

Lymes' Senior Center

SEPTEMBER 2017 NEWS & EVENTS

Proudly serving seniors 60 & over for 20 years!



26 Town Woods Road • Old Lyme, CT 06371
860-434-1605x240 www.seniorcenterct.org

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to treat
to listen
to help

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UPCOMING EVENTS

Upcoming Classes- To Sign Up Call (860)434-1605 ext. 240

MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

CLASS	Date of First Class & Time/ Duration	COST
Surviving N' Moving (Post Cancer Exercise Class)	September 19 th from 3:30-4:30pm/11 weeks (Tues & Thurs)	FREE
Beginner Country Line Dancing	September 1 st at 2:30pm/ 6 Week Session	FREE
Latin/ Ballroom Line Dancing Class	Sept 15 th at 1:00pm/ 6 Week Session	\$35.00
Yoga	October (to be announced) /6 Week Session	TBD
Beginner Tap Class	September 14 th at 9:15am/ 6 Weeks	\$24.00
Intermediate Tap Class	September 14 th at 10:00am/ 6 Weeks	\$24.00
Advanced Tap Class	September 14 th at 10:45am/ 6 Weeks	\$24.00
Balance and Tone Class	Drop in & ongoing Fridays ^{at} 10:30am	\$5.00 a class
Exercise with Kathy	Drop in & ongoing Mon. & Wed. ^{at} 10:30am	\$5.00 a class
Tai Chi	Sept (to be announced)/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	September 5 th at 5:45pm/ 8 Week session	\$40.00
Gentle Piyo AM Class	September 8 th at 8:00am/ 8 Week Session	\$40.00
Sit n Be Fit	Drop in & ongoing Tuesdays ^{at} 10:00am	FREE
Android Phone Basics	October 9 th at 1:00pm	FREE
Drawing & Watercolor	September 12 th from 10:00-12:00pm/ 8 Weeks	\$45.00
Watercolor Plus	September 11 th from 10:00-12:00pm/ 6 Weeks	\$35.00

Join us for an informative meeting with Traci O'Brien of Anthem Blue Cross and Blue Shield on October 3rd at 1:00 pm. She will be here to explain your **options and answer questions about Medicare and Connecticut Medicaid**. There is no obligation to enroll in a plan if you attend. Refreshments will be served and there will be a free raffle at the end of the program.

We welcome back **Songbird Judy Hall** on October 4th at 1:00 pm. Come sing with us!!

Leadership of Lincoln and the 13th Amendment will be presented by Frank J. Williams, a retired Chief Justice of the Supreme Court of Rhode Island and one of the country's most renowned experts on Abraham Lincoln, on Tuesday, October 10th at 1:00 pm (POSTONED FROM JUNE 28th). He is the author or editor of over fourteen books, has contributed chapters to several others, and has lectured on the subject throughout the country. If you are interested in Presidential History, this is a program you will not want to miss. Due to having to reschedule this multiple times...please feel free to call the day of to confirm program.

SPECIAL NOTICE

We will be holding our **5th Annual Veterans' Appreciation Luncheon on October 11th at 1:00 pm**. All Veterans are invited to attend this free luncheon. Please call (860)434-1605 ext. 240 before September 27th if you are a Veteran and wish to attend! The luncheon is sponsored and prepared by Atria Crossroads Place.

Bingo will be held on Wednesday, October 18th at 1:00 pm. Admission is \$1.00 at the door.

Free Flu Shots and Health Screenings

The Old Lyme VNA will be offering flu vaccinations to Old Lyme and Lyme residents 40 years old or over **FREE OF CHARGE** (no insurance paperwork necessary!)

- Eye Screening (free)
- Hearing Screening (free)
- Balance Testing (free) - unconfirmed
- Blood Pressure Screening (free)

The date will be October 21st from 8 am to 12 pm

Masonicare will be presenting **Living Alone for Seniors: The Good News** on October 25th at 1:00 pm. We're living longer these days, and the reality that we may spend some time without our life partners is real. We'll give some insight on what we

can all do to make sure aging in place and aging well can happen in today's world.

Join us for our annual **Halloween Celebration** on Tuesday, October 31st. 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 drawings at 12:30 pm. All those that arrive in costume will be entered to win a free trip to the Mohegan Sun Casino on November 9th or a Big Y Gift Card. Come celebrate the day with us!! Please remember that you need to call (860)434-4322 and sign up for lunch before 10:45 am on October 27th.

Join us on October 24th for a showing of the newly released comedy **"Going in Style"** starring Morgan Freeman, Michael Caine and Alan Arkin.

