

Lymes' Senior Center

MAY 2018 NEWS & EVENTS

Proudly serving seniors 55 & better!



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

- The Airborne Band
- Hawaiian Show with Jose Paulo and Friends
- Broadway Baritone, James Michael
- Over Here & Over There: Songs from and about the Great War
- How to Protect Yourself: Internet Cons & Scams
- Snack & Learn "What to Watch Out for While Enjoying the Outdoors"
- Memorial Garden Dedication Ceremony
- Movie "The Post"



Visiting Nurses of the Lower Valley

Skilled Nursing, Physical, Occupational & Speech Therapy, Social Work, Home Health Aides, Telehealth, Transitional Care, Faith Community Nurse

860-767-0186 | www.visitingnurses.org

A Winning Combination



Lower Valley Care Advocates

Personal Care Aides, Homemakers, Respite Care, Dementia Care, Concierge Services, After Surgery Care, Transportation and Companionship

860-767-2695 | 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
NEW Cardio Strength Training Interval Class	May 1 st at 5:00pm/ 6 Weeks	\$30.00
Gentle Vinyasa Flow Yoga	May 28 th at 8:00am/ 6 Week Session	\$30.00
Beginner Country Line Dancing	Starts back in September	FREE
Latin/ Ballroom Line Dancing Class	June 1 st at 1:00pm/ 6 Week Session	TBA (\$35.00- \$40.00)
Yoga	May 2 nd at 4:30 pm /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
Tai Chi	June 6 th at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	May 29 th at 6:00pm/ 6 Week session	\$30.00
Gentle Piyo AM Class	June 1 st at 8:00am/ 6 Week Session	\$30.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Mixed Media Class	May 8 th from 12:30-2:30pm/ 6 Weeks	\$35.00
On Location Drawing	May 8 th from 10:00-12:00pm/ 6 Weeks	\$35.00
Internet Basics	May 7 th from 1-3pm	FREE

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.

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.

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.

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 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



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, 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 has begun. 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 has begun. 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 has begun. 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 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 begins May 1st. 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 begins May 1st. Moderate to lots of walking at Chelsea Market (many benches are available).

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.

