

# Lymes' Senior Center

~August 2014 News & Events ~

Proudly serving seniors 60 & over since 1996



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Lymes' Senior Center  
(860)434-4127

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



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

## Tuesday, September 23, 2014 New York's Horticultural Walk ~Tickets on sale now~

The High Line, was built in the 1930's as part of a massive public/private infrastructure to left 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 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: 7:45 am, Lymes' Senior Center  
Estimated Return: 6:30pm, Old Lyme**

## Thursday, October 9, 2014 Westchester

**Broadway Theatre - South Pacific – Elmsford, New York**

~Tickets on sale now~

Westchester Dinner Theatre located in Elmsford, NY is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, each person selects from an excellent menu and enjoys a pre-show lunch... Rodgers & Hammerstein's South Pacific is considered one of the greatest musicals of the 20th century... The original Broadway production won ten Tony awards and the songs from the show are timeless. Remember "Some Enchanted Evening", "I'm Gonna Wash That Man Right Out of My Hair", "Happy Talk", "Bali Ha'i" and so many more...

**\$104. pp based on 40-52 passengers**

**Depart: 8:45am, Lymes' Senior Center  
Estimated Return: 6:30pm, Old Lyme**

## Thursday, October 2, 2014- Hot Air Ballooning at Sunset - Rain Date October 3, 2014 Tickets on sale now

Join us for an exciting 1 hour balloon ride with our pilot Bruce Byberg from Brighter Skies Ballooning in Woodstock CT. With the beautiful fall foliage and breathtaking views this is a trip you will not want to miss!! The flight will conclude with cheese and crackers and a champagne toast! For this trip, we will meet up in Woodstock, CT. Transportation will not be available. For more information please call Stephanie at (860)434-4127.

**COST: \$275.00pp**

**Payment & Registration are due by  
September 7th  
Limited Space available**

## Thursday, November 6, 2014- The Culinary Institute of America Tour - ~Tickets on sale now~

The CIA has dedicated itself for over 60 years to providing the finest culinary training in the world. Located in St Andrew-on-Hudson in Hyde Park, NY, the CIA has a student body of over 1900 representing every state and many foreign countries. Full course luncheon at Catarina de Medici a truly authentic Italian cuisine staffed by culinary students.. Their sophisticated dining room in a Tuscan style villa overlooks a stunning herb & rose garden. Each guest will enjoy a preset meal.

**Menu: Wedding Soup, Rosemary Roasted NY Strip with Spinach & Potato Fondant,  
Warm Chocolate Lava cake with Vanilla Gelato**

Following lunch we'll have a student led tour highlighting the displays of Roth Hall. View the instruction in the kitchen & bake shop classrooms as we get to know process the students follow towards graduation. Spend time at the gift shop for wonderful kitchen gadgets, utensils and cookware

**COST: \$93pp based on 40-52**

## Thursday, October 23, 2014 Mohegan Sun

~ Tickets on sale now ~

Includes a \$15.00 bet coupon  
& a \$15.00 food/ retail coupon

**Cost: \$20pp**

**Depart: 9:15am, Lymes' Senior Center  
Estimated Return: 6:30pm, Old Lyme**

## Thursday, December 11, 2014- holiday Sparkle in the big apple ~Tickets go on sale September 1, 2014~

Join us for a wonderful day in Manhattan at Holiday time— The city never looks more beautiful than at Christmas Time and our day is planned to enjoy many wonderful highlights!

- Begin the day at Bryant Park for holiday shopping with more than 125 boutique-like custom designed kiosks.
- Delightful lunch at Brazil, Brazil in the Theatre District. Menu: Delicious House Salad, Bread Basket. Entrée: Breast of Chicken with Sausage, Vegetable, Pan Roasted Salmon with Dijon Glaze with Vegetable OR Homemade Meat Lasagna with Ricotta....Dessert & Beverage...Entree Meal Choice in advance.
- Two hour fabulous Guided Riding Tour of Manhattan's Holiday Lights with stops along the way. We will see the tree at Rockefeller Center, 5th Avenue Windows, Lincoln Center and more...