**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.**

DAY TRIPS

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 available for all Day Trips.

Wed, Sep 20th - Join us for our annual excursion to **The Big E** in Springfield, MA. Trip fee is \$45pp. Lunch not included. Registration has begun. Lots of walking.

Tue, Oct 10th - Enjoy a full foliage trip to **Salem Cross Inn** in West Brookfield, MA. Trip fee is \$85pp and includes a choice of entree at the Inn. Included is a wagon ride and stop at Breezeland Orchards. Registration has begun. Moderate amount of walking.

Fri, Oct 20th - East Lyme, Waterford and Lymes' are sharing a bus with the Madison Senior Center to visit the **Whitney Museum of American Art** in New York City. Lunch on your own at Eataly. Trip fee is \$81pp. Limited seats available. Registration has begun. Lots of walking.

Tue, Oct 24th - A trip to the **JFK Presidential Library and Museum** in Boston is being planned. More details to follow. Lunch on your own at Quincy Market. Trip fee is \$66pp. Registration has begun. Moderate amount of walking.

Thurs, Nov 9th - Join us for a trip to the **Mohegan Sun Casino**. No meal included in ticket price but you will receive a casino package. Currently \$15 bet coupon/\$15 meal or retail coupon. Trip fee is \$20pp. Registration begins September 1. Moderate walking.

Thurs Nov 16th - Join us for a trip to the **Newport Playhouse and Cabaret** in Newport, RI to see *The Crazy Time*. Trip fee is \$76pp. Minimal amount of walking. Registration begins September 1.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

September 8-10, 2017 - 3 days & 2 nights in **Washington, D.C.** includes Potomac River Cruise, Museum of African American History and more. \$523/double, \$693/single, \$473/triple. Registration has begun.

October 2-4, 2017 - **"Jonah" at The Sight and Sound Theatre** in Lancaster, PA. Trip includes tour of Lancaster City and Longwood Gardens. \$407/double, \$553/single, \$440/triple. Registration has begun.

November 4-15, 2017 - Escorted tour of **Croatia, Slovenia and the Adriatic Coast**. Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Registration has begun.

January 28-February 9, 2018 - **Southern Caribbean Cruise** on Royal Caribbean *Anthem of the Seas*. 13 days & 12 nights. No fly - Cruise out at NJ Pier. Trip fees from \$1799 to \$2019. Registration has begun.

February 1-4, 2018 - **Quebec Winter Carnival** - 4 days/3 nights includes round-trip motor coach, 3 nights at 4 star Palace Royal Hotel, 6 meals, Guided Tour of Quebec, access to the Quebec Winter Carnival, VIP seats for the night parade, Tours of Distinction Tour Director, gratuity for the tour manager, driver and local guides. Trip fee is \$995pp double / \$889pp triple / \$1,249pp single. Registration will begin September 1. \$100 deposit due at time of booking. Final payment due January 2, 2018.