May 2018

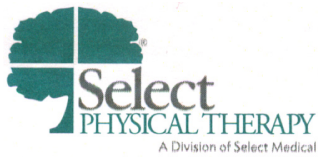
Monday	Tuesday	Wednesday	Thursday	Friday																				
<p>Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted</p> <p>Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue</p>	<p>10:00 Sit and Be Fit (F) 12:00 Baked Salmon w Lemon Sauce, Roasted Potatoes, Spinach, Pears <i>1:00 Let's Talk about Arthritis and Joint Conservation sponsored by Fox Rehab</i> 5:00 NEW SESSION 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 1</p>	<p>9:00 Tai Chi Class 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Chicken Cacciatore w onions and peppers, Wild Rice, Green Beans, Fruit Pie 1:00 The Airborne Band (F) 1:30 Brain Yoga 4:30 NEW SESSION 6 Week Yoga (\$38)-8 person min. 2</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Pulled Pork on a Roll, Pineapple Coleslaw, Peaches 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Mexican Taco Casserole, Mixed Vegetables, Rice Pudding, Fruit Juice 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 4</p>	<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 NEW SESSION 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Swiss Steak w Sauce, Mashed Potato, Mixed Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 How to Use the Internet Safely Class (F) SUR 7:00 CT Valley Camera Club (F) 7</p>	<p>10:00 NEW SESSION 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Chicken Florentine, Brown Rice, Broccoli, Tropical Fruit <i>1:00 Hawaiian Show w/ Jose Paulo (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 8</p>	<p>8:45 Westchester Broadway Theater Trip to see Sister Act 9:00 Tai Chi Class 9:00-12:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy \$ 12:00 Meatloaf w Gravy, Roasted Potatoes, Carrot Coins, Fruited Gelatin 1:30 Brian Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 9</p>	<p>12:00 Tilapia w Sauce, Sweet Potato, Cauliflower, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 10</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Breakfast Scramble w Hash Browns, Asparagus, Bran Muffin, Pineapple Chunks 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 11</p>	<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Cheese Rotelle, Tomato Sauce, Italian Blend Vegetables, Orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 14</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Zesty Orange Chicken, Rice Pilaf, Oriental Blend Vegetables, Pears <i>1:00 Whose Got Your Number? How to Protect Your Identity sponsored by Care Plus Credit Union (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 15</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 Cheeseburger w Roll, Pasta Salad, Coleslaw, Ice Cream, Fruit Juice <i>1:00 New Horizon's Band (F)</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 16</p>	<p>9:00 Medicare Savings Program Enrollment (F) SUR Appts available 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Beef Stroganoff, Noodles, Mixed Vegetables, Peaches 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 17</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tuna Salad, 3 Bean Salad, Carrot Raisin Salad, Croissant, Apple 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 18</p>	<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken Breast w Teriyaki Sauce, Rice Pilaf, Oriental Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Sr Center Board Meeting-Public Welcome 5:00 VFW Dinner and Meeting 21</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Shepherd's Pie, Corn w Pimento, Fruit Crisp <i>1:00 Tim Buffaro Performs-Novelty Songs (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 22</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 Baked Cod, Sauce, Roasted Potatoes, Brussel Sprouts, Tropical Fruit <i>1:00 Turning 65 and What to do about Health Insurance</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 23</p>	<p><i>6:45 The Berkshires of Massachusetts Trip</i> 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Macaroni and Cheese, Broccoli, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 24</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Pot Roast w Gravy, Mashed Potatoes, Peas & Carrots, Pears 1:00 The Wild West 12 Week Course (F) SUR 2:30 6 Week Beginner Line Dancing (F) SUR 25</p>	<p>CLOSED MEMORIAL DAY 28</p>	<p>10:00 Sit and Be Fit (F) 12:00 Spaghetti w Sauce, Meatballs, Italian Green Beans, Peaches <i>12:45 Newly Released Movie "Wonder"</i> 5:00 Cardio Strength Training Interval Class Drop in (\$5) 6:00 NEW SESSION 6 Week Piyo Class (\$30) SUR 29</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 Beef Stew, Mixed Vegetables, Biscuit, Fruit Juice, Birthday Cake <i>1:00 Estate Planning (F) call 860-434-1658 to sign up</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 30</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Roast Turkey w Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Pearl Onions, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 31</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) 434-4322. Meals are subject to change</p>
