

Lymes' Senior Center

~October 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

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 23, 2014 Mohegan Sun ~ Tickets on sale now~

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

Cost: \$20 pp • Depart: 9:15am, Lymes' Senior Center • Estimated Return: 4:00pm, Old Lyme

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: \$93 pp based on 40-52

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: 10:00am, Lymes' Senior Center • Estimated Return Time: 9:00p Old Lyme

Friday, February 27, 2015 - Monday, March 9, 2015 - Get Away from the Cold & Sail to the Sunny Caribbean!!

No Flying! Sail to the Sunny Caribbean aboard the Norwegian Gem. New York · San Juan · St Thomas · St Maarten · Tortola · New York
**Transportation to Pier Included*

Norwegian Cruise Line is the innovator in cruise travel with a 47-year history of breaking the boundaries of traditional cruising, most notably with the introduction of Freestyle Cruising which revolutionized the industry by giving guests more freedom and flexibility. Today, Norwegian invites guests to "Cruise Like a Norwegian" on one of 13 purpose-built Freestyle Cruising ships, providing guests the opportunity to enjoy a relaxed, resort style cruise vacation on beautiful ships! The Norwegian Gem is a medium-sized ship carrying 2300 passengers and 91,000 tons she is perfect sized ship for cruising from NY!

- Roundtrip Transportation to/from NY Pier • 10 Nights onboard the Norwegian Gem • All meals onboard with Freestyle Dining
 - Daily Activities, Spectacular Entertainment & Casino onboard • Ship Shop Cocktail Party Onboard

A Trip Presentation will be held at the East Lyme Senior Center on Wednesday, October 8, 2014 at 1:30pm

COST: \$929 (plus taxes \$175)

Monday, April 6, 2015- Thursday, April 16, 2015 Netherlands, Belgium and Paris Trip ~Tickets on sale now~

- Includes group transportation to and from NYC Airport, Round Trip Air from New York, Air Taxes and Fees/Surcharges, Hotel Transfers
 - 11 Days • 13 Meals (9 Breakfasts and 4 Dinners)

Highlights...Amsterdam, Keukenhof Gardens, Diner's Choice in Amsterdam, Brussels, Bruges, Brewery Tour and Beer Tasting, Paris, Giverny, Seine River Cruise

Book Now Price: Double \$3,799 pp, Single \$4,799 • Regular Rates: Double \$4,049 pp, Single \$5,049

Mark your Calendars!



We are pleased to announce that we will be starting our second session of our Beginner Oil Painting Class on Monday, November 3rd. 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.



There will be a presentation on Arthritis and Home Safety on Tuesday, November 4th at 1:00 pm with Deborah Ringer RN from the VNA of Lower Valley.



Braiden Sunshine, a student and talented musician at Lyme- Old Lyme High School, will be performing on Wednesday, November 5th at 1:30 pm.



Genealogy for Beginners will take place November 6th and 20th. To sign up for this free class call (860)434-4127.



Has anyone ever told you that you couldn't succeed? How have you proved them wrong? Join us for an interactive multi-media program by the Connecticut Women's Hall of Fame on Wednesday, November 12th at 1:00pm and be inspired by the stories of some of Connecticut's remarkable women who overcame obstacles and objections to achieve great things! Learn from the determination of women in science and medicine, women pioneers in law, female sports icons and others from across all fields of endeavor.



On Thursday, November 13th retired financial professional, Diana Melville, CLU, ChFC is available to help answer your questions about money management, investments, insurance and more. To make a free and confidential appointment for a financial health checkup please call (860)434-4127.



Ingenious Ways to Keep our Brains Healthy will be led by Laura Kokoska Friday, November 14th at 1:00pm. This will include games and exercises that stimulate our minds and light movement. This is a free program and no sign up is required.



Colin Morris of Select Physical Therapy will be here on November 18th at 12:45pm to speak with us about Carpal Tunnel. He will explain what Carpal Tunnel Syndrome is, how the nerve get compressed, what causes the swelling in the wrist, how it is diagnosed, and how it is treated. If you are interested in joining us to learn more on this topic please attend this free presentation.



Our Thanksgiving Luncheon will be held on Thursday, November 20th at 12:00 pm. Entertainment will follow. Sign up is required by November 6th. Call (860) 434-4322 after October 31st to sign up.

