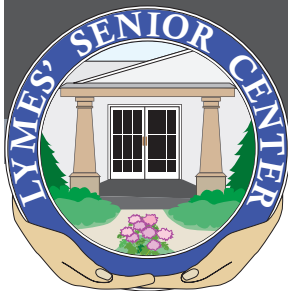


Lymes' Senior Center

FEBRUARY 2017 NEWS & EVENTS

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In this issue:

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- Medical Decisions When They Count the Most (Advanced Healthcare Directives)



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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
Nature Drawing Prep Class	March 7 th at 10:00am/ 8 Week Session	\$46.00
Watercolor Plus Class	March 6 th at 10:00am/ 8 Week Session	\$46.00
NEW Beginner Country Line Dancing	February 17 th at 1:00pm / 6 Sessions	FREE
Latin/ Ballroom Line Dancing Class	February 17 th at 1:00pm/ 6 Week Session	\$30.00
Yoga	February 22 nd at 4:30pm/6 Week Session	\$30.00
Beginner Tap Class	February 3 rd at 10:00am/ 6 Week Session	\$24.00
Advanced Tap Class	February 3 rd at 10:45am/ 6 Week Session	\$24.00
Exercise with Cathy	Drop in & ongoing Mon. & Wed. ^{at} 10:30am	\$4.00 a class
Balance and Tone Class	Drop in & ongoing Fridays ^{at} 10:30am	\$4.00 a class
Piyo (Pilates/ Yoga Class)	April 7 th at 5:45pm/ 6 Week Session	\$30.00
Piyo AM Class	April 11 th at 8:00am/ 6 Week Session	\$30.00
Sit n Be Fit	Drop in & ongoing Tuesdays ^{at} 10:00am	FREE
Tai Chi	February 8 th at 9:00am/ 10 Week Session	\$95.00
Twitter Class	February 6 th at 1:00-3:00pm	FREE

Upcoming Education/Health Programs (Free unless otherwise noted)

AARP Foundation TAX-AIDE is offered in conjunction with the IRS. Its Tax Counseling for the Elderly program (TCE), provides free tax help to low- to moderate-income tax-payers, with special attention to those 60 and older. Counselors will be available on the following dates to complete your Federal and State Income Tax Returns: **February 16th March 2, 16th, 30th and April 13th**. To schedule an appointment at the Lymes' Senior Center in Old Lyme, call the Estuary Senior Center in Old Saybrook at 860-388-1611 and tell them you wish to sign up for the Old Lyme site.

How about knee and hip pain? Join us on March 7th as Chris from Select Physical Therapy in Old Lyme discusses current concepts related to knee and hip pain and will demonstrate simple movements that can reduce your pain and improve your function! The last portion of the talk will be opened up to your individual questions.

A Women's Support Group facilitated by Lisa Navarra Clinical Social Worker from Senior Bridges will be held on March 13th and 27th at 1:00pm. Topics include but are not limited to depression, anxiety, poor coping, grief and loss, adjustment issues, family issues, trauma and substance abuse. This group will be a safe and confidential place for women to discuss whatever they may be struggling with. This free group will require a minimum of 4 people to run, so please call (860)434-1605 ext. 240 if you are interested in joining.

Leadership of Lincoln and the 13th Amendment. Frank J. Williams, a retired Chief Justice of the Supreme Court of Rhode

Island and one of the country's most renowned experts on Abraham Lincoln, will be doing a lecture on Tuesday, March 14th at 1:00 pm. He is the author or editor of over fourteen books, has contributed chapters to several others, and has lectured on the subject throughout the country. If you are interested in Presidential History, this is a program you will not want to miss.

Do you ever get dizzy or feel unsteady when you are walking? Join us March 21st at 1pm to hear from Dr. Corey Podbielski, DPT about Vertigo and what you can do to feel better.

Love Your Lifestyle by Taking Care of You- Self motivation for moving, eating, and thinking well will be presented by Carolyn Finch on March 22nd at 1:00pm. Carolyn has worked with Fortune 500 companies and traveled for Dunn and Bradstreet's Educational Services as a trainer. Carolyn uses her experience in Speech Pathology, Kinesiology and Nutrition to enlighten her audiences on the Body/Brain Connection. Carolyn's media experience ranges from TV to print. Most recently seen on Fox 61 Morning News, heard on BBC Worldwide and quoted in TV Guide. She has also been on The Ellen DeGeneres Show, VH1 Red Carpet Special, Good Morning Namibia (Africa), CNBC News and featured in a variety of other radio, magazine and news interviews. Carolyn is author of Universal Handtalk and co-author of the Wellness Path and Dynamic Health.

