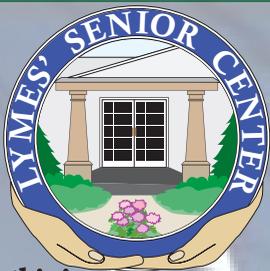


# Lymes' Senior Center

~July 2014 News & Events~

Proudly serving seniors 60 & over since 1996



## In this issue:

- 7<sup>th</sup> Annual New England Lobster Bake
- Keep Moving Presentation by Anytime Fitness
- Senior Boot Camp
- The Life and Clothing of the Victorian Era
- 102<sup>nd</sup> Army Band
- United States Coast Guard Jazz Band
- Old Lyme Town Band
- The Stone Walls in New England
- Metropolitan Museum of Art and the Cloisters Museum Trip
- Waterford Community Band
- Appreciating Furniture Styles from the last 100 years
- Dixieland Jazz Cruise
- New York's Horticultural Walk

Lymes' Senior Center  
(860)434-4127

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

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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!**

# Lymes Senior Center Presents..... Day Trips, Overnight Trips, and Multi-day Trips

## Sunday, July 27, 2014 Dixieland Jazz Cruise- Cape Cod Canal, Onset, MA

For a unique adventure, cruise the renowned Cape Cod Canal. The world's widest sea level canal is celebrating its 100th anniversary!

- Departing from Onset, Massachusetts on the Cape, we pass under the impressive railroad and highway bridges, join a parade of pleasure boats and commercial vessels. It's a singing-good time on this 3-hour cruise all the way through the Cape Cod Canal to the Sandwich Boat Basin while listening to all of your Dixieland favorites played by a live band!
- Enjoy lunch prior to the cruise at Lindsey's Family Restaurant in E. Wareham, MA. Menu: Garden Salad, Choice of: Lemon Crumb Haddock, Baked Stuffed Chicken, or Yankee Pot Roast, Potato, Vegetable, Dessert, Beverage. Entrée choice required in advance.

**Cost: \$85.pp based on 40-52 passengers**  
**Depart: 8:30am, Lymes' Senior Center**  
**Estimated Return: 6:45pm, Old Lyme**

## Tuesday, August 12, 2014 The Metropolitan Museum of Art & The Cloisters Museum and Gardens

The Metropolitan Museum of Art's earliest roots date back to 1866 in Paris, France, when a group of Americans agreed to create a 'national institution and gallery of art' and bring it back to show and educate the American people. Locating to its current location and opening its doors in 1871, the Museum continued to collect items throughout the nineteenth century with works of art from Renoir to Matisse. Today the Museum houses over two million objects.

There are several different cafes at the MET to sit back, relax, and enjoy lunch, on your own.

The Cloisters Museum and Gardens, celebrating 75 years this year opened to the public in 1938, and is a branch of the MET located in northern Manhattan devoted to the art and architecture of medieval Europe. Enjoy a guided tour of the Museum highlighting the gardens and an introduction to the Museum's collection.

**Cost \$86.PP**  
**Depart: 7:45am, Lymes' Senior Center**  
**Estimated Return: 6:15pm, Old Lyme**

## Sunday, September 7, 2014 Narragansett Lighthouse Cruise

Cruise Aboard a beautiful Catamaran

This multi-million dollar vessel is state of the art: plush climate controlled interior, outside sun deck, enjoy 3 viewing levels for great views!

90 minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown, RI & offers breathtaking sightseeing: 10 Famous Lighthouses along the coastline, 10 Incredible Islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base & see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy...

Prior to our cruise enjoy a wonderful Buffet Brunch at Quidnessett Country Club in North Kingstown, RI.

Menu: Chilled Juices, Fruit Salad, Breakfast Pastries, Scrambled Eggs, Sausage and Bacon, Home-Fries, Texas French Toast, Chicken Francese, Penne, Vegetable and Beverage.....

Following our cruise visit Watch Hill, RI, a lovely village on Block Island Sound.