September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunches are a \$3.00 donation for seniors 60+ and need to be ordered the day before by 11:00 am. Lunches can be ordered by calling (860) 434-4322.</p> <p>Meals are subject to change</p>	<p>Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted</p>	<p>Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free Added classes in red</p>		<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Baked Salmon, Sweet Potatoes, Cauliflower, Banana 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 NEW SESSION-Country Line Dancing Class (F) SUR</p>
<p>CLOSED LABOR DAY</p> <p>4</p>	<p>10:00 Sit and Be Fit (F) 12:00 Hot Dog, Baked Beans, 3 Bean Salad, Roll, Apple 12:30-3:00 Chess Lessons/Competitive Play (F) SUR 1:00 Lymes' Senior Center Talent Show (F)-CANCELLED 5:45 NEW SESSION 8 Week Piyo (\$40) SUR</p> <p>5</p>	<p>9:00 Tai Chi Class 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Beef Tips w Gravy, Brown Rice, Oriental Vegetables, Pound Cake, Fruit 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Entertainer Kat Kennedy (F) 1:30 Brain Yoga 5:30 6 Week Level 1 Yoga (\$30) SUR</p> <p>6</p>	<p>12:00 Chicken Breast, Squash, Broccoli, Fruit Cocktail 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p>7</p>	<p>8:00 NEW SESSION 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Baked Cod, Roasted Potatoes, Spinach, Orange 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 Country Line Dancing Class (F) SUR</p> <p>8</p>
<p>10:00 NEW SESSION 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Swiss Steak, Red Sauce, Mashed Potatoes, Brussel Sprouts, Tropical Fruit 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Women's Support Group (F)</p> <p>11</p>	<p>10:00 Sit and Be Fit (F) 10:00 NEW SESSION 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Cheese Tortellini w Ham and Pea Alfredo Sauce, Italian Green Beans, Peaches 12:30-3:00 Chess Lessons/Competitive Play (F) SUR 1:00 Civil War Letters of a Union Private to his Wife (F) 5:45 8 Week Piyo (\$40) SUR</p> <p>12</p>	<p>9:00 Tai Chi Class 9:00-12:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken Caesar Salad, Chicken, Lettuce, Tomato, Cheddar Cheese, Caesar Dressing, Corn Muffin, Banana 12:00 Mah-jongg (F) how to play call 860-434-4127 12:30 Ice Cream Social (F) SUR 1:30 Brain Yoga 5:30 6 Week Level 1 Yoga (\$30) SUR</p> <p>13</p>	<p>9:15 NEW SESSION 6 Week Beginner Tap Class (\$24) SUR 10:00 NEW SESSION 6 Week Intermediate Tap Class (\$24) SUR 10:45 NEW SESSION 6 Week Advanced Tap Class (\$24) SUR 12:00 Linguini w Meat Sauce, Tossed Salad, Dressing, Garlic Knot, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p>14</p>	<p>8:00 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tuna Salad, Lettuce, Tomato, Cole Slaw, Pineapple Chunks, Roll 1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 Country Line Dancing Class (F) SUR</p> <p>15</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy \$ 12:00 Hamburger, Cheese, French Fries, 3 Bean Salad, Pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F) Call 860-767-3521 for more information</p> <p>18</p>	<p>10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Herbed Chicken, Wild Rice, Carrot Coins, Fruit Juice, Butterscotch Pudding 12:30-3:00 Chess Lessons/Competitive Play (F) SUR 1:00 Nonagerian Celebration Tea (F) 3:30 NEW SESSION 11 Week Surviving n Moving Class (F) SUR 5:45 8 Week Piyo (\$40) SUR</p> <p>19</p>	<p>8:15 Big E Trip (\$45) Pre-sign up & payment needed 9:00 Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy (\$) 12:00 Baked Tilapia, Mashed Potatoes, Beets, Fruit Pie 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Bingo (\$1) 1:30 Brain Yoga</p> <p>20</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 10:45 6 Week Advanced Tap Class (\$24) SUR 12:00 Chili, Tossed Salad, Corn Bread, Juice, Cookies 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p>21</p>	<p>8:00 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 11:30-3:00 Ritz & Glitz-The Roaring 20s Event at the Port n Starboard (\$25) Pre-sign up by 9/14, payment needed 12:00 Chicken Salad, Carrot Raisin Salad, Fruited Jello, Roll 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR</p> <p>22</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy \$ 12:00 Sausage Grinder, Peppers, Onions, Potato Wedges, 3 Bean Salad, Grinder Roll, Apple 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner & Meeting</p> <p>25</p>	<p>10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 BBQ Chicken, Rice Pilaf, Zucchini, Peaches 12:30-3:00 Chess Lessons/Competitive Play (F) SUR 1:00 Knee & Shoulder Pain (F)-Dr. Jonathan Piposar 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p>26</p>	<p>9:00 Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 12:00 Pork, Gravy, Apple & Sage Stuffing, Peas & Carrots, Apple Sauce, Cake 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Ladies Tea with Eleanor Roosevelt (F) SUR 1:30 Brain Yoga</p> <p>27</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 10:45 6 Week Advanced Tap Class (\$24) SUR 12:00 Breakfast Scramble, Hash Browns, Asparagus Blend, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p>28</p>	<p>8:00 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Beef Stroganoff, Egg Noodles, Broccoli, Mandarin Oranges 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 Country Line Dancing Class (F) SUR</p> <p>29</p>

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September 2017

Singer Kat Kennedy

Kat Kennedy fresh off her Brazilian tour will perform for us both singing and playing her guitar on September 6th at 1:00pm. She performs a variety of genres including covers of artists like Elvis, Johnny Cash, Patsy Cline, Bill Withers and many sing-a-long songs. She loves audience participation and provides a upbeat, warm, and engaging atmosphere.

Women's Support Group

We will holding a Support Group for Women 60 and Over on September 11th at 1:00pm. This group will be facilitated by Lisa Navarra, from Senior Bridges and will be sponsored by the Lymes' Senior Center. This group will give woman a place to discuss issues such as depression, anxiety, poor coping, grief and loss, adjustment issues, family issues, trauma and substance abuse. This group will be a safe and confidential place for women to discuss whatever they may be struggling with. This free group will require a minimum of 4 people to run, so please call (860)434-1605 ext. 240 if you are interested in joining.

