

Lymes' Senior Center

~ November 2014 News & Events ~

Proudly serving seniors 60 & over since 1996



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- What Causes Carpal Tunnel and How to Treat It
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- Victorian Carolers

Lymes' Senior Center
(860)434-4127

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



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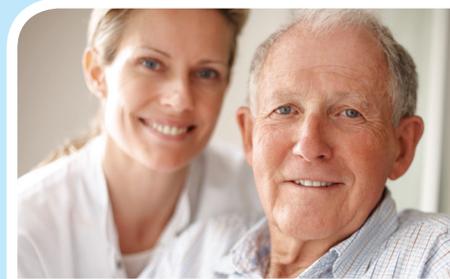


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Lymes Senior Center Presents..... Day Trips, Overnight Trips, and Multi-day Trips

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 27th, 2015 - Monday, March 9th, 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 sizeship 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

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

March 27th - March 29th - 2015 Washington DC trip Cherry Blossom Time - Price TBA

Day 1: Depart via deluxe motorcoach and head for our beautiful capital on the Potomac River... Washington is a breathtaking sight during CHERRY BLOSSOM TIME with the gorgeous blossoms lining the Tidal Basin. Enjoy 2 nights at the first class HOLIDAY INN - a perfect central location to base ourselves. Welcome dinner marks our arrival...

Day 2: Meet our local guide for a CITY TOUR OF DC to see the famous memorials... highlighting the Vietnam & Korean War Memorials, FDR, World War II Memorial and the Martin Luther King Jr. National Memorial...a must see! Free time this afternoon at SMITHSONIAN to visit the many world-famous museums...appropriately nicknamed America's Attic. Return to the hotel to relax & freshen up before dinner tonight. Wrap up today's events with our traditional WASHINGTON-BY-NIGHT tour of the beautifully illuminated monuments.

Day 3: We arrive at ARLINGTON NATIONAL CEMETERY...America's largest national burial ground. Hop aboard the tour mobile to see the grounds with stops at the grave of JFK and his brothers, Robert & Ted, and the Tomb of the Unknowns. Time to head towards home with great memories of our weekend in DC!

Cost: To Be Announced

Includes: Deluxe motorcoach, 2 nights hotel, 2 dinners, sightseeing & admissions as per itinerary

May 26th-28th, 2015 Williamsport, VA, The Heart of the Appalachian Mountains, Victorian Williamsport, PA

Millionaires Row Tour, Little League Baseball Museum, Hiawatha Paddlewheel Riverboat

Day 1: Board our deluxe motorcoach bound for Williamsport, PA, the home of Little League Baseball, nestled in the Appalachian Mountains and along the Susquehanna River. Enjoy 2 nights at the HOLIDAY INN DOWNTOWN WILLIAMSPORT featuring spacious guestrooms, indoor pool, fitness center, restaurant and lounge. DINNER tonight aboard the HIAWATHA PADDLEWHEEL RIVERBOAT while we cruise down the Susquehanna River listening to the rich history of the area.

Day 2: Join our local guide this morning on a TOUR OF MILLIONAIRE'S ROW, what Victorian Home Magazine refers to as "Pennsylvania's mother lode of Victorian Architecture". Our guide will share the history from the late 1800's when West Fourth Street in Williamsport was home to more millionaires per capita than anywhere else in the country. Enjoy time downtown with its variety of shops and restaurants before our afternoon visit to the THOMAS T. TABER MUSEUM Discover the major events of the regions' history while learning about everyday life. The story unfolds through exhibits, American Indian, Fine and Decorative Arts galleries, 19th century period rooms, and the Shemp Model Train exhibit featuring over 300 toy trains. Dinner tonight at the historic Peter Herdic House.

Day 3: A visit to the LITTLE LEAGUE MUSEUM is much more than just a museum, it's a place where anyone of any age will connect with several generations. From 3 teams in 1939, the program has grown to include millions of children in more than 80 countries. See one of a kind artifacts from the League's earliest days and a genuine game used Babe Ruth uniform. We will be treated to a behind-the-scenes tour of the Little League Complex & Stadium. We head for home with memories of our historic visit to Williamsport.

Cost: To Be Announced

Includes: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions

October 30th- November 11th, 2015 - No Fly 13 Days/12 nights Baltimore/Caribbean Cruise- Tickets on Sale Now- Price from \$1,749.00

Fully Escorted by the Ship Shop Staff • Roundtrip Motorcoach Transportation to Baltimore • 2 Nights Hotel, Welcome Dinner, Breakfasts & Sightseeing • Tour of US Naval Academy in Annapolis • Baltimore Ghost Tour on Halloween Night • 10 Night Western Caribbean Cruise on the Grader of the Seas: Cozumel, Grand Cayman, Jamaica, Labadee (Private Island) • All Meals, Daily Activities, Entertainment, & Casino on the Ship

Mark your Calendars!



On Friday, December 2nd at 12:45 pm, join us as we get into the spirit decorating and tree trimming for the season. We will be listening to Christmas music, trimming the Christmas tree and enjoying holiday refreshments!



