

Lymes' Senior Center

~ September 2015 News & Events ~

Proudly serving seniors 60 & over since 1996



Visiting Nurses
of the Lower Valley

A not for profit, Medicare and Medicaid certified home health care organization



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has been the agency of choice
for so many people for nearly 100 years

Lymes' Senior Center
(860)434-1605 ext. 240
Open Monday-Friday
9am-3pm
(unless otherwise noted)

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• visitingnurses.org

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.



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 flyers are available for all Day Trips.

Thurs., September 10th Boston-On-Your-Own Trip. No need to drive and park. Relax on the bus ride to the city. Once you arrive, you will have plenty of time to sightsee or shop- the bus will leave Boston at 6pm. Trip fee is \$40.00pp. Registration begins June 8th. Heavy Walking.

Sun., September 27th An Unforgettable Day in Harlem. Special guided tour of Harlem's famed Apollo Theatre, lunch at the famous Sylvia's Restaurant (included in price) where you will enjoy amazing entertainment, and a guided riding tour highlighting the diversity, history, and beauty that is in Harlem, from the Harlem Meer in Central Park, the Cathedral Church of St John the Divine, the famous brownstones, the beautiful West side and so much more. Trip fee is \$119.00pp. Registration begins June 8th. Moderate walking.

Wed., October 7th Grab your camera for a Guided Driving Tour of Covered Bridges in Southern NH. Lunch included at the East Hill Farm. Trip fee is \$90pp. Registration begins July 1st. Lots of walking.

Wed., October 28th Haunted Happenings in Salem, MA. Self guided tour of the Salem Witch Museum as well as time in town to enjoy the many festivities. Lunch not included. Trip fee is \$59pp. Registration begins July 1st. Lots of walking.

Sun, November 6th - The 9/11 Museum is open and ready to receive visitors. Lunch on your own prior to The Museum in Little Italy. Trip fee is \$73pp. Registration begins September 1st. Lots of walking.

Thu, November 12th - Join the Lymes' Senior Center for a trip to the Mohegan Sun. Departure will be from the Old Lyme Senior Center. No meal included in ticket price but you will receive a casino package. Trip fee is \$20pp. Registration begins September 1st. Moderate walking.

Wed., December 2nd Radio City Christmas Spectacular Trip. Trip includes bus trip, lunch at Brazil, Brazil in the heart of the Theatre District and Orchestra/First Mezzanine seats to the show featuring the Rockettes is \$146.00pp. Wait list only. Minimal walking.



Detailed flyers available.

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.

January 28 - February 7, 2016 Fully escorted Hawaiian Cruise - 11 days - 7 shore excursions included in price - Starting at \$4449pp

Three more cruises are planned for 2015/2016. Presentation on all three trips will be in October. Planned are an Alaskan Cruise in June 2016, a Trans-Atlantic Cruise in August 2016 and a Caribbean Cruise in October 2016.

Mark your Calendars!

Upcoming Events ~ Save these Dates



The Con Artist Playbook- Part of the AARP Lecture Series will be held on Oct 9th at 1:00pm. The program will take a look at the psychology behind ID Theft, Fraud & Scams. Through actual footage of scammers, insights and advice, you'll walk away armed with the tools you need to keep yourself and your family safe. Please call and register for this free program today.



Otago Strength & Balance Program Presentation will be held on October 13th at 1:00pm and will be given by Rehab Concepts Physical Therapy. This program is evidenced based to reduce falls by 35-40%, Supported by Medicare and most other insurances for up to a year, this Self-Managed program, administered by a physical therapist, helps people increase their energy level, increases confidence with daily activities, maintain their independence, and helps people feel safer, happier, and more secure in their own home. Please call (860)434-1605 ext. 240 to register for this free & informative presentation.



Belly Dancing Workshop Join us on October 14th at 1:00pm and unveil the mystery of this ancient dance form and discover the healing benefits! Belly Dance is suitable for women of all ages, shapes and sizes as the movements are natural to the female form. The low impact movements are gentle on the joints and can help to increase flexibility as well as improve coordination and grace. This program will be led by Sirena Sultana. To sign up for this free program, please call (860)434-1605 ext. 240. This program is for participants.