**COST: \$90pp based on 40-52**

**Depart: 10:00a, Lymes' Senior Center  
Estimated Return Time: 9:00p Old Lyme**

# Mark your Calendars!



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.



On Wednesday September 10th at 1:00pm, Mark Lander, Co- President of the Old Lyme Historical Society will be providing us with an interesting and entertaining lecture about Judge Charles McCurdy who lived most of his 94 years of life in Old Lyme. He will tell us about interesting cases that he was involved in both big and small.



On Thursday, September 11th retired financial professional, Diana Melville, CLU, ChFC is available to help answer your questions about money management, investments, insurance and more. To make a confidential appointment call (860)441-6785



On Tuesday September 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>, and October 14<sup>th</sup> we will be holding a four week Memory Enhancement Seminar.

Topics that will be addressed in this four week session:

- Health Habits to improve memory
  - Normal Brain Aging
- Strategies, guidelines, and techniques to maintain/improve memory
  - Brain exercises and tips to improve memory
  - Mindfulness and memory
  - Recalling well-known information
- Memory Problems that are not part of normal aging and much, much more



Lymes' Senior Center presents the Chelsea Players Broadway Cabaret on Tuesday, September 23rd at 7:00pm. Come enjoy a special evening of Broadway show tunes from the 20th century. Don't miss this free opportunity!!



On Wednesday, September 24th at 1:30 we will be holding a nonagenarian tea & photo session. We would like to celebrate our Senior Center members that are 90+ years of age. Individual photos will be taken, framed, and hung on the wall in the main room. To register call Stephanie at (860)434-4127.



The Visiting Nurses of the Lower Valley will be presenting "What you Need to know about Diabetes" on Friday, September 26th at 1:00pm.

