

# Lymes' Senior Center

~ March 2016 News & Events ~

*Proudly serving seniors 60 & over for 20 years!*



Visiting Nurses  
of the Lower Valley

**TOP**   
**2015** **100**  
**AGENCY** HomeCare Elite

A not for profit, Medicare and Medicaid certified home health care organization

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## A Smooth Transition Home

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- Assures that quality of care measures are in place
- Leads to optimal outcomes
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• **visitingnurses.org**

Lymes' Senior Center  
(860)434-1605 ext. 240

Open Monday-Friday  
9am-3pm

(unless otherwise noted)  
<http://seniorcenterct.org>

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.



Registration begins on the dates noted below. No Refunds on trips unless your seat can be resold. 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 are available for all Day Trips.

**Thu, April 7th** - Join us for a trip to the Mohegan Sun Casino.. No meal included in ticket price but you will receive a casino package. Trip fee is \$20pp. Registration has begun. Moderate walking.

**Sun, April 17th** - The 9/11 Museum is open and ready to receive visitors. Lunch on your own prior to The Museum in Little Italy. Trip fee is \$75pp. Registration begins February 1st. Limited seats available as the trip was offered first to the folks on the waiting list from the November 2015 trip. Lots of walking.

**Sat, April 30th** - New York City on your own Bus leaves Old Lyme at 8:00am and leaves NYC at 7:30pm Trip fee is \$48pp. Registration has begun. No meal included in trip price. Lots of walking.

**Wed, May 11th** - Join us for a production of "Happy Days" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$97pp. Registration begins February 1st. Minimal walking.

**Sat, May 21st** - Guided tour of Brighton Beach, "Little Russia" and free time at Coney Island. Lunch included. Trip fee is \$98pp. Registration begins February 1st. Moderate walking.

**Tue, June 7th** - Indulge your curiosity by joining us for a trip to the Boston Museum of Science in Boston, MA. Ticket price includes admission to the IMAX Theater Show. Lunch is not included. Trip fee is \$63pp. Registration begins March 1st. Lots of walking.

**Fri, June 24th** - The Newport Flower Show at the Rosecliff Mansion in Newport, RI. Lunch on your own in the Wharf area. Trip fee is \$44pp. Registration begins March 1st. Moderate walking.



Detailed flyers available. No Refunds on trips unless trip insurance has been purchased.

**June 6-19, 2016** - Fully escorted Alaska Land & Cruise - 6 nights Land Tour & 7 night Cruise aboard the Holland American "Zaandam." Starting at \$4434pp with port and government taxes included. Registration has begun.

**August 27 - September 13, 2016** - Trans/Atlantic Cruise with flight and motorcoach included aboard the Royal Caribbean's "Serenade of the Seas." 18 days. Starting at \$3136pp with port and government taxes included. Registration has begun.

**NEW TRIP - October 9-11, 2016** - "Samson" at the Sight & Sound Millennium Theater in Lancaster, PA. 2 night stay at the Double Tree by Hilton hotel. Free time at Longwoods Garden and Philadelphia included. \$467pp double. \$429pp triple. \$557pp single. Registration has begun.

**October 30 - November 11, 2016** - Escorted Caribbean Cruise aboard the Royal Caribbean "Serenade of the Seas." Fly out of Boston and return from Fort Lauderdale. 12 nights. Starting at \$2027 with port and government taxes included. Registration has begun.

# Mark your Calendars!



AARP Drive Safety Class will be held on Friday, April 1st 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.



Beginning Computers Basics 101. Are you new to computers, or find them confusing? If so, this is the class for you. Get hands-on practice with basic computer skills. Learn the various parts of a computer, how to use the mouse and keyboard, and take a look at navigating around the Windows desktop. On Monday, April 4, from 1-3 p.m., we will be holding a free 2 hour class open to all seniors. Limited space available. Call (860)434-1605 ext. 240 to register. Laptops and class instructions are funded by a grant from the Lyme Old Lyme Education Foundation.



On April 5th at 5:45pm we will be starting a 6 Week PiYo Strength Class on Tuesday Nights. PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. You will burn calories, tone muscles, work on balance and get a great stretch. It is designed to build strength and flexibility. Yoga mat needed. The cost is \$24.00 and prepayment is due at the office. Make payment out to Marsha Pirie. Min. of 10 people will be needed to run the class. Call (860)434-1605 ext. 240 to register. This class is open to all members.



