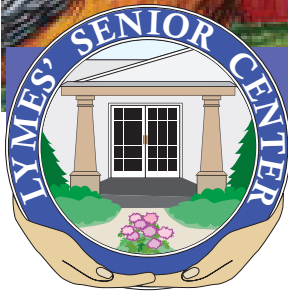


Lymes' Senior Center

APRIL 2018 NEWS & EVENTS

Proudly serving seniors 55 & better!



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

- FREE Ice Cream Social
- Movie: Three Billboards Outside Ebbing, Missouri
- Checklist for Life
- The American West: History, Myth and Legacy
- Tea with Abigail Adams
- NEW 6 Week Cardio Strength Interval Class
- Guided Meditation
- Finishing Strong! A Discussion on Estate Planning
- Hawaiian Hula Show

You have a choice



CHOOSE US

Visiting Nurses of the Lower Valley

Nursing, Therapy, Social Work, Aides, Faith Community Nurse
(860) 767-0186 or visit www.visitingnurses.org

Lower Valley Care Advocates

Homemakers and Companions
(860) 767-2695 or visit www.lowervalleycareadvocates.org.

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
Using the Internet Class	May 7 th from 1:00-2:00pm	FREE
NEW Cardio Strength Training Interval Class	April 17 th at 5:00pm/ 6 Weeks	\$30.00
Gentle Vinyasa Flow Yoga	April 16 th at 8:00am/ 6 Week Session	\$30.00
Beginner Country Line Dancing	April 27 th at 2:30pm	FREE
Latin/ Ballroom Line Dancing Class	April 13 th at 1:00pm/ 6 Week Session	\$35.00
Yoga	April 25 th at 4:30 pm /6 Week Session	\$38.00
Beginner Tap Class	April 12 th at 9:15am/ 5 Weeks	\$20.00
Intermediate Tap Class	April 12 th at 10:00am/ 6 Weeks	\$24.00
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
Tia Chi	June 6 th at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	April 17 th at 6:00pm/ 6 Week session	\$30.00
Gentle Piyo AM Class	April 20 th at 8:00am/ 6 Week Session	\$30.00
Sit n Be Fit	Drop in & ongoing Tuesdays ^{at} 10:00am	FREE
Mixed Media Class	May 7 th from 10:00-12:00pm/ 7 Weeks	\$40.00
On Location Drawing	May 8 th from 10:00-12:00pm/ 8 Weeks	\$45.00
The American West	April 13 th from 1:00-2:30pm/ 12 Weeks	FREE

Join us on May 1st at 1:00pm for an arthritis/ joint conservation lecture sponsored by Fox Rehabilitation.

We are pleased to welcome back The Airborne Band on Wednesday May 2nd at 1:00pm Come enjoy a fun, exciting, interactive, and motivating performance! Airborne that was formed in the 1980's has a trademark sound of Island Passion and Urban Emotion. Airborne the proclaimed "Musical Peacemakers" of Contemporary Jazz sends out an Inspirational Message of Hope to the World.

The Internet is now part of our everyday lives; however, it can be a very scary undertaking when just getting started. In this class you will learn what the Internet is, how to use it effectively, and most importantly, how to stay safe. Join us on May 7th at 1:00pm and we will discuss what a browser is, how to search for specific websites, online safety resources and more. Space is limited, please sign up by calling (860)434-1605 ext. 240.

Please join us in welcoming back Jose Paulo and friends for a Hawaiian Show complete with Hula Dancers on May 8th 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.

Who's Got Your Number? Protecting Your Identity sponsored by Care Plus Credit Union will be held on May 15th at 1:00pm. Refreshments will be served.

We will be having a benefits check up on May 17th from 9am-1pm. Lori Napolitano from Senior Resources will be here to take appointments. If you have any questions about medicare or you want to see if you qualify for the medicare savings program or tax benefits please call (860)434-1605 ext 240 to make an appointment.

If you like music and having fun, please join us in welcoming back local resident, Tim Baffaro, who will present “Novelty Songs 2”, a selection of funny songs and other songs that you are familiar with. Come on down for a good time on May 22nd at 1:00pm.

Turning 65 and do not know what to do about Health Insurance? Join us on May 23rd at 1:00pm as Choices Counselor Susan Beeman walks you through the steps.

Newly Released Movie: Wonder starring Julia Roberts will be shown on May 29th at 12:45pm in closed caption.