<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 NEW SESSION 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Swiss Steak w Sauce, Mashed Potato, Mixed Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 How to Use the Internet Safely Class (F) SUR 7:00 CT Valley Camera Club (F) 7</p>	<p>10:00 NEW SESSION 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Chicken Florentine, Brown Rice, Broccoli, Tropical Fruit <i>1:00 Hawaiian Show w/ Jose Paulo (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 8</p>	<p>8:45 Westchester Broadway Theater Trip to see Sister Act 9:00 Tai Chi Class 9:00-12:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy \$ 12:00 Meatloaf w Gravy, Roasted Potatoes, Carrot Coins, Fruited Gelatin 1:30 Brian Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 9</p>	<p>12:00 Tilapia w Sauce, Sweet Potato, Cauliflower, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 10</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Breakfast Scramble w Hash Browns, Asparagus, Bran Muffin, Pineapple Chunks 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 11</p>	<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Cheese Rotelle, Tomato Sauce, Italian Blend Vegetables, Orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 14</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Zesty Orange Chicken, Rice Pilaf, Oriental Blend Vegetables, Pears <i>1:00 Whose Got Your Number? How to Protect Your Identity sponsored by Care Plus Credit Union (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 15</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 Cheeseburger w Roll, Pasta Salad, Coleslaw, Ice Cream, Fruit Juice <i>1:00 New Horizon's Band (F)</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 16</p>	<p>9:00 Medicare Savings Program Enrollment (F) SUR Appts available 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Beef Stroganoff, Noodles, Mixed Vegetables, Peaches 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 17</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tuna Salad, 3 Bean Salad, Carrot Raisin Salad, Croissant, Apple 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 18</p>	<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken Breast w Teriyaki Sauce, Rice Pilaf, Oriental Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Sr Center Board Meeting-Public Welcome 5:00 VFW Dinner and Meeting 21</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Shepherd's Pie, Corn w Pimento, Fruit Crisp <i>1:00 Tim Buffaro Performs-Novelty Songs (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 22</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 Baked Cod, Sauce, Roasted Potatoes, Brussel Sprouts, Tropical Fruit <i>1:00 Turning 65 and What to do about Health Insurance</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 23</p>	<p><i>6:45 The Berkshires of Massachusetts Trip</i> 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Macaroni and Cheese, Broccoli, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 24</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Pot Roast w Gravy, Mashed Potatoes, Peas & Carrots, Pears 1:00 The Wild West 12 Week Course (F) SUR 2:30 6 Week Beginner Line Dancing (F) SUR 25</p>	<p>CLOSED MEMORIAL DAY 28</p>	<p>10:00 Sit and Be Fit (F) 12:00 Spaghetti w Sauce, Meatballs, Italian Green Beans, Peaches <i>12:45 Newly Released Movie "Wonder"</i> 5:00 Cardio Strength Training Interval Class Drop in (\$5) 6:00 NEW SESSION 6 Week Piyo Class (\$30) SUR 29</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 Beef Stew, Mixed Vegetables, Biscuit, Fruit Juice, Birthday Cake <i>1:00 Estate Planning (F) call 860-434-1658 to sign up</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 30</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Roast Turkey w Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Pearl Onions, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 31</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) 434-4322. Meals are subject to change</p>					
<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Cheese Rotelle, Tomato Sauce, Italian Blend Vegetables, Orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 14</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Zesty Orange Chicken, Rice Pilaf, Oriental Blend Vegetables, Pears <i>1:00 Whose Got Your Number? How to Protect Your Identity sponsored by Care Plus Credit Union (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 15</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 Cheeseburger w Roll, Pasta Salad, Coleslaw, Ice Cream, Fruit Juice <i>1:00 New Horizon's Band (F)</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum 16</p>	<p>9:00 Medicare Savings Program Enrollment (F) SUR Appts available 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Beef Stroganoff, Noodles, Mixed Vegetables, Peaches 