NEW Gentle PiYo Strength fitness class which is a combination of Yoga and Pilates using a chair for assistance will be starting April 5th from 9:00- 9:45am. We will do exercises both sitting and standing near the chair. You only need to bring yourself and enjoy a gentle stretch, strengthening and fun class. This six week class will cost \$24.00 and prepay is required at the office. Make payment out to: Marsha Pirie. Minimum of 10 people will be needed to hold this class.



Popcorn & a Movie: Trading Places will be shown on April 5th at 12:45pm. Dan Aykroyd and Eddie Murphy live on either end of the economic spectrum are forced to switch lives according to the whims of two rich, old white men, who receive their just desserts due to the intercession of a wily prostitute played by Jamie Lee Curtis.



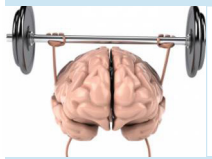
Roland the Keyboard Guy will be here to sing and play the tunes from the "GOOD OLD DAYS" on April 6th at 1:30pm. This Event is sponsored by the Senior Club and costs \$1.00 at the door. All welcome to attend.



Baby Boomer Dinner & Dancing with Michael Ciulla, will perform for us on Friday April 8th at 6:00pm at the Lymes' Senior Center. He will perform dancing music from 50's and 60's just to name a few. Tickets need to be purchased by March 30th. Ticket price is \$15.00 and includes Caesar Salad, Cheese Lasagna, Garlic Bread, and red wine/soda/water and must be purchased in advance. Feel Free to bring your dancing shoes!! Call (860)434-1605 ext. 240 for more information.



Keeping Safe with John Cody. Join us on April 12th at 1:00 pm as a local resident with an extensive community safety background -talks with us about keeping ourselves safe from crime. This is a free program that you will not want to miss!



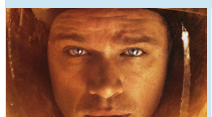
Join us on Friday, April 15th at 1:00pm and learn Ingenious Ways to Train our Brain which will be led by Laura Kokoska RN. This program will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved and how to grow new brain cells and make more connections between them. To register for this free program please call the phone number listed above.



Creating and Maintaining Change- The Path to Healthy Living will be held on April 26th at 1:00pm. Research shows us that even small changes in lifestyle can have a big impact on our improving our health. So why do we feel overwhelmed and powerless to change? Deborah Ringen MSN, RN-BC Faith Community Nurse, Visiting Nurses of the Lower Valley will offer tips to promote healthy behavior change that will "stick.". To register for this free program please call the phone number listed above.



Hypnotist/ Mind Reader Keith Zalinger will be here at 1:00pm on April 27th. A Licensed hypnotist in the state of CT and an acclaimed and award winning thought-reader who has performed at Yale University, Harvard University, Culinary Institute of America, Southern CT State University, Connecticut College, East Granby Middle School, New Haven Public Library, John Jay College of Criminal Justice (NYC), Aware NYC ([www.awarenyc.org](http://www.awarenyc.org)), Canton High School, Clark Memorial Library in Bethany, CT, Huntington Branch Library, Naugatuck Public Library, Wolcott Public Library, Southbury Public Library, RFK Children's Action Corp (Lancaster, MA), & Beardsley Zoo. To register for this free program please call the phone number listed above.



Movie Day: The Martian with Matt Damon will be shown in closed caption on April 29th at 12:45pm Mark Watney (Matt Damon), has been left behind and presumed dead after a fierce storm on the planet Mars. Can he survive with minimal supplies and contact? Admission is free.