Back by Popular Demand: Banjo Man Tom Alvord will be here on Wednesday, December 3rd at 1:30 pm to strum and sing the real oldies. This free performance is sponsored by the Senior Club.



The "Genealogy for Beginners" Workshop will be held Thursday, December 4th at 10:30 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. 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.



How to Prevent Identity Theft will be held Friday, December 5th at 1:00 pm. Pamela Days-Luketich, a Community Education Officer at Chelsea Groton Bank, will be the guest speaker. Learn how to recognize signs that you are a victim and how to protect yourself. Please join us for this free informational presentation.



Popcorn and a Movie will be held on Wednesday, December 9th at 12:45 pm. We will be watching the brilliant acting of the beloved Robin Williams in the movie Patch Adams.



On Wednesday, December 10th at 1:00 pm, join us as we explore What Vitamins We Should Take with Pharmacist Daniel Tavares of Quality Care Drug.



The Old Lyme Town Band will be performing their free Holiday Concert for our listening pleasure on Sunday, December 14th at 4:00 pm



Come help us bring holiday cheer to our Shut-Ins by joining us on Tuesday, December 16th at 12:45 pm as we go caroling. We will meet at the center and carpool from there. Song sheets will be provided. Hot chocolate will follow upon our return. No sign up necessary, but if you know you want to join us, please call Stephanie at (860) 434-4127.



The Christmas Luncheon will be held on Thursday, December 18th 12:00 pm. Reservations can be made by calling (860) 434-4322 before 11:00 am December 4th.



Join us on Thursday, December 18th at 1:00 pm as T-Bone, a professional entertainer for over 40 years, performs for us. His special blend of wit and music will have us laughing, singing, clapping along, and even dancing within minutes!



On Friday, December 19th at 1:00 pm, Susette Christensen, Certified Reflexologist, will be presenting The Benefits of Reflexology. She will show us how we can perform it on ourselves and the health benefits that we will gain from it. There will be a free demonstration and all who attend will be entered into a drawing to win a free reflexology session.



Traditionally-dressed Victorian Carolers will fill the winter air with the bright sounds of the season, bringing holiday cheer to young and old alike. The Connecticut Yuletide Carolers will perform for us on Tuesday, December 23rd at 1:00 pm. This is open to all, so bring your spouse, kids, and grandkids with you as we all get festive! There will be song sheets available so we can all join in!!



Do you have an iPhone you are unsure how to use? Do you need help programing numbers into your flip top phone? The LOL Youth Service Bureau will be offering 1-on-1 assistance with using your current cell phone. They will be able to help you with a wide variety of phone issues on Tuesday, December 30th between 1:00-3:00 pm at the Senior Center. This service is free, but sign-ups are required. Call (860) 434-4127 for more information.

November 2014

Monday	Tuesday	Wednesday	Thursday	Friday
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 Cabbage, mashed potatoes, carrot coins, fruit cocktail 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 3	10:00 Sit and be Fit (F) 12:00 Chicken Teriyaki, wild rice, oriental vegetables, mandarin oranges 1:00 Arthritis and Mobility -presented by the VNA of the Lower Valley (F) 4	9:00 Tai Chi • 10:30 Excercise \$ 12:00 Manicotti w/sauce, cauliflower, fruited jello 1:00 Senior Club Meeting 1:30 Braiden Sunshine Performance (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$ 5	8:00 CIA Trip 10:30 Genealogy for Beginners (F) Sign up Req. 12:00 Tilapia, spanish rice, beets, orange 1:00 Wii Bowling Tournament with Old Saybrook (F) 1:00 Duplicate Bridge (F) *Last Day to sign up for the Thanksgiving Luncheon, call before 10:45 am 6	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Meatloaf w/gravy, roasted potato, green beans, peaches 7
9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Fish and Chips, peas and carrots, crushed pineapple 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 Duck River Garden Club (F) 10	<p style="text-align: center;">Center Closed in Observance of Veterans' Day</p> <p style="text-align: center;">11</p>	9:00 Tai Chi 9:15 - 12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Chicken Florentine, rice pilaf, whole baby carrots, applesauce 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$ 12	12:00 Beef Stew w/potato and mixed vegetables, pears 12:30 Wii Bowling 1:00 Duplicate Bridge (F) 1:00-3:00-Financial Health Check Up (F) Sign up req. 13	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Turkey sandwich on whole wheat, coleslaw, banana 1:00 Ingenious Ways to Keep Our Brains Healthy (F) 14
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 Salisbury Steak w/gravy, mashed potatoes, broccoli, fruit cocktail 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 17	10:00 Sit and be Fit (F) 12:00 Chicken Parmesean w/ziti, italian blend, vegetables, peaches 12:45 Select Physical Therapy presents: What Causes Carpal Tunnel Syndrome and How to Treat It (F) 18	9:00 Tai Chi 10:30 Exercise \$ 12:00 Baked fish of the day, sweet potato, spinach, apple 1:00 Senior Club Meeting 1:30 Bingo 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$ 19	12:00 THANKSGIVING LUNCHEON: Roasted Turkey w/gravy, cranberry sauce, mashed potatoes, stuffing, peas and pearl onions, pumpkin pie 1:00 George Holmes and Company Performance (F) • 1:00 Duplicate Bridge (F) 20	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Swedish Meatballs w/gravy over noodles, brussel sprouts, peaches 1:00 Ukulele Performance & Intro to Course (F) 21
9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Stuffed shells w/sauce, italian green beans, citrus fruit 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Meeting (F) 24	10:00 Sit and be Fit (F) 12:00 Chicken Cacciatore w/onions and peppers, brown rice, carrots, mandarin orange 1:00 How to Grow Your Money Safely (F) 25	9:00 Tai Chi 10:30 Exercise \$ 12:00 American Chop Suey, zucchini, pears 1:00 Winter Wellness Presented by UConn Nursing Students (F) 1:30 Brain Yoga 4:30 Guided Meditation \$ • 5:30 Yoga \$ 26	<p style="text-align: center;">Center Closed For Thanksgiving</p> <p style="text-align: center;">27</p>	<p style="text-align: center;">Center Closed</p> <p style="text-align: center;">28</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 style="text-align: center;">Lymes' Senior Center (860) 434-4127 Open Monday-Friday 9am-3pm unless otherwise noted</p>	<p style="text-align: center;">Classes and Events = <i>Italics</i> Lunches = Bold (F) = free \$ = \$4.00 a class</p>

