

# Lymes' Senior Center

~ September 2014 News & Events ~

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- Lymes' Senior Center  
(860)434-4127
- Open Monday-Friday  
9am-3pm  
(unless otherwise noted)



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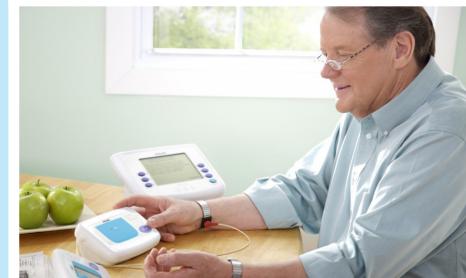


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## **Lymes Senior Center Presents..... Day Trips, Overnight Trips, and Multi-day Trips**

### **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 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 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

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### **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

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### **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: 6:30pm, Old Lyme

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### **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

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### **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

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### **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!



David Littlefield, who has made appearances with the quartet “Forebitter” on Good Morning America, The Food Network, and The History Channel, will perform both traditional and contemporary maritime music on for us on Wednesday, October 1st at 1:30 pm. This program is sponsored by the Senior Club.



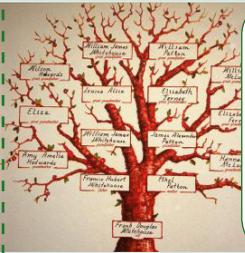
The History of the Nehantic People will be presented by Richard Waterman, retired teacher and history buff on Friday, October 3rd at 1:00pm.



“How to Grow Your Money Safely” will be presented by Vince Martino, a Certified Financial Planner with the Barnum Financial Group. This informative session will be held on Tuesday, October 7th at 1:00 pm.



“From Hula Hoops to High Fashion: G. Fox Co. in the 1950s.” This lecture, presented by the Connecticut Historical Society, will be held on Wednesday, October 8th at 1:00 pm.



Genealogy for Beginners Workshop will begin Thursday, October 9th at 11:00 am. 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. 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.



Ingenious Ways to Keep our Brains Healthy taught by Laura Kokoska Friday October 10th 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.



Our Second Annual Veteran’s Luncheon will be held on Tuesday, October 21st at 1:00 pm. Please call (860) 434-4127 by October 10th if you have served in our armed forces and would like to attend.



“Is this Trip Necessary?” There will be a lecture on outhouses presented by Virginia Williams on Tuesday, October 28th at 1:00 pm.



In celebration of Country Music Month, 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 October 24th at 1:00pm. Please join us for this free performance.



AARP Drive Safety Class will be held on Wednesday, October 29th from 1:00 pm- 5:00 pm. Call (860) 434-4127 to sign up. Cost is \$15.00 for members/ \$20.00 for non-members.

# September 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Closed in Observance of Labor Day</b></p> <p>1</p>	<p>9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Stuffed Cabbage, roasted potatoes, carrot coins, mandarin oranges 6:00 Senior Boot Camp</p> <p>2</p>	<p>9:00 Tai Chi 12:00 Manicotti w/sauce, italian blend, peaches 1:00 Senior Club Meeting 1:30 Brain Yoga 1:30 Blues Grass Band (F) 4:30 Guided Meditation \$ • 5:30 Yoga \$</p> <p>3</p>	<p>9:30 Zumba for Seniors \$ 10:00-1:00 Social Service Visit - Sign ups suggested 12:00 Roast Turkey w/gravy, cranberry sauce, stuffing, green beans, applesauce 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p> <p>4</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Crabmeat salad sandwich, 3 bean salad, banana</p> <p>5</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Baked fish, baked potato, broccoli, orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 Duck River Garden Club (F)</p> <p>8</p>	<p>9:30 Trailblazers w/ Old Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Swedish Meatballs w/gravy over noodles, brussel sprouts, citrus fruit 12:30 Wii Bowling 6:00 Senior Boot Camp</p> <p>9</p>	<p>9:00 Tai Chi 9:15 - 12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Chicken cacciatore w/onions &amp; peppers, wild rice, spinach, crushed pineapple 1:00 Judge McCurdy Lecture (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$</p> <p>10</p>	<p><b>PATRIOTS DAY</b> 12:00 Meatloaf w/gravy, roasted potatoes, peas &amp; carrots, Patriot's cake 1:00 Story of a Hawaiian Cowboy Patriot: Presentation of the Niihau Incident (F) 1:00 Chicago Bridge (F) 1:00-3:00 - Financial Health Check Up (F) Sign up req.</p> <p>11</p>	<p>9:30 Watercolor Painting Demo - (\$10) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Macaroni and cheese, zucchini</p> <p>12</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Salisbury steak w/gravy, rice, baby carrots, fruit cocktail 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p> <p>15</p>	<p>9:00 - 12:00 Choices Counselor (F) Sign up req. 9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req • 10:00 Sit and be Fit (F) 12:00 Chicken caesar salad w/cheese and tomato &amp; roll 6:00 Senior Boot Camp</p> <p>16</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Tilapia, sweet potato, italian green beans, apple 1:30 Bingo (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$</p> <p>17</p>	<p>12:00 Spaghetti w/meatballs, broccoli, fruited jello 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p> <p>18</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance &amp; Strength Training \$ 12:00 Turkey sandwich, coleslaw, pears 12:45 Popcorn and a movie: Quartet (F)</p> <p>19</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Stuffed shells w/sauce, cauliflower, mandarin oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Meeting (F)</p> <p>22</p>	<p>9:30 Trailblazers w/ Old Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 Chicken florentine, brown rice, mixed vegetable, peaches 6:00 Senior Boot Camp</p> <p>23</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Lemon pepper fish, wild rice, beets, blueberry shortcake 1:00 Nonagenarian Tea (F)</p> <p>24</p>	<p>9:30 Zumba for Seniors \$ 12:00 Roast pork w/gravy, roasted potatoes, green beans, applesauce 12:30 Wii Bowling (F) 1:00 Chicago Bridge (F)</p> <p>25</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Sloppy joe on a bun, italian blend, crushed pineapple 1:00 Take Control: Diabetes Prevention and Care (F)</p> <p>26</p>
<p>9:00 - 12:00 Choices Counselor (F) Sign up req. 9:30 Beginner Oil Painting Class (F) Sign up req. 10:30 Exercise \$ 12:00 Fish and Chips, peas and carrots, orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge</p> <p>29</p>	<p>9:00 - 12:00 Choices Counselor (F) Sign up req. 9:30 Trailblazers w/ Lyme Land Trust (F) - Sign up Req 10:00 Sit and be Fit (F) 12:00 American Chop Suey, wax beans, fruit cocktail 6:00 Senior Boot Camp</p> <p>30</p>		<p><b>Lymes' Senior Center</b> (860)434-4127 Open Monday-Friday 9am-3pm unless otherwise noted Classes and Events = Italics 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>

