Lymes' Senior Center

FEBRUARY 2018 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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- LOL "Jazz Cats"
- Class on Streaming
- Tom Callinan's Irish Performance
- St. Patrick's Day Luncheon

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
Learning to Stream TV Class (instead of paying for cable)	March 5th from 1:00-3:00pm	FREE
Cardio Strength Training Interval Class	March 13th at 5:00pm	$30.00
Gentle Vinyasa Flow Yoga	March 12th at 8:00am/ 6 Week Session	$30.00
Beginner Country Line Dancing	March 2nd at 2:30pm	FREE
Latin/ Ballroom Line Dancing Class	February 16th at 1:00pm/ 6 Week Session	$35.00
Yoga	March 7th at 4:30 pm /6 Week Session	$38.00
Beginner Tap Class	March 1at 9:15am/ 5 Weeks	$20.00
Intermediate Tap Class	March 1st at 10:00am/ 6 Weeks	$24.00
Piyo (Pilates/ Yoga Class)	March 13th at 6:00pm/ 6 Week session	$30.00
Gentle Piyo AM Class	March 16th at 8:00am/ 6 Week Session	$30.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
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	March TBA 9:00am/ 10 Week Session	$95.00
Piyo (Pilates/ Yoga Class)	March 13th at 6:00pm/ 6 Week session	$30.00
Gentle Piyo AM Class	March 16th at 8:00am/ 6 Week Session	$30.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Watercolor Class	March 5th from 10:00-12:00pm/ 6 Weeks	$35.00
Advanced Drawing & Watercolor	March 6th from 10:00-12:00pm/ 6 Weeks	$35.00

Tired of paying for cable, but don't know what the alternatives are? Discover the ins and outs of streaming services in this hands-on class. We will take a closer look at services such as streaming movies and TV, radio, music and more. Join us on March 5th from 1:00-3:00pm. Please register by calling (860)434-1605 ext. 240.

Welcome back **Connecticut's 1st State Troubadour, Tom Callinan**. He will perform Irish & Irish – American songs and tunes for us on March 7th at 1:00pm. His special blend of multi instruments to include a penny whistle, guitar, and drum to name a few will have us singing, clapping, and even dancing along within minutes!

Movie: ***Just Getting Started*** starring Morgan Freeman, Tommy Lee Jones, Rene Russo and others will be shown on Tuesday March 13th at 12:45 pm. This movie recently in theaters will be shown in closed caption.

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We will be starting a **Cardio Strength Training Interval Class** taught by Marcia Pirie who currently teaches our Piyo Classes. This class is meant for those who are already very physically active. This class will be run in 6 week increments starting March 13th and the class runs from 5:00-5:45 pm. The cost is $30.00 which will be payed to the instructor. Please call (860)434-1605 ext. 240 to register.

St Patrick's Day Luncheon will be held on Thursday, March 15th. Reservations need to be made by calling (860) 434-4322 before 10:45am on Friday, March 2nd.

The Gray School of Irish Dance will perform for us on March 15th at 1:30pm with 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.

AARP Drive Safety Class will be held on Friday, March 16th from 1:00-5:00 pm.
Call (860)434-1605 ext. 240 to sign up. Cost is $15.00 for members/ $20.00 for non-members.

Come enjoy a special afternoon and SUPPORT OUR YOUTH for **a Lyme Old Lyme Middle School "*JAZZ CATS*" Jazz Band** performance on **Tuesday, March 20th at 1:00 pm.** If the schools are closed due to snow, the MAKEUP DAY will be Wednesday, March 21st at 1:00pm

Join us on Tuesday, March 27th at 1:00pm and learn Ingenious Ways to Train our Brains. **Ingenious Ways to Train our Brains** 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.

Bingo will be held on March 28th at 1:00pm. * Please note it is the fourth Wednesday of this month instead of the traditional 3rd Wednesday! Admission is $1.00 at the door.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

March 19-20, 2018 - We are partnering with the Groton Senior Center to offer a **Ski Getaway** at the Grand Summit Hotel in **Mount Snow, VT**. Ski costs not included as there are many activities to choose from if skiing is not your thing. $367/double or triple, $227/single. Registration has begun.

October 15-25, 2018 - Escorted tour of the **Imperial Cities featuring Prague, Vienna & Budapest**. Once in a lifetime trip. $3649/double, $4299/single, $3619/triple (travel insurance not included). Registration has begun.

