Lymes' Senior Center

~ December 2014 News & Events ~

Proudly serving seniors 60 & over since 1996

In this issue:

- Paul Shlein Classic Rock & Roll
- An Afternoon with the Gillettes
- Caroling & Cocoa
- "It Really happened in Connecticut" with Diana Ross McCain
- Old Time Trivia
- Tree Trimming & Christmas Carols
- Popcorn & a Movie: Patch Adams
- T-Bone the Entertainer
- Yuletide Carolers
- Ingeniuous Ways of keeping our Brains Healthy

Lymes' Senior Center
(860)434-4127

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

We Care Visiting Nurses of the Lower Valley

Old Lyme • Lyme • East Lyme • East Haddam • Niantic

Your Care... Your Choice!

We are there when you need us! The ability to receive home care is a cost effective way to "feel good at home" and remain independent and close to the ones you love.

Personalized Quality Care and Services include:

Skilled Nursing • Diabetes Management • Nutrition Services
Physical & Occupational Therapy • Medical Social Work
Specialized Wound Care • Speech - Language Pathology
Home Health Aides • TeleHealth, Health Promotion & Education

We are the ONLY Healthcare Agency in the area that has a Faith Community Nurse

Call us for the care you need at your home.
860.767.0186 • visitingnurses.org

Lower Valley Care Advocates

- Homemakers • Companions -
- Personal Care Attendants -
"So you can age gracefully at home"

860.767.2695 lowervalleycareadvocates.org

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

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

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 Apalachian 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 Shempp 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

---

Saturday July 4th - Friday July 10th 2015 7 day Atlantic Canada Cruise Tour to Nova Scotia & Prince Edwards Island

Tickets on Sale Now! ***Must book before January 15th 2015***

Tour includes: Deluxe Motorcoach Transportation • 1 night private stateroom on board ship • 5 nights hotel accommodations • Taxes, baggage handling & port taxes • 9 meals (4 breakfasts, 5 dinners) • Guided tour of Nova Scotia (Lunenburg & Peggy Cove), Halifax & Prince Edward Island • All sightseeing & admission fees • tickets for the Royal Nova Scotia International Tattoo • Full time tour escort • gratuities for driver, escort and local gudes

Price: Single Room - $2,217 (availability extremely limited) • Double Room - $1,637 pp • Triple Room - $1,567 pp

($250 deposit due by January 15th 2015)

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 Gradeur of the Seas: Cozumel, Grand Cayman, Jamaica, Labadee (Private Island) • All Meals, Daily Activities, Entertainment, & Casino on the Ship

Mark your Calendars!

Center Upcoming Events

Save these Dates

On Tuesday, January 6th at 12:45 Collin Morris from Select Physical Therapy will be here to show us how to test our balance as well as show us exercises we can do to improve our balance and prevent falls.

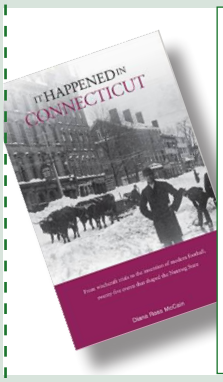
Paul Shlein will be performing popular hits from the 50's and 60's with an emphasis on classical rock and roll artists such as Elvis Presley, Buddy Holly, and Fats Domino on Wednesday, January 7th at 1:30 pm.

Ingenious Ways to Keep our Brains Healthy will be led by Laura Kokoska RN CKYI on Friday, January 9th at 1:00pm. This program will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved and how to grow new brain cells and make more connections between them.

Medical Decisions When They Count the Most will be presented by Deborah Ringen, MSN, RN Faith community nurse of the Visiting Nurses of the Lower Valley on Tuesday, January 13th at 1:00 pm. Attend this interactive seminar to learn how to express your wishes for care so loved ones will know they are helping in the best way possible way when you can no longer speak for yourself.

Join us on Wednesday, January 14th at 1:00pm for An Afternoon with the Gillettes. This interactive program will feature Harold and Theodora Niver. They will not only talk about William & Helen Gillette, they become the Gillettes flitting back and forth between being presenters and portrayers dressed in authentic and period correct costumes. Their knowledge of Sherlock Holmes, William Gillette and Gillette Castle is extensive. Because of their distinctive home which is built around a Holmes theme, they have been in such magazines as US, SMITHSONIAN, FORTUNE, CONNECTICUT and YANKEE. TV segments include PM Magazine, ABC News and CBS.

Join us for a presentation on Navigating Through Retirement Choices with Maureen Brubaker on Tuesday, January 20th at 1:00pm



Author Diana Ross McCain will recount a selection of the more than 30 stories from the Nutmeg State's past included in her books It Happened in Connecticut and Mysteries and Legends of New England when she presents her talk "It Really Happened in Connecticut" on Tuesday, January 27th at 1:00pm

Test your Old Time Trivia with Stephanie on Wednesday, January 28th at 12:45 pm. Top three winners will receive small prizes.

