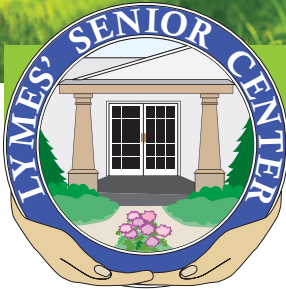


Lymes' Senior Center

JUNE 2018 NEWS & EVENTS

Proudly serving seniors 55 & better!



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

- The Doo Wop Deville Band
- The United States 102nd Army Pop Band
- The Cartells
- The Airborne Band
- Songs from the Great War
- Movie "The Post"
- Memorial Garden Dedication
- Protect Yourself from Internet Cons and Scams
- Laughter Yoga
- Get Your Happy Back
- Kenny C



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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
Cardio Strength Training Interval Class	June 12th at 5:00pm/ 4 Weeks	\$20.00
Gentle Vinyasa Flow Yoga	June 11th at 8:00am/ 4 Week Session	\$20.00
Beginner Country Line Dancing	Starts back in September	FREE
Latin/ Ballroom Line Dancing Class	June 1st at 1:00pm/ 6 Week Session	TBA (\$35.00- \$40.00)
Outdoor Yoga	June 13th at 4:30pm /6 Week Session	\$38.00
Beginner Tap Class	Starts again in September/ 6 Weeks	\$24.00
Intermediate Tap Class	Starts again in September/ 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 6th at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	Drop in June 5th at 6:00pm	\$5.00
Gentle Piyo AM Class	Drop in June 8th at 8:00am	\$5.00
Piyo (Pilates/ Yoga Class)	June 12th at 6:00pm/4 Week Session	\$20.00
	(Skipping July 4th week)	
Gentle Piyo AM Class	June 15th at 8:00am/ 4 Week Session	\$20.00
	(Skipping July 4th week)	
Watercolor Class	July 10th from 12:30-2:30pm/ 6 Weeks	\$40.00
On Location Drawing & Watercolor	July 10th from 10:00-12:00pm/ 6 Weeks	\$40.00



Come and enjoy a summer evening at the
Lymes' Senior Center
26 Town Woods Road

"Summer Sounds"
a four week musical series.
ALL AGES ARE WELCOME!!!



*Bring your chairs, blankets, dinner, etc. the performances will be held out on the lawn
(weather permitting) OR inside if the weather is inclement.

A free ice cream social will follow all concerts!

- July 5th at 7:00pm The Airborne Band
- July 12th at 7:00pm Doo Wop DeVille "New England's Premier Doo-Wop Show Band"
- July 19th at 7:00pm The Cartells
- *The LOL Lions Club will also be here before this concert at 5:30 pm selling hot dogs, hamburgers, and other dinner foods.
- July 26th at 7:00pm The United States 102nd Army Pop Band

Gold Sponsor: Reynolds' Subaru & Reynolds' Boats (Lyme)
Silver Sponsor: All Pro Automotive (Old Lyme)

Jacquelyn Dube, manager of the Vision Center at the Waterford Walmart will be offering free appointments here July 5th between 10am-12:00pm for vision screenings, which can help detect visual impairment that may require a referral to an eye care professional. She will also be able to assist in minor adjustments of eyeglasses. Call (860)434-1605 ext. 240 to sign up for an appointment.

Join us on July 10th at 12:45pm as we show the movie, *The Intern*. This movie is about how a “retired 70-year-old widower, Ben (played by Robert De Niro), is bored with retired life. He applies to be a senior intern at an online fashion retailer and gets the position. The founder of the company is Jules Ostin (Anne Hathaway), a tireless, driven, demanding, dynamic workaholic. Ben is made her intern, but this is a nominal role - she doesn't intend to give him work and it is just window dressing. However, Ben proves to be quite useful and, more than that, a source of support and wisdom.” This movie will be shown in closed caption.

Meidcare Updates and Education will be presented by John J. Pitarra Jr., Senior Benefits and Medicare Specialist from Senior Health Insurance Associates on July 11th at 1 pm. He will review any changes and updates to the State of Connecticut's Medicare Saving Program and how it could impact you. He will cover the different levels of state aid and assistance that could be available to you and how to apply. He'll also be covering the differences in Medicare health plans such as Supplements, PPOs and HMO and which could be the right plan for you.