"Civil War Letters of a Union Private to His Teenage Wife"

Lisa Saunders will present "Civil War Letters of a Union Private to His Teenage Wife" on September 12th at 1:00pm. Charles McDowell married Nancy when she was 15 on Christmas Eve of 1860. Enlisting in the Union Army shortly thereafter, their letters tell of bullets, battles, marches, hangings, prostitutes, venereal disease, "clever women," meeting President Lincoln, and the court marshaling of a cow. Their great-great granddaughter, Lisa Saunders, gives the audience a behind-the-scenes look into their letters and lives in her book, *Ever True: A Union Private and His Wife*.

FREE Ice Cream Social

Come enjoy a FREE Ice Cream Social at 1:00pm on September 13th. Please call so we can get a head count.

Celebrating our members 90 and Over

On September 19th at 1:00pm we will be holding our 4th Annual Nonagenarian Celebration. If you or someone you know will be 90 or over by the end of 2017, please call (860)434-1605 ext. 240 to sign up to be honored at this celebration. All seniors, family members, and friends are welcome to attend and celebrate with us. Also those over 90 which have not already been added to our Wall of Honor will have a photograph taken at this event.

Ritz & Glitz Annual Regional Senior Center Event

Ritz & Glitz Annual Regional Senior Center Event will be held at the Port 'n Starboard at Ocean Beach on September 22nd from 11:30am-3:00pm. Wear your best Ritz and Glitz- Roaring 20's Attire. The entertainment will be the Airborne Band. The buffet dinner will be prime rib, rosemary chicken, vegetables, red roasted potatoes, rolls, coffee, and dessert & there will be a cash bar. The cost is \$25.00 and tickets need to be purchased ahead of time at the Lymes' Senior Center and checks should be made payable to "Senior Resources".

Tackling Shoulder and Knee Pain

Join us September 26th at 1:00pm for a talk by Dr. Pisosar from Orthopedic Partners on Tackling Shoulder and Knee Pain.

Tea with Eleanor Roosevelt

On September 27th at 1:00pm we will be enjoying a Ladies Tea with one of the most admired people of the 20th Century. Sheryl Faye will bring alive Eleanor Roosevelt in an interactive presentation of her life. After suffering through an unhappy childhood, and losing her parents and one of her brothers. She figured out where she fit in and could make a difference. She grew up and became an American politician. The longest-serving First Lady of the United States. She was the first presidential spouse to hold press conferences, write a syndicated newspaper column, and speak at a national convention. She advocated for expanded roles for women in the workplace, the civil rights of African Americans and Asian Americans, and the rights of World War II refugees. She also became one of the first delegates to The United Nations. Please register for this free wonderful tea party by calling (860)434-4127.

Special Thank You

I wanted to extend a special thank you to all my volunteers that helped make our Summer Concert Series successful again this year! We welcomed over 1,000 community members and friends to our concerts thanks to your generous donation of time! Also, I feel so fortunate to have all of you that helped get our database up and running and for those who continue to make updates to it! I am so lucky to have such a diverse group of people ranging from junior high & high school kids to adults and seniors all volunteering their time to help make our Senior Center great!! You all are the best!!

Post Cancer Exercise Class

A Surviving-N-Moving Class (Post Cancer Exercise Group) will begin September 19th and held on Tuesdays and Thursdays from 3:30-4:30pm. **It is open to all adults** and will be held at the Lymes' Senior Center -26 Town Woods Road Old Lyme, CT. Instructor Donna Scott is trained and certified as a Certified Personal Trainer and Cancer Exercise Training Specialist (CES) with over 8 years of combined personal/group training experience. As a CES she has studied exercise implications and contraindications for 25 types of cancer, surgery, reconstruction and treatments, breast reconstruction and contraindications to exercise, about preventing and identifying lymphedema and cancer related pain, mental and physical fatigue during cancer treatment, and conducting postural assessments and working with medical professionals as needed This 11 week – twice a week program is FREE (normally \$110.00) thanks to the generous donations from **the Friends of the Lymes' Senior Center, the Old Lyme Visiting Nurses Association and the Lymes' Senior Center Board.** For more info call Donna Scott at 860-961-4507.