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## *"Blues Grass" Band*

On Wednesday, September 3rd in honor of Worldwide Bluegrass Music Month, we will be enjoying the music of the band Blues Grass. This acoustic duo features two experienced musicians - both steeped for many years in American roots music; including bluegrass, blues, old-time, and folk. Mark White and Jon Swift are accomplished singers, their voices blending in close harmony, along with strong and evocative instrumental accompaniment. They draw upon both contemporary and traditional music genres. As their musical collaboration has evolved over the years, Blues Grass has broadened its repertoire to include "Americana," contemporary blues, popular tunes (new and old)... and the very first Rock n' Roll song. Consequently listeners are given a well-rounded acoustic music experience. This program is sponsored by the senior club and is free to attend.

## *Trailblazers*

Join us Tuesday mornings in September as we enjoy free guided hikes planned and led by both the Lyme and Old Lyme Land Trusts. On September 2nd the Lyme Land Trust will be doing a guided tour of Pleasant Valley Preserve. They will also be doing Hartman Park on September 16th and Selden Preserve on September 30th. On September 9th the Old Lyme Land Trust will be doing a guided hike of Jericho Preserve at 44 Whipoorwill Road. They will also be doing the John Lohmann CT River Preserve, accessible by the trailhead at 33 Coult Lane on September 23rd. 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.

## *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.

## *Duck River Garden Club*

All are welcome to attend the Duck River Garden Club's Bi-Monthly meeting on Monday, September 8th at 7:00pm. There will be a Connecticut Farmland Trust Speaker to discuss the attempts being made to protect our state's farmlands.

## *Judge Charles McCurdy Lecture*

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.

## *Financial Health Check Up*

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 free and confidential appointment please call (860)441-6785

## *Lyme's Veterans Memorial Ham and Bean Dinner*

The Lyme Veterans will be having a Ham and Bean Memorial Fundraiser that will be held on September 13th from 5:00 -7:00pm here at the center. Tickets can be purchased here at the center for \$12.00. Tickets will also be available at the door. The menu will be a generous portion of Baked Ham, Beans, Cole Slaw, Muffin, and Dessert. Take outs will also be available. If you have any questions please call Ernie Lammer at (860)395-6817.

## *The Niihau Incident*

Fred Herbert, Regional Historian Emeritus of the Civil Air Patrol will be presenting a multimedia presentation on The Niihau Incident on Thursday, September 11th at 1:00pm. Fred will discuss an interesting and little known event that occurred after the Pearl Harbor bombardment on December 7, 1941. He will discuss how a Japanese fighter pilot took over the Hawaiian island of Niihau on December 7, 1941 and show over thirty-five slides including photographs of the Niihau Island, the downed aircraft, etc. Please join us for this free event showing the perseverance of the Hawaiian people.