Flu Shots:

October 24th - Old Lyme from 1:30 - 3:30pm

October 25th - Old Lyme from 9:00 - 12:00pm

October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
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	Lymes' Senior Center (860)434-4127 Open Monday-Friday 9am-3pm unless otherwise noted <i>Classes and Events = Italics</i> Lunches = Bold (F) = free \$ = \$4.00 a class	9:00 Tai Chi • 10:30 Exercise \$ 12:00 BBQ Chicken, wild rice, broccoli, applesauce 1:00 Senior Club Meeting 1:30 David Littlefield - Maritime Music (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$	9:30 Zumba for Seniors \$ 12:00 Eggplant Parmesean w/sauce, zucchini, pears 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Italian sausage w/apple slices, baked potatoes, mixed vegetables, fruited jello 1:00 The Nehantic People (F)
9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 11:00- 3:00 Reflexology (\$10.00)- Sign Up Req 12:00 Stuffed Pepper, roasted potatoes, carrot coins, mandarin oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	9:30 Trailblazers w/ Old Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Chicken teriyaki, rice pilaf, oriental vegetable, peaches 1:00 How to Grow Your Money Safely (F)	9:00 Tai Chi 9:15 - 12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Baked Fish, sweet potato, spinach, apple 1:00 From Hula Hoops to High Fashion: G. Fox Company in the 1950's (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$	9:30 Zumba for Seniors \$ 10:00-1:00 Social Service Visit - Sign ups suggested 10:30 Genealogy for Beginners (F) Sign up Req. 12:00 Cowboy Casserole, biscuit, green beans, citrus fruit 12:30 Wii Bowling • 1:00 Chicago Bridge (F) 1:00-3:00-Financial Health Check Up (F) Sign up req.	9:00 - 12:00 Choices Counselor (F) Sign up Req 9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Manicotti w/sauce, italian blend, crushed pineapple 1:00 Ingenious Ways to Keep Our Brains Healthy (F)
Center Closed in Observance of Columbus Day	9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Lemon Pepper Fish, rice pilaf, beets, orange 1:00 Medicare for 2015 with Mark Lee (F) 7:00 Duck River Garden Club (F)	9:00 Tai Chi 10:30 Exercise \$ 12:00 Beef Stew w/Potato and mixed vegetable, fruit cocktail 1:00 Senior Club Meeting 1:30 Bingo • 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$	9:30 Zumba for Seniors \$ 10:30 Genealogy for Beginners (F) Sign up Req. 12:00 Chicken Florentine, brown rice, winter blend, blueberry pie 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Sloppy Joe, cauliflower, pears 12:45 Popcorn and a movie: Argo (F)
9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Salisbury Steak w/gravy, rice, peas and carrots 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	9:30 Trailblazers w/ Old Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Chicken Parmesean w/ziti, brussel sprouts, mandarin oranges 1:00 Veterans' Luncheon (F) - Sign up Req.	9:00 Tai Chi 10:30 Exercise \$ 12:00 American Chop Suey, cauliflower, peaches 1:00 Tips for Staying Safe from an Expert (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$	9:00 Trip to Casino (\$20) Sign up Req. 9:30 Zumba for Seniors \$ 12:00 Beef Stroganoff over Noodles, broccoli, fruit shortcake 1:00 Chicago Bridge (F)	9:00 - 12:00 Choices Counselor (F) Sign up Req. 9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Tuna Fish Sandwich, coleslaw, banana 1:00 CT Country Music Star Justin Chandler (F) 1:30 - 3:30 Lyme Flu Shots
9:30 Beginner Oil Painting Class (F) Sign up req. 10:30 Exercise \$ 12:00 Stuffed Shells w/Tomato Sauce, zucchini, pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge 5:00 VFW Meeting (F)	9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Swedish Meatballs w/Gravy over Noodles, whole baby carrots, crushed pineapple 1:00 Is This Trip Necessary? (Slideshow on Outhouses) (F)	10:30 Exercise \$ 12:00 Chicken Sandwich, mixed vegetable, citrus fruit 1:00 - 5:00 AARP Drive Safety Class-Sign up Req. 1:30 Brain Yoga 4:30 Guided Meditation \$ 5:30 Yoga \$	9:30 Zumba for Seniors \$ 10:30 Genealogy for Beginners (F) Sign up Req. 12:00 Tilapia, baked potato, spinach, apple 12:30 Wii Bowling 1:00 Chicago Bridge (F)	FIRST 30 PEOPLE to sign up for lunch, and arrive in costume will get a free lunch (*see details on the next pg) 9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Spaghetti w/Eyeballs, tossed salad, spooky cake 12:30 Raffle Drawing for all those that have dressed up today!!!