LIMBKEEPERS®

NON-COMPRESSION PROTECTIVE SLEEVES

Limbkeepers® - protect your fragile skin from injury

- Latex free
- Easy care/quick dry
- Soft/comfortable
- Breathable
- Anti-microbial
- Form fitting
- Seamless
- Universal design
- Moisture management
- No fasteners
- Good insulation
- Assorted colors

Available online and at your local shoreline pharmacy

860.304.3250 limbkeepers.com

December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Beginner Oil Painting Class - Sign up req. (F) *10:30 Exercise $* **12:00 Stuffed Peppers, mashed potatoes, carrot coins, citrus fruit** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* 1	*10:00 Sit and be Fit (F)* **12:00 Chicken sandwich on a roll, three bean salad, applesauce** *12:45 Christmas Tree Trimming & Cookies (F)* 2	*9:00 Tai Chi* *10:00 Ukulele Class - pre-sign up necessary (F)* *10:30 Excersise $* **12:00 Baked fish, sweet potatoes, green beans, orange** *12:00 Senior Club Luncheon (off campus)* *1:30 Brain Yoga • 4:30 Yoga $* 3	**12:00 Spaghetti w/ meatballs, cauliflower, fruited jello** *1:00 Wii Bowling (F)* *1:00 Duplicate Bridge (F)* ***Last Day to sign up for the Christmas Luncheon, before 10:45** 4	*9:00 - 12:00 Choices Counselor - sign up req (F)* *9:30 Shoreline Artists' Workshop (F)* *10:30 Solid Gold- Balance & Strength Training $* **12:00 Beef Stroganoff over rice, brussel sprouts, crushed pineapple** *1:00 How to Prevent Identity Theft (F)* 5
9:30 Beginner Oil Painting Class - Sign up req. (F) *10:30 Exercise $* *11:00-3:00 Reflexology ($10) - sign up req* **12:00 Manicotti w/sauce, italian blend, pears** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* 8	*10:00 Sit and be Fit (F)* **12:00 Sloppy Joe on a bun, broccoli, fruit cocktail** *12:45 Popcorn and a Movie: Patch Adams with Robin Williams (F)* 9	*9:00 Tai Chi* *9:15 - 12:30 Haircuts ($10.00)* *10:00 Ukulele Class pre-sign up necessary (F)* *10:30 Exercise $* **12:00 Chicken caesar salad w/tomatoes and cheese, whole wheat rol, mandarin oranges** **1:00 What Vitamins we should take (F)** *1:30 Brain Yoga • 4:30 Yoga $* 10	**12:00 Roast Turkey w/gravy, cranberry sauce, stuffing, peas & carrots, fruit shortcake** *12:30 Wii Bowling* *1:00 Duplicate Bridge (F)* *1:00-3:00-Financial Health Check Up (F)* *Sign up req.* 11	*9:30 Shoreline Artists' Workshop (F)* *10:30 Solid Gold- Balance & Strength Training $* **12:00 Lemon pepper fish, mashed potatoes, spinach, banana** *1:00 Ingenious Ways to Keep Our Brains Healthy (F)* ***SUNDAY 12/14 @ 4PM OLD LYME TOWN BAND HOLIDAY CONCERT*** 12
9:30 Beginner Oil Painting Class - Sign up req. (F) *10:30 Exercise $* **12:00 Salisbury Steak w/gravy, roasted potatoes, whole baby carrots, peaches** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* 15	*10:00 Sit and be Fit (F)* **12:00 Chicken Florentine, wild rice, winter blend, citrus fruit** ***12:45 Caroling to our Shut In's and cocoa (F)*** 16	**First Day of Hanukkah** *9:00 Tai Chi* *10:00 Ukulele Class pre-sign up necessary (F)* *10:30 Exercise $* **12:00 Tilapia, baked potato, beets, mandarin oranges** *1:00 Senior Club Meeting* *1:30 Bingo • 1:30 Brain Yoga • 4:30 Yoga$* 17	**12:00 CHRISTMAS LUNCHEON: Roast Pork w/ gravy, mashed potatoes, green beans, apple pie** *1:00 T-Bone Entertainment (F)* *1:00 Duplicate Bridge (F)* 18	*9:30 Shoreline Artists' Workshop (F)* *10:30 Solid Gold- Balance & Strength Training $* **12:00 American Chop Suey, cauliflower, pears** *1:00 The Benefits of Reflexology (F)* 19
9:30 Beginner Oil Painting Class - Sign up req. (F) *10:30 Exercise $* *11:00-3:00 Reflexology ($10) - sign up req* **12:00 Chicken Teriyaki, rice pilaf, oriental blend, crushed pineapple** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* 22	*10:00 Sit and be Fit (F)* **12:00 Swedish Meatballs over noodles, broccoli, pears** *1:00 Connecticut Yuletide Carolers (F)* 23	**12:00 Macaroni & Cheese, zucchini, apple** 24	**Center Closed In Observance of CHRISTMAS** 25	*9:30 Shoreline Artists' Workshop (F)* *10:30 Solid Gold- Balance & Strength Training $* 26
9:30 Beginner Oil Painting Class - Sign up req. (F) *10:30 Exercise $* **12:00 Fish & Chips, mixed vegetables, applesauce** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* 29	*10:00 Sit and be Fit (F)* **12:00 Chicken Cacciatore w/onions and peppers, brown rice, brussel sprouts, fruit cocktail** *1:00 - 3:00 1 on 1 assistance with using your cell phone - Appointments needed (F)* 30	**12:00 Beef Stew w/potato & mixed vegetables, peaches** *1:30 Brain Yoga* *4:30 Yoga $* 31	**Lymes' Senior Center** **(860) 434-4127** **Open Monday-Friday 9am-3pm unless otherwise noted**	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 *Classes and Events = Italics* **Lunches = Bold** (F) = free $ = $4.00 a class