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
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. Meals are subject to change	**Calendar Key** Classes & Events = Italics Lunches = Bold $=$5 SUR = Sign Up Required (F) = Free Added classes in red Trips in blue	Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted	*7:30 4 Day Quebec Winter Carnival Trip SUR* *9:15 6 Week Beginner Tap Class ($24) SUR* *10:00 6 Week Intermediate Tap Class ($24) SUR* **12:00 Veal Marsala, Gravy, Wild Rice, Carrot Coins, Fruited Jello** *1:00 Wii Bowling (F)* *1:00 Duplicate Bridge (F)* **1**	*9:30 Shoreline Artists' Workshop (F)* *10:30 Balance and Tone Class ($)* **12:00 Shepherd's Pie, Corn, Mandarin Oranges** *1:00 6 Week Latin/Ballroom Line Dancing Class ($35) SUR* **2**
10:00 6 Week Advanced Drawing & Watercolor ($35) SUR *10:30 Exercise with Kathy ($)* **12:00 Salisbury Steak, Gravy, Mashed Potatoes, Brussel Sprouts, Pears** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* *7:00 CT Valley Camera Club* **5**	*10:00 Sit and Be Fit (F)* *10:00 6 Week Intro to Creative Drawing Class ($35) SUR* **12:00 Chicken w BBQ Sauce, Macaroni and Cheese, Broccoli, Fruit Cocktail** *1:00 Heart Healthy Tips for Living presented by Fox Rehab (F)* **6**	*9:00 Tai Chi Class* *10:00-1:00 Hearing Clinic (F) SUR* *10:30 Exercise with Kathy $* **12:00 Lasagna, Italian Blend, Garlic Knot, Fruit Crisp** *12:00 Mah-jongg (F) how to play call 860-434-4127* *1:00 Entertainer Jose Paulo (F)* *1:30 Brain Yoga* *4:30 6 Week Yoga ($38)-8 person minimum* **7**	*9:15 6 Week Beginner Tap Class ($24) SUR* *10:00 6 Week Intermediate Tap Class ($24) SUR* **12:00 Beef Tips w Gravy, Brown Rice, Broccoli, Peaches** *1:00 Wii Bowling (F)* *1:00 Duplicate Bridge (F)* *1:00 Nickel Card Games (13 Nickels)* **8**	*9:30 Shoreline Artists' Workshop (F)* *10:30 Balance and Tone Class ($)* **12:00 Tuna, Lettuce and Tomato, Carrot Raisin Salad, Tropical Fruit** *1:00 6 Week Latin/Ballroom Line Dancing Class ($35) SUR* **9**
10:00 6 Week Advanced Drawing & Watercolor ($35) SUR *10:30 Exercise with Kathy ($)* **12:00 Hot Dog, Baked Beans, Mixed Vegetables, Mandarin Oranges** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* **12**	*10:00 Sit and Be Fit (F)* *10:00 6 Week Intro to Creative Drawing Class ($35) SUR* **12:00 Chicken, Orange Sauce, Wild Rice, Peas and Carrots, Pineapple Chunks** *1:00 Journey of a Heart Transplant Recipient (F)* **13**	*9:00 Tai Chi Class* *9:00-12:30 Haircuts ($10) SUR* *10:30 Exercise with Kathy $* **12:00 Taco Meat, Corn and Beans, Cheese, Dressing, Tossed Salad, Banana** *12:00 Mah-jongg (F) how to play call 860-434-4127* *1:00 Lymes' Senior Center Dance Performance (F)* **14**	*9:15 6 Week Beginner Tap Class ($24) SUR* *10:00 6 Week Intermediate Tap Class ($24) SUR* **12:00 Baked Tilapia, Sauce, Sweet Potatoes, Cauli-flower, Pineapple Chunks** *1:00 Wii Bowling (F)* *1:00 Duplicate Bridge (F)* *1:00 Nickel Card Games (13 Nickels)* **15**	*9:30 Shoreline Artists' Workshop (F)* *10:30 Balance and Tone Class ($)* **12:00 Spaghetti, Tomato Sauce, Meatballs, Italian Beans, Fruit Juice, Ice Cream** *1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class ($35) SUR* *1:00 Winter Storm Preparedness (F)* **16**
CLOSED **PRESIDENTS' DAY** **19**	*10:00 Sit and Be Fit (F)* *10:00 6 Week Intro to Creative Drawing Class ($35) SUR* **12:00 Penne Alfredo w Chicken, Broccoli, Tropical Fruit** *1:00 The Coastal Reeds (F) - entertainment and education of reed instruments* **20**	*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 ($10) 15 minutes-call 860-334-9255* *10:30 Exercise with Kathy ($)* **12:00 Baked Cod, Roasted Potatoes, Spinach, Fruit Juice, Fruit Pie** *12:00 Mah-jongg (F) how to play call 860-434-4127* *1:00 Bingo ($1)* *1:30 Brain Yoga* *4:30 6 Week Yoga ($38) 8 person minimum* **21**	*9:15 6 Week Beginner Tap Class ($24) SUR* *10:00 6 Week Intermediate Tap Class ($24) SUR* **12:00 Pulled Pork, Pineapple Cole Slaw, Roll, Pears** *1:00 Wii Bowling (F)* *1:00 Duplicate Bridge (F)* *1:00 Nickel Card Games (13 Nickels)* **22**	*9:30 Shoreline Artists' Workshop (F)* *10:30 Balance and Tone Class ($)* **12:00 Beef Stew, Mixed Vegetables, Biscuit, Banana** *1:00 6 Week Latin/Ballroom Line Dancing Class ($35) SUR* **23**
10:00 6 Week Advanced Drawing & Watercolor ($35) SUR *10:30 Exercise with Kathy ($)* **12:00 Stuffed Shells, Tomato Sauce, Italian Blend, Peaches** *1:00 Nickel Card Games (13 Nickels)* *1:00 Bridge (F)* *1:00 Board of Directors Meeting-Public Welcome* **26**	*10:00 Sit and Be Fit (F)* *10:00 6 Week Intro to Creative Drawing Class ($35) SUR* **12:00 Jambalaya, Dirty Rice, Brussel Sprouts, Fruit Juice, Rice Pudding** *1:00 Senior Financial Scams: How to Protect Family and Friends (F)* **27**	*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 ($10) 15 minutes-call 860-334-9255* *10:30 Exercise with Kathy ($)* **12:00 Turkey, Gravy, Stuffing, Green Beans, Cranberry Sauce, Fruit Juice, Birthday Cake** *12:00 Mah-jongg (F) how to play call 860-434-4127* *1:00 Movie: Trouble with the Curve (F)* *1:30 Brain Yoga* *4:30 6 Week Yoga ($38) 8 person minimum* **28**		