AARP Drive Safety Class will be held on Friday, March 24th from 1:00 pm- 5:00 pm. Call (860)434-1605 ext. 240 to sign up. Cost is \$15.00 for members/ \$20.00 for non-members.

UPCOMING ENTERTAINMENT

(Free unless otherwise noted)

Please welcome back T-Bone, a professional entertainer for over 40 years as he performs for us on March 1st at 1:00pm. His special blend of wit and music will have us laughing, singing, clapping along, and even dancing within minutes! We will also have refreshments after this free performance.

Bingo will be held at the Lymes' Senior Center on March 8th at 1:00pm. * Please note it is the second Wednesday of this month instead of the traditional 3rd Wednesday! Admission is \$1.00 at the door.

St Patrick's Day Luncheon will be held on Thursday, March 17th. Reservations need to be made by calling (860) 434-4322 before 10:45am on Tuesday, March 3rd.

The Gray School of Irish Dance will perform for us on March 17th at 1:30pm with 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.

Come enjoy a special afternoon and SUPPORT OUR YOUTH for a **Lyme Old Lyme Middle School "JAZZ CATS" Jazz Band** performance on Wednesday, March 15th at 1:00 pm.

Novelty Songs 2- Please welcome back talented, local resident Tim Baffaro as he entertains us with a selection of funny songs and other songs that you are familiar with. If you like music and having fun, come on down and join us on March 28th at 1:00pm.

Join us on March 29th at 1:00pm for an amazing encore musical performance of the **Connecticut Classic Duo**. Iris Bendokas Rogan, violinist and Thirzah Bendokas, cellist are teaming up for their first concert tour of New England this season and will be stopping here at the Lymes' Senior Center, having toured for the past several seasons in Central Florida and along Florida's west coast. We have an entertaining and varied program of popular classics and familiar popular tunes, as well as patriotic, Disney, and Broadway melodies and hymns. Both sisters are graduates of The Mannes College of Music and The Juilliard School in Manhattan, Iris is a former member of the Orlando Philharmonic and Disney's Candlelight Concerts Orchestra, and Thirzah, in addition to being former Principal Cellist of the Waterbury Symphony Orchestra in Connecticut, was a soloist with the Boston Pops Orchestra at Symphony Hall in Boston and has been with virtually every symphony orchestra in Connecticut. Audiences often hum along, clap their hands, and even want to dance to some of our more lively selections, and they hope that our new friends in Old Lyme will enjoy doing the same!

UPCOMING NEW CLASSES

FREE- 6 Week Beginners Country Line Dancing starting on Friday, February 17th at 2:30pm. This class will teach you how to do such dances as the Watermelon Crawl, Tush Push, and others. No experience needed. Non-stick shoes are helpful. Call to sign up. A minimum of 6 people will be needed to run this class

8 Week Watercolor Plus Instructed by Sharon Schmiedel Mondays 10 am to 12 noon, Mar 6 to Apr 24- 8 week class is \$46. Limited space, registration required. 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.

8 Week Nature Drawing Prep Instructed by Sharon Schmiedel

Tuesdays 10 am to 12 noon, Mar 7 to Apr 24- 8 week class is \$46. Limited space, registration required. This class is geared toward people with an interest in drawing from nature. Students will learn to see and draw the basic shapes of plants, animals and landscapes; and how to add details after they have the basic construction of the forms. We will explore combining drawing and watercolor to use for "sketching in the field" to prepare students for drawing outdoors. I will offer an outdoor field sketching course in May/June. To first class bring what you have for drawing and/or watercolor materials. We will go over a suggested supply list in the first class to see if you need to add anything.

