Lymes' Senior Center

DECEMBER 2018 NEWS & EVENTS

Proudly serving seniors 55 & better!

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

- Old Lyme Town Band Holiday Concert
- The New Horizon's Band of the Community Music School Concert
- Hollywood Goes to War Lecture
- Free Pizza Party and Showing of the movie Holiday Inn
- Christmas Around the World
- The Link Between Nutrition and Your Health
- Motivational Speaker & Author Nancy Butler
- History & Sounds of the Old Time Radio
- Be Alert to Financial Fraud
- Medicaid 101

We Care Visiting Nurses of the Lower Valley

860-767-0186 | www.visitingnurses.org

From all of us at Visiting Nurses of the Lower Valley and Lower Valley Care Advocates

Wishing you a joyous, peaceful and safe holiday season!

Lower Valley Care Advocates

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 Fitness Fusion (Separate Tues & Thurs Classes for class above)	January 8th and 10th at 5:00pm/ 6 Weeks	$30.00 EACH
Gentle Vinyasa Flow Yoga	January 7th at 8:30am/ 6 Week Session	$30.00
Beginner Country Line Dancing	January 4th at 2:30pm/ 6 Week Session	FREE
Latin/ Ballroom Line Dancing Class	January 4th at 1:00pm/ 6 Week Session	($35.00- $40.00)TBD
Yoga Fundamentals & Meditation	January 2nd at 4:00pm /6 Week Session	$38.00
Beginner Tap Class	January 3rd at 10:00am/ 6 Weeks	$24.00
Intermediate Tap Class	January 3rd at 10:45am/ 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 10:00am	$5.00 a class
Exercise with Kathy	Drop in & ongoing Mondays & Wednesdays	$5.00 a class
Tai Chi	January 2019 at 9:00am/10 Weeks	$95.00
Advanced Yoga & Meditation Class	January 3rd at 3:30pm/ 6 Weeks	$38.00
Gentle Piyo AM Class	January 11th at 8:30am/ 6 Week Session	$30.00
Watercolor	Jan 15th from 10:00-12:00pm/ 6 Weeks	$40.00
Mixed Media Art Class	Jan 14th from 10:00-12:00pm/5 Weeks	$35.00
iPhone Basics	January 7th from 1:00-2:00pm	FREE
Ballet Stretch for Seniors	February 12th at 9:15am/6 Weeks Session	$30.00

Join us on Wednesday, January 2nd at 1:00pm as we welcome back **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.

Medicaid 101 presented by Michelle Dempsey Title 19 Specialist, LLC. on Tuesday, Janaury 8th at 1:00pm. She will answer questions like

- What is Medicaid?
- What Services does Medicaid pay for in a Nursing Home?
- What Services does Medicaid pay for in the community if you want to remain home?
- Are there home-care programs available?
- How do you qualify for Medicaid?
- What are the eligibility criteria?
- Why are gifts a bad thing when it comes to Medicaid?
- Will the state take my house?
- What do you need for the application?
- And Tips

Call (860)434-1605 ext. 241 to sign up.

Fall Prevention Seminar given by Brad Murphy of Care One Security, LLC on Tuesday, January 15th at 1:00pm. This Security Installation Co. specializing in Personal Emergency Reporting System. This seminar will focus on fall prevention and safety in the home that incorporate health strategies, activity, home preparation and our technology services.

History and Sounds of the Old Time Radio Shows (Mystery and Detective Shows Edition) - Part 1 & 2 Wednesdays, January 16th and 23rd from 1:00pm-2:30pm. Come enjoy reminiscing and listening to the Old Time Radio Mystery and Detective Shows. Call 860-434-1605 ext.241 to register for this 2 part program.

Be Alert to Financial Fraud presented by John Bairos of Edward Jones Financial will be held on January 22nd at 1:00pm.

Movie: Hyde Park on Hudson on Tuesday, January 29th at 12:45pm

National Motivational Speaker and Award-Winning Author Nancy D. (Seely) Butler presents **LIVING LIFE TO THE FULLEST TIPS AND TRICKS TO MAKE LIFE THE BEST IT CAN BE REGARDLESS OF YOUR AGE** on Wednesday, January 30, 2019 at 1:00pm. Please call 860-434-1605 ext 241 to sign up. Book signing and sale will be available at this FREE event. (Price of Books are $10 to $15 each)

The Friends of the Lymes' Senior Center presenting a donation check to the Center Director and the Board of Directors' Chairperson, in the amount of $20,000. A special thank you to all community members that contributed to this years fundraising campaign!