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 17</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tuna Salad, 3 Bean Salad, Carrot Raisin Salad, Croissant, Apple 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 18</p>	<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken Breast w Teriyaki Sauce, Rice Pilaf, Oriental Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Sr Center Board Meeting-Public Welcome 5:00 VFW Dinner and Meeting 21</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Shepherd's Pie, Corn w Pimento, Fruit Crisp <i>1:00 Tim Buffaro Performs-Novelty Songs (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 22</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 Baked Cod, Sauce, Roasted Potatoes, Brussel Sprouts, Tropical Fruit <i>1:00 Turning 65 and What to do about Health Insurance</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 23</p>	<p><i>6:45 The Berkshires of Massachusetts Trip</i> 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Macaroni and Cheese, Broccoli, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 24</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Pot Roast w Gravy, Mashed Potatoes, Peas & Carrots, Pears 1:00 The Wild West 12 Week Course (F) SUR 2:30 6 Week Beginner Line Dancing (F) SUR 25</p>	<p>CLOSED MEMORIAL DAY 28</p>	<p>10:00 Sit and Be Fit (F) 12:00 Spaghetti w Sauce, Meatballs, Italian Green Beans, Peaches <i>12:45 Newly Released Movie "Wonder"</i> 5:00 Cardio Strength Training Interval Class Drop in (\$5) 6:00 NEW SESSION 6 Week Piyo Class (\$30) SUR 29</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 Beef Stew, Mixed Vegetables, Biscuit, Fruit Juice, Birthday Cake <i>1:00 Estate Planning (F) call 860-434-1658 to sign up</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 30</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Roast Turkey w Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Pearl Onions, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 31</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) 434-4322. Meals are subject to change</p>										
<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:00 6 Week Mixed Media Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken Breast w Teriyaki Sauce, Rice Pilaf, Oriental Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Sr Center Board Meeting-Public Welcome 5:00 VFW Dinner and Meeting 21</p>	<p>10:00 6 Week On Location Drawing Class (\$35) SUR 10:00 Sit and Be Fit (F) 12:00 Shepherd's Pie, Corn w Pimento, Fruit Crisp <i>1:00 Tim Buffaro Performs-Novelty Songs (F)</i> 5:00 6 Week Cardio Strength Training Interval Class (\$30) SUR 6:00 6 Week Piyo Class (\$30) SUR 22</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 Baked Cod, Sauce, Roasted Potatoes, Brussel Sprouts, Tropical Fruit <i>1:00 Turning 65 and What to do about Health Insurance</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 23</p>	<p><i>6:45 The Berkshires of Massachusetts Trip</i> 9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Macaroni and Cheese, Broccoli, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 24</p>	<p>8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Pot Roast w Gravy, Mashed Potatoes, Peas & Carrots, Pears 1:00 The Wild West 12 Week Course (F) SUR 2:30 6 Week Beginner Line Dancing (F) SUR 25</p>	<p>CLOSED MEMORIAL DAY 28</p>	<p>10:00 Sit and Be Fit (F) 12:00 Spaghetti w Sauce, Meatballs, Italian Green Beans, Peaches <i>12:45 Newly Released Movie "Wonder"</i> 5:00 Cardio Strength Training Interval Class Drop in (\$5) 6:00 NEW SESSION 6 Week Piyo Class (\$30) SUR 29</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 Beef Stew, Mixed Vegetables, Biscuit, Fruit Juice, Birthday Cake <i>1:00 Estate Planning (F) call 860-434-1658 to sign up</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 30</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Roast Turkey w Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Pearl Onions, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 31</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) 434-4322. Meals are subject to change</p>															
<p>CLOSED MEMORIAL DAY 28</p>	<p>10:00 Sit and Be Fit (F) 12:00 Spaghetti w Sauce, Meatballs, Italian Green Beans, Peaches <i>12:45 Newly Released Movie "Wonder"</i> 5:00 Cardio Strength Training Interval Class Drop in (\$5) 6:00 NEW SESSION 6 Week Piyo Class (\$30) SUR 29</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 Beef Stew, Mixed Vegetables, Biscuit, Fruit Juice, Birthday Cake <i>1:00 Estate Planning (F) call 860-434-1658 to sign up</i> 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum 30</p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Roast Turkey w Gravy, Cranberry Sauce, Mashed Potatoes, Peas & Pearl Onions, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 31</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) 434-4322. Meals are subject to change</p>																				