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February 2018

Storm Related Senior Center Closings
If the area experiences bad weather this coming winter, the Senior Center may be closed. Please watch WFSB, TV Channel 3 closings and delays. Remember we are listed under Lymes' Senior Center.

How to maintain a Healthy Heart
Ever wonder what is Cardiovascular Disease? Strokes, Heart Failure? What are the Risks? How to prevent CVD? Come meet with FOX Rehab to talk about Heart Healthy recommendations from a Physical and Occupational Therapist on February 6th at 1:00pm.

"Wish it was Summer Musical Show"
Please join us in welcoming back Jose Paulo as he gets our heart pumping in his "Wish it was Summer Musical Show" on February 7th at 1:00pm. His voice will mesmerize you and his personality will charm you. He is very versatile and that permits him to sing all styles of music in English, Portuguese Spanish, Italian, and French. This Rio de Janeiro native started his singing career at the age of 12 and has studied at various certified music schools.

The Journey of Receiving a Heart Transplant
Join us for a special presentation from Waterford resident, Linda Olsen as she speaks about her journey of receiving a heart transplant on February 13th at 1:00pm.

Lymes' Senior Center Dancers
Come enjoy a special holiday performance from our very own Lymes' Senior Center Dancers on February 14th at 1:00pm.

Winter Storm Preparedness will be presented by Mary Ellen Welch, Family and Consumer Sciences Educator, UConn Extension on February 16th at 1:00pm. She will discuss the terminology of winter weather, the different conditions of winter weather and how to prepare yourself, your house, your car, your family and your pets for it.

The Coastal Reeds
Take a journey through the history of double reeds, experiencing music from the Renaissance to the present. Learn how double reeds work, the interesting sound of the instruments, and what makes them unique and fun to play. On February 20th at 1:00pm, The Coastal Reeds, based in Connecticut, perform varied, educational concerts in different combinations of oboe, oboe d'amore, English horn and bassoon. The members play professionally in New England.