**Cost: \$88.pp based on 40-52**  
**Depart: 9:00am, Lymes' Senior Center**  
**Estimated Return: 6:00pm, Old Lyme**

## Tuesday, September 23, 2014 New York's Horticultural Walk

The High Line, was built in the 1930's as part of a massive public/private infrastructure to lift freight traffic 30 feet in the air, is now run by a non-profit group in partnership with the city, maintaining its historical structure and turning it into a public park. Our guide will take you on a walking tour of the park.

We will stop for lunch, on our own, at Chelsea Market, which is part of the High Line infrastructure. The original National Biscuit Company complex, where there are now many restaurants and food stores. After lunch and we've had time to rest, we head off to the New York Botanical Garden. Here our 'All Garden Access Pass' allows us to visit and explore, at leisure, the 50 diverse gardens and plant collections across the 250 acres of year-round beauty. The pass also allows you access to the tram ride, which has narration.

**Cost: \$91.pp**  
**Depart: 7:45am, Lymes' Senior Center**  
**Estimated Return: 6:30pm, Old Lyme**

# Mark your Calendars!



On Tuesday, August 5th at 12:45 pm, Colin Morris from Select Physical Therapy will be giving a free lecture on Neck & Shoulder Dysfunction. He will discuss common signs and symptoms and pain patterns associated with injuries and degenerative factors of the neck and shoulders. He will also teach safe exercises and proper forms of treatment to help decrease your pain and increase your everyday activities.



Starting on Tuesday, August 5th at 4:30 & 5:30 pm, we will be offering Senior Boot Camp instructed by Anytime Fitness. For any questions or to sign up, please call Anytime Fitness at (860)691-1611 or come to one of our trial classes at 4:30 or 5:30 pm on Tuesday, July 29th.



On Wednesday, August 6th at 1:00 pm, we will be offering a free class “Identifying Furniture from the Last 100 Years” taught by Joan Bucko from New London’s Continuing Education. No pre sign-up is required.



On Tuesday, August 12th there will be a day trip to the Metropolitan Museum of Art and The Cloisters Museum and Gardens that will leave from Lymes’ Senior Center. See page 2 in this newsletter for more information.



On Thursday, August 21st at 12:00 pm, we will be having our 7th Annual New England Lobster Bake. Tickets will be \$26.00 a person. It will include Lobster, Steamers, Corn on the Cob, Potatoes, Judy’s “Famous” Clam Chowder, and Watermelon. Call Stephanie at (860)434-4127 to sign up.



On Tuesday, August 26th at 12:30 pm, we will be showing the hysterical comedy “Out to Sea” starring Jack Lemmon and Walter Matthau. Small-time con man Charlie (Walter Matthau) fast-talks his considerably more straight-laced friend Herb (Jack Lemmon) into joining him for a luxury cruise on an ocean liner headed to the Bahamas. Charlie tells Herb that the trip is free and will be a good way to meet rich widows; both parts are true enough, but Herb doesn’t know that Charlie has signed them on as dance hosts (hence the free tickets). This film will be shown with closed captions and is free to attend. Popcorn will be served.



On Wednesday, August 27th at 1:00 pm, Banjo Man Tom Alvord will be here to strum and sing the real oldies. This performance is free to attend.



On Wednesday, September 3rd in honor of Worldwide Bluegrass Music Month, we will be enjoying the music of the band Blues Grass. This program is sponsored by the senior club and is free to attend.

For uninterrupted Newsletter delivery please remember to pay your \$5 membership fee to the Lyme Senior Center by July 15th