TRIP PRESENTATION

Collette Vacations will give a trip presentation regarding the **Sep 2019 America's Cowboy Country** and the **Oct 2019 Southern Italy & Sicily** trips on **Mon, Feb 4th at 10 am at the East Lyme Senior Center - Call to register at 860-739-5859.**

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

Apr 28-May 4, 2019 Myrtle Beach and Charleston SC 7 days 6 nights tripincludes a 4-night stay in your ocean front room at the Ocean Reef Resort. Prices start $1,219 pp double occupancy. Registration has begun.

May 5-12, 2019 - *Escorted* Bermuda cruise on Celebrity Summit. 8 days 7 nights. Transportation to pier included. Prices start $1427 pp double occupancy. Registration has begun.

Aug 22-Sept 1, 2019 - ***Escorted*Trans-Atlantic cruise** from London on the **Queen Mary 2**. 11 days, 10 nights. Transportation & transfers included. Prices start $3883 pp double occupancy. Registration has begun.

Sep 15-22. 2019 - Guided tour of **America's Cowboy Country** to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start $3599 pp double occupancy. Registration has begun.

Oct 29-Nov 9, 2019 - Guided tour of **Southern Italy & Sicily**. 12 days, 11 nights. Transportation & transfers included. Prices start $3799 pp double occupancy. Registration has begun.

Nov 9-24, 2019 - *Escorted* **New York to Panama Canal cruise** on NCL's Norwegian Dawn w/partial transit of Canal.16 days, 15 nights. Transportation & transfers included. Prices start $2484 pp double occupancy. Registration has begun.

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Vinyasa Yoga ($30) SUR *10:00 Watercolor, Pencil and Paints ($30)* *10:30 Exercise with Kathy ($)* **12:00 Chicken w Orange Sauce, Wild Rice, Oriental Blend, Madarin Oranges** *1:00 Cards (F)* *1:00 Bridge (F)* **3**	*10:00 Sit and Be Fit (F)* **12:00 Shepherd's Pie, Corn, Spiced Apples** *1:00 New Horizons Band of the Community School of Music* *5:00 6 Week Fitness Fusion($30) SUR* **4**	*9:00 -12:00 Hearing Clinic (F) SUR* *9:00 10 Week Session Tai Chi ($95) SUR* *10:30 Exercise with Kathy ($)* **12:00 Baked Cod, Roasted Potatoes, Brussel Sprouts, Pound Cake, Fruit** *1:00 Link between Nutrition and Health (F) SUR* *1:30 Brain Yoga* *4:30 6 Week Yoga ($38) * 8 person minimum* **5**	*10:00-12:00 Vision Screenings (F) SUR* *10:00 6 Week Beginner Tap Class ($24) SUR* *10:30 Bocce Ball Game (F)* *10:45 6 Week Intermediate Tap Class ($24) SUR* **12:00 Roast Pork, Gravy, Sweet Potatoes, Peas and Carrots, Fruit Crisp** *1:00 Wii Bowling (F)* *1:00 Cards* *1:00 Duplicate Bridge/Bridge* *1:00 Cribbage (F)* **6**	*8:30 6 Week Gentle Piyo ($30) SUR* *9:30 Shoreline Artists' Workshop (F)* *10:00 Balance and Tone Class ($)* **12:00 Chicken Divan, Wild Rice, Peas, Pears** *1:00 6 Week Latin/Ballroom Line Dancing Class ($35)* *2:30 6 Week Beginner Line Dancing (F) SUR* **7**
8:30 Vinyasa Yoga ($30) *10:30 Exercise with Kathy ($)* **12:00 Chicken Parmesan, Egg Noodles, Broccoli, Orange** *1:00 Cards (F)* *1:00 Bridge (F)* **10**	*10:00 Sit and Be Fit (F)* **12:00 Pulled Pork, Coleslaw, Roll, Peaches** *1:00 Hollywood Goes to War (F)* *5:00 6 Week Fitness Fusion($30) SUR* **11**	*9:00 -12:30 Haircuts ($10)* *9:00 10 Week Session Tai Chi ($95) SUR* *10:30 Exercise with Kathy ($)* **12:00 Taco Salad, Beef, Corn and Beans, Lettuce and Tomatoes, Cheddar, Dressing, Fruited Jello** *1:00 Performance by Lymes' Senior Center Dancers (F)* *1:30 Brain Yoga* *4:30 6 Week Yoga ($38) * 8 person minimum* **12**	*10:30 Bocce Ball Game (F)* **12:00 Chicken Stew, Green Beans, Biscuit, Apple** *1:00 Wii Bowling (F)* *1:00 Cards* *1:00 Bridge* **13**	*8:30 6 Week Gentle Piyo ($30) SUR* *9:30 Shoreline Artists' Workshop (F)* *10:00 Balance and Tone Class ($)* **12:00 Cheese Lasagna, Tossed Salad, Garlic Knot, Tropical Fruit** **14**
8:30 Vinyasa Yoga ($30) *10:30 Exercise with Kathy ($)* **12:00 Swedish Meatballs, Gravy, Noodles, Broccoli, Pineapple Chunks** *1:00 Cards* *1:00 Bridge (F)* **17**	*10:00 Sit and Be Fit (F)* **12:00 Chicken Teriyaki, Rice Pilaf, Zucchini, Pears** *12:00 Mahjongg - call to sign up, need to already know how to play* *1:00 Christmas Around the World (F)* *5:00 6 Week Fitness Fusion($30) SUR* **18**	*9:00 10 Week Session Tai Chi ($95) SUR* *9:00-11:00 Foot Care Clinic (F) Call 860-434-7808 to sign up* *10:30 Exercise with Kathy ($)* **12:00 Meatloaf, Gravy, Mashed Potatoes, Carrot Coins, Fruit Cocktail** *1:00 Holiday Luncheon Set-up* **19**	*12:00 **Holiday Luncheon** & Old Lyme High School Select Singers ($3) SUR by Dec 6th-call 860-388-1611* ***Ham, Sweet Potatoes, Green Bean Casserole, Pineapple, Christmas Cookies*** **20**	*8:30 6 Week Gentle Piyo ($30) SUR* *9:30 Shoreline Artists' Workshop (F)* *10:00 Balance and Tone Class ($)* **12:00 Chicken Cordon Bleu, Rice Pilaf, Carrots, Peaches** **21**
*12:00 **Free Pizza Party and Movie** (Holiday Inn)* *SUR by Dec 20 REQ* *1:00 Bridge (F)* **24**	**CLOSED** **CHRISTMAS DAY** **25**	*9:00 10 Week Tai Chi Class SUR* *9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up* **12:00 Baked Tilapia, Tartar Sauce, Mashed Potatoes, Beets, Fruit Juice, Birthday Cake** **26**	*10:30 Bocce Ball Game (F)* **12:00 Pasta Bolgnese, Cauliflower, Pears** *1:00 Cards (F)* *1:00 Duplicate Bridge (F)* *1:00 Wii Bowling* **27**	*9:30 Shoreline Artists' Workshop (F)* **12:00 Beef Tips, Gravy, Egg Noodles, Green Beans, Fruit Juice, Chocolate Brownie** **28**
12:00 Baked Salmon, Rice Pilaf, Sonoma Blend Mixed Veg, Tropical Fruit Cocktail *1:00 Cards* *1:00 Bridge (F)* **31**	**SUNDAY, DECEMBER 2** **OLD LYME TOWN BAND CONCERT** **2 PM**	Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted	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. Meals are subject to change	**Calendar Key** Classes & Events = Italics Lunches = Bold $=$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue

