and dancing. There is a themed choice of Blue Plate Specials. To purchase tickets or for more information, please call (860) 434-4127. This program is sponsored by the Senior Centers of Southeastern CT.



Join us Saturday, June 7th between 12:00-3:00pm as the LOLHS National Honor Society hosts a Game Day/ Ice Cream Social. Come play games and enjoy ice cream with our exceptional youth!!

On June 10th at 1:00pm, a representative from Collette Travel will be here to do a free presentation on upcoming trips from Lymes' Senior Center which include a 6 day Southern Charm Trip in November to Charleston, Savannah, and Jekyll Island and an 11 day trip in April 2015 to Netherlands, Belgium, and Paris.



DRIVE SAFELY

On June 11th from 1:00 - 5:00 p.m., AARP's Drive Safety Program will be offered. Advanced registration is required and the cost is \$15.00 (in check form only). Call (860) 434-4127 for more information.

Please join us as Frank Williams, retired Chief of Justice of the Supreme Court of Rhode Island and one of the country's most renowned experts on Abraham Lincoln, presents "Lincoln and Leadership." This free lecture will be happening on June 17th at 1:00 p.m., and is one you will not want to miss!



Art in Nature Weekend will be held June 20th -June 22nd. This event is open to the entire public and will feature the art work from the Watercolor Workshop and floral arrangements from the Duck River and Lyme Garden Clubs. There will be a silent auction, a painting demonstration by Mike Eagle, landscape painting classes by Florence Griswold Museum, unique floral arrangement demonstrations by Elements Flowers, a "Meet the Artists" Reception, Trail Hikes, Lunches by the Lions Club, and much, much more. Please see next month's newsletter for specific times.

On June 24th at 1:00 p.m., Pharmacist Daniel Tavares of Quality Care Drug will be here to talk to us about how to combat arthritis. During this free program he will focus on different activities, over the counter treatments, and medical equipment that can be used to help increase quality of life, and manage pain and stiffness. There will also be a question and answer session at the end to answer any questions that have not been discussed during the presentation.



Come join us on June 25th at 1:00 p.m. as The Humble Bees, a five-man group from central Connecticut, perform in their unique musical style. (Note: A rousing performance of "Danny Boy" is often played on a 100-year-old saw!) There will also be familiar songs in a sing-a-long format, and humorous songs performed by the Humble Bees. So make sure to mark your calendar for this free and engaging performance.



May 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lymes' Senior Center (860)434-4127 Open Monday-Friday 9am-3pm unless otherwise noted</p>	<p><i>Classes and Events = Italics</i> Lunches = Bold (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>	<p>12:00 Roast pork w.gravy, roasted potato, green beans, citrus fruit 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p>	<p>9:30 Watercolor Workshop (F) 12:00 Stuffed shells w/tomato sauce, tosed salad, applesauce 1:00 White House Memories (F)</p>
<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Stuffed cabbage, mashed potato, broccoli, pears 10:00-3:00 Reflexology Appointments (\$10.00) Sign Up Required 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>9:30 Trailblazers (F)- Sign up Req 10:00 Sittercise (F) 12:00 Chicken Cacciatore, Onions and Peppers, Brown Rice, Broccoli 12:45 Foot, ankle and proper footwear 4:30 Strength and Cardio (Sign up Req) 5:30 Balance and Flexibility (Sign up Req)</p>	<p>12:00 Tilapia, baked potato, spinach, apple 1:00 Senior Club Meeting 1:30 Entertainment by Larry Batter (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 11:00 Social Service Visit 12:00 Spaghetti, w/ meatballs, tossed salad, fruited jello 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 Turkey sandwich with lettuce & tomato, peaches 1:00 Pain Release Meditation (F)</p>
<p>9:30 Beginner Watercolor Group (F) 12:00 Baked fish, mashed potato 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 Duck River Garden Club (F)</p>	<p>9:30 Trailblazers (F)- Sign up Req 10:00 Sittercise (F) 10:00-1:00 Reiki Clinic (\$5.00)-Sign Up Req 10:30 Bracelet Making (\$5.00)- Sign up Req 12:00 American chop suey, cauliflower, sherbet 1:00 Part 1 How to use Microsoft Window. Class (Sign up Req)-Free for Members</p>	<p>9:15-12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Chicken caesar salad w/ tomato & cheese, banana 1:00 Music and Dance from the Scottish Highlands (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Macaroni and cheese, broccoli, assorted fruit pie 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 Chicken tenders, sweet potato, peas & carrots, peaches 1:00 Travel Training (F)</p>
<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Salisbury steak, mashed potato, mixed veg 11:00-3:00 Reflexology Appointments (\$10.00) (Sign Up Req) 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p>	<p>9:30 Trailblazers (F)- Sign up Req 10:00 Sittercise (F) 12:00 Chicken bbq, rice pilaf, green beans, citrus fruit 1:00 Part 2 How to use Microsoft Windows 8 Class (Sign up Req)-Free for Members</p>	<p>10:30 Exercise \$ 12:00 Manocotti, w/ sauce italian blend, melon 1:00 Senior Club Meeting 1:30 Bingo (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$</p>	<p>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 Lemon pepper fish, roasted potato, broccoli 1:00 Movie- "Lee Daniels' The Butler" (F)</p>
<p>Center Closed In observance of Memorial Day</p>	<p>9:30 Trailblazers (F)- Sign up Req 10:00 Sittercise (F) 12:00 Chicken teriyaki, brown rice, carrot coins, crushed pineapple 1:00 Creative Writing (F)</p>	<p>10:30 Exercise \$ 10:30 Designing Cards (\$5.00) Sign up Req 12:00 Italian sausage, w/apples mashed potato, mixed vegetable 1:00 Soldiers' Lives During the Civil War (F) 1:30 Brain Yoga • 4:30 Guided Meditation \$ 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Baked fish sandwich, lettuce & tomato, apple 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 Meatloaf w/gravy, roasted potato, beets, citrus fruit</p>

