

Lymes' Senior Center

~ March 2015 News & Events ~

Proudly serving seniors 60 & over since 1996



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Lymes' Senior Center
(860)434-1605 ext. 240

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



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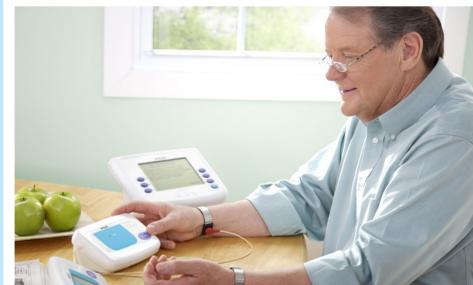
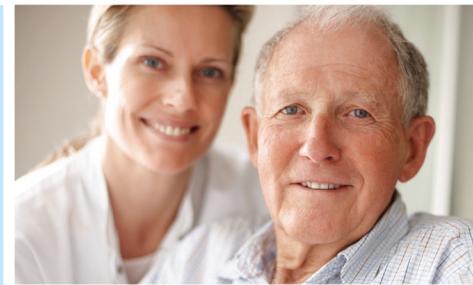
- Homemakers • Companions -

- Personal Care Attendants -

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When registering for any of the trips listed below, you can sign up yourself and one other person only. Payment is due upon registration. Please stop by the Senior Center office. Open to Non-Residents if there is availability. Non-residents will be charged a \$1.00 surcharge



Registration begins on the dates noted below. Register as soon as you can. Trip counts are required a month in advance to determine if we have the minimum number for a trip to run. Detailed flyer's are available for all Day Trips.

Thu, April 9th - Trip to the Mohegan Sun. No meal included in ticket price but you will receive a casino package. Currently the package is (\$15.00 food retail coupon, \$15.00 bet) Casino packages can change at any time. Trip fee is \$20pp. Registration has begun. Moderate walking.

Thu, April 16th - Production of "West Side Story" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$99pp. Registration has begun. Minimal walking.

Sat, April 25th - New York City on your own – Bus leaves Old Lyme at 8:00 am and leaves NYC at 6:30pm – Trip fee is \$45pp. Registration has begun. No meal included in trip price. Lots of walking.

Thu, May 14th - The Port of Galilee in Narragansett, RI has a rich fishing history. Come and enjoy a "Day in the Life of a Fisherman" with a Behind-the-Scenes Tour. The bus will depart at 9:00am from Old Lyme. Time to enjoy Galilee as well as the Point Judith Lighthouse. Lunch included. Trip fee is \$78pp. Registration has begun. Moderate walking.

Thu, May 28th - 90 minute Lobster Roll Cruise on Cape Cod Bay in MA. Lunch included - stops at Cape Cod Creamery and Cape Cod Potato Chip Factory. Trip fee is \$86pp. Registration has begun. Moderate walking.

Fri, June 19th - The Newport Flower Show at the Rosecliff Mansion in Newport, RI - 20th Anniversary!! Lunch on your own in the Wharf area. Trip fee is \$48pp. Registration begins March 2nd. Moderate walking.

Thu, July 2nd - "My Fair Lady" at the Theatre by the Sea in Matunuck, RI. Lunch included. Trip fee is \$80pp. Registration begins April 1st. Minimal walking.

Thu, July 9th - All You Can Eat Lobster and Musical Performance by John Timpanelli at The Delaney House in Holyoke, MA. Trip fee is \$94pp. Registration begins April 1st. Minimal walking.



Detailed flyers available.

May 26 - 28, 2015 - 2 night trip to Victorian Williamsport, PA in the heart of the Appalachian Mountains. \$411pp double/twin. \$511 single. Registration has already begun.

July 4 - 10, 2015 - Atlantic Canada Tour of Nova Scotia & Prince Edward Island. 5 nights hotel and 1 night private stateroom on the "Nova Star". \$1637pp double. \$1567pp triple. \$2217pp single. Registration has begun.

October 12 - 14, 2015 - Joseph at the Sight & Sound Millennium Theater in Lancaster, PA. 2 night stay at the Crown Plaza Hotel. \$475pp double. \$450pp triple. \$550pp single. Registration has begun.