# July 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>Classes and Events = Italics Lunches = Bold (F) = free \$ = \$4.00 a class</p>	<p>10:00 Sit and be Fit (F) 12:00 Baked fish of the day, baked potato, stewed tomatoes, orange</p>	<p>12:00 Chicken caesar salad, w/ cheese &amp; tomato, whole grain roll, applesauce 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Spaghetti, w/ meatballs, mixed vegetable, citrus fruit 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p>	<p><b>Center Closed in Observance of Independence Day</b></p>
<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Stuffed cabbage, mashed potatoes, whole baby carrots, peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>9:30 Trailblazers (F)- Sign up Req 10:00 Sit and be Fit (F) 12:00 Chicken Florentine, rice pilaf, green beans, fruit cocktail</p>	<p>9:00 Tai Chi 9:15-12:30 Haircuts (\$10.00) <i>• Summertime Luau •</i> 12:00 Bbq pork, rice pilaf, coleslaw, pound cake w/pineapple 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Meatloaf w/ gravy, mashed potato, broccoli, fruited jello 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F) 7:00 Old Lyme Town Band and Ice Cream Social (F)</p>	<p>9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Crabmeat salad, sandwich, 3 bean salad, banana</p>
<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 11:00-3:00 Reflexology (\$10.00) - Sign Up Req 12:00 Manicotti w/ tomato sauce, italian blend, crushed pineapple 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>10:00 Sit and be Fit (F) 12:00 Salisbury steak w/ gravy, mashed potatoes, stewed tomatoes, pears 1:00 Summer Safety</p> <p><b>Membership Fees Due</b></p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Bbq chicken, brown rice, brussel sprouts, melon of the day 1:00 Bingo (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Tilapia, sweet potato, spinach, apple 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F) 7:00 United States Coast Guard Jazz Band and Ice Cream Social (F)</p>	<p>9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance &amp; Strength Training \$ 12:00 Sloppy joe on a bun, cauliflower, apple pie 1:00 Popcorn and a Movie: The Best Exotic Marigold Hotel (F)</p>
<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Lemon pepper fish, mashed potatoes, beets, orange 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 Sit and be Fit (F) 12:00 Chicken cacciatore w/ onions &amp; peppers, wild rice, broccoli, citrus fruit</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 American chop suey, wax beans, strawberry shortcake 1:00 Top Ten Weirdest Medication Side Effects (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Roast turkey w/ gravy, stuffing, cranberry sauce, green beans, mandarin oranges 12:30 Wii Bowling (F) • 1:00 Chicago Bridge (F) 7:00 Waterford Community Band and Ice Cream Social (F)</p>	<p>9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Swedish meatballs w/ gravy, over noodles, winter blend, applesauce 1:00 Operation Correspondence</p>
<p>9:30 Beginner Watercolor Group (F) 10:30 Exercise \$ 12:00 Chicken teriyaki, rice pilaf, oriental blend, peaches 1:00 Keep Moving Presentation with Anytime Fitness (F) 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge • 5:00 VFW Dinner &amp; Meeting</p>	<p>10:00 Sit and be Fit (F) 12:00 Fish and chips, carrot coins, banana Senior Boot Camp (FREE Trial Class) 5:30 Senior Boot Camp (FREE Trial Class)</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Macaroni and cheese, zucchini, fruit cocktail 1:00 Life and Fashion of the Victorian Era (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$</p>	<p>9:30 Zumba for Seniors \$ 12:00 Hot dogs w/ roll, beans, sauerkraut, pears 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F) 7:00 102nd Army Band and Ice Cream Social (F)</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><b>Weekend Program</b> Sunday, July 27<sup>th</sup> Dixieland Jazz Cruise- Cape Cod Canal, Onset, MA See PG 2 FOR DETAILS</p>

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# Lymes' Senior Center Summer Concert Series 2014

Come and enjoy a summer evening at the Lymes' Senior Center, 26 Town Woods Road for "Summer Sounds" (a four week musical series)

