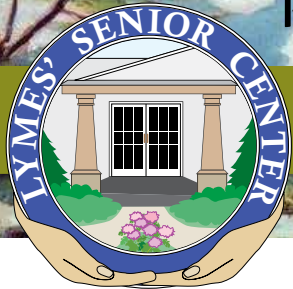


# Lymes' Senior Center

## March 2019 News & Events

Proudly serving seniors 55 & better!



26 Town Woods Road • Old Lyme, CT 06371  
860-434-4127 [www.seniorcenterct.org](http://www.seniorcenterct.org)

- All About the Cloud
- Gray School of Irish Dance
- Saint Patrick's Day Luncheon
- Tea and Chocolate Seminar
- The Troubadours Senior Variety Show
- Nifty 50's
- How to Secure Your \$\$ for Your Lifetime
- Tea with Helen Keller
- Living Life to the Fullest: Tips & Tricks to make life the best it can be regardless of your age - Part 2 & 3



## 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](http://www.visitingnurses.org)

*A Winning Combination*



## Lower Valley Care Advocates

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Care, Transportation and Companionship

860-767-2695 | [www.LowerValleyCareAdvocates.org](http://www.LowerValleyCareAdvocates.org)

# UPCOMING EVENTS

Upcoming Classes- To Sign Up Call 860-434-4127  
MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

CLASS	Date of First Class & Time/ Duration	COST
NEW Fitness Fusion (TUES.)	March 12 <sup>th</sup> at 5:00pm/ 6 Weeks	\$30.00 EACH
Gentle Vinyasa Flow Yoga (MON.)	March 4 <sup>th</sup> at 8:15am/ 6 Week Session	\$30.00
Gentle Vinyasa Flow Yoga (THURS.)	March 7 <sup>th</sup> at 8:30am/ 6 Week Session	\$30.00
Beg. Country Line Dancing (FRI.)	May 1 <sup>st</sup> at 2:30pm/6 Week Session	FREE
Latin/Ballroom Line Dancing (FRI.)	April 5 <sup>th</sup> at 1:00pm/ 6 Week Session	(\$35.00- \$40.00)
Yoga Fundamentals& Meditation (WED.)	April 10 <sup>th</sup> at 4:30pm /7 Week Session	\$45.00
Beginner Tap Class (THURS.)	March 21 <sup>st</sup> at 10:00am/ 6 Weeks	\$24.00
Intermediate Tap Class (THURS.)	March 21 <sup>st</sup> at 10:45am/ 6 Weeks	\$24.00
Sit n Be Fit (TUES.)	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
Tia Chi (WED.)	March 27 <sup>th</sup> at 9:00am/10 Weeks	\$95.00
Ballet Stretch for Seniors (TUES)	March 26 <sup>th</sup> at 9:15am/6 Week Session	\$30.00
Mixed Media Art Class (MON.)	March 18 <sup>th</sup> from 10:00-12:00pm/6 Weeks	\$35.00
All About the Cloud (MON.)	March 4 <sup>th</sup> from 1:00-2:00pm	FREE
Gentle PIYO (FRI.)	May 5 <sup>th</sup> at 8:00 am/6 weeks	\$30.00

## How to Secure Your \$\$ for Your Lifetime presented by Ken Sweitzer

SWEITZER INCOME PLANNING, LLC on Tuesday, April 2<sup>nd</sup> at 1:00pm. He will discuss “Safe Money” alternatives in today’s volatile markets, 5 Ways to protect your assets from future healthcare costs, “accumulation plan” vs “income plan”, “interest rate risk” and bonds, fact vs fiction about annuities and how to build a foundation of lifetime income that is safe and lasts as long as you do. Please call 860-434-4127 to register.

**Nifty 50’s-** Welcome Back to the 50’s! Your favorite 50’s Songs performed by Dancin’ in the City on Wednesday, April 3<sup>rd</sup> at 1:00pm.

**Outsmart the Scammers** presented by John Bairos of Edward Jones on Tuesday, April 9<sup>th</sup> at 1:00pm.

National Motivational Speaker and Award-Winning Author, Nancy Butler will be here for a **LIVING LIFE TO THE FULLEST TIPS AND TRICKS TO MAKE LIFE THE BEST IT CAN BE REGARDLESS OF YOUR AGE Part 2 and 3** on Wednesday April 10<sup>th</sup> & 17<sup>th</sup> at 1:00 pm. Registration required. Please call (860)434-4127 to register. \* Note you do not have to have attended Part 1 to join us!

