

Lymes' Senior Center

~ May 2015 News & Events ~

Proudly serving seniors 60 & over since 1996



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- Belly Dancers Sirena and Company

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

Open Monday-Friday
9am-3pm

(unless otherwise noted)



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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.*



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, May 14th - The Port of Galilee in Narragansett, RI has a rich fishing history. Come and enjoy a "Day in theLife 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 has begun. Moderate walking.

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

Tues, August 4th - Join us for a guided "Corsets & Top Hats" tour of the Canfield House and the marble House in Newport, RI. Mrs. Caroline Astor will escort you and provide you with details of how High Society lived during the Gilded Age. Lunch included. Trip fee is \$96pp. Registration begins May 1st. Moderate Walking.

Tues, August 25th - Let's go to Gloucester, Ma and get aboard the Privateer IV for a 7 Seas Whale Watch. This boat tour lasts between 3 and 4 hours and will be narrated by their outboard naturalist. Lunch not included. Time prior to the Whale Watch to eat in downtown Gloucester. Trip fee is \$84pp. Registration begins May 1st.



Detailed flyers available.

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 June 10th at 1:00pm join us for "Crossing the Connecticut River Before and After 1911" presented by local historian Mark Lander. To register for this free program, call (860)434-1605 ext. 240.



On June 12th at 1:00pm join us and learn Ingenious Ways to Train our Brain. Ingenious Ways to Keep our Brains Healthy will be led by Laura Kokoska RN. 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. To register for this free program, call (860)434-1605 ext. 240.



On June 12th join us for a night of Country Music. Put on by The Senior Centers of Southeastern Connecticut and held from 6:00pm-9:00pm at the Polish Club in Montville CT., The Country Jamboree Band will perform. The band will be featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Merle Haggard, Loretta Lynn, & many more. Cold and Hot appetizers will be served and there will be a cash bar. Tickets are \$25.00 and are available at the Lymes' Senior Center. Seats are limited. Call (860)434-1605 ext. 240 for more information.



On June 16th at 1:00pm join us for Hurricane: The Greatest Storm on Earth, a free multimedia presentation. This program will be presented by Art Horn, meteorologist who has worked on television and radio with CBS, ABC, NBC and PBS for the past 25 years. You may remember watching him on NBC30 in Connecticut from 1992 to 2005. To register for this program please call (860)434-1605 ext. 240.



On June 23rd join us for Popcorn 12:45pm for Popcorn and a Movie. Movie to be announced in next month's newsletter.



On June 24th at 1:00pm Sirena Sultana and Company will share her passion for belly dancing with us. Along with a student, the two will put on a show you will not want to miss! Imported from Egypt and Turkey their costumes will also amaze you.



From Friday, June 26th through Sunday June 28th the Lymes' Senior Center will be Sponsoring its Second Annual Art and Nature Weekend open to the Community. See Save the Date Flyer on Page 7.