We will be holding Laughter Yoga with Laura Kokoska on July 17th at 1:00 pm. You don't have to be funny to practice laughter yoga. It is a systematic way to boost your immune system and it also helps increase your endorphins. Come join us for a good laugh!

Join us as Atrinity Home Health Company presents *Get Your Happy Back!* As we grow older we face significant life changes that put us a greater risk for depression. Stress management, positivity and new coping strategies will be introduced at this talk as well as a discussion of the importance of having a positive attitude and laughter therapy. This will be held on July 24th at 1:00pm. Please call (860)434-1605 ext. 240 to sign up.

Join us on July 31st at 1:00pm as we welcome Entertainer Kenny C for his Lymes' Senior Center Debut. Specializing in music from the 40's, 50's and 60's he will bring to life Sinatra, Dean Martin, Bobby Darin, Nat King Cole as well as many more artists of the era. In addition he will also be performing classic Broadway tunes.

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.

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 has begun. 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 has begun. Moderate walking.

Tues, July 10th - Trip to Boston. We will enjoy a private guided 1.5 hour walking tour of Harvard. Then lunch at the Hong Kong Restaurant. In the afternoon we will enjoy a tour on a WWII style amphibious landing vehicle with the Boston Duck Tours. Trip fee is \$97. Registration as begun. Lots of walking.

Thu, July 26th - Best of NY City - Circle Line Sightseeing Cruise. This 2 1/2 hour sightseeing cruise, which includes seeing 5 boroughs, 3 rivers, all the major bridges, Manhattan Island and Skyline, Yankee Stadium, Harlem Heights and Statue of Liberty. Free time prior to cruise to enjoy lunch and shopping at Chelsea Market. Registration as begun. Moderate to lots of walking at Chelsea Market (many benches are available).

Tues, August 14th - Long Island Wine Trip. Travel to Long Island on the ferry, enjoy a 90 minute tour and tasting of approximately 10 wines at the Lenz Winery. Afterwards you are off to Greenport for lunch on your own & shopping before returning home. \$88 per person includes bus, ferry & winery tour and 10 tastings. Registration starts June 1st.

Tues, August 21st - Whale Watch Trip in Gloucester, MA. After traveling to Gloucester and having time for lunch on your own, you will be ready to board the Seven Seas Whale Watch boat for a 1:30 whale watch on the Stellwagen Bank. The boat trip is approximately 4 hours long. Once back on shore, the group will make a quick stop by the Fisherman of Gloucester Statue before heading back to CT. \$82 per person. Registration starts June 1st.

(Overnight Trips on page 7)