# August 2014

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <p><b>Happy One Year Anniversary to the Lyme Senior Center Newsletter!</b></p>   |    | <p><b>Lymes' Senior Center</b><br/>(860)434-4127<br/><b>Open Monday-Friday 9am-3pm unless otherwise noted</b><br/><i>Classes and Events = Italics</i><br/><b>Lunches = Bold</b><br/>(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>9:30 Shoreline Artists' Workshop (F)<br/>10:30 Solid Gold- Balance and Strength Training \$<br/>12:00 Beef Stroganoff w/ Noodles, Broccoli, Fruited Jello</p>                |
| <p>9:30 Beginner Watercolor Group (F)<br/>10:30 Exercise \$<br/>12:00 Stuffed Peppers, Mashed Potatoes, Green Beans, Mandarin Oranges<br/>1:00 Nickel Card Games (13 Nickels)<br/>1:00 Bridge (F)</p>      | <p>9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req<br/>10:30 Sit and be Fit (F)<br/>12:00 Chicken Florentine, wild rice, carrot coins, crushed pineapple<br/>12:45 Neck and Shoulder Dysfunction<br/>4:30 &amp; 5:30 Senior Boot Camp</p>       | <p>9:00 Tai Chi • 10:30 Exercise \$<br/>12:00 Baked Fish, baked potato, stewed tomatoes, banana<br/>1:00 Identifying Furniture Styles from the Last 100 Years (F)<br/>1:30 Brain Yoga<br/>4:30 Guided Meditation \$ • 5:30 Yoga \$</p> | <p>9:30 Zumba for Seniors \$<br/>12:00 Eggplant Parmesan w/sauce, ziti, zucchini, peaches<br/>12:30 Wii Bowling (F)<br/>1:00 Chicago Bridge (F)</p>   | <p>9:30 Shoreline Artists' Workshop (F)<br/>10:30 Solid Gold- Balance and Strength Training \$<br/>12:00 Ham and Cheese Sandwich, coleslaw, blueberry shortcake</p>             |
| <p>9:30 Beginner Watercolor Group (F)<br/>10:30 Exercise \$<br/>12:00 Stuffed Shells w/Tomato Sauce, italian blend, fruit cocktail<br/>1:00 Nickel Card Games (13 Nickels)<br/>1:00 Bridge (F)</p>         | <p><b>7:45 Metropolitan Museum Day Trip - Sign up Req</b><br/>9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req • 10:30 Sit and be Fit (F)<br/>12:00 Swedish Meatballs w/noodles, brussel sprouts, pears<br/>4:30 &amp; 5:30 Senior Boot Camp</p> | <p>9:00 Tai Chi<br/>9:15 - 12:30 Haircuts (410)<br/>10:30 Exercise \$<br/>12:00 Bbq chicken, brown rice, spinach, applesauce<br/>1:30 Brain Yoga<br/>4:30 Guided Meditation \$ • 5:30 Yoga \$</p>                                      | <p>9:30 Zumba for Seniors \$<br/>12:00 Meatloaf w/gravy, mashed potatoes, peas and carrots, melon of the day<br/>12:30 Wii Bowling (F)<br/>1:00 Chicago Bridge (F)</p>  | <p>9:30 Shoreline Artists' Workshop (F)<br/>10:30 Solid Gold- Balance &amp; Strength Training \$<br/>12:00 Tuna Fish sandwich w/lettuce, 3 bean salad, apple</p>                |
| <p>9:30 Beginner Watercolor Group (F)<br/>10:30 Exercise \$<br/>12:00 Salisbury Steak w/gravy, mashed potatoes, baby carrots, citrus fruit<br/>1:00 Nickel Card Games (13 Nickels)<br/>1:00 Bridge (F)</p> | <p>9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req<br/>10:00 Sit and be Fit (F)<br/>12:00 Chicken Parmesan w/Ziti, cauliflower, mandarin oranges<br/>1:00-3:00 Farmer Market Voucher Distribution<br/>4:30 &amp; 5:30 Senior Boot Camp</p>      | <p>10:30 Exercise \$<br/>12:00 Tilapia, spanish rice, mixed vegetables, apple pie<br/>1:00 Bingo (F)<br/>1:30 Brain Yoga<br/>4:30 Guided Meditation \$<br/>5:30 Yoga \$</p>  | <p>9:30 Zumba for Seniors \$<br/>12:00 Spaghetti w/meatballs, tossed salad, banana<br/><b>12:00 7th Annual New England Lobster Bake Sign up Req</b><br/>12:30 Wii Bowling (F)<br/>1:00 Chicago Bridge (F)</p> | <p>9:30 Shoreline Artists' Workshop (F)<br/>10:30 Solid Gold- Balance and Strength Training \$<br/>12:00 Chicken Sausage patty w/apples, mashed potatoes, broccoli, peaches</p> |
| <p>9:30 Beginner Oil Painting Class (F)<br/>10:30 Exercise \$<br/>12:00 Fish and Chips, beets, orange<br/>1:00 Nickel Card Games (13 Nickels)<br/>1:00 Bridge<br/>5:00 VFW Dinner and meeting</p>          | <p>9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req<br/>10:30 Sit and be Fit (F)<br/>12:00 American Chop Suey, cauliflower, pears<br/>1:00 Popcorn and a Movie: Out to Sea (F)<br/>4:30 &amp; 5:30 Senior Boot Camp</p>                          | <p>9:00 Tai Chi • 10:30 Exercise \$<br/>12:00 Chicken Teriyaki, rice pilaf, oriental blend, crushed pineapple<br/>1:00 Banjo Man<br/>1:30 Brain Yoga<br/>4:30 Guided Meditation \$<br/>5:30 Yoga \$</p>                                | <p>9:30 Zumba for Seniors \$<br/>12:00 Roast Pork, sweet potato, green beans, fruit cocktail<br/>12:30 Wii Bowling (F)<br/>1:00 Chicago Bridge (F)</p>  | <p>9:30 Shoreline Artists' Workshop (F)<br/>10:30 Solid Gold- Balance and Strength Training \$<br/>12:00 Macaroni and Cheese, zucchini, applesauce</p>                          |

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## Identifying Furniture Styles from the Last 100 Years

Joan Bucko from New London's Continuing Education will be teaching this free class on Wednesday, August 6th at 1:00 pm. Learn how to identify and appreciate several major 20th century American furniture styles. Styles include Victorian/Eastlake, Art Nuevo/Art Deco, Arts and Crafts/Mission, and Danish Modern /Midcentury. The history of associated furniture companies, furniture designers, period music and lifestyles will also be examined. No pre-registration is needed.