February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
		9:00 Tai Chi 10:00-1:00 Hearing Clinic (F) Call 860-434-1605 x240 to sign up 10:30 Exercise w Kathy \$ 12:00 Chicken, BBQ Sauce, Macaroni & Cheese, Spinach, Peaches 1:00 Mr. Magic (F) 4:30 6 Week Level 1 Yoga (\$24)-SUR 1	10:00 NEW SESSION 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Baked Fish, Sauce, Roasted Potatoes, Green Beans, Mandarin Oranges 1:00 Duplicate Bridge (F) 1:00 Wii Bowling (F) 1:00 Nickel Card Games (13 Nickels) 2	8:00 NEW SESSION 4 Week PiYo Class-SUR & prepayment req (\$20) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Spaghetti, Tomato Sauce, Meatballs, Italian Green Beans, Fruit, Red Jello 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 3	
10:00 6 Week Mixed Media Art Class (\$30)SUR 10:30 Exercise with Kathy \$ 12:00 Salisbury Steak, Gravy, Mashed Potatoes, Brussel Sprouts, Pineapple Tidbits 1:00 Twitter Class (F)-SUR 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F) - *Special Presentation open to the public - see page 6 for details 6	10:00 8 Week Watercolor/Drawing Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Herbed Chicken, Wild Rice, Vegetable Blend, Mandarin Oranges 1:00 Making Chocolate Truffles that are Delicious and Good for You (\$4/\$8 non-members) SUR 5:45 4 week Piyo (\$20) SUR 7	9:00 NEW SESSION 10 Week Tai Chi -Call David at 860-344-8488 for more info or to sign up 9:00-12:00 Haircuts (\$10)-SUR 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 12:00 Lasagna, Tossed Salad, Garlic Knot, Fruit Crisp 1:00 The Boogie Boys (F) 1:30 Brain Yoga 4:30 6 Week Level 1 Yoga- (\$24) SUR 8	10:00 Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Beef Tips, Gravy, Egg Noodles, Broccoli, Pears 1:00-3:00 Financial Health Check Up (F)-SUR 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 9	8:00 4 Week PiYo Class-SUR & (\$20) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tuna Fish Salad, Lettuce Tomato, Carrot Raisin Salad, Apple 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 10	
10:00 6 Week Mixed Media Art Class (\$30)SUR 10:30 Exercise with Kathy \$ 12:00 Hot Dog, Baked Beans, Tomato Salad, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Senior Center Board Meeting 13	10:00 8 Week Watercolor/Drawing Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Veal Marsala, Wild Rice, Carrot Coins, Fruit Juice, Pound Cake, Strawberries 1:00 Valentine's Day Social with Brazilian singer Jose Paulo (F) 5:45 4 week Piyo (\$20) SUR 14	9:00 10 Week Tai Chi SUR 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy (\$) 12:00 Taco Beef Salad Mix, Corn and Beans, Cheese, Dressing, Banana 1:00 Bingo (\$1) 1:30 Brain Yoga 4:30 6 Week Level 1 Yoga- (\$24) SUR 15	9:30-1:00 AARP Tax Aide (Call 860-388-1611) for appt 10:00 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Baked Fish, Sauce, Sweet Potatoes, Cauliflower, Fruit Pie 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 16	8:00 4 Week PiYo Class-SUR & (\$20) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Shepherd's Pie, Confetti Corn, Mandarin Oranges 1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 NEW 6 Week Beginner Country Line Dancing Class (F)-SUR 17	
CLOSED FOR PRESIDENTS' DAY 20	10:00 Sit and Be Fit (F) 12:00 Penne Alfredo, Chicken, Broccoli, Pineapple Chunks 1:00 Completing an Advanced Healthcare Directive Lecture and Workshop (F) 5:45 4 week Piyo (\$20) SUR 21	9:00 10 Week Tai Chi SUR 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy \$ 12:00 Roasted Pork, Bravy, Roasted Potatoes, Peas and Carrots, Fruit Juice, Cake 1:00 Movie Comedy As Good As It Gets (F) 1:30 Brain Yoga 4:30 6 Week Level 1 Yoga- (\$24) SUR 22	10:00 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 White Chicken Chili, Mexican Corn, Corn Muffin, Pears 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 23	8:00 4 Week PiYo Class-SUR & prepayment req (\$20) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Meatball Grinder, Onions and Peppers, Cheese, Bag of Chips, Orange 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 NEW 6 Week Beginner Country Line Dancing Class (F)-SUR 24	
10:00 6 Week Mixed Media Art Class (\$30)SUR 10:30 Exercise with Kathy \$ 12:00 Stuffed Shells, Tomato Sauce, Cauliflower, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 27	10:00 NEW SESSION 8 Week Watercolor/Drawing Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Jambalaya, Dirty Rice, Brussel Sprouts, Fruit Juice, Mississippi Mud Cake 1:00 An Afternoon with the Gillettes (F) 28	Calendar Key Classes & Events = Italics Lunches = Bold \$=\$4 SUR = Sign Up Required (F) = Free Added classes in red			Lunches are a \$3.00 donation for seniors 60+ and need to be ordered the day before by 11:00 am. Lunches can be ordered by calling (860) 434-4322. Meals are subject to change