## *POPCORN AND A MOVIE*

On Friday, September 19th at 12:45pm we will be showing the movie Quartet, directed by Dustin Hoffman and Written by Ronald Harwood (who adapted his own play), "Quartet". This movie assembles a posse of lovable geezers in a palatial residence for aged artistes and entangles them in the mildest imaginable comic and dramatic situations. Under the fond and patient eye of a youngish doctor (Sheridan Smith) and the imperious command of a floridly cranky maestro (Michael Gambon), the inhabitants of Beecham House for retired musicians prepare for their annual gala benefit concert, which is held on Verdi's birthday. Popcorn will be served.

## *Exercise Classes*

Monday and Wednesday at 10:30 am	Cardio Class
Tuesday at 10:00 am	Sit and Be Fit
6:00pm	Senior Boot Camp
Wednesday at 9:00 am	Tai Chi
1:30 pm	Chair Based Yoga
4:30pm	Meditation
5:30pm	Mat Yoga
Thursday at 9:30 am	Zumba for Seniors
Friday at 10:30 am.	Balance and Strength Training Class

## *Questions about your health coverage?*

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 at the Senior Center on September 16th, 29th or 30th from 9-12 pm. 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.

## Chelsea Players Broadway Cabaret

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. Their performance will feature songs made famous by Judy Andrews, Carol Channing, and Barbra Streisand, and music from the greatest Broadway composers - Rodgers and Hammerstein, Lerner and Loewe, Bock and Harnick, Stephen Sondheim and Irving Berlin. Don't miss this free opportunity!!

## Take Control: Diabetes Prevention & Care

Diabetes is a chronic disease affecting more than 100 million people in the United States. The symptoms often are not noticed until a complication occurs. People with diabetes have high blood sugar that can lead to illness such as kidney and heart disease. There are some things you can do to decrease your risk of diabetes. Deborah Ringen RN, MSN, FCN of the Visiting Nurses of the Lower Valley will present an interactive seminar at Lymes' Senior Center on Friday, September 26, 2014 at 1pm. Come learn some easy ways to decrease your risk of diabetes while enjoying a healthy lifestyle.

## 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!

## Watercolor Painting Demonstration

On Friday September 12th from 9:30am to 12:00pm renowned local artist, Ralph Acosta will be providing a painting demonstration. This event is sponsored by the Shoreline Artist Workshop and admission will be \$10 at the door. Refreshments will be served.

## Nonagenarian Tea and Photo Session

On Wednesday, September 24th at 1:30 pm 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. All members are welcome to join the fun! Please RSVP by September 17th by calling Stephanie at (860)434-4127.

## Memory Enhancement Seminar

On Tuesday September 16th, 23rd, and 30th we will be holding a three week Memory Enhancement Seminar. Topics that will be addressed in this three 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.

This program requires no sign up and is free to attend.



*Trail Blazers Hike in the Beebe Preserve with the Lyme Land Trust.*

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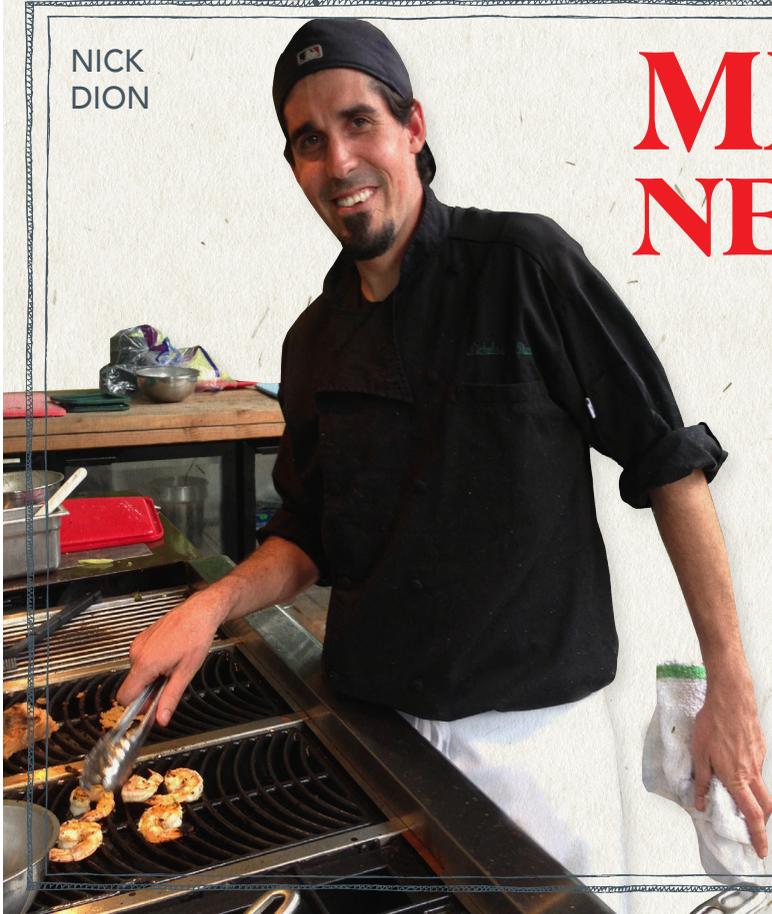


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