## Meals on Wheels Drivers Needed

Lymes' Senior Center is desperately seeking drivers for both Thursday morning meal deliveries and fill-in drivers. Usually these volunteer positions only require 2 hours of your time. If you are available and want to help, please call Lisa, Kitchen Manager at (860)434-4322.

## Lobster Bake

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. Payment is due by August 7th. 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.

## The Banjo Man

Tom Alvord will be performing "The Good Old Days", Wednesday August 27th at 1:00pm. Tom is a lifelong banjo player who grew up in a musical family and has sung almost every style of music including Classical, Folk, Broadway and That Great Golden Era as well as popular American songs from the 1890's thru the 1970's. Come and enjoy this free performance put on by the Senior Center.

## Reflexology Clinic

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on Monday, August 11th and 25th from 11:00- 1:00 pm. The cost is \$10.00 for a 15 minute session/ \$20.00 for 30 minutes. To sign up, please call (860) 434-4127.

## Farmer Market Voucher Distribution

Valerie Goncalves from Old Lyme Social Services will be here August 19th to pass out Farmer Market Vouchers from 1pm-3pm. Limited amounts will be available, first come first serve. Only 1 per person and you must be present to receive it. The books have an \$18.00 value. No registration required. Vouchers will not be passed out before 1:00pm.

## Do you experience neck and shoulder pain?

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

## NEW Beginner Oil Painting Class

We are pleased to announce that we will be starting a Beginner Oil Painting Class on Mondays. The first class will be held August 25th at 9:30am. We are fortunate to have Charlotte Scot an Old Lyme resident who graduated from University Canada West's Victoria College of Art instructing us in Oils. She has been in shows and galleries in both the US and Canada. Her works can be found at the Fresh Ayer Gallery here in Old Lyme. Classes are free, but class size is limited so please call (860)434-4127 to sign up today. Upon registration you will be given a list of what you will need so please don't buy anything before registering.

## Popcorn and a Movie

On Tuesday, August 26th at 12:30 pm, we will be showing the hysterical comedy *Out to Sea* starring Jack Lemmon and Walter Matthau. Compulsive gambler Charlie Gordon, hiding out from his various bookies and loan sharks, cons his close friend and brother-in-law, widower Herb Sullivan, whose recently deceased wife, Susie Gordon-Sullivan, was Charlie's sister, into an all-expenses paid luxury Holland America cruise. The catch, which Charlie does not reveal to Herb until the ship has left port, is that they are required to work as dance hosts and must sleep in a cramped cabin in the bowels of the ship. This film will be shown with closed captions and is free to attend. Popcorn will be served.

## Trailblazers

Join us Tuesday mornings in August as we enjoy free guided hikes planned and led by both the Lyme and Old Lyme Land Trusts. On August 5th the Lyme Land Trust will be doing a guided tour of Walbridge Woodlands Preserve on Gungy Road (also parts of the Young Preserve and Hartman Park). They will also be doing Mt. Archer Woods and Eno Preserve on Mt. Archer Road on August 19th. On August 12th the Old Lyme Land Trust will be doing a guided hike at Champlain North. They will also be doing the George & Woodward H. Griswold Preserve on August 26th. These hikes will be fun and informative. Unless otherwise noted, participants will leave from the Senior Center at 9:30am and carpool to the trails with limited parking. Advanced sign up highly encouraged. Call (860)434-4127 to register.

## Senior Boot Camp

Anytime Fitness will be offering Senior Boot Camp classes here at the center on Tuesday nights, starting on August 5 at 4:30pm and 5:30pm. This Boot Camp class is specifically designed to meet the needs and capabilities of seniors and will provide fun and creative exercises that are based on military standards. It will be held outside if the weather is comfortable. The cost for this 4 week program is \$26.00. Minimum of 6 people will be required to hold these classes. For more information or to register please call Anytime Fitness at (860)691-1611.