The Hideaway
Restaurant & Pub
"Good Food, Good Times, Good Company"

Your Hosts,
The Caramantes

(860) 434-1455 In the Courtyard
(860) 434-1854 Old Lyme Shopping Center
(860) 434-3335 (860) 434-5186 fax
Old Lyme, CT 06371 (Exit 70 off I-95)

The Power of Physical Therapy™

 **Select**
PHYSICAL THERAPY
A Division of Select Medical

86 Halls Road, Unit C
Old Lyme, CT 06371
ph: 860.434.9155
fax: 860.434.3889

Ashley Gualandri, PT, DPT
Bryan Schmidt, PT, DPT
Christopher Dentch, PTA, BS

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

 **BOUVIER**
INSURANCE

CHAMPION
Now Available from Our Agency

 **AARP** | Auto Insurance Program from THE HARTFORD

Contact Betsy Avery, Personal Home & Auto
Local: 860-434-1611 • Toll Free: 800-835-3077

May 2018

We are now 55 and better!

In March we adapted new bylaws here at the Senior Center and now serve 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 or during renewals and all new members upon sign up. In addition copies will be left at the sign-in desk.

Living with Arthritis

Join us on May 1st at 1:00pm for a Living with Arthritis lecture sponsored by Fox Rehabilitation.

The Airborne Band

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 was formed in the 1980's and 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.

Using the Internet Safely

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.

Mixed Media and Watercolor

Mondays 10 am to 12 noon, May 7 to June 18 (no class May 28). 6 week class \$35. To register email Sharon at s.star@comcast.net. This class is open to beginning and advanced students. 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. There have been numerous requests for more instruction in watercolor, so the majority of the demos will be in watercolor. Individual instruction is given throughout class. Class fee is due when you register, refunds only if instructor cancels.

On Location Sketching

Tuesdays 10 am to 12 noon, May 8 to June 19). 7 week class \$40. To register email Sharon at s.star@comcast.net. Weather permitting this class will take place outside at various locations, most in Old Lyme. Learn how to sketch a scene quickly with loose brushwork and drawing, then pulling it together by selectively adding some details. On rainy Tuesdays we will work in the Old Lyme senior center on drawing and watercolor exercises related to location sketching. Bring a small sketchbook, some pencils and pens, hat with brim, folding chair to first class (we will meet at senior center) where we will go over a short, suggested supply list. Drawing experience helpful but not required. Class fee is due when you register, refunds only if instructor cancels.

Hawaiian Show with Jose Paulo and Friends

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 will be sponsored by Care Plus Credit Union. This presentation will be held on May 15th at 1:00pm. Refreshments will be served.

Novelty Songs 2 with Tim Baffaro

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.

Medicare Savings Program Enrollment

Lori Napolito from Senior Resources will be here taking appointments on May 17th from 9:00-12:00pm to help you with applying for the Medicare Savings Program through the state. Call (860)434-1605 ext. 240 to sign up for an appointment or if you have any questions.

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

This movie starring Julia Roberts will be shown on May 29th at 12:45pm in closed caption. "Based on the New York Times bestseller, WONDER tells the incredibly inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them all and prove you can't blend in when you were born to stand out" -Lionsgate

Finishing Strong! A Discussion on Estate Planning

This presentation is 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.

Town of Old Lyme & Lyme Renters' Rebate for the elderly & disabled

Who can apply:

Residents 65 years or older as of 12/31/17, or totally and permanently disabled residents as of 12/31/17, who paid rent (partial or full year) in Connecticut in 2017.

Income Guidelines:

Up to \$35,300 for singles; \$43,000 for married couples

Application Dates: April 2 – October 1, 2018

What You Need to Apply:

Copy of 2017 income tax, if filed

Rent receipts from 2017

Verification of utility bills paid in 2017 (electricity, propane/oil, water)

Copies of all 2017 income (wages, SSA-1099, pension, interest, etc.)

Rebates of up to \$700 for singles and \$900 for married couples. Sponsored by the State of CT, Office of Policy and Management.

For more information, or to schedule an appointment, Contact Old Lyme Social Services at 860-434-1605 ext. 228 (if you live in Old Lyme) or Town of Lyme Assessor's Office at (860)434-7733 (if you live in Lyme)

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.

The New Horizon's Band

Join us on May 16th at 1:00 pm as The New Horizon's Band of the Community Music School performs various marches, show tunes, classics and seasonal music for us. This all Seniors band is a reminder to us that you're never too old to pick up an instrument.

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.

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.



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 55 & better

AUDIOLOGY™ Concierge

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

Hearing Tests • Hearing Aid Checks
Wax Inspection & Removal • Listening Demonstrations

We make house calls! 203-668-0619
www.audiologyconcierge.com



CAN YOU HEAR
LIKE I HEAR?