The Hideaway
Restaurant & Pub
"Good Food, Good Times, Good Company"
Your Hosts,
The Caramantes
(860) 434-1455
(860) 434-1854
(860) 434-3335
In the Courtyard
Old Lyme Shopping Center
(860) 434-5186 fax
Old Lyme, CT 06371 (Exit 70 off I-95)

Select Physical Therapy
A Division of Select Medical
Two Locations to Serve You!
6 Davis Road
Old Lyme, CT
ph: 860.434.9155
fax: 860.434.3889
929 Boston Post Road
Old Saybrook, CT
ph: 860.388.6511
fax: 860.395.0016
Colin Morris, MSPT, OCS. COMT
Gillian Rissler, DPT
Christopher Dentch, PTA
Treatment of all orthopedic dysfunction and disorders

BOUVIER INSURANCE
CHAMPION
Now Available from Our Agency
AARP Auto Insurance Program from THE HARTFORD
Contact Betsy Avery, Personal Home & Auto
Local: 860-434-1611 • Toll Free: 800-835-3077

Tree Trimming and Christmas Cookies

On Tuesday, December 2nd, please join us as we get into the spirit of the season! We will be trimming the Christmas tree in the senior center, listening to Christmas music, and enjoying some holiday refreshments.

Old Lyme Town Band Holiday Concert

On Sunday, December 14th at 4:00 pm, the Old Lyme Town Band will perform their Holiday Concert for our listening pleasure. This performance is free to attend.

How to Prevent Identity Theft

How to Prevent Identity Theft will be held Friday, December 5th at 1:00pm. 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. The first twenty-five people in the door will receive a free gift!

POPCORN AND A MOVIE

On Tuesday, December 9th at 12:45 pm we will be showing the movie Patch Adams in closed caption. Based on the life of Hunter "Patch" Adams and directed by Tom Shadyac (1998). Robin Williams stars as Patch, who after spending time hospitalized in a psychiatric ward decides to become a physician. In medical school, he finds that traditional approaches fail to meet patients' emotional needs and he launches what he calls the Gesundheit Institute. Come join us for the free showing of this heartwarming and humorous movie based on a true story.

T-Bone the Entertainer

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

The Benefits of Reflexology

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 from it. There will be a free demonstration and all that attend will be entered into a drawing to win a free reflexology session.

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.

INGENIOUS WAYS TO KEEP OUR BRAINS HEALTHY

Laura Kokoska RN CKYI will be leading class on Friday, December 12th at 1:00pm. This will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved. Grow new brain cells and grow more connections between them. Mind is the most important and resilient. What is good for the heart is good for your mind. This is a free program and no sign up is required.

Yuletide Carolers

Traditionally garbed 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 1:00pm. This is open for 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!!

Caroling & Cocoa

Come help us bring holiday cheer to our Shut In's by joining us Tuesday, December 16th at 12:45pm 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.

Do you need assistance using your cell phone?

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

Vitamins We Should Take

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

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 Friday, December 12th 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.

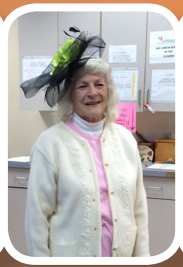
Financial Health Check Up

On Thursday, December 11th from 1:00 pm-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 December 8th and 22nd from 11:00 am- 3:00 pm. The cost is $10.00 for a 15 minute session. To sign up, please call Susette at (860) 334-9255.

Halloween Fun 2014



The Lymes' Senior Center
Appreciates the support of the advertisers in our newsletter

For Advertising Information:
Contact Fred at Essex Printing
860.391.5725

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

PRSRT STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 60 & over since 1996

Seasons Greetings from Lyme's Senior Center