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<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 \$=\$ SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue</p>	<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 860-388-1611.</p> <p>Meals are subject to change</p>			<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Chicken Salad on Wheat Bread, Lettuce & Tomato, 3 Bean Salad, Fruit Cocktail 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR</p>
<p>10:00 6 Week Mixed Media Class (\$35) SUR 12:00 Fish and Chips, Green Beans, Banana 1:00 Cards (F) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F)</p> <p style="text-align: right;">4</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Beef Goulash, Peas and Carrots, Pineapple Chunks 12:45 Newly Released Movie <i>The Post</i> (F) 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 Drop In Piyo Class (\$5)</p> <p style="text-align: right;">5</p>	<p>9:00 NEW SESSION 10 Week Tai Chi Class (\$95) 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Chicken Caesar Salad, Muffin, Fruit Juice, Chocolate Ice Cream 1:00 Broadway Baritone James Michael (F)</p> <p style="text-align: right;">6</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 10:00-12:00 Vision Screening & Small Eyeglass Repairs (F) SUR 860-434-1605 ext 240 12:00 Eggplant Parmesan, Italian Vegetables, Garlic Bread, Pears 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p> <p style="text-align: right;">7</p>	<p>8:00 Drop In Gentle Piyo (\$5) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Sliced Ham & Swiss on a Roll, Coleslaw, Peaches 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;">8</p>
<p>8:00 NEW SESSION 4 Week Gentle Vinyasa Flow Yoga (\$20) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Salisbury Steak w Gravy, Mashed Potatoes, Whole Baby Carrots, Fruit Pie 1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right;">11</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Chicken Divan, Wild Rice, Broccoli, Banana 5:00 NEW SESSION 4 Week Cardio Strength Training Interval Class (\$20) SUR 6:00 NEW SESSION 4 Week Piyo Class (\$20) SUR</p> <p style="text-align: right;">12</p>	<p>9:00 10 Week Tai Chi Class (\$95) 9:00 -1:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy \$ 12:00 Beef Stew w Potatoes and Vegetables, Biscuit, Strawberry Shortcake 1:00 Songs from & about the Great World War (F) 1:30 Brain Yoga 4:30 NEW SESSION 6 Week Outdoor Yoga (\$38)-8 person minimum</p> <p style="text-align: right;">13</p>	<p>12:00 Tilapia w Sauce, Mashed Potato, Brussel Sprouts, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p> <p style="text-align: right;">14</p>	<p>8:00 NEW SESSION 4 Week Gentle Piyo (\$20) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Penne Bolognese, Cauliflower, Mandarin Oranges 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;">15</p>
<p>8:00 4 Week Gentle Vinyasa Flow Yoga (\$20) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Hotdog on a Roll, Baked Beans, Mixed Vegetables, Pineapple Chunks 1:00 Cards 1:00 Bridge (F) 1:00 Sr Center Board Meeting-Public Welcome</p> <p style="text-align: right;">18</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Cod w Lemon, Sweet Potato, Spinach, Pears 5:00 4 Week Cardio Strength Training Interval Class (\$20) SUR 6:00 4 Week Piyo Class (\$20) SUR</p> <p style="text-align: right;">19</p>	<p>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 BBQ Chicken, Potato Salad, Carrot Raisin Salad, Fruit Crisp 1:00 Snack & Learn-Ice Cream and Info Session on What to Watch Out for While Enjoying the Outdoors (F) SUR 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum</p> <p style="text-align: right;">20</p>	<p>12:00 Roast Pork w Gravy, Roasted Potato, Broccoli, Applesauce 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p> <p style="text-align: right;">21</p>	<p>8:00 4 Week Gentle Piyo (\$20) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Shepherd's Pie, Corn, Biscuit, Orange 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR</p> <p style="text-align: right;">22</p>
<p>8:00 4 Week Gentle Vinyasa Flow Yoga (\$20) SUR 10:30 Exercise with Kathy (\$) 12:00 Herb Baked Chicken, Roasted Potatoes, Green Beans, Apple 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p> <p style="text-align: right;">25</p>	<p>10:00 Sit and Be Fit (F) 12:00 Veal Marsala, Brown Rice, Brussel Sprouts, Fruited Gelatin 1:00 Memorial Garden Dedication Ceremony (F) 5:00 4 Week Cardio Strength Training Interval Class (\$20) SUR 6:00 4 Week Piyo Class (\$20) SUR</p> <p style="text-align: right;">26</p>	<p>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 Cheese Lasagna w Marinara Sauce, Tossed Salad, Garlic Knot, Fruit Juice, Birthday Cake 1:00 Internet Cons and Scams (F) SUR 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum</p> <p style="text-align: right;">27</p>	<p>12:00 Salmon, Roasted Potato, Peas & Carrots, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p> <p style="text-align: right;">28</p>	<p>8:00 4 Week Gentle Piyo (\$20) SUR 8:15 Newport Flower Show (\$49) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Cheeseburger Macaroni Cheese Casserole, Broccoli, Peaches 1:00 The Wild West 12 Week Course (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR</p> <p style="text-align: right;">29</p>

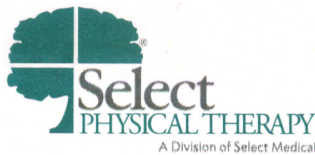
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June 2018

We are now 55 and better!