Finishing Strong! A Discussion on Estate Planning sponsored by Fulton- Theroux Funeral Service will be held on May 30th at 1:00pm. Please join us for a free seminar where we will be discussing some of the important ways you can help protect your family and estate from unnecessary hardships with tools such as Wills, Power of Attorney, Prearranged Funeral Services and more. Get some helpful information that will help you and your family when you meet with your local attorney and start or continue your estate planning process. The atmosphere is relaxed, the discussion is candid, and refreshments will be served. *Please call and reserve your space today!* 860-434-1658.



DAY TRIPS

**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.**

Thu, April 5th - Join us for a trip to the **Mohegan Sun Casino**. No meal included but you will receive a casino package. Trip fee is \$22. Registration has begun. Moderate walking.

Tue, April 24th - Let's spend a day at the **Norman Rockwell Museum** in Stockbridge, MA. Lunch at Michael's Restaurant beforehand. Guided tour at the Museum. Time to explore the museum after the tour. Trip fee \$79pp. Registration has begun. Moderate walking.

Sat, May 5th - New York City on your own – Bus leaves East Lyme at 7:45am and leaves NYC at 7:30pm. Trip is \$48pp. Registration begins March 1st. No meal included in trip price. Lots of walking.

Wed, May 9th - Join us for a production of “**Sister Act**” at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee \$99pp. Registration begins March 1st. Minimal walking.

Thu, May 24th - Spend the day in **The Berkshires of MA**. Visit the Berkshire Botanical Garden in the morning, enjoy lunch on your own at the Barrington Brewery, and then tour Chesterwood, the home, studio, and gardens of Daniel Chester French. Trip fee \$85pp. Registration begins March 1st. Moderate walking.

Sat, June 9th - Join us for an escorted tour of the **New York Public Library and The Morgan Library in NYC**. Lunch on your own at the Grand Central food court. Trip fee \$94 pp. Registration begins April 2nd. Moderate walking.

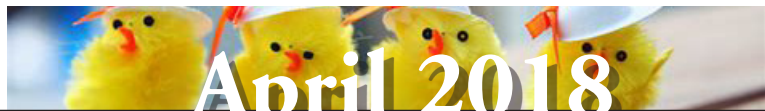
Fri June 22nd - Trip to the **Newport Flower Show** at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$49pp. Registration begins April 2nd. Moderate walking.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

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.

October 17-19, 2018 - Join us for our annual trip to **Lancaster PA** to visit the Sight and Sound Millennium Theater and enjoy their production of “Jesus”. 3 day/ 2 night stay at the Cork Factory, 6 Meals, 2 Tasting Experiences, Kitchen Kettle Village hands-on experience, painting party with instructor from Zole Art Factory \$595/ double, \$545 triple, \$755/ single. Registration has begun.