Upcoming Events ~ Save these Dates

April & May Fun



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

For Advertising Information:
Contact Fred at Essex Printing
860.391.5725

Monday **Tuesday** **Wednesday**

<p>Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9am-3pm unless otherwise noted</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>	<p>Classes and Events Lunches (F) = \$ = \$4.</p>
<p>9:30 Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Manicotti w/sauce, Italian blend, citrus fruit 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p> <p style="text-align: right;">4</p>	<p>10:00 Trailblazers - Sign up req (F) 10:00 Sit and be Fit (F) 12:00 Enchilada Casserole, tossed salad w/ dressing, cornbread, orange sherbet 1:00 Women Spies in the Civil War - reg requested (F)</p> <p style="text-align: right;">5</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Cod, baked potato 1:00 Senior Club Meeting 1:30 Pat Mitchell (\$1) 4:30 Yoga \$</p>
<p>9:30 Oil Painting Class - Sign up req. (F) 10:00-2:00 Reflexology (\$10) - sign up req 10:30 Exercise \$ 12:00 Salisbury Steak, mashed potatoes, brussel sprouts, peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 Duck River Garden Club (F)</p> <p style="text-align: right;">11</p>	<p>10:00 Trailblazers - Sign up req (F) 10:00 Sit and be Fit (F) 12:00 Beef Tips w/gravy over noodles, carrots, brownies 1:00 The Year 1848, Orson Fowler & Eight Sided Structures - reg requested (F) 5:00 Social Security Seminar, sign up required, see info on next page (F)</p> <p style="text-align: right;">12</p>	<p>9:00 Tai Chi • 9:15-12:00 10:00 - 1:00 Hearing Clinic 10:30 Exercise \$ 12:00 Roast Turkey w/ carrots, apple pie 12:00-3:00 Rental Rehearsal 1:00 Model for Healthy Aging 1:30 Brain Yoga • 4:30</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Stuffed Shells w/tomato sauce, Italian green beans, fruit cocktail 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Meeting and Dinner</p> <p style="text-align: right;">18</p>	<p>10:00 Trailblazers - Sign up req (F) 10:00 Sit and be Fit (F) 12:00 Beef Stew w/potatoes and Veg, biscuit, applesauce 12:45 Select Physical Therapy Lecture on Spinal Stenosis "Lower Back Problem" - Sign up requested (F)</p> <p style="text-align: right;">19</p>	<p>9:00 Tai Chi • 10:30 Exercise \$ 12:00 Jambalaya, broccoli 12:00-3:00 Rental Rehearsal date if 5/13 is filled) (F) 1:00 Senior Club Meeting 1:30 Senior Club Bingo 1:30 Brain Yoga • 4:30</p>
<p>Center Closed Memorial Day</p> <p style="text-align: right;">25</p>	<p>10:00- Trailblazers - Sign up req (F) 10:00 Sit and be Fit (F) 12:00 Baked Fish of the Day, roasted potatoes, zucchini, peaches 1:00 Popcorn & a Movie "The Impossible" (F)</p> <p style="text-align: right;">26</p>	<p>9:00 Tai Chi • 10:30 Exercise \$ 12:00 Spaghetti and Meat sauce garlic bread, birthday cake 1:00 Battleship Connection Fleet (F) reg req 1:30 Brain Yoga • 4:30</p>

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 Old Lyme
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Colin Morris, MSPT, OCS. COMT
 Gilli

Treatment of all orthopedic

Wednesday

Thursday

Friday

vents = *Italics*
s = **Bold**
= free
00 a class

9:30 Shoreline Artists' Workshop (F)
10:30 Solid Gold-Balance & Strength Training \$
12:00 Crabmeat salad on whole wheat bread,
lettuce and tomato, 3 bean salad, ice cream
1:00 The Beatles Band of the 60's -
sign up req (F)

1

to, beets, fruit crisp
ing
1:30 Brain Yoga

12:00 Chicken Florentine, rice pilaf, green
beans, pineapple tidbits
12:30 Wii Bowling (F)
1:00 Duplicate Bridge (F)

9:30 Shoreline Artists' Workshop (F)
10:30 Solid Gold-Balance & Strength Training \$
12:00 Macaroni and Cheese, broccoli, fruited
jello

6

7

8

0:00 Haircuts (\$10)
linic (F) Sign up Req.

9:00 Narragansett Day Trip-Pre Reg & Payment Req
10:30-12:00 Genealogy Class - sign up req
12:00 Sloppy Joes, 3 bean salad, chips, pears
12:30 Wii Bowling (F) • 1:00 Duplicate Bridge (F)
1:00-3:00 Financial Health Check up (F) reg req
5:00 Social Security Seminar - sign up req
see info on next page (F)

9:30 Shoreline Artists' Workshop (F)
10:30 Solid Gold- Balance & Strength Training \$
12:00 Chicken Divan, brown rice, broccoli,
banana
1:00 Is it Smart for Us to give our Home to our
Children - sign up req (F)