Membership Policies and Procedures

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

Newly Released Movie “The Post”

Newly Released Movie “The Post” will be shown in closed caption on June 5th at 12:45pm. “Katharine Graham is the first female publisher of a major American newspaper -- The Washington Post. With help from Editor Ben Bradlee, Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light.” This will shown in closed caption.

Broadway Baritone, James Michael

Broadway Baritone, James Michael will perform on June 6th at 1:00pm. James Michael is a world class baritone. His widely and critically acclaimed production of “Melodies of Memories and Miracles Broadway Classics” brings the sound of Broadway like no other. James has become one of the most sought after singer / entertainers in retirement communities across the country and is invited back numerous times during the year. James’s website www.jamesmichaelbaritone.com is full of testimonials, video and more about his incredible journey back into music.

Over Here & Over There: *Songs From And About The Great War (WWI)*

Join us for a special musical program Over Here & Over There: *Songs From And About The Great War (WWI)* on June 13th at 1:00pm. In honor of the Centennial of the United States’ active involvement in World War I (1917), Tom Callinan, designated Connecticut’s 1st Official State Troubadour in 1991,

has developed a program of diverse songs from and about World War I. Interspersed with the music, and through the prism of history, Mr. Callinan weaves a narrative regarding some of the contributing factors, which made “The War To End All Wars” the first modern war. Prior to President Wilson’s request to Congress for a Declaration Of War in 1917, the slaughter had dragged on for nearly 3 years, killing many millions of combatants and civilians. Although the United States had adopted an official position of isolationism, it maintained transatlantic trade with our allies in Europe. However, with continued German U-Boat attacks on merchant and passenger shipping and other factors at home and abroad, the veil of neutrality inevitably fell, and the United States committed her nation’s blood and treasure to the fray – initially with a volunteer military, and then a draft. The songs in Tom’s program represent a mixture of moods: patriotic songs that accompanied the troops marching off to war, full of exuberance and bravado; popular songs from the music halls, and Tin Pan Alley; songs of farewell; others that dealt with the loss of innocence, resulting from the soldiers’ time spent overseas; the most popular anti-war song of the period; and contemporary, retrospective songs. Among the latter group is Tom’s original composition, “Searching for Great-Uncle Jerry”, written in honor of his *late* great-uncle Jeremiah J. Coleman, who was killed in action in France in 1918.

Ice Cream & Learn “What to Watch Out for While Enjoying the Outdoors”

Join us for a Snack & Learn “What to Watch Out for While Enjoying the Outdoors” on June 20th at 12:45pm with Critical Skills. Ice Cream will be served. Please call (860)434-1605 ext. 240 to register. Summer is coming and it’s a great time to get outdoors! Come join Doug Lo Presti and Colleen Atkinson, EMTs, for a discussion on how to avoid/treat common summer-related injuries and illnesses such as bites, stings, heat emergencies and also learn how a person can get hypothermia in the middle of summer.

Join us for our Memorial Garden Dedication Ceremony on June 26th at 1:00pm which will be held outside (weather permitting). Refreshments will be served.

How to Protect Yourself from Internet Cons & Scams sponsored by Fulton- Theroux Funeral Service will be held here at the center on June 27th at 1:00pm. *Please call and reserve your space today!* 860-434-1658

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, fourth, and fifth 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.

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.

Free Vision Screenings & Minor Eyeglass Adjustments

Jacquelyn Dube, manager of the Vision Center at the Waterford Walmart will be offering free appointments here at the center the first Thursday of the month between 10 am-12:00 pm. Call (860) 434-1605 ext. 240 for more information for vision screenings, which can help detect visual impairment that may require a referral to an eye care professional. She will also be able to assist in minor adjustments of eyeglasses.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

Aug 27-29, 2018 - Trip to **Canada's Niagra Falls** includes deluxe motor-coach transportation, 2 nights at Hilton Niagra Falls, 5 meals, tour and wine tasting at Ventosa Vineyards, Niagra sightseeing with guide, Hornblower Boat Niagra Falls cruise, Tours of Distinction Tour Director, gratuities for tour director, bus driver and local guides. \$679pp double, \$619 triple, \$929 single.

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.



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