**Larry Batter** will be here tickling the ivories and your funny bone on Tuesday, April 16<sup>th</sup> at 1:00pm

Resident of Lyme, Dr. Richard Jones, retired from the staff at Hartford Hospital will do a talk on the **Transplant Program** for Donate Life Month on Tuesday, April 23<sup>rd</sup> at 1:00pm.

On Wednesday, April 24<sup>th</sup> at 1:00pm we will be having a **Tea with Helen Keller** and will be welcoming back Sheryl Faye who will bring alive Helen Keller in an interactive presentation of her life. Pre-Registration Required. Please call (860)434-4127 to register.

**The 12:00pm Lunch Mingle will take place from April 29<sup>th</sup>-May 3<sup>rd</sup>.** Sign up is required by April 28<sup>th</sup> (call 860-388-1611 to sign up- tell them you are signing up for the Old Lyme Site). This week will be a special week of meals and a special price as well. Regular 12:00pm meals are a \$3.00 (donation), but this week all regulars that bring a guest 60 or over (new to our lunch program) will receive a 1/2 price meal (\$1.50) and their friend or friends will receive their lunch for free. Please note both regulars and friends need to be reserved by April 28<sup>th</sup>. In addition, if you are new to our lunch program and are 60 or over you can call to sign yourself up and join us for a free meal.

### **FREE Ice Cream Social & Trivia Event**

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 Trivia Event here at the Senior Center! Members of the Lyme-Old Lyme National Honor Society will be here eating ice cream with us as well as leading us in a group trivia program! The event will take place on Tuesday, April 30<sup>th</sup> at 12:45pm. Hope to see you there! Please call (860)434-4127 to sign up.

**Jerome Riley, original member of The Platters** will be performing a show showcasing The Platters' music as well as music from the 50's, 60's, and 70's on Wednesday, May 1<sup>st</sup> at 1:00pm. To register for this free performance please call (860)434-4127.

## **OVERNIGHT TRIPS & CRUISES**



No restrictions. Detailed flyers available.

- **Apr 28-May 4, 2019 - Myrtle Beach, SC and Charleston, SC. (TOD)** 7 days, 6 nights trip includes 4 night stay in your ocean front room at Ocean Reef Resort. Prices start \$1219pp double occupancy. Registration has begun.
- **Sept 9-15, 2019 Cruising Maine and Atlantic Canada (TOD)** 8 day Package IB \$1559, OA, \$1779 and BA \$1949. Registration has begun.
- **Sep 15-22, 2019 - Guided tour of America's Cowboy Country (Collette)** to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599pp double occupancy. Registration has begun.
- **October 7-9, 2019 – Philadelphia Museum of American Revolution (FT)**
- **Oct 29-Nov 9, 2019 - Guided tour of Southern Italy & Sicily. (Collette)** 12 days, 11 nights. Transportation & transfers included. Prices start \$3799pp double occupancy. Registration has begun.
- **Nov 9-24, 2019 - Escorted NY to Panama Canal cruise (FT)** on NCL's Norwegian Dawn w/partial transit of Canal. 16 days, 15 nights. Transportation & transfers included. Prices start \$2484pp double occupancy. Registration has begun.
- **December 29, 2019 – January 2, 2020 (Collette)** – California New Year's Get-away featuring the Tournament of Roses parade. (more information coming)
- **February 6-9, 2020 - Quebec Winter Carnival - Details pending**
- **March 2020– Iceland's Magical Northern Lights - Details pending**