October 30 - November 11, 2015 - No Fly Cruise out of Baltimore to the Sunny Western Caribbean. Includes 2 nights in Baltimore with a tour of the US Naval Academy and a Baltimore Ghost tour on Halloween night. Starting at \$1882pp includes taxes. Registration has begun.

January 28 - February 7, 2016 - Fully escorted Hawaiian Cruise - 11 days - 7 shore excursions included in price - Starting at \$4449pp. Trip presentation will be held at 9:30am on April 14th. To register for this presentation please call 860.434.1605 ext 240.

Mark your Calendars!



On Thursday April 2nd at 1:00pm the Dance Center in Old Lyme will be performing pieces from their spring show. Come show your support for our local children by attending this free event. For more information call (860)434-1605 ext. 240.



On Tuesday April 7th at 1:00pm Linda Turner will be having a free lecture/ presentation "Hummingbird Heaven". To sign up for or for further information call (860)434-1605 ext. 240



Ingenious Ways to Keep our Brains Healthy will be led by Laura Kokoska RN CKYI on Friday, April 10th 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.



On Tuesday April 14th from 1:00pm-3:00pm we will have the Mystic Aquarium here with their Touch Tank. This is open for kids and adults so bring your grandchildren! For further information, or to sign up for a time call (860)434-1605 ext. 240



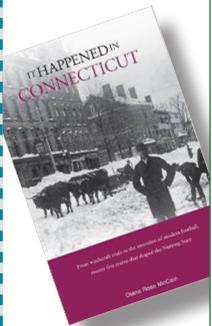
On Wednesday April 15th at 1:30pm we will be holding Bingo for Seniors and Kids (third to fifth grade). Prizes and Refreshments will be provided. Call to register for this free program at (860)434-1605 ext. 240.



On Wednesday April 22nd at 1:00pm a free Seminar on Humor, Health, and Happiness will be presented by Joanne Harrison Becker. To register for this seminar, call (860)434-1605 ext. 240.



RESCHEDULED FROM JANUARY 28th. On Friday, April 24th at 12:45pm come test your knowledge of old time trivia. Do you know the answers to the following types of questions? In the late '40s, what was "Best buy for bread and budget"? What was the popular chewing gum named for a game of chance? What did we use in the outhouse before toilet paper was available? What would "A little dab 'll do ya" do? If you do, come test your knowledge of things that have past. Multiple choice questions will be asked. This will be a fun afternoon of reminiscing, laughs, and prizes. For more information or to sign up please call (860)434-1605 ext. 240.



RESCHEDULED FROM JANUARY 27th. On Wednesday, April 29th at 1:00pm 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". McCain will share a few of the astonishing yet true tales of events scattered across more than 350 years of Connecticut history, from witchcraft trials to serial murder to a solitary yet beloved vagabond whose story remains a mystery 125 years after his death. These stories are a representative sampling of the sometimes heroic, sometimes amazing, sometimes quirky people and events involving everything from football to medicine to the principle of taxation without representation – and they all really happened in Connecticut. Following the presentation copies of McCain's books will be available for purchase and autographing if you wish. Diana Ross McCain is Florence S. Crofut Head of the Waterman Research Center at the Connecticut Historical Society in Hartford. She holds bachelor's and master's degrees in history and a master's degree in library science. She has been writing about Connecticut's intriguing history for more than 30 years.



On May 1st at 1:00pm join us for "The Beatles: Band of the Sixties" presented by Aaron Krerowicz, one of the two professional Beatles scholars in the world. To register for this free program, call (860)434-1605 ext. 240.



On May 12th at 1:00pm a free presentation "The Year of 1848, Orson Fowler & Eight Sided Structures" will be presented by Virginia Williams. To register, call (860)434-1605 ext. 240.



On May 27th at 1:00 a free program "Battleship Connecticut and The Great White Fleet" given by Mark Albertson. To register, call (860)434-1605 ext. 240.