13

14

15

xercise \$
coli, pineapple tidbits
ate Appointments (2nd
ing
o (\$1)
o Yoga \$

10:00 Bethany's Beginner Tap Class (\$24/6 wk
class) - reg req
12:00 Shepard's Pie, whole baby carrots,
whole wheat roll, fruit shortcake
12:30 Wii Bowling (F)
1:00 Duplicate Bridge (F)

9:30 Shoreline Artists' Workshop (F)
10:30 Solid Gold- Balance & Strength Training \$
12:00 Chicken Caesar salad w/tomato and
cheese, croûtons and dressing, whole wheat
roll, citrus fruit

20

21

22

xercise \$
eatballs, tossed salad,
cake
cticut & the Great White
o Yoga \$

8:00 Taste of Cape Cod Day Trip-Pre Reg & Pay Req
10:00 Bethany's Beginner Tap Class (\$) - reg req
10:30-12:00 Genealogy Class - sign up req
12:00 Herbed Baked Chicken, wild rice, oriental
veg, mandarin oranges
12:30 Wii Bowling (F) • 1:00 Dup Bridge (F)

9:30 Shoreline Artists' Workshop (F)
10:30 Solid Gold- Balance & Strength Training \$
12:00 Meatloaf w/Gravy, roasted potatoes,
carrot coins, pears
1:00 LOL Middle School "Jazz Cats" Jazz Band

27

28

29

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The Beatles: Band of the 60's

On Friday, May 1st at 1:00pm join us for "The Beatles: Band of the Sixties" presented by Aaron Krerowicz who is one of the two professional Beatles scholars in the world. Explore the music of The Beatles in this 60-minute presentation (part history and part musical analysis) spanning the full 1960's: beginning with the band's seminal visits to Hamburg, proceeding year by year through Beatlemania, and concluding with Abbey Road. This lecture will be supplemented with audio clips of music and excerpts from interviews with the band members. To register for this free program, call (860)434-1605 ext. 240.

Female Spies of the Civil War

On Tuesday, May 5th at 1:00pm join us as author and historian Matthew Bartlett presents this fascinating program about female spies during the Civil War. This program focuses on four women who risked all for their country during the war. Bartlett will reveal how these women played an important part in the extensive spy networks that were formed on both the Union and Confederate sides. He will be dressed in period costume for the program. To register for this free program, call (860)434-1605 ext. 240.

Pat Mitchell

On Wednesday, May 6th at 1:00pm join us as Pat Mitchell, pianist who currently performs at the Norwich Inn and Spa and performed for many years at the Lighthouse Inn for many years. This is a Senior Club Event and Admission is \$1.00 which will be collected by the club at the door.

The Year of 1848, Orson Fowler & Eight Sided Structures

On Tuesday, May 12th at 1:00pm we welcome back speaker Virginia Williams (previously she did a program "Outhouses: Is This Trip Necessary") for a NEW program "The Year of 1848, Orson Fowler & Eight Sided Structures". Speaking points she will cover is the interesting history about what happened in 1848, why Orson Fowler designed octagon houses, Orson Fowler's life and octagon houses today. To register for this free program, call (860)434-1605 ext. 240.

Model for Healthy Living

On Wednesday, May 13th at 1:00pm join us for a free program put on by the Visiting Nurses of the Lower Valley entitled Model for Healthy Living. This program encompasses How to Live the Life that YOU Want. Included will be a self-evaluation tool which will help you identify which areas of your life are important to you and the level of effort you are putting into them. To register for this free program, call (860)434-1605 ext. 240.

POPCORN AND A MOVIE

On Tuesday, May 26th join us at 12:45pm for Popcorn and a Movie. The movie The Impossible is a true story about how a close-knit family begin their winter vacation in Thailand December 2004. But the day after Christmas, the idyllic holiday turns into an incomprehensible nightmare when a terrifying roar rises from the depths of the sea, followed by a wall of black water that devours everything in its path. Though Maria and her family face their darkest hour, unexpected displays of kindness and courage ameliorate their terror. Due to the nature of this movie there are some graphic scenes. Rated PG 13, this movie will be shown with closed caption.