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DECEMBER 2018

Old Lyme Town Band Holiday Concert
Join us on Sunday, December 2nd at 2:00pm as the Old Lyme Town Band will be at the Lymes' Senior Center to perform their Holiday Concert. All our welcome to attend!! Come get into the holiday spirit with us. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive!

The New Horizon's Band of the Community Music School
Join us on Tuesday, December 4th at 1:00pm 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 are never too old to pick up an instrument.

The Link Between Nutrition and Your Health & How Nutrition Response Testing Can Help You!
Nutrition response testing is a non-invasive system of analyzing the body to determine the underlying causes of non-optimal health. Energy flows exist between all parts and organs of the body. With nutrition response testing the practitioner does an analysis by contacting an extended arm with one hand while contacting a specific reflex with another hand. If the tested reflex is stressed, your nervous system will respond by reducing energy to the extended arm. Based on these results body systems can be targeted and supported with a designed clinical nutrition program. The nutrition program consists of whole food supplements and diet modification that enables the body to repair itself and become healthier. Cara Johnson will be here on Wednesday, December 5th to run this free workshop. Please call (860)434-1605 ext. 241 to register for this program.

Hollywood Goes to War
Join us on Tuesday, December 11th at 1:00pm as Jared Day, PhD presents Hollywood Goes to War. This lecture examines the exodus of talent from Europe to Hollywood that happened in the wake of Adolf Hitler's rise to power and the earliest years of World War II. Many of the most famous figures in Hollywood history were desperate refugees fleeing Nazi persecution. Among those receiving special attention here include the likes of Fritz Lang, Ernst Lubitsch, and Billy Wilder as well as later stars who escaped (or not) the ravages of World War II, people such as Hedy Lamarr, Audrey Hepburn, and Leslie Caron. Jared Day, taught American history at Carnegie Mellon University in Pittsburgh for sixteen years. His areas of specialization are U.S. political, urban, and cultural history as well as world history from the late eighteenth century to the present. He is the author of several books along with numerous other popular and peer-reviewed articles.