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Music and Dance of the Scottish Highlands

Maggie Carchrie and Friends will be performing on Wednesday May 14th at 1:00 p.m. There will be traditional songs sung in both Gaelic and English, along with bagpiping and Highland Dancing. This free performance is one you surely will not want to miss.

Pain Release Meditation

A Pain Release Meditation will be held on Friday May 9th at 1:00 p.m. This free program is presented by Laura Kokosa. She will be using imagery, along with breath and body awareness techniques, to help us to release pain and encourage balance in our bodies. No sign-up is necessary.

Free Zumba Gold Class

For a great way to combine fun and exercise come try our Thursday morning Zumba dance class at 9:30 a.m.! The steps are fairly easy, with enough repetition for anyone to follow, and the music is upbeat and entertaining. Just for showing up, your first class is free! If you would like to join us again, each class is just \$4.00. There is no sign up necessary; just show up and have fun!!

Bracelet Making Class

We will be holding a bracelet design class at 10:30 a.m. on Tuesday, May 13th. No experience is necessary, but this class is limited to the first twelve people who sign up. 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.

Reiki Clinic

Becky Sears, Reiki Master, will be holding a Reiki Clinic on May 13th from 10:00 a.m. -1:00 p.m. Each thirty-minute session will be private and the cost is \$5.00. To sign up for a session, please call Stephanie at (860) 434-4127.

Reflexology Clinic

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on May 5th and May 19th from 11:00 a.m. - 3:00 p.m. The cost is \$10.00 for a 15 minute session. To sign up, please call (860) 434-4127.

Travel Training

On Friday, May 16th at 1:00pm Valerie Goncalves, from The Kennedy Center, will be here to talk about free travel training that is available through The Kennedy Center. During her discussion she will talk in detail about how to sign up to have a qualified mobility instructor teach you how to use the local bus and rail system. To learn more, please attend this free talk. No sign up is necessary to attend.

Soldiers' Lives during the Civil War

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 free and interesting presentation.

White House Memories

Alan DeValerio, former butler at the White House, will be giving us a "behind the scenes" look at entertaining at the most prestigious address in the country. On Friday, May 2nd at 1:00 p.m., he will tell us all about what goes on during State Dinners, luncheons, receptions, etc. He will share his own personal memories and relate stories learned from those he worked with...going all the way back to FDR's administration. This is a free program you will not want to miss!

Want to learn how to navigate around Windows 8?

Join us for a two-part class: Tuesday, May 13th and Tuesday, May 20th at 1:00 p.m. Get familiar with Microsoft's latest operating system on laptops and tablets. We will be going over basic skills to get more comfortable finding our way around Windows 8. Limited tablets will be available to use or you can bring your own tablet or laptop. To sign up, please call (860) 434-4127. Members are free. The price for seniors from neighboring towns will be \$10.00 and for people under 55, the price for the two part class is \$20.00.

Foot & Ankle Problems & Proper Footwear

Colin Morris from Select Physical Therapy and a representative from Sound Runner will be here on May 6th at 12:45 p.m. to talk to us about treatment and prevention of heel pain, achilles injuries, neuromas, bunions, and more. answer segment at the end of the program. This is a free program that nature lovers will not want to miss!

Tickling the Ivories and our Funny Bone

Larry Batter, who has been entertaining audiences throughout Connecticut and New York for over 35 years, will be performing for us on Wednesday, May 7th at 1:30 p.m. Getting his first big break at the Piano Bar of Poor Richard's 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.