April 2018


Monday	Tuesday	Wednesday	Thursday	Friday	
10:00 6 Week Advanced Drawing & Watercolor (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Salisbury Steak, Mashed Potatoes, Green Beans, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club(F) 2	10:00 6 Week Creative Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Stuffed Shells, Tomato Sauce, Zucchini Blend, Tropical Fruit 12:45 New Release Movie: Three Billboards Outside Ebbing, Missouri 3	9:00 Tai Chi Class 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Chicken Cordon Bleu, Brown Rice, Peas and Carrots, Fruit Pie 1:00 Marcy Conway Musical Show-Name That Show (F) 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 4	9:00 Mohegan Sun Casino Trip (\$22) SUR 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Beef Tips, Gravy, Egg Noodles, Carrot Coins, Fruit Cocktail 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 5	9:30 Shoreline Artists' Workshop (F) 12:00 Salmon, Sauce, Roasted Potatoes, Spinach, Banana 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR 6	
10:00 6 Week Advanced Drawing & Watercolor (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken, BBQ Sauce, Wild Rice, Broccoli, Pineapple Chunks 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 9	10:00 6 Week Creative Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Chili, Mixed Vegetables, Corn Muffin, Mandarin Oranges 1:00 Musical Entertainment of John Banker (F) 10	9:00 Tai Chi Class 9:00-12:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy \$ 12:00 Baked Cod, Sweet Potatoes, Asparagus Blend, Fruit Crisp 12:30 Ice Cream Social (F) SUR 1:30 Brian Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 11	9:15 NEW SESSION 6 Week Beginner Tap Class (\$24) SUR 10:00 NEW SESSION 6 Week Intermediate Tap Class (\$24) SUR 12:00 Spaghetti, Sauce, Meatballs, Italian Blend, Orange 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 12	9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Turkey, Lettuce & Tomato, Cole Slaw, Roll, Pears 1:00 NEW CLASS The Wild West 12 Week Course (F) SUR 1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR 13	
8:00 NEW SESSION 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Advanced Drawing & Watercolor (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Hot Dog, Baked Beans, Mixed Vegetables, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Sr Center Board Meeting-Public Welcome 16	10:00 6 Week Creative Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Herbed Chicken, Gravy, Rice Pilaf, Cauliflower, Banana 5:00 NEW 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 NEW SESSION 6 Week Piyo Class (\$30) SUR 17	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 Pot Roast, Gravy, Mashed Potato, Green Beans, Fruit Pie 1:00 Checklist of Life (F) 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 18	9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Tilipia, Roasted Potatoes, Brussel Sprouts, Apple 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 19	8:00 NEW SESSION 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Beef Stew, Mixed Beef, Biscuit, Fruited Jello 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 1:00 Commission on Aging Meeting 2:30 6 Week Beginner Line Dancing (F) SUR 20	
8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:30 Exercise with Kathy (\$) 12:00 Fish, Home Fries, Mixed Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner and Meeting 23	8:45 Norman Rockwell Museum Trip (\$79) SUR 10:00 Sit and Be Fit (F) 12:00 Veal Marsala, Wild Rice, Carrot Coins, Tropical Fruit 1:00 Meditation with Laura (F) 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 24	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 Chicken, Tossed Salad, Cheese, Dressing, Biscuit, Juice, Birthday Cake 1:00 Afternoon Tea with Abigail Adams 1:30 Brain Yoga 4:30 NEW SESSION 6 Week Yoga (\$38) 8 person minimum 25	9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Roast Pork, Gravy, Mashed Potatoes, Broccoli, Pineapple Chunks 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 26	8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Shepherd's Pie, Corn and Pimentos, Pears 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 NEW SESSION 6 Week Beginner Line Dancing (F) SUR 27	
8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Advanced Drawing & Watercolor (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Swedish Meatballs, Gravy, Egg Noodles, Broccoli, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 30	Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted		Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free Added classes in red Trips in blue		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

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(860) 434-3335	(860) 434-5186 fax
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April 2018

We are now 55 and better!

In March we adapted new bylaws here at the Senior Center and now service Seniors 55 and older!!

Membership Policies and Procedures

The Board of Directors has recently adapted Membership Policies and Procedures. This will be given to all members upon request, during renewals, and all new members upon sign up. In addition copies will be left at the sign in desk.

FREE Ice Cream Social with the National Honor Society

Lyme-Old Lyme National Honor Society-an organization of high school students who demonstrate leadership and service inside and outside the school community-is putting on an Ice Cream Social and at the Senior Center! Members of the Lyme-Old Lyme National Honor Society will be here eating ice cream with us. The event will take place on Wednesday April 11th at 12:30. Hope to see you there! Please call (860)434-1605 ext. 240 to sign up.

Movie: Three Billboards Outside Ebbing, Missouri

Join us on April 3rd at 12:45 for the just out of the theater movie: Three Billboards Outside Ebbing, Missouri.

This movie has been highly rated from critics and the general audience alike. *THREE BILLBOARDS OUTSIDE EBBING, MISSOURI* is a darkly comic drama from Academy Award winner Martin McDonagh (*IN BRUGES*). After months have passed without a culprit in her daughter's murder case, Mildred Hayes (Academy Award winner Frances McDormand) makes a bold move, painting three signs leading into her town with a controversial message directed at William Willoughby (Academy Award nominee Woody Harrelson), the town's revered chief of police. When his second-in-command Officer Dixon (Sam Rockwell), an immature mother's boy with a penchant for violence, gets involved, the battle between Mildred and Ebbing's law enforcement is only exacerbated.

Entertainer Marcy Conway

On Wednesday April 4th at 1:00pm, entertainer Marcy Conway - the girl with the guitar and the angelic voice - performs a playful interactive program of music titled Name That Show, featuring memorable tunes from the stage, movies, and television. Marcy has been performing professionally since the turn of the century at senior venues and community events, and applying her musical skills in hospital and healthcare settings. Come listen, laugh, sing and share your musical memory at the Lymes' Senior Center.

John Banker

John Banker will perform for us on Tuesday, April 10th at 1:00pm. Audiences throughout New England recognize John Banker as the charismatic leader of the Riverboat Ramblers and Island Rhythm. John is also an engaging solo performer presenting interactive, specialty programs spiced with nostalgia, humor, showmanship and enlightenment.