Upcoming Events ~ Save these Dates

# March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunches are a \$3.00 donation for seniors 60+ and need to be ordered the day before by 11 am. Lunches can be ordered by calling (860) 434-4322</p> <p><i>Classes and Events = Italics</i></p> <p><b>Lunches = Bold</b> (F) = free \$ = \$4.00 a class</p>	<p>10:00 Sit and be Fit (F) 10:00 NEW SESSION - Creative Drawing -sign up. req. 12:00 Chicken Cacciatore W/ Onions And Peppers, Wild Rice, Brussel Sprouts, Apple</p>	<p>10:30 Exercise (\$) 12:00 Meatloaf W/ Gravy, Mashed Potatoes, Mixed Vegetables, Fruit Juice, Fruit Pie 1:00 Senior Club 1:30 Songbird Judy Hall - Sing-a-long (\$1.00) 1:30 Brain Yoga • 4:30 Yoga reg req.</p>	<p>9:00 - 1:00 AARP Tax Aide - sign up req (F) 10:00 6 Week Beginner Tap Class - Reg Req. 10:45 Advanced Tap Class- Sign up Req 12:00 Cheese Tortellini, Tossed Salad, Garlic Bread, Pineapple Tidbits 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Baked Cod, Roasted Potatoes, Beets, Mandarin Oranges 1:00 Scrabble - sign up req. (F)</p>
<p>10:00 Watercolor Class - reg req 10:30 Exercise (\$) 12:00 Swiss Steak W/ Red Sauce, Mashed Potatoes, Cauliflower, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up. req. 12:00 Chicken Cacciatore W/ Onions &amp; Peppers, Rice, Brussel Sprouts 1:00 History of Syria &amp; How it Relates to today - sign up req - (F) 2:00-4:00 30 Minute Chair Massage Sessions (\$25.00)- sign up required</p>	<p>10:30 Exercise (\$) 9:15-12:00 Haircuts (\$10.00)- Sign up Req 10:00-1:00 Hearing Clinic (F)- Sign up Req 12:00 Swedish Meatballs, Noodles, Green Beans, Fruit Crisp 1:30 Brain Yoga • 4:30 Yoga reg req.</p>	<p>10:00 6 Week Beginner Tap Class - Reg Req. 10:45 Advanced Tap Class- Sign up Req 12:00 Roast Turkey W/ Gravy, Mashed Potatoes, Peas And Carrots, Tropical Fruit 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Salmon W/ Sauce, Sweet Potatoes, Spinach, Banana 1:00 Scrabble - sign up req. (F)</p>
<p>10:00 Watercolor Class - reg req 10:30 Exercise (\$) 12:00 Cheese Rotelle W/ Tomato Sauce, Italian Blend Vegetables, Pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 Duck River</p>	<p>10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. 12:00 Macaroni And Cheese, Zucchini, Citrus Fruit 12:45 Popcorn &amp; A Movie: Anger Management - (F)</p>	<p>9:00 Tai Chi • 10:30 Exercise (\$) 12:00 Chicken Stew W/ Mixed Vegetables And Potatoes, Biscuit, Fruited Jello 1:00 Senior Club 1:30 Bingo (\$1.00) 1:30 Brain Yoga 4:30 Yoga (\$)</p>	<p>10:00 6 Week Beginner Tap Class - Reg Req. 10:45 Advanced Tap Class- Sign up Req 12:00 St. Patricks Day Lunch - Corned Beef, Boiled Potatoes, Cabbage, Carrots, Fruit Juice, Cookies 1:00 Gray School of Irish Dance (F) 1:00 Duplicate Bridge (F)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tilapia W/ Lemon, Rice Pilaf, Broccoli, Fruit Juice, Oatmeal Cookie 1:00 Scrabble - sign up req. (F)</p>
<p>10:00 Watercolor Class - reg req 10:30 Exercise (\$) 12:00 Spring Chicken, Mashed Potatoes, Green Beans, Fruit Juice, Pie 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. 12:00 Clam Chowder, Tuna Salad Sandwich W/ Lettuce And Tomato, 3 Bean Salad, Orange 2:00-4:00 30 Minute Chair Massage Sessions (\$25.00)- sign up required</p>	<p>9:00 Tai Chi 10:30 Exercise (\$) 12:00 Chicken Marsala W/ Egg Noodles, Beets, Fruit Shortcake 1:00 OL Junior High "Jazz Cats" Jazz Band (F)</p>	<p>9:00 - 1:00 AARP Tax Aide - sign up req (F) 10:00 6 Week Beginner Tap Class - Reg Req. 10:45 Advanced Tap Class - Reg Req. 12:00 Pot Roast W/ Gravy, Roasted Potatoes, Whole Baby Carrots, Peaches 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)</p>	<p><b>Good Friday Center Closed</b></p>
<p>10:00 Watercolor Class - reg req. 10:30 Exercise (\$) 12:00 Penne Bolognese, Italian Blend Vegetables, Pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p>	<p>10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. 12:00 Chicken Cordon Bleu, Brown Rice, Oriental Blend, Mandarin Oranges</p>	<p>9:00 Tai Chi • 10:30 Exercise (\$) 11:00 Lead &amp; Public Health Questions (F) 12:00 Roast Pork W/ Gravy, Mashed Potatoes, Broccoli, Applesauce, Chocolate Cake 1:00 Barbershop Hill Top Four (F) 1:30 Brain Yoga • 4:30 Yoga reg req.</p>	<p>9:00 - 1:00 AARP Tax Aide - sign up req (F) 10:00 6 Week Beginner Tap Class - Reg Req. 10:45 Advanced Tap Class - Reg Req. 12:00 Beef Stew W/ Mixed Vegetables And Potatoes, Biscuit, Fruit Cocktail 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)</p>	

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### **8 Week Creative Drawing Class**

On Tuesday, March