QiGong for Women

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

Free Movie Matinee- Lee Daniel's The Butler

On Friday, May 23rd at 12:30 p.m., we will be showing the movie Lee Daniels' The Butler. This 2013 American historical drama is loosely based on the real life of Eugene Allen, a White House butler who served seven American presidents over three decades.. The film stars Forest Whitaker as Cecil Gaines, an African-American who eyewitnesses notable events of the 20th century during his 34-year tenure serving as a White House butler. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and shows us how those changes affected this man's life and family. Join us for this free performance. Popcorn and soda will be served!

Ways to Train your Brain for Memory Enhancement & Top Performance from Jo Anne Harrison- Becker's Lecture

- Get organized...if you have a clutter and disorganization it can affect memory.
- break big tasks into steps (5 minute segments) and spend 5 minutes a day tackling big projects
- Have healthy eating habits...high blood pressure, high cholesterol, and diabetes can cause memory problems. B vitamins - especially B6, B12, and folic acids - are good for your memory. Apples (especially the skins!) help with memory. Blueberries, sweet potatoes, green tea, liver, grapes, almonds pine nuts, and walnuts boost your memory. Cauliflower cleans the white matter in your brain and ginger is an anti-inflammatory. Get lots of water unless you are on a fluid restriction.
- Write everything down on a list or calendar...whatever keeps you from stressing. Stress causes memory problems. On your list of what you want to get done, label each task as A, B, or C: A means that the task is very important, B means that the task is somewhat important, and C means that the task is something that you would like to do if you have the time.
- Always place things in a specific location so that you will not cause stress looking for them.
- Do neurobic exercises regularly. Examples of neurobic exercises are eating with your other hand, brushing your teeth with the other hand, and taking a different route to a place you go often. This will grow new neurons.
- Exercise your long-term memory. These exercises will fire your neurons and you will grow new ones. A few examples of these exercises are:
 - Write down the 21 U.S. states that end in the letter "A"
 - List all 50 states
 - Write down as many words as you can that begin and end in the letter "H," "M," "C," "P," "K," "A," "B," and "G."

It does not matter if these exercises take you a day, a month or a year; it is just important that you retrieve the information from your mind and not from book or computer.

- Scrabble, Sudoku, computer games and jigsaw puzzles use both sides of the brain and help memory.
- Exercise your body.
- Be optimistic.
- And most importantly... Don't let your brain retire! Challenge it every day!

PRESERVE YOUR MEMORY!

Memory may be the most important skill we have. It doesn't just allow us to reminisce about our experiences, but do everything that we had to learn at one point - from holding up our head to speaking our native language.

N	P	A	Y	A	T	T	E	N	T	I	O	N	A	S	C
O	C	G	E	T	O	R	G	A	N	I	Z	E	D	N	B
I	M	O	X	E	Z	I	L	A	I	C	O	S	W	O	L
T	C	O	N	C	E	N	T	R	A	T	E	O	K	I	E
I	P	D	Y	X	A	E	K	E	U	C	D	W	Y	T	S
R	G	S	K	G	Z	Z	S	M	G	S	X	S	O	C	S
T	Z	L	T	D	S	U	A	U	G	F	E	Y	T	A	S
U	Z	E	A	G	C	X	T	N	X	G	D	N	S	R	T
N	W	E	V	O	N	M	I	D	N	U	V	R	E	T	R
R	R	P	F	W	A	H	T	E	T	H	E	L	L	S	E
E	M	H	D	U	T	E	L	S	I	P	A	E	Z	I	S
P	E	A	I	E	Y	L	U	B	E	X	O	X	Z	D	S
O	D	B	T	H	A	E	M	A	S	P	C	E	U	T	K
R	T	I	M	H	N	P	T	O	X	E	V	R	P	I	O
P	R	T	C	A	O	C	N	W	E	C	G	C	E	M	C
W	D	S	I	D	E	H	O	S	A	P	B	I	H	I	S
Z	Z	E	T	A	T	I	D	E	M	V	O	S	D	L	E
A	F	O	S	T	A	Y	A	C	T	I	V	E	X	E	O

CHALLENGES

- CONCENTRATE
- DON'T MULTITASK
- EXERCISE
- FOCUS
- GET ORGANIZED
- GOOD SLEEP HABITS
- LESS STRESS
- LIMIT DISTRACTIONS
- MEDITATE
- PAY ATTENTION
- PROPER NUTRITION
- PUZZLES
- READ
- RELAX
- REPEAT
- SOCIALIZE
- STAY ACTIVE
- STUDY
- WRITE THINGS DOWN



Lymes' Senior Center

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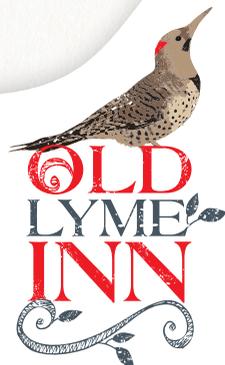
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Dessert: Flourless Chocolate Cake • Strawberry Shortcake • Passion Fruit Creme Brûlée • Dulce de Leche Mousse



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