SPINAL STENOSIS

On Tuesday, May 19th at 12:45pm join us as Select Physical Therapy presents a program on Spinal Stenosis "Lower Back Problem". To register for this free program, call (860)434-1605 ext. 240.

Beginner Tap Dancing Class

On Thursday, May 21st at 10:00am we will be starting a six week Beginner Tap Dancing Class. This program will be taught by Bethany Haslam, owner of The Dance Center of Old Lyme. With 30 years of dancing experience in addition to choreographing over 20 shows and musicals, Bethany comes well qualified. The six week class will run every Thursday morning at 10:00am from May 21st- June 25th and will cost \$24.00 for the six week class. Money will be due at the first class. Preregistration is suggested as class size is limited to twelve people and will require a minimum of 5 people to run. Participants will need tap shoes. For more information about this class or to register call (860)434-1605 ext. 240.

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 May 13th. By appointment only, call (860)434-1605 ext. 240 to sign up.

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 or sign up on the clipboard by our sign in sheet.

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.

Financial Health Check up

On Thursday, May 14th 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.

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 May 11th from 10:00 am- 2:00 pm. The cost is \$10.00 for a 15 minute session/ \$20.00 for a 30 minute session/ \$40.00 for a 1 hour session. To sign up, please call Susette at (860) 334-9255.

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.

Trailblazers

Join us for free guided hikes planned and led by both the Lyme Land Trust and East Lyme. Hikes will begin at various times in the morning depending on the location. Advanced sign up is required, locations of upcoming hikes can be emailed to you or you can call (860)434-1605 ext. 240 for directions and to register.

May 1 st	Nehantic Forest loop	East Lyme	easy
May 8 th	Haley Farm	Groton	easy
May 12 th	Beebe Preserve	Lyme	moderate
May 15 th	Mt. Misery	Voluntown	easy/moderate
May 22 nd	Salmon River/Day Pond	Colchester	moderate
May 26 th	Hartman Park	Lyme	moderate
May 29 th	Lantern Hill	Ledyard	moderate

Battleship Connecticut and The Great White Fleet

On Wednesday, May 27th at 1:00 a free program "Battleship Connecticut and The Great White Fleet" will be presented by Mark Albertson. Mark Albertson has been a member of the United States Naval Institute for more than 25 years. He is an historical research editor at Army Aviation magazine and has authored three books: USS Connecticut: Constitution State Battleship, They'll Have to Follow You! The Triumph of the Great White Fleet, and On History: A Treatise. He teaches World War II history at Norwalk Community College for Lifetime Learners. To register, call (860)434-1605 ext. 240.

Genealogy for Beginners

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 costs \$10.00 for a four session class held May 14th, May 28th, June 11th and June 25th from 10:30- 12:00 pm. In addition, he will offer a 1 hour private consultation. Money is due at the first class. Limited space is available so please call (860)434-1605 ext. 240 to sign up.

Maximize your Social Security Benefits

Join us on May 12th and 14th at 6:00 pm for a free educational workshop to learn strategies that could help increase your lifetime benefits and key factors you need to know before applying. This program is designed for those between the ages of 57-65 who haven't filed for social security. Don't lose benefits unnecessarily! Timing is everything! To register please call 800.955.9719

Save the Date



Lymes' Senior Center's

2nd ANNUAL

Art & Nature Weekend

June 26, 27 & 28

- ❧ Free Family Nature Hikes
- ❧ Animal Programs
- ❧ Gardening Lectures
- ❧ Painting Workshops
- ❧ Beautiful Blooming Art Exhibit
- ❧ Feature Artist Demo with Mary LaForge
- ❧ And much much more.

*Celebrating their 10th Anniversary
the Shoreline Artists at the Town Woods Gallery
will have hundreds of paintings that will be available to buy.*



For a complete schedule of FREE events for this fun filled weekend
call (860)434-1605 ext. 240 after May 11th
or look for it in the Old Lyme Events Magazine
which comes out in June.

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Lymes' Senior Center

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When was the last time you were able to have a casual conversation?

Do you or a loved one...

- Have problems hearing and embarrassed to admit it?
- 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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