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

For Advertising Information:
Contact Fred at Essex Printing
860.391.5725

Preserving Our Stone Treasures

Join us on Tuesday, March 3rd at 1:00pm for "Preserving Our Stone Treasures" as Mike Angelicola, Stone Mason and Carver, presents a free lecture on the history of stone walls, building them, and common problems with them. Please call (860)434-1605 ext. 240 to register.

Rotor Cuff & Shoulder Problems

Join us on Tuesday, March 10th at 12:45pm Colin Morris from Select Physical Therapy will present a free program on Rotor Cuff and Shoulder Problems.

Larry Batter Performs

On Thursday, March 12th at 1:00 pm, Larry Batter, who has been entertaining audiences throughout Connecticut and New York for over 35 years, will be performing for us. Getting his first big break at the Piano Bar of Poor Richards Restaurant in 1980, Larry has been amusing people with his humor and music ever since. This is a free program.

AARP DRIVE SAFE CLASS

AARP Drive Safety Class will be held on Friday, March 13th from 1:00 pm- 5:00 pm. Call (860)434-1605 ext. 240 to sign up. Cost is \$15.00 for members/ \$20.00 for non-members.

Saint Patrick's Day Luncheon

St Patrick's Day Luncheon will be held on Tuesday, March 17th. Reservations need to be made by calling (860) 434-4322 before 10:45am on Tuesday, March 3rd.

POPCORN AND A MOVIE

Join us on Tuesday, March 24th at 12:45pm for the showing the Movie "Man of the Year" starring Robin Williams which is a tale of a quick-witted radio talk-show host whose fanciful bid for the presidency becomes a surprising reality in the one political comedy that truly speaks for the people.

The Gray School of Irish Dance Performance

On Tuesday, March 17th at 1:00 pm, The Gray School of Irish Dance will perform a variety of Irish Dances including soft and hard shoe dances. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional), and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes.

LEARN HOW TO USE THE INTERNET

On Thursday, March 19th at 1:00pm Jessica Stedding, Old Lyme Library Reference and Technology Librarian will be offering a class here at the center on "Learning how to use the Internet for Beginners". Computers are available to use or you can bring your own. This class is free and limited space is available so sign up today by calling (860)434-1605 ext. 240.

Learn Italian and Travel to Italy

On Friday, March 20th at 1:00pm join us for an informational session held at the EAST LYME SENIOR CENTER for a class to be held here at the center starting in April entitled "Learning Italian & Travel to Italy". This informational session with Monica Georgeo, A Yale Professor will explain a 20 week session and gauge interest in this class. This informational session is free and all are welcome to attend. Registration information and costs will be discussed during this session. Classes will begin in April. Call (860)434-1605 ext. 240 to register for the presentation.

HAIRCUTS

Stephanie Alfano, licensed hairdresser offers haircuts here at the center the second Wednesday of every month from 9:15-11:30am. Haircuts are \$10.00. To book an appointment, please call (860)434-1605 ext. 240

Scot Haney Visit

On Wednesday, March 25th at 1:00pm come meet Channel 3 Meteorologist Scot Haney who will be here to speak at the center.

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.

Free Elder Abuse & Fraud Seminar

On Friday, March 27th at 1:00pm learn how to protect yourself as Webster Bank presents an Elder Abuse & Fraud Seminar. Fake emails. Phony lotteries. False promises. Elder financial fraud and abuse is becoming more common place every day. So it's important to know what to be aware of and what to do so you don't become a victim.

This seminar will prepare you to fight the financial fraud and abuse that affects many seniors.

Topics include:

- What is "financial abuse?" Learn how to identify the different ways you can be taken advantage of financially.
- Warning signs. Know the financial warning signs that can indicate fraud and abuse.
- Scams to watch out for. We'll explain the most common financial scams and what makes you vulnerable.
- Important do's and don'ts. What to do, who to call, where to turn if you suspect financial abuse.

Plan now to attend this important seminar to learn more Call (860)434-1605 ext. 240 to sign up.