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Lunches are a \$3.00 donation for seniors 60+ and need to be ordered the day before by 11:00 am. Lunches can be ordered by calling 860-388-1611. Meals are subject to change	<b>Calendar Key</b> Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue			8:30 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:00 Balance and Tone Class (\$) <b>12:00 Swiss Steak, Tomato Gravy, Mashed Potatoes, Carrot Coins, Fruit Cocktail</b> 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) 2:30 6 Week Beginner Line Dancing (F) SUR <b>1</b> <i>Last day to sign up for St Patrick's Day Luncheon 860-388-1611</i>
8:15 6 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Mixed Media Art Class (\$40) 10:30 Exercise with Kathy (\$) <b>12:00 Fish, French Fries (Chips), Cole Slaw, Orange</b> 1:00 Computer Class: All About the Cloud (F) SUR 1:00 Cards (F) 1:00 Bridge (F) 7:00 Camera Club <b>4</b>	9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) <b>12:00 Chicken w Gravy, Apple Stuffing, Green Beans, Apple Crisp</b> 5:00 6 Week Fitness Fusion(\$30) SUR <b>5</b>	9:00 -12:00 Hearing Clinic (F) SUR 9:00 10 Week Session Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$) <b>12:00 Shepherd's Pie, Corn, Bisquit, Pears</b> <i>12:45 Movie: Sister Act (F)</i> 1:30 Brain Yoga 4:00 7 Week Yoga Fundamentals & Meditation (\$45) * 8 person minimum <b>6</b>	8:30 6 Week Gentle Vinyasa Yoga (\$30) 10:00 Beginner Tap Class (\$24) SUR 10:45 Intermediate Tap Class (\$24) SUR <b>12:00 Sausage &amp; Peppers Grinder, Mixed Vegetables, Peach Cobbler</b> 1:00 Wii Bowling (F) 1:00 Cards 1:00 Duplicate Bridge <b>7</b>	8:30 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:00 Balance and Tone Class (\$) <b>12:00 Chicken w BBQ Sauce, Mac &amp; Cheese, Spinach, Mandarin Oranges</b> 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) <b>8</b>
8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Mixed Media Art Class (\$40) 10:30 Exercise with Kathy (\$) <b>12:00 Swedish Meatballs, Gravy, Noodles, Peas, Apple</b> 1:00 Cards 1:00 Bridge (F) <b>11</b>	9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) <b>12:00 Chicken Divan, Rice Pilaf, Peas &amp; Carrots, Pears</b> <i>5:00 NEW SESSION 6 Week Fitness Fusion(\$30) SUR</i> <b>12</b>	9:00-12:30 Haircuts (\$10) 9:00 10 Week Session Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$) <b>12:00 Eggplant Parmesan, Italian Blend Vegetables, Tropical Fruit, Pound Cake w Strawberries</b> 1:30 Brain Yoga 4:00 7 Week Yoga Fundamentals & Meditation (\$45) * 8 person minimum <b>13</b>	8:30 6 Week Gentle Vinyasa Yoga (\$30) 10:00 Beginner Tap Class (\$24) SUR 10:45 Intermediate Tap Class (\$24) SUR <b>12:00 Salisbury Steak, Mashed Potatoes, Green Beans, Fruit Cocktail</b> <i>1:00 Gray School of Irish Dance Performance (F)</i> 1:00 Wii Bowling (F) 1:00 Cards (F) 1:00 Duplicate Bridge <b>14</b>	9:30 Shoreline Artists' Workshop (F) <b>12:00 Corned Beef, Boiled Potatoes, Cabbage, Carrots, Fruit Juice, Chocolate Cream Pie</b> <i>12:00 St Patrick's Day Luncheon &amp; Entertainment, sign up by March 1 by calling 860-388-1611</i> <b>15</b>
8:15 6 Week Gentle Vinyasa Yoga (\$30) <i>10:00 NEW SESSION 6 Week Mixed Media Art Class (\$40) SUR</i> 10:30 Exercise with Kathy (\$) <b>12:00 Herb Baked Chicken, Mashed Potatoes, Sonoma Blend Veg, Tropical Fruit</b> 1:00 Cards 1:00 Bridge (F) <b>18</b>	9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) <b>12:00 Beef Stroganoff, Buttered Noodles, Green Beans, Sautéed Apples</b> <i>1:00 The Troubadours Senior Variety Show (F)</i> 5:00 6 Week Fitness Fusion(\$30) SUR <b>19</b>	9:00 10 Week Tai Chi Class (\$95) SUR 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy (\$) <b>12:00 Baked Cod, Lemon Sauce, Wild Rice, Peas &amp; Carrots, Fruit Juice, Lemon Meringue Pie</b> <i>1:00 Tea and Chocolate Seminar (F) SUR</i> 1:30 Brain Yoga 4:00 7 Week Yoga Fundamentals & Meditation (\$45) * 8 person minimum <b>20</b>	<i>10:00 NEW SESSION Beginner Tap Class (\$24) SUR</i> <i>10:45 NEW SESSION Intermediate Tap Class (\$24) SUR</i> <b>12:00 Corned Beef Hash, Roasted Potatoes, Asparagus Blend, Vanilla Pudding, Fruit Juice</b> 1:00 Cards (F) 1:00 Duplicate Bridge (F) 1:00 Wii Bowling (F) 1:00 Cribbage <b>21</b>	9:30 Shoreline Artists' Workshop (F) 10:00 Balance and Tone Class (\$) <b>12:00 Baked Chicken Florentine, Rice Pilaf, Scandinavian Blend Vegetables, Pears</b> <i>1:00-5:00 AARP Driving Course (\$15/\$20) SUR</i> 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) 2:30 6 Week Beginner Line Dancing (F) SUR <b>22</b>
8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Mixed Media Art Class (\$40) 10:30 Exercise with Kathy (\$) <b>12:00 Chicken Parmesan, Italian Blend Vegetable, Garlic Knot, Fruit Cocktail</b> 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner & Meeting <b>25</b>	<i>9:15 6 NEW SESSION Week Ballet Class for Seniors (\$30) SUR</i> 10:00 Sit and Be Fit (F) <b>12:00 Salmon, Cranberry Glaze, Brown Rice, Broccoli, Mandarin Oranges</b> <i>1:00 The Probate Process &amp; What Matters Probate Court Handles</i> 5:00 6 Week Fitness Fusion(\$30) SUR <b>26</b>	9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up <i>9:00 NEW SESSION 10 Week Tai Chi Class (\$95) SUR</i> 10:30 Exercise with Kathy (\$) <b>12:00 Beef Stew, Peas &amp; Carrots, Biscuit, Fruit Juice, Birthday Cake</b> 1:30 Brain Yoga 4:00 7 Week Yoga Fundamentals & Meditation (\$45) * 8 person minimum <b>27</b>	10:00 Beginner Tap Class (\$24) SUR 10:45 Intermediate Tap Class (\$24) SUR <b>12:00 Pork Roast, Gravy, Mashed Potatoes, Butternut Squash, Apple Sauce</b> 1:00 Cards (F) 1:00 Duplicate Bridge (F) 1:00 Wii Bowling <b>28</b>	9:30 Shoreline Artists' Workshop (F) 10:00 Balance and Tone Class (\$) <b>12:00 Cheese Lasagna, Winter Blend Vegetables, Garlic Knot, Fruited Jello</b> 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) 2:30 6 Week Beginner Line Dancing (F) SUR <b>29</b>