The American West: History, Myth, and Legacy

This college level course that will be a 12 week course taught by Professor Patrick N. Allitt, Ph.D. from Emory University via the Great Courses. The classes will be held on Fridays from 1:00- 2:15pm in our small conference room starting on April 13th. Please register for this free lifelong learning class by calling (860)434-1605 ext 240. The video classes are free to take however full transcripts can be purchased for \$25.00 if you wish to have it to follow along and of course keep after. In order to order enough transcripts, you must come in and pay for it 3 weeks prior to the start of the class so we can order enough copies.

Checklist of Life

Checklist of Life author Lynn McPhelimy will be here to discuss her resourceful book This program is sponsored by Saybrook and Haddam at will be held here at the Lymes' Senior Center on Wednesday, April 18th at 1:00pm. Amazon.com reviews Lynn's book as follows: "Death is certain. Life is not." So begins this commonsensical, infinitely useful workbook that's aimed at helping your survivors handle the requisite legal and household affairs after your death. Author Lynn McPhelimy was inspired to write the book when her parents were both diagnosed with terminal cancer and her father said to her, "You know when I'm gone, I don't want the yard all dug up when you're looking for the septic tank. So here is this little map." It's a book that's not meant just for the elderly or the seriously ill, but for anyone who wants a handy reference with all the necessary "facts of life" in one spot. This way, your family won't be left grieving and scrambling around trying to find your Social Security number, or the name of your insurance company, your lawyer, your second cousin who's supposed to be left your antique lead crystal vase ... you get the picture. The book includes the nitty-gritty: writing a will, what music you want played at your funeral or memorial service (that is, if you want one), what should be included in your obituary or epitaph, and a hundred other things you've pondered--but never bothered to deal with. Granted, this is scary terrain, but it'll make things a lot less traumatic for your survivors if they feel organized and know things like where you hide the key to your safe deposit box and which

bank it's with. It also covers the intricacies of your house, with space for recording the facts you take for granted: where's the damn fuse box? Do you have anything hidden in the attic, under floorboards, or somewhere else? Which sentimental items do you want left with whom or donated to which charity? What are the stories behind those objects that make them sentimental, anyway? And who's that person in the back row of the old family photo that's hidden at the bottom of a shoebox that was stashed in the back of the hallway closet?? In addition to its practicality, this workbook is also meant to be a keepsake, with space for writing down memories of important life events and things you've always meant to accomplish, the things you've always meant to tell people. In this way, The Checklist of Life also functions as a psychological kick in the pants, inspiring you to actually get out and do those things you've promised yourself you'd get around to, "one of these years." --Erica Jorgensen. Refreshments will be served and books will be available to buy.

NEW 6 Week Cardio Strength Interval Class

This class will be taught by Marsha Pirie starting Tuesday, April 17th at 5:00pm. Cardio Strength Interval Training will combine strength training using hand weights and cardio exercises, along with core strength training in a timed interval class. Participants should be able to come up and down from the floor with ease. Modifications will be provided. This is a cardio class so heart rates will be elevated to get cardio benefits. The class is 45 minutes in duration. Participants will need a yoga mat, hand towel, and water.

Guided Meditation

Guided Meditation with Laura Kokaska will be held on Tuesday, April 24th at 1:00pm. This 45 minute free experience will offer participants the opportunity to use imagery and breathing techniques to release tension and invite a state of relaxation. *Please show up 15 minutes early as not to disrupt the group's experience.

Tea with Abigail Adams

On April 25th from 1:00pm- 2:30pm we will be welcoming back Sheryl Faye for present a Tea with Abigail Adams. Sheryl will bring alive Abigail Adams in an interactive presentation of her life. She is sometimes considered to have been a founder of the United States and is now designated as the first Second Lady and second First Lady of The United States. Adams's life is one of the most documented of the first ladies: she is remembered for the many letters she wrote to her husband while he stayed in Philadelphia, Pennsylvania, during the Continental Congresses. John frequently sought the advice of Abigail on many matters, and their letters are filled with intellectual discussions on government and politics. In one of her more famous letters she implores her husband and his colleagues, all of whom were male, to, "...remember the ladies...If particular care and attention is not paid to the Ladies we are determined to foment a Rebellion, and

will not hold ourselves bound by any Laws in which we have no voice, or Representation." Her letters also serve as eyewitness accounts of the American Revolutionary War home front. Please call to reserve a spot today at (860)434-1605 ext. 240. Please do not be late...nobody will be admitted after 1:15pm as to not disrupt the group's experience.

Old Lyme Visiting Nurse/ Blood Pressure Clinic

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

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. 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.



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