The One Room Schoolhouse

On Tuesday, March 31st at 1:00pm join us for a free historical presentation "The One Room School House, What was it really like?" presented by Michael S. Day. Using a variety of firsthand accounts and other primary sources, Mr. Day will explore with us what education was like in the 19th century, addressing many of the typical questions people have about education in a one-room schoolhouse, such as curriculum, discipline, class size, the school day and school year, and teacher training, pay, and living arrangements. He will tailor the program to include information specific to this area, focusing on the day-to-day happenings in a typical 19th century classroom, and particularly about what being the teacher of a one room school-house was really like. Michael Day is the author of four books and numerous articles about 19th century education and one-room schoolhouses. He is a retired high school principal and college instructor, and curator of the Barkhamsted Historical Society's one-room schoolhouse. He has been a featured presenter at three national conventions of the Country Schools Association of America. He is also the owner and publisher of Clippership Publications, which produces replicas of early schoolbooks for museums around the country.

Financial Health Check Up

On Thursday, March 12th 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)434-1605 ext. 240.

REFLEXOLOGY CLINIC

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on March 9th and 23rd from 10:00 am- 2:00 pm. The cost is \$10.00 for a 15 minute session. To sign up, please call Susette at (860) 334-9255

AARP FREE TAX-AIDE

AARP Foundation TAX-AIDE is offered in conjunction with the IRS. Its Tax Counseling for the Elderly program (TCE), provides free tax help to low- to moderate-income tax-payers, with special attention to those 60 and older.

Free Hearing Clinic

A free hearing clinic will be offered the second Wednesday of the month from 10am-1pm. we will have Nancy Jablonski & Rene Vicedomini, Audiologist Concierge here to provide free hearing testing, hearing aid checks, wax inspection, and listening demonstrations is March 11th. By appointment only, call (860)434-1605 ext. 240 to sign up.

Old Lyme Visiting Nurse

The nurse's office is open Monday through Thursday from 11:00am – 1:00pm and Friday from 12:00-1:00pm here at the center. No appointments are needed. Our nurse would be happy to address any health questions or concerns as well as check your blood pressure.

Cranio-Sacral Therapy Presentation & Demonstration

A free presentation on Cranio Sacral Therapy will be held Friday, March 13th at 12:30pm with Cathy Monte, a licensed massage . According to the Upledger Institute International cranio-sacral therapy is a light-touch approach that can create dramatic improvements in your life. It releases tension deep in the body to relieve pain and dysfunction and improve whole-body health and performance. To learn more about this and watch a free demonstration. Please call (860)434-1605 ext. 240 to register.

NEW Holistic Therapy Sessions

Cathy Monte, a licensed massage therapist will be offering a variety of hands on services to promote health and well-being, reduce pain, stress and tension. Beginning in March these private sessions will include; Cranio-Sacral Therapy, Reiki, Hand and/ or foot massage, and chair massage. Sessions will last 20 minutes each. An introductory rate of \$10.00 will be offered in the month of May for your first sessions. There will be a free presentation on Friday, March 13th at 12:30 to explain and demonstrate cranio-sacral work and any questions regarding any of the modalities offered. To sign up, call (860)434-1605 ext. 240.

Weather Related Closings

Please check Channel 3, Fox, Channel 8, or the Town of Old Lyme Website for weather related closings of the center. In addition our policy is that if the Lyme Old Lyme Schools are closed due to weather we are closed as well. Above all be safe!

Phone Number Change

At this time we are slowly changing over the senior center phone number. The new number is (860)434-1605 ext.240. The original number will still be working for a short period of time and then will have an automated announcement with the new number listed above when the current phone number is discontinued.



A Reminder to all Essex Savings Bank Account Holders

Ballots will be available at all Essex Savings Bank Offices between February 1 and March 15 for their giving program. The Lymes' Seniors will benefit from votes that are cast for "Friends of the Lymes' Senior Center". Your consideration will be greatly appreciated.

Fun with Larry Noiva and Friends





Lymes' Senior Center

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- Pretend to understand conversation by nodding and smiling?
- Feel left out of conversations?
- Confused by all the hearing aid ads and don't know who to trust?
- Have difficulty with transportation to appointments?

Free Lymes' Senior Center Hearing Clinics

on the 2nd Wednesday of each month
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Hearing Tests • Hearing Aid Checks • Wax Inspection and Removal • Listening Demonstrations
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