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From Hula Hoops to High Fashion: G. Fox Co. in the 1950s

The Lymes' Senior Center and the Connecticut Historical Society (CHS) are teaming up to bring you "From Hula Hoops to High Fashion: G. Fox Co. in the 1950s" on Wednesday, October 8th at 1:00pm. For most Connecticut residents, the word "Fox's" holds powerful associations. The name evokes images of a beautifully decorated, tall department store on Main Street filled with every imaginable garment, home furnishing or, domestic necessity dreamed of and warm memories of sharing time with family and friends. From the marquee decorated for Christmas to shopping trips for back-to-school clothes, the days at G. Fox were filled with wonder. For a treat, nothing was better than cream cheese on date-nut bread with mother in the Connecticut Room. It's time to revisit G. Fox Co., where the customer was always right! Bring your memories along with your favorite purchases. We'll have some tables for display of G. Fox Co. treasures and time for you to share a favorite G. Fox Co. story. You'll also have the opportunity to go home with a booklet that gives a brief history of the store for a small donation.

Second Annual Veterans' Luncheon

We would like to thank all of our Veterans for their service and invite them to a luncheon in their honor. The luncheon will be held at the Lymes' Senior Center at 1:00 pm on October 21st. Join us for an afternoon of great food and musical entertainment from Joe Grecco. Please call (860) 434-4127 to reserve your spot today. We will be accepting RSVPs through October 10th; of course, this luncheon is open and free for all of those who sacrificed and served in our Armed Forces!

The History of the Nehantic People

Richard Waterman, retired teacher and history buff will be presenting an interactive multimedia program on the Nehantic People on Friday, October 3rd at 1:00pm. Come join us for this free presentation.

Genealogy for Beginners Workshop

This workshop will be led by Russell Degraft, longtime genealogical researcher and a member of the Connecticut Society of Genealogy, New England Historical Genealogical Society, and Textile Workers of America. It will meet twice a month. In October it will meet on October 9th and 30th from 10:30am-12:00pm. This workshop is for beginners only and is free for all members. Limited space is available so please call (860)434-4127 to sign up.

AARP Drive Safety Class

AARP's Drive Safety Program will be offered on Wednesday, October 29th 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.

Woodland Animals and how they Adapt

Duck River Garden Club will sponsor this event on Tuesday, October 14th at 7:00pm. All are welcome. A speaker from Denison Pequot Nature Center will be giving this presentation.

POPCORN AND A MOVIE

On Friday, September 19th at 12:45pm we will be showing the movie *Argo* which was nominated for three Academy Awards and was directed by Ben Affleck. *Argo* is a 2012 American political thriller based on real events and it chronicles the life-or-death covert operation to rescue six Americans, which unfolded behind the scenes of the Iran hostage crisis, focusing on the little-known role that the CIA and Hollywood played (information that was not declassified until many years after the event). This film stars Ben Affleck, Bryan Cranston, Alan Arkin, and John Goodman. This movie will be showed in closed caption and popcorn will be served.

Trailblazers

Join us Tuesday mornings in October as we enjoy free guided hikes planned and led by both the Lyme and Old Lyme Land Trusts. All hikes will begin at the trail head at 10am. Unless otherwise noted, participants will leave from the Senior Center at 9:30am and carpool to the trails OR meet at the trailhead by 10am. Advanced sign up highly encouraged in case there is a last minute change in schedule. Call (860)434-4127 to register.

October 7th- Old Lyme Land Trust will lead a hike TBA

October 14th- Lyme Land Trust will lead a hike at Nehantic State Park (Lyme), Rt. 156

October 21st- Old Lyme Land Trust will lead a hike TBA

October 28th- Lyme Land Trust Board Member, Wendy Hill will lead the hike at Jewett Preserve, Mt. Archer Road

Caribbean Cruise Presentation

On Wednesday, October 8th at 1:30pm there will be a Caribbean Cruise Presentation at the East Lyme Senior Center on Society Road in Niantic. Lymes' Senior Center will be partnering up with the East Lyme and Waterford Senior Center for this cruise. This 11 day cruise is scheduled for February 15th, 2015. Bus transportation will be provided to the pier in New York. Call (860)434-4127 if you have any questions.

Maritime Music

Join us on Wednesday, October 1st at 1:30 pm as we are entertained by David Littlefield, who has made appearances with the quartet "Forebitter" on Good Morning America, The Food Network, and The History Channel. Come enjoy the sounds of both traditional and contemporary maritime music. This program is free and sponsored by the Senior Club.