Bingo
Join us for Bingo on February 21st at 1:00pm. Admission is $1.00 at the door.

Senior Financial Scams: How to Protect Family and Friends
Did you know that out-of-pocket costs associated with senior financial scams and exploitation are estimated at $2.9 billion a year? And that's on the low side because many cases go unreported. Join us on February 27th at 1:00pm as a representative from Core Plus Credit Union presents Senior Financial Scams: How to Protect Family and Friends As the net worth of seniors increases, so does the likelihood they'll be targeted by con artists trying to strip them of their life savings. Senior scams are on the rise, but with proper prevention and education, we can reverse that trend. To increase your odds that you or a loved one—or someone in your care—can avoid becoming a victim of financial exploitation, you need to know the facts. At the seminar, you'll find out how big the problem of financial exploitation is, who's committing the crime, common examples of senior scams, how to recognize signs of abuse, what the long-term effects of exploitation are, how to prevent it, and where to go for help. The first 50 people to sign up will receive a free Care Plus Credit Union Grocery Bag. To sign up please call (860)434-1605 ext. 240. Refreshments will be served

Trouble with the Curve
Join us on February 28th at 12:45 pm for the movie Trouble with the Curve starring Clint Eastwood. "Gus Lobel (Clint Eastwood) has been one of the best scouts in baseball for decades, but, despite his efforts to hide it, age is starting to catch up with him. Nevertheless, Gus-who can tell a pitch just by the crack of the bat-refuses to be benched for what may be the final innings of his career. He may not have a choice. The front office of the Atlanta Braves is starting to question his judgment, especially with the country's hottest batting phenomenon on deck for the draft. The one person who might be able to help is also the one person Gus would never ask: his daughter, Mickey (Amy Adams), an associate at a high-powered Atlanta law firm whose drive and ambition has put her on the fast track to becoming partner. Against her better judgment, and over Gus's objections, Mickey joins him on his latest scouting trip to North Carolina, jeopardizing her own career to save his." Film will be shown in closed caption.

Appointments Available for Choices Counselor re: Medicare Options & Changes
Are you turning 65 and you need to know how to enroll in medicare plans? Are you having trouble with your current plan and wish to change it? Susan Beeman, Choices Counselor will be here to help you through the process. Appointments available February 28th from 12-3pm. Call (860)434-1605 ext. 240 to make your appointment.

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 first 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.

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.

February is American Heart month and National Cancer Prevention month. Most of us know someone affected by one or both of these common health issues. Here is a scary fact; heart disease affects someone in the United States once every 42 seconds and it is the leading cause of death in the United States! Cancer is the second leading cause of death in this country. However, there is good news so keep reading.

Dr David Katz, founding director (1998) of Yale University's Yale-Griffin *Prevention Research Center*, and current President of the *American College of Lifestyle Medicine* states, "We have known for literal decades, with evidence continuing to accrue, that fully 80% or more of all chronic disease and premature death is preventable. If the opportunity to eradicate heart disease, cancer, stroke, diabetes, dementia and more- eight times in ten- is not inspiring, I'm not sure what would be."

Experts recommend three behaviors to help prevent heart disease *and* cancer. The top three recommendations include a diet high in plant based foods and low in red and processed meat, physical activity for at least 30 minutes a day, and maintaining a healthy weight. Of course smoking is to be avoided and alcohol should be limited as well.

These tips sound familiar right?
We all hear this recommendation in the news and from our healthcare providers so why is it so hard to change our behaviors? Change takes time and often many attempts before a new behavior becomes a part of our daily lifestyle. The first step is learning about healthy living through healthcare providers, and news articles. Careful thought needs to be given to deciding to change. Once the decision is made it is important to determine the steps needed to make the change. It can be hard to maintain change; engaging support from another person in your life can help. Occasionally the pattern starts all over again with a return to previous habits. Don't give up, congratulate yourself on your efforts and try again. Every bit of healthier living can impact you overall health. It's never too late to be healthy! For more information contact Visiting Nurses of the Lower Valley 860-767-0186 Deborah Ringen MSN, RN-BC Faith Community Nurse.

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. In addition any resident from the towns of Old Lyme and Lyme can request a nursing visit as a one-time thing or monthly at your house free of charge. In addition the nurse will be giving flu shots to town residents from 11:00- 1:00pm on Thursday's only until the serum runs out. Call the town nurse at (860)434-7808 during the hours listed above if you have any questions or to request a visit.

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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