Lymes' Senior Center Dancers
Join us on Wednesday, December 12th at 1:00pm for a wonderful Dance performance from all of our dance classes including pieces from our Tap classes, our Ballroom/ Latin Line Dance class and our Country Line Dance class. All are welcome to attend and encouraged to support the hard work of our Seniors!!

Christmas Around the World
Join us on Tuesday, December 18th at 1:00pm as Jose Paulo & Friends perform Christmas Around the World.

Holiday Luncheon & Old Lyme Select Singers
Join us on Thursday, December 20th at 1:00pm for our Annual Holiday Luncheon. Cost will be a $3.00 donation. Reservations can be made by calling (860) 388-1611 between November 22nd- December 6th. The Old Lyme High School Select Singers will be here to perform!

Free Movie and Pizza Party
Free Pizza Party and Showing of the movie Holiday Inn on Monday, December 24th at 12:00pm. Reservations are required by December 20th. Call (860)434-1605 ext. 241 for reservations. No Estuary Lunches will be served that day.

ART EXHIBIT 2018
Art groups from the Lymes' Senior Center will hold their third annual exhibit of their work for sale in the Old Lyme Town Hall (52 Lyme Street, Old Lyme) during November and December. The participating artists have been taking art classes with Sharon Schmiedel. Paintings, drawings, and mixed media pieces will be on display. Additionally, two members of the Center's community, Janet Cody and Peg Sheehan, will add a "Touch of Craft" with their work in traditional punch needle pieces and handmade jewelry of silver, gold and semi-precious and precious stones respectively. Another member, Norma DeGrafft, will also display her scenic watercolors in the Lyme Town Hall. A portion of any sale will be donated to the Lymes' Senior Center.

FREE FOOT CARE CLINIC
Free foot care clinic is offered the third, 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 December 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.

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 December between 10am-12:00pm. 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.

RESOURCE AVALIABLE THROUGH ALZHEIMER'S FOUNDATION OF AMERICA

Currently the AFA, is offering 3 WEEKLY TELEPHONE BASED CAREGIVER SUPPORT GROUPS.

1. General Caregiver Support Group- Mondays 7:00-8:00pm

2. Young- Onset Spousal Support Group- Wednesdays from 4:00pm-5:00pm

3. Communication Skills & Techniques Support Group- Thursdays from 7:00pm-8:00pm

For more information or to register, contact AFA's national toll-free helpline at 866-232-8484 and speak with one of their licensed social workers who are there Monday –Friday 9:00am-9:00pm and Saturday 9:00am-1:00pm or go online at www.alzfdn.org

SPECIAL NOTE
All persons using the center should have a green scan card to sign in when they visit. Please see the Director if you have not already spoken with her about it. Even if you have been a member for years, our new database requires additional information we do not already have including emergency contact information. If you have not already given this information to the senior center personnel or volunteers please ask for a database form the next time you visit. Thank you for your patience and continued support with our new check in system.

Inspire, Engage, Enlighten!
Share what you enjoy doing with older or disabled people in your community. The Retired and Senior Volunteer Program (RSVP/Senior Corps) has volunteer opportunities for people ages 55+: visiting & shopping. Volunteer around your schedule and make a positive impact!
Also if you need someone to grocery shop or visit with you, we can help!
Gina King 860-425-6617 /gking@tvcca.org

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)388-1611 open from 9:30 am - 1:30 pm. The menu for the month is printed in the calendar section of this newsletter.

Bocce Ball Games
Come enjoy a game of Bocce Ball with us! We will be playing at 10:30am on Thursday's. Come while the weather is still good!

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

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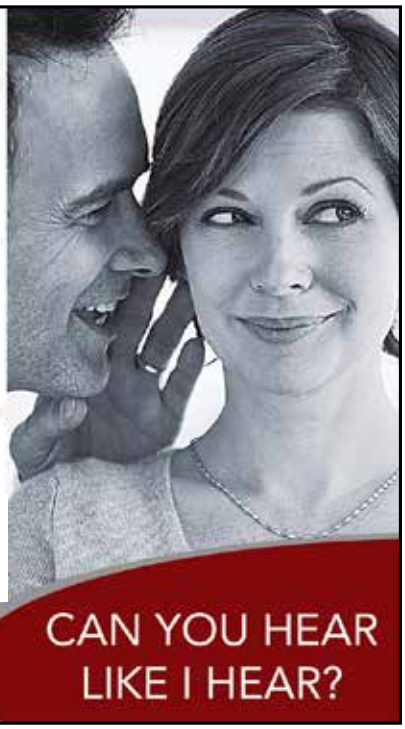
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