"Becoming Tom Thumb: Charles Stratton, P.T. Barnum, and the Dawn of American Celebrity" will be held at Lymes' Senior Center and be given by author Eric Lehman on October 16th at 1:00pm. Author Eric D. Lehman will give a presentation of the findings of his book, which tells the full story of this diminutive Connecticut entertainer including his triumphs on the New York stage, his epic celebrity wedding, his meetings with Abraham Lincoln and Queen Victoria, and his around-the-world tour. The book draws on newly available primary sources and interviews. To sign up for this free program please call 860 434-1605 ext. 240.



Flu Clinic will be held Oct 16th from 12:00pm-3:00pm & October 17th from 8:00am-12:00pm for Old Lyme and Lyme Residents 50 years and older on a walk in basis. In addition it will also service residents of these towns 19-49 years of age with a chronic medical condition and a doctor's note. No insurance or Medicare required. There is no set fee; donations are appreciated. To schedule a visit for homebound residents, please call 860-434-7808.



3rd Annual Veterans Luncheon will be held on Oct 20th at 1:00pm at the Lymes' Senior Center. If you are a Veteran interested in attending this free luncheon in your honor, please call (860)434-1605 ext. 240 before Oct 1st to sign up.



AARP Drive Safety Class will be held on Friday, October 23th 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. Payments accepted in check form only.



Let's Talk about Ragtime Join Ragtime Aficionado Paul Nelson on October 27th at 1:00pm and enjoy samplings and an enlightened discussion around the origins and history of this highly underrated musical genre. To register for this free program, please call (860)434-1605 ext. 240.



The Slave Catcher's Woman. Jim Littlefield who has spent 48 years teaching history in Southeastern CT. Public Schools and authored The Slave Catcher's Woman (among other books) will be here performing in character on Oct 28th at 1:00pm. His book which is expertly researched and vividly written (with its memorable cast of characters, intriguing twists and turns, and unencumbered portrayals of life during the pre-civil war south) invites us to venture upon an unforgettable, enlightening journey into one of the most controversial periods of our history. This is a free program you will not want to miss. Call (860)434-1605 ext. 240 to register.



Halloween Celebration will be held on October 30th at 12:00pm. We will give away a free lunch to the first 30 seniors that sign up AND arrive in costume. We will also have a spooky cake and raffle prize drawing at 12:30pm. All those that arrive in costume will be entered to win a free trip to the Mohegan Sun Casino on November 9th. Come celebrate the day with us. Please remember that you need to call (860)434-4322 and sign up for lunch before 10:45am on October 29th.



CALLING ALL BABY BOOMERS- Dinner & Rockin' Robin Show Friday Nov 13th at 6:30pm at the Lymes' Senior Center. Tickets need to be purchased in advance. Ticket price is \$12.50 and includes Penne alla Vodka, Caesar Salad, Drink and Dessert and a ticket to the show! Feel free to bring your dancing shoes!! Call (860)434-1605 ext. 240 for more information.