## ALL AGES ARE WELCOME!!!

- On **Thursday, July 10th at 7:00 pm**, join us for the first concert in our Summer Concert Series as the Old Lyme Town Band performs for us! Bring your chairs and blankets; the performance will be held out on the lawn (weather permitting) or inside if the weather is inclement. This free concert is open to the public. An ice cream social will follow thanks to the generous donation from the Old Lyme Republican Town Committee.
- On **Thursday, July 17th at 7:00 pm**, join us for the second of our four week Summer Concert Series as the United States Coast Guard Jazz Band performs for us! Bring your chairs and blankets; the performance will be held out on the lawn (weather permitting) or inside if the weather is inclement. This free concert is open to the public. An ice cream social will follow thanks to the generous donation from the Old Lyme Republican Town Committee.
- On **Thursday, July 24th at 7:00 pm**, join us for the third of our Summer Concert Series as the Waterford Town Band performs for us! This free concert will be held indoors and is open to the public. An ice cream social will follow thanks to the generous donation from the Old Lyme Democratic Town Committee.
- On **Thursday, July 31st at 7:00 pm**, join us for the final concert of our Summer Concert Series as the 102nd Army Band performs for us! Bring your chairs and blankets; the performance will be held out on the lawn (weather permitting) or inside if the weather is inclement. This free concert is open to the public and an ice cream social will follow thanks to the generous donation from the Old Lyme Democratic Town Committee.

## Summer Safety

Do you know that one in five Americans will have skin cancer at some time in their life? Summer heat and sharing the outdoors with our insect friends can also pose health risks. Be prepared! Come participate in this interesting free program presented by Faith Community Nurse Deborah Ringer from the Visiting Nurses of the Lower Valley. This presentation will be held on Tuesday, July 15th at 1:00 pm. Come learn a few tips to share with friends. Call (860)434-4127 for more information.

## Keep Moving

On Monday, July 28th at 1:00 pm join Axel Mahlke, owner of Anytime Fitness and certified personal trainer, to learn about the three pillars of exercise for life with independence and dignity. Focus on strength, balance and flexibility - and keep moving. You will not want to miss this informative presentation! Call (860)434-4127 for more information.

## The Top Ten Weirdest Medication Side Effects

On Wednesday, July 23rd join us as we explore The Top Ten Weirdest Medication Side Effects with Pharmacist Daniel Tavares of Quality Care Drug. This is a free presentation and no sign-up is required. Call (860)434-4127 for more information.

## Senior Boot Camp (FREE TRIAL CLASS)

On Tuesday, July 29th come try out our free Senior Boot Camp Class at either our 4:30 or 5:30 pm session. It will be held outside if the weather is comfortable. This class is specifically designed to meet the needs and capabilities of seniors. Call (860)434-4127 for more information.

## The Life and Fashion of the Victorian Era (F)

On Wednesday, July 30th at 1:00pm we will be hosting a special program. The Victorian Lady will be joining us and she will take us on a journey of discovery by using clothing and accessories as a tool. She dresses in layer upon layer of the clothing of the 1860's and as each piece is added, she explains how it was worn, as well as when and where it was appropriate. Throughout the presentation she shares insights into the clothing, lifestyle, manners, etiquette and customs of men, women and children. Included are interesting anecdotes and 'myth busting'. Join us for her interactive and unique performance. Call (860)434-4127 for more information.

## Operation Correspondence

As part of our outreach, we will be holding "Operation Correspondence" the fourth Friday of the month at 1:00 pm. We will be sending letters, jokes, poems and whatever else you can think of to our homebound seniors. This small gesture can go a long way to brighten their day, so please join us! I guarantee carrying out this random act of kindness will leave you feeling "remarkable." Cards and writing implements will be provided.

## Popcorn and a Movie: The Best Exotic Marigold Hotel

Join us Friday, July 18th at 1:00pm for the showing of The Best Exotic Marigold Hotel. Quoted by the New York Times, this movie follows seven travelers that are financially distressed men and women of retirement age lured by an invitation to "outsource" themselves for a stay at the newly opened Best Exotic Marigold Hotel in Jaipur. Upon arrival, they discover a place that is far from the luxurious retreat "for the elderly and beautiful" that its advertising claims. But after much grumbling, most of them take it in stride and begin to flourish. The cast includes Judi Dench, Maggie Smith, Tom Wilkinson and Bill Nighy. The movie will be shown in closed caption and popcorn will be available.



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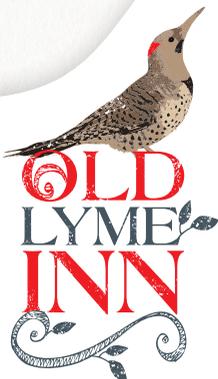
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