## Celebrity Nurse Homecare

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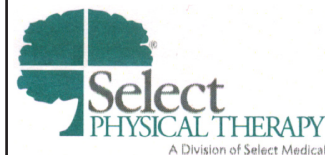
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# MARCH 2019

## **All about the Cloud**

This computer class will be held on Monday March 4<sup>th</sup> from 1-2pm. The cloud is fast becoming the main means of storage in recent years. But which cloud is the best for you and your device? Learn what the cloud is, how it works, and of course how to use it. Please bring your smart device, either iPhone or Android, to class in order to gain hands on experience. **Space is limited and registration is required, please call 860-434-4127 to register.**

## **Movie: Sister Act**

Sister Act starring Whoopy Goldberg will be shown on Wednesday, March 6<sup>th</sup> at 12:45 pm. Sister Act is about a Reno lounge singer named Deloris Van Cartier who witnesses her mobster boyfriend killing an employee. She is then hidden in a convent under a witness protection program. She soon makes friends with the nuns, especially Sister Mary Robert, Sister Mary Lazarus and Sister Mary Patrick. This movie is free and will be shown in closed caption.

## **Gray School of Irish Dance**

Join us on Thursday, March 14<sup>th</sup> at 1:00 pm for a performance a variety of Irish Dances including soft and hard shoe dances. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional) and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes.

## **Saint Patrick's Day Luncheon**

St Patrick's Day Luncheon will be held on Friday, March 15<sup>th</sup>. Reservations need to be made by calling (860) 388-0611 by Friday March 1<sup>st</sup>. Entertainment by Ashly Cruz will follow.

## **The Troubadours Senior Variety Show**

Join us on National Laughing Day on Tuesday, March 19<sup>th</sup> at 1:00pm. This performance will surely leave you laughing.