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Mr. Magic

Rich Rothstein, aka Mr. Magic is a Norwich attorney by day, master of illusions by night. He will be making a special day time appearance on February 1st at 1:00pm & he will reveal magic ranging from the ancient to today's more recent illusions. You'll be amazed!! Refreshments will follow. For more information about this free program call (860)434-1605 ext. 240.

Learn how to use Twitter

A Learn how to use Twitter Class will be taught by Emily Sheehan on February 6th at 1:00pm. Twitter is a microblogging social network made up of real-time posts limited to 140 characters or less. In this class discover why Twitter has taken the world by storm as well as how you can use it to stay up to date on what is going on. If you have a Twitter account, please bring your login information to class. Limited space available. Sign up required. Call (860)434-1605 ext. 240 to sign up. Laptops and class instructions are funded by a grant from the Lyme-Old Lyme Education Foundation

Free Photography Presentation by William Canosa at the Lymes' Senior Center

On February 6th at 7:00pm the CT Valley Camera Club (CVCC) will feature a presentation by local photographer, William Canosa. Mr. Canosa will present and discuss how he captured his landscapes, plants and animals, insects, birds, and macro photography photos. He'll also discuss how to print what you see on your screen. The lecture is open to the public. Examples of his photography can be viewed on his website: www.canosaphotography.net.

Making Chocolate Truffles that are Delicious and Good for You

Making Chocolate Truffles that are Delicious and Good for You. We are happy to welcome back Herbalist Ehris Urban to the Lymes' Senior Center for this workshop. It will be held on February 7th at 1:00pm. The cost of Materials: \$4.00 Members/\$8.00 non-members. Limited space available...pre-sign up suggested. Call (860)434-1605 ext. 240 to sign up.

The Boogie Boys

The Boogie Boys will perform on February 8th at 1:00pm. The Boogie Boys, from Connecticut, consist of a 2 piece combo comprising of piano, vocals and drums. Larry "Buzzy" Fallstrom handles the vocals and piano, while Nick Longo handles the drums and vocals. For more information about this free program call (860)434-1605 ext. 240.

Valentine's Day Social with Jose Paulo

Valentine's Day Social with Jose Paulo on February 14th 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. For more information about this free program call (860)434-1605 ext. 240.

Bingo

Bingo will be held at the Lymes' Senior Center on February 15th at 1:00pm. Admission is \$1.00 at the door. For more information about this program call (860)434-1605 ext. 240.

AARP Free Tax- Aide

AARP Foundation TAX-AIDE is offered in conjunction with the IRS. Its Tax Counseling for the Elderly program (TCE), provides free tax help to low- to moderate-income tax-payers, with special attention to those 60 and older. Counselors will be available on the following dates to complete your Federal and State Income Tax Returns: February 16th March 2, 16th, 30th and April 13th. *To schedule an appointment at the Lymes' Senior Center in Old Lyme, call the Estuary Senior Center in Old Saybrook at 860-388-1611.*

Medical Decisions When They Count the Most (Advanced Healthcare Directives)

Deborah Ringen MSN, RN-BC and Attorney Jeannine Lewis will present an interactive seminar to explore the process of completing an Advance Healthcare Directive on February 21st at 1:00pm. . Come learn how to express your wishes for care legally, so loved ones will know they are helping in the best way possible if you can no longer speak for yourself.

MOVIE: As Good as It Gets with Jack Nicholson

Join us on February 22nd at 1:00pm for the movie As Good as It Gets. Melvin Udall, an OCD patient and an eccentric novelist; Carol Connelley a waitress at a neighborhood diner and a single mother with an ailing son to look after; and Simon Bishop, Udall's homosexual and artist neighbor strike an unlikely chord. Their relationships develop in strange ways as they try to come into terms with their personal problems and past tragedies. Jack Nicholson gives a superb performance as the slightly oddball novelist, matched by Helen Hunt and Greg Kinnear in the other two major roles. It is a very refreshing and rejuvenating movie – you know how a life in tangles, is still meaningful.