September

Monday	Tuesday	Wednesday	Thursday	Friday
	10:00 Sit and be Fit (F) 12:00 Chicken Florentine, rice pilaf, green beans, pears 5:45 Pilates Class - Sign up for session req (\$) 6:00 Senior Bocce Club	9:00 Tai Chi 10:30 Exercise \$ 12:00 Meatloaf w/ Gravy, mashed potatoes, whole baby carrots, fruit shortcake 1:00 Senior Club Meeting 1:30 40's & 50's with Kate Stone (\$1) 1:30 Brain Yoga • 5:30 Yoga \$	12:00 Salmon w/ Sauce, roasted potatoes, broccoli, 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 Manicotti w/ Sauce, tossed salad w/ dressing, garlic bread, banana
 <p>Closed for Labor Day</p>	10:00 Sit and be Fit (F) 10:00 Creative Drawing Class - Pre reg. req. (F) 12:00 Swedish Meatballs over noodles, brussel sprouts, mandarin oranges 1:00 Let's Talk about Hip Problems - sign up req. (F) 5:45 Pilates Class - Sign up for session req (\$) 6:00 Senior Bocce Club	9:00 Tai Chi • 9:15-12:00 Haircuts (\$10) 10:00 - 1:00 Hearing Clinic (F) Sign up Req. 10:30 Exercise (\$) 12:00 Chicken Parmesan w/ Pasta, broccoli, fruited jello 1:00 Nonagenarian (90+ years young) Celebration - sign up req (F) All Welcome! 1:30 Brain Yoga • 5:30 Yoga \$	8:00 Boston Trip - sign up req. 10:00 Beginners Tap - reg req. 12:00 Baked Cod, sweet potato, spinach, applesauce 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00-3:00 Financial Health Check up - reg req (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold-Balance & Strength Training \$ 12:00 Beef Stew, biscuit, fruit juice, cookies
9:30 8 Wk Beg. Oil Painting - Pre Reg Req. (F) 10:00-2:00 Reflexology (\$10) - pls call Susette @ (860) 334-9255, sign up req • 10:30 Exercise \$ 12:00 Cheese Tortellini w/ tomato sauce, zucchini, orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge(F) • 7:00 Duck River Garden Club (F)	10:00 Sit and be Fit (F) 10:00 Creative Drawing Class - Pre reg. req. (F) 12:00 Chicken Divan, wild rice, oriental vegetable, citrus fruit 12:45 Popcorn & a Movie - RV (F) 5:45 Pilates Class - Sign up for session req (\$) 6:00 Senior Bocce Club	9:00 Tai Chi 10:30 Exercise (\$) 12:00 Shepherd's Pie, mashed potatoes, carrot coins, fruit pie 1:00 Senior Club Meeting 1:00 Senior Club Bingo (\$1) 1:30 Brain Yoga • 5:30 Yoga \$	10:00 Beginners Tap - reg req. 12:00 Roasted Turkey w/ gravy, stuffing, cranberry sauce, peas & carrots, apple 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 11:30 Country Music Jamboree (\$25) held at Ocean Beach - ticket available, see page 6 for more information 12:00 Hamburger on a bun, baked beans, cole slaw, pears
9:30 8 Wk Beg. Oil Painting - Pre Reg Req. (F) 10:30 Exercise \$ 12:00 Lemon Baked Fish, mashed potatoes, broccoli, mandarin oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	10:00 Sit and be Fit (F) 10:00 Creative Drawing Class - Pre reg. req. (F) 12:00 Chicken Cacciatore w/ onions & peppers, brown rice, green beans, pineapple tidbits 5:45 Pilates Class - Sign up for session req (\$) 6:00 Senior Bocce Club	9:00 Tai Chi 10:30 Exercise (\$) 12:00 Pot Roast w/ gravy, mashed potatoes, whole baby, carrots, fruit juice, cake 12:30 -3:00 Energy Assistance - call 860.434.1605 ext 228 to register - req. 1:30 Brain Yoga • 5:30 Yoga \$	10:00 Beginners Tap - reg req. 12:00 Spaghetti w/ meatballs, garlic bread, tossed salad w/ dressing, orange 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 Tuna Salad Sandwich on whole wheat bread, lettuce & tomato, 3 bean salad, banana
9:30 8 Wk Beg. Oil Painting - Pre Reg Req. (F) 10:00-2:00 Reflexology (\$10) - pls call Susette @ (860) 334-9255, sign up req 10:30 Exercise \$ 12:00 Beef Stroganoff w/noodles, beets, applesauce 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) • 5:00 VFW Dinner & Mtg.	10:00 Sit and be Fit (F) 10:00 Creative Drawing Class - Pre reg. req. (F) 12:00 Tilapia, mashed potatoes, brussel sprouts, peaches 5:45 Pilates Class - Sign up for session req (\$) 6:00 Senior Bocce Club	9:00 Tai Chi 10:30 Exercise (\$) 12:00 Chili, cornbread, tossed salad w/ dressing, fruit juice, birthday cake 1:30 Brain Yoga 5:30 Yoga \$	Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9am-3pm unless otherwise noted	
			<i>Classes and Events = Italics</i> Lunches = Bold (F) = free \$ = \$4.00 a class 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	

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6 Week Pilates Class

Starting September 1st on Tuesday Nights from 5:45- 6:45 pm we will be offering a 6 week Pilates Class at the Lymes' Senior Center 26 Town Woods Road Old Lyme CT. The class will cost \$24.00 and will be due at the first class. We will need at least 6 participants to run this class. Call (860)434-1605 ext. 240 to sign up.