## CALLING ALL VETERANS!!!

We will be holding our Second Annual Veterans' Luncheon Tuesday, October 21st at 1:00pm. Please join us for a nice afternoon of comradery, lunch, and entertainment. Free for all veterans, sign up required. Please call Stephanie at (860)434-4127 and RSVP before October 10th.

# SPECIAL THANK YOU

Thank you to all the individuals and groups that made our first Art in Nature Weekend a success!! Because of the wonderful volunteers we were able to provide a top notch weekend. A special thank you to Elin Larson, leader of our Shoreline Artists' Workshop... without you this weekend would not have been possible!! Also thank you to the many talented artists and floral designers from the Shoreline Artists Workshop, Lyme Garden Club, and Duck River Garden Club, your works were truly inspirational!! Thank you to Diane Blackwell who was instrumental, both in leading our weekend hikes, and helping with daily set ups. This weekend could not have been done without all the individuals that helped put up and break down for this event, the Lions Club who provided top quality lunches for our event, Paul Spitzer who volunteered his time to provide with a top notch Osprey Program, Elements Flowers and Essex Art Association who allowed us to borrow their pedestals, Susan Simler who developed beautiful posters for our event, and Florence Griswold for their outreach program.

## ART IN NATURE

Lymes Senior Center  
June 22, 2014



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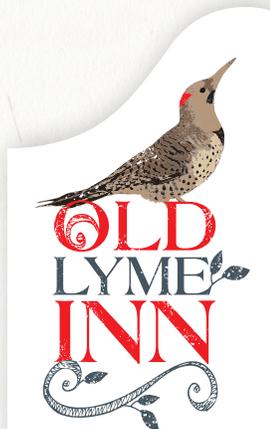
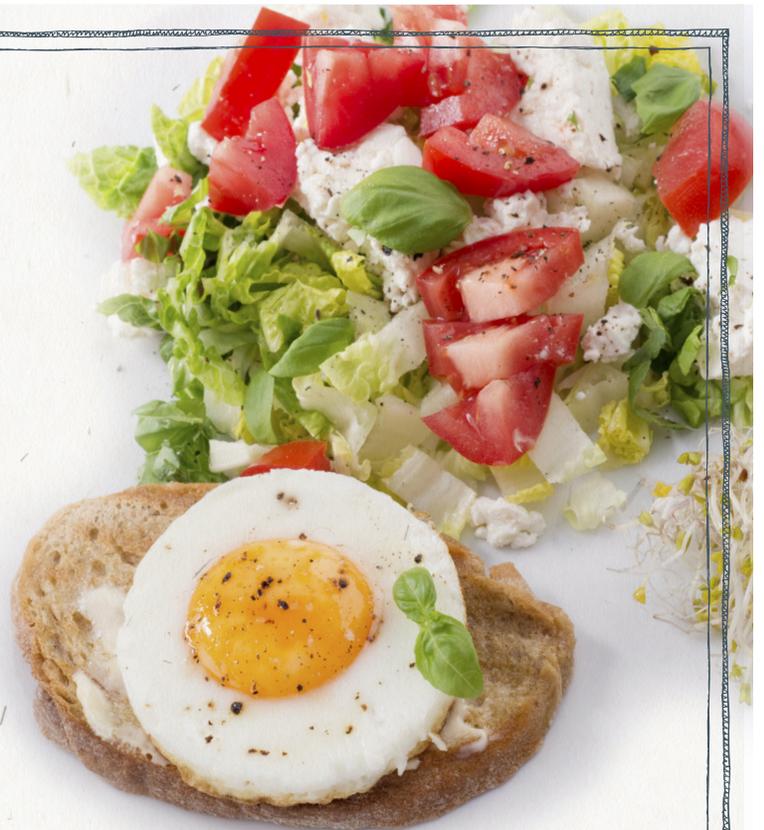
# Lymes' Senior Center

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