LINCOLN PROGRAM RESCHEDULED TO MARCH 14TH

Lincoln will be presented by Frank Williams, retired Chief of Justice of the Supreme Court of Rhode Island and one of the country's most renowned experts on Abraham Lincoln originally scheduled for February 22nd at 1:00pm will be **RESCHEDULED TO TUESDAY MARCH 14th at 1:00pm**. For more information about this free program call (860)434-1605 ext. 240.

An Afternoon with the Gillettes

An Afternoon with the Gillettes will be on February 28th at 1:00pm. On Tuesday, February 28th at 1:00pm join us for an interactive program featuring Harold and Theodora Niver. Not only do the Nivers talk about William and Helen Gillette, they become the Gillettes. Flitting back and forth between presenters and portrayals, you will learn about Gillette Castle in East Haddam. What famous people visited the Castle? You will learn about Gillette's greatest love- his wife Helen. And for cat lovers, you will learn about Will's love for cats. Their costuming is authentic and period correct. Their knowledge of Sherlock Holmes, William Gillette and Gillette Castle is extensive. Because of their distinctive home, which is built around

a Holmes theme, they have been in such magazines as US, Smithsonian, Fortune, Connecticut, and Yankee. TV segments include PM Magazine, ABC News and CBS. And, as a plus, since both Harold and Theodora are professional musicians, you will hear several songs from the English Music Hall era. Prepared to be educated and entertained!!

A special plea to our membership from **The Friends of the Lymes' Senior Center**. This February, the Essex Savings Bank will once again gift monies to some of the local non-profits. YOUR VOTES ARE CRITICAL! Please stop down to the bank or come into the Senior Center for one of the voting ballots. Vote for: [The Friends of the Lymes' Senior Center](#)

Thank you, Diane C. Blackwell, Chairperson for the Friends

Weather Related Closings

Please check Channel 3 or the Town of Old Lyme Website for weather related closings of the center. In addition our policy is that if the Lyme Old Lyme Schools are closed due to weather we are closed as well. Above all be safe!

UPCOMING TRIPS

Day Trips

Registration begins on the dates noted below. Register as soon as you can. Trip counts are required a month in advance to determine if we have the minimum number for a trip to run. Detailed flyers available for all Day Trips.

Thu, April 6th - Join us for a trip to the **Mohegan Sun Casino**. No meal included but you will receive a casino package. Trip fee is \$20pp. Registration has begun. Moderate walking.

Wed, April 12th - Join us for a production of "**Mamma Mia**" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$97pp. Registration has begun. Minimal walking.

Sat, April 29th - **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.

Tue, May 9th - **One World Observatory** at One World Trade Center. Lunch on your own at Brookfield Place. Trip fee is \$88pp. Registration has begun. Lots of walking.

Late May - Trip to the Boston Museum of Fine Arts for a guided tour of the **Matisse Exhibit**. Trip fee and details TBA. Registration begins February 1st.

Overnight Trips/Cruises

No restrictions. Detailed flyers available.

February 7-17, 2017 - **No Fly Caribbean Cruise** leaving out on New York City. 11 days, 10 nights on the Norwegian Gem. Trip fees from \$1259 to \$1809 (taxes included). Trip is full.

May 28-June 5, 2017 - **Steamboatin' on the Mississippi River** aboard the American Queen paddleboat. 9 days and 8 nights. Trip fees from \$3068 to \$5468 (taxes included). Registration has begun.

October 1-11, 2017 - **Fall Foliage Cruise in New England, Canada & Newfoundland** with Royal Caribbean. 11 days and 10 nights. Trip fees from \$1530 to \$2620 (taxes included). Registration has begun.

October 24-November 8, 2017 - **Escorted Panama Canal Cruise on Celebrity's Infinity**. 16 days and 15 nights. Trip fees from \$3315 to \$3825 (taxes included). Trip is full.

November 4-15, 2017 - Escorted tour of **Croatia, Slovenia and the Adriatic Coast**. This is one of those bucket list trips so start saving! Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Registration has begun.

Croatia Trip Presentation scheduled for Thu, March 30th at 10am. at the East Lyme Senior Center Please call (860)739-5859 to register.



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