Watercolor Plus

Mondays 10 am to 12 noon, July 10 - Aug 14 5 week class \$30. To register call Stephanie at 860 434-1605 ext. 240. This class is an opportunity to experiment with watercolor and a variety of drawing and collage materials. Playful experimenting will be combined with exercises that will give you a framework to try out new ideas. The instructor will introduce concepts and demos at the beginning of each class. Watercolor experience helpful but not required. Advanced students are welcome to work on their own projects with subject matter and materials that interest them. Individual instruction is given throughout class.

Drawing and Watercolor

Tuesdays 10 am to 12 noon, July 11 to Aug 15 5 week class \$30. To register call Stephanie at 860 434-1605 ext. 240. This class will combine drawing with some simple watercolor techniques and pen that works well for producing on the spot paintings. Weather permitting we will work outside for a few classes. Students will learn to see and draw the basic shapes of plants, animals and landscapes; and how to add details after they have the basic construction of the forms. For students who wish to only work with drawing materials, all the exercises will also be able to done in black and white. To first class bring what you have for drawing and/or watercolor materials. We will go over a suggested supply list in the first class to see if you need to add anything.

Instructor: Sharon Schmiedel, to see Sharon's artwork go to **www.sharon.gallery**. Sharon has a BFA in painting from the Maryland Institute College of Art. She works in

watercolor, acrylics, and collage. These works are energetic and expressive; it is the opposite direction from the many years she spent working in technical illustration, medical illustration, and graphic design. She is currently painting, exhibiting her artwork, and teaching.

Mah-jongg

Mah-jongg will be played on Wednesdays from 12:00pm-3:00pm. There are no lessons available so you need to already know how to play. Call (860)434-4127 if you are interested in joining.

Free Foot Care Clinic

Free foot care clinic is offered the third and fourth Wednesday this month from 9:00am-11:00am by the Town Nurse. Basic foot care including foot assessment, foot soak, filing, and lotion application to the feet will be done. Podiatrist referrals will be made as needed. To make an appointment you can see the town nurse or call (860)434-7808 on Mondays -Thursdays 11:30-1:00pm & Fridays 12:00-1:00pm.

Free Hearing Clinic

Nancy Jablonski & Rene Vicedomini, Audiologist Concierge will be here for a free hearing clinic September 6th 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.

Haircuts

Stephanie Alfano, licensed hairdresser offers haircuts here at the center the second Wednesday of every month from 9:00-12:30 pm. Haircuts are \$10.00. To book an appointment, please call (860)434-1605 ext. 240.

Old Lyme Visiting Nurse

The nurse's office is open Monday through Thursday from 11:15am – 1:15pm 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.

Lunches

Want to meet new people? Our lunch program is a great time to visit with old friends and make new ones. Our lunches here at the center are a \$3.00 DONATION for seniors 60 and over. That being said, **NO SENIOR WILL BE TURNED AWAY** if they cannot afford it! This hot meal comes with dessert as well. To sign up you have to call at least the day before by 11:00 am. You can sign up earlier than that if you wish to (ie every Tuesday, next Wednesday, etc.). To sign up call (860)434-4322 open from 9:30 am - 1:30 pm. The menu for the month is printed in the calendar section of this newsletter.



Lymes' Senior Center

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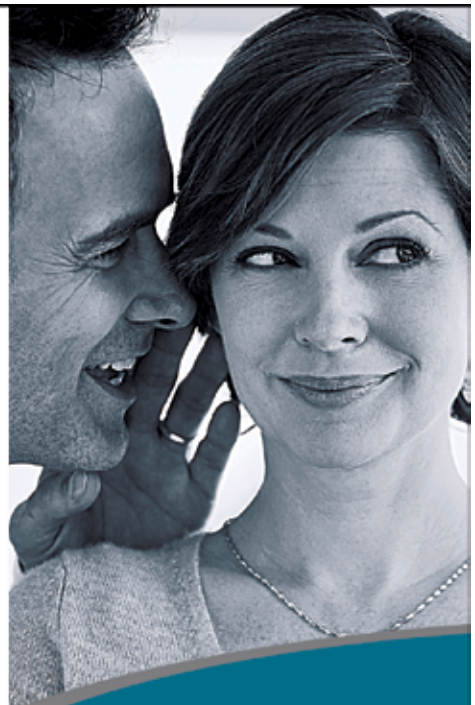
EMPOWERING LIVES THROUGH BETTER HEARING

- Having problems hearing and embarrassed to admit it?
- Pretend to understand conversation by nodding and smiling?
- Feeling left out of conversations?
- Confused by all of the hearing aid ads and don't know who to trust?
- Having difficulty with transportation to appointments?

Free hearing clinics at Lymes' Senior Center
(first Wednesday of each month)
Call 860-434-1605 x 240 for appointment

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