## **Tea and Chocolate Seminar**

The Lymes' Senior Center will host a Pleasant Pairing by Klasic Kreations Gourment on Wednesday, March 20<sup>th</sup> at 1:00 pm. This seminar highlights the history of both tea and chocolate, the health benefits of both, how to brew a proper cup of tea, trivia and fun tea poetry. Sampling includes delightful pairings of freshly brewed teas ranging from White to Irish Black with chocolates ranging from white to dark, and delicious tea infused baked goods. This presentation is offered at no charge. Attendance to the event is limited so early registration is encouraged. Please call 860-434-4127 to register.

## **AARP Drive Safety Class**

AARP Drive Safety Class will be held on Friday, March 22<sup>nd</sup> from 1:00-5:00 pm.

Call (860)434-4127 to sign up. Cost is \$15.00 for members/ \$20.00 for non-members. Checks should be written out to AARP only, no cash will be accepted..

## **\*CHANGE IN DATE**

### **Probate Court Judge, Jeffrey McNamara**

Probate Court Judge, Jeffrey McNamara will be here on Tuesday, March 26<sup>th</sup> at 1:00 pm. He will discuss the Probate process and what matters the Probate Court handles such as Conservators, Trust, estates and children's matters. He will also discuss estate planning documents which are helpful for proper planning. Please call (860)434-4127 to register.

## **Mixed Media Art Class**

Mondays 10 am to 12 noon 6 week class \$40. This class is an opportunity to experiment with watercolor and a variety of drawing and collage materials. 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. Watercolor experience helpful but not required. Advanced students are welcome to work on their own projects with subject matter and materials that interest them. Individual instruction is given throughout class.

## **TAXI VOUCHER PROGRAM**

This program will allow seniors 60 or over and people with a disability who are ADA paratransit eligible to travel anywhere within the state 24/7 with Curtin Transportation at half price. Curtin was chosen as our partner because they are the only provider in our area that offers accessible vehicles and serve the largest area. To participate, payment of \$25-\$50 is sent to Estuary Transit with a form that can be downloaded from website listed below. The Estuary Transit then puts double the amount in their account with Curtin. The customer can then call Curtin and schedule trips as needed. When they need a refill, they just send us another payment or reload it on our website. Printer flyers are available at the Old Lyme town hall and the senior center. They can also get more details on our website: <http://estuarytransit.org/schedules-services/taxi/>  
<http://estuarytransit.org/schedules-services/taxi/>

### 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 March 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 April 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 AVAILIABLE 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](http://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.

## DAY TRIPS

April 11, 2019 **MGM Springfield Casino** includes transportation, complimentary Soft Drinks on Property, Complimentary Beer-Wine- Cocktails while Gaming, and Casino Packet (Currently \$20.00 Slot Play and \$10.00 Food Credit to use at any restaurant on property) Price:\$55.00. **Please register as soon as possible. Sign up by March 10th required.**

May 7, 2019 **Wicked Tulips Trip** includes lunch at Gregg's Restaurant and Tavern (Make sure to save room for award winning desserts and a visit to the Wicked Tulips Flower Farm, a vase and 5 tulips that you pick yourself. Moderate Walking but can walk longer if desired. Price: \$87.00. Please register as soon as possible. **Sign up by April 6th required. After that point, only waitlist will be taken.**

May 22, 2019 **Culinary Institute of America and Walkway Over the Hudson Trip** includes Transportation, lunch at Catarina de Medici, Walkway over the Hudson (longest pedestrian- only walk bridge in the world). Also enjoy the brand-new Visitor Center Price: \$107.00 Please register as soon as possible. **Sign up by April 21st required. After that point, only waitlist will be taken.**

June 11, 2019 **Classic Central Park Trip** includes guided tour of central park and lunch at Buca di Beppo for lunch. Lunch will needed to be decided on when you register. Choices will follow in next newsletter. Price \$99.00 **Registration begins March 1<sup>st</sup>.**

June 21<sup>st</sup>, 2019 **Newport Flower Show** includes transportation and entrance into the Newport Flower Show. Lunch Details to follow in next newsletter. **Registration begins March 1<sup>st</sup>.**

August 4, 2019 **New York Yankees vs Red Sox** at Yankee Stadium includes transportation, ticket to game, a hot dog and a choice of beer, water, or soda. Price \$145.00. **Registration begins March 1<sup>st</sup>.**



# Lymes' Senior Center

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