Medicare Choices Counselor

Lynn Wynn, Choices Counselor, will be available to provide free information and assistance about current Medicare choices, Medicare Supplement Insurance (Medigap), Medicaid, Long Term Care Insurance, Medicare Part D, and other related state and federal programs on October 10th and 24th from 9:00am-12:00pm. To sign up for a free one hour appointment, please call (860) 434-4127. Please bring a list of your medications with you to this appointment.

"How to Grow Your Money Safely"

Vince Martino, a Certified Financial Planner with the Barnum Financial Group will be speaking with us about the 4-5 biggest obstacles for those that are getting ready to retire and those already retired. And the things you can do if you find yourself in any obstacle. He will also have plenty of time to answer and questions or address any concerns. This informative session is free and will be held on Tuesday, October 7th at 1:00 pm.

Is this Trip Necessary?

Do you miss the old days? Reminisce with us on Tuesday, October 28th at 1:00 pm as Virginia Williams presents a Slideshow on Outhouses. Join us for this informative and un-flushable program.

FREE LUNCH ON HALLOWEEN

On Friday, October 31st we will give away a free lunch to the first 30 people that sign up AND arrive in costume. We will also have a spooky cake and raffle prize drawing at 12:30pm. All those that arrive in costume will be entered to win a \$25.00 gift card to Big Y. Come celebrate the day with us. Please remember that you need to call (860)434-4322 and sign up for lunch before 10:45am on October 30th.

Ingenious ways to keep our Brains Healthy

Laura Kokoska will be leading a program for us on Friday, October 10th at 1:00pm showing us ways we can stimulate our minds. This will include games and light movement. This is a free program and no sign up is required

Staying Safe- Tips from an Expert

On Wednesday, October 22nd at 1:00pm a local resident with a law enforcement background will be giving us valuable tips on how to stay safe in our environment. This is a free program you will not want to miss!!!

Flu Shots

Seasonal Flu Clinics will be held for Lyme residents on Friday, October 24th from 1:30-3:30pm and Old Lyme residents on Saturday, October 25th from 9:00 am-12:00 pm. No appointment is necessary. The clinic will service residents of these towns who are 50 years and older. In addition it will also service residents 19-49 years of age with a chronic medical condition and a doctor's note. No insurance or Medicare required. There is no set fee; donations are appreciated. To schedule a visit for homebound residents, please call 860-434-7808.

Flu Prevention 101



We have all heard that getting the flu vaccine is the number one method for prevention of infection from the flu virus. Infection control basics are also common sense methods of preventing the spread of illness.

Starting with the advice we all heard from our mothers... WASH YOUR HANDS!! Simply touching a surface like a telephone, computer keyboard, door knob or grocery cart contaminated by someone who has the flu can spread the virus. Viruses then pass from your hand to your nose or mouth. Keep your hands away from your face and mouth!

The flu is also spread if someone around you coughs or sneezes. The virus is spread through the air and enters your body through your nose or mouth. When you cough or sneeze cover your mouth with your elbow or your upper arm instead of your hand.

Flu symptoms generally appear 1-4 days after exposure. Symptoms start very quickly and include: headache, chills, dry cough, body aches, fever, stuffy nose and sore throat.

Treatment for the flu includes resting in bed, drinking plenty of fluids, and taking over the counter pain relief medicines. Notify your physician if you think you have the flu. There are prescription antiviral medications that may reduce symptoms if you start taking them within 48 hours of becoming ill, or may help you prevent the flu if someone close to you has the flu. If we all use common sense and eat plenty of fruits and vegetables, get plenty of rest and stay home when we are ill, we can do a lot to prevent illness this flu season!

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Financial Health Check Up

On Thursday, October 9th retired financial professional, Diana Melville, CLU, ChFC is available to help answer your questions about money management, investments, insurance and more. To make a free and confidential appointment please call (860)434-4127

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.

Reflexology Clinic

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on Monday, October 6th and 20th from 11:00- 3:00 pm. The cost is \$10.00 for a 15 minute session/ \$20.00 for 30 minutes. To sign up, please call (860) 434-4127.

Questions about Medicare 2015?

Mark Lee, will be here on Tuesday, October 14th at 1:00pm to explain the different plans of Medicare and answer any questions. This program is free and no pre-sign up is required.

Country Music Artist, Justin Chandler

Justin Chandler, who in 2010 became the lead singer of Nashville Drive which has grown to become Connecticut's premier modern country band, will be here to perform on Friday October 24th at 1:00pm in celebration of Country Music Month. Please join us for this free performance.

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