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Beginner Oil Painting Class

We are pleased to announce that we will be starting the second session of our Beginner Oil Painting Class on Monday, November 3rd at 9:30 am. 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. Her work has been showcased at shows and galleries in both the U.S. and Canada; locally, it can be found at the Fresh Ayer Gallery in Old Lyme. Classes are free, but class size is limited so please call (860) 434-4127 to sign up today.

Arthritis and Mobility

Arthritis affects more than 50 million Americans. This condition is more than just minor aches and pains, and it affects people of all ages, races and genders. There are many things that can be done to lessen pain and increase mobility due to arthritis. Deborah Ringen, MSN, RN Faith community nurse, will be here Tuesday, November 4th at 1:00 pm to discuss the various types of arthritis, along with helpful tips for living with arthritis pain and maintaining mobility.

Braiden Sunshine

Braiden Sunshine, who is a student at Lyme-Old Lyme High School, earned the 2013 Honor of Male Vocalist of the Year for the State of Connecticut and All New England (in the age category 13-16). He will be performing for us on Wednesday, November 5th at 1:30 pm. This is sponsored by the Senior Club and admission is free.

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 take place November 6th and 20th from 10:30 am - 12:00 pm. 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.

Connecticut Women's Hall of Fame

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 1:00 pm 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 career paths.

Ingenious Ways to Keep our Brains Healthy

Laura Kokoska, RN, CKYI, will be leading class on Friday, November 14th at 1:00 pm. Her presentation will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved. Learn how to grow new brain cells and grow more connections between them. Our mind is the most important and resilient part of us. What is good for the heart is good for our mind! This is a free program and no sign up is required.

CARPAL TUNNEL

Colin Morris of Select Physical Therapy will be here on November 18th at 12:45 pm to speak with us about Carpal Tunnel. He will explain what Carpal Tunnel Syndrome is, how the nerve gets 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.

Thanksgiving Luncheon

Our Thanksgiving Luncheon will be held on Thursday, November 20th at 12:00 pm; at 1:00 pm, George Holmes and Company will have us be-bopping to music from the 50's and 60's! **Call (860) 434-4322 before 10:45 am on November 6th to sign up.**

Want to learn to play the Ukulele?

Join us Nov 21st at 1:00 pm for a free Ukulele Performance and introduction to this instrument. If you have always wanted to learn to play an instrument, here is your chance. Jesse Casimono, who has 30 years of musical experience as both a performer and teacher, will be performing for us and allowing us to demo the instrument. He will also be taking sign-ups to start a 6-week course starting on December 3rd at 10:00 am at only \$5.00 a class. So, come enjoy the music of Jesse Casimono, who has been the opening act for several national recording artists!

"How to Grow Your Money Safely"

Vince Martino, a Certified Financial Planner with the Barnum Financial Group, will be speaking with us about the four to five biggest obstacles for those who are getting ready to retire and those who have already retired. He will also have plenty of time to answer any questions or address any concerns. This informative session is free and will be held on Tuesday, November 25th at 1:00 pm.

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 two hours of your time. If you are available and want to help, please call Lisa, Kitchen Manager at (860) 434-4322.

Financial Health Check Up

On Thursday, November 13th, 1:00 pm to 3:00 pm, 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.

Reflexology Clinic

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on Monday, November 3rd and 17th 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.

A Special Thank You to Gladeview Rehabilitation and Health Care Center, who made our 2nd Annual Veterans' Luncheon possible by catering and providing all of the food! Also, a huge thank you to the Vitas who provided us with Patriotic chocolates for all our Veterans, Atria who made and donated the centerpieces, Walter Kent who commemorated this event on film, and the Senior Center Volunteers.

Veterans' Luncheon 2014



*Congrats
Beryl Lake,
Navy WAVES Veteran
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Mohegan Sun!*

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