40's and 50's music with Kate Stone

On September 2 at 1:30pm the Senior Club will be having Kate Stone singing the 40's and 50's music with her angelic voice. Polish born she engages her audience, touches their hearts, moves and entertains with her "oh so funny" stories about her life. It is \$1.00 for all that attend. Money will be collected by the senior club at the door.

Let's Talk Hips

On Tuesday, September 8th at 1:00pm Christopher Dentch, PTA from Select Physical Therapy in Old Lyme will discuss current concepts related to hip pain and weakness, and the benefits of the right exercise and physical therapy. The last portion of the talk will be opened up to your questions.

Creative Drawing Class

6 Week Creative Drawing Class will start Sept 8th and be held Tuesday mornings from 10:00 am-12:00 pm. Beginners are welcome. A minimum number of students must be met to hold this free class, so please register early. This class is for beginners and those with some drawing experience. We will explore a variety of sketching and mark making techniques to have fun with drawing and try to quiet the inner critic. We will learn to use value and shape to figure out a good composition before getting involved in the details.

The instructor will do demos and guide students with drawing exercises to help bring out their creativity. Direction will be offered, though students will be encouraged to develop their own style. This class will be taught by Sharon Schmiedel who has a BFA in painting from the Maryland Institute College of Art and has spent many years working in technical illustration, medical illustration, and graphic design. To register, please call (860)434-1605 ext 240.

Nonagenarian Celebration

On September 9th at 1:00pm we will be holding our 2nd annual Nonagenarian Celebration. If you or someone you know will be 90 or over by the end of 2015, please call (860)434-1605 ext. 240 to sign up to be honored at this celebration. All seniors and family members are welcome to attend and celebrate with us.

Beginner Tap Dancing Class

On Thursday, September 10th at 10:00 am 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 September 10th- October 15th 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.

Wii Bowling High Scores

Regular 300 Game, August high score: 267 Beverly Rand, 890 Club Game, August high score: 600 Shirley Latham

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.

Energy Assistance Sign Ups

On Sept 23rd & Oct 27th from 12:30- 3:00pm Old Lyme Social Service Coordinator, Valerie Goncalves will be here to do Energy Assistance Sign ups. Appointments are needed. Call (860)434-1605 ext 228 to make your appointment.

Free Hearing Clinic

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

Popcorn & a Movie

"RV" will be held on September 15th at 12:45pm. Starring Robin Williams this comedy is about an overworked executive, Bob Munro (Robin Williams) who persuades his wife and children to give up their Hawaiian vacation for some "family bonding" on a cross-country RV trip. But it's all a ruse. Bob has other, more career-oriented reasons on his mind than sending quality time with his family in the Rocky Mountains. Through a series of misadventures, including constant run-ins with an overly friendly troupe of full-time RV'ers, Bob inadvertently learns the true meaning of family. This will be shown in cc.

Financial Health Check Up

On the second Thursday of every month between 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 September 14th and 28th from 10:00 am-2:00 pm. The cost is \$10.00 for a 15 minute session. 30 minute and 60 minute sessions are available as well. To sign up, please call Susette at (860) 334-9255.

Country Music Jamboree

On September 18th join us for a Country Music Jamboree put on by The Senior Centers of Southeastern Connecticut and held from 11:30am-3:30pm at the Ocean Beach Port & Starboard. The band will be featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Tammy Wynette, Merle Haggard, Loretta Lynn, & many more. Meal choices are Fillet of Sole w/Scallop & Crab Stuffing, Boneless Breast of Chicken Stuffed with Spinach & Ricotta, or Baked Pork Loin Served w/Apple Sauce and there will be a cash bar. Tickets are \$25.00 and are available at the Lymes' Senior Center and should be made out to Senior Resources. Seats are limited. Call (860)434-1605 ext. 240 for more information.

Beginner Oil Painting Class

An 8 Week Beginner Oil Painting Class will begin September 14th and it will be held on Monday's from 9:30am- 11:30am. Local resident and artist, Gene Bekaert, who has a great love for painting, will be leading this class. For more information or to sign up for this free class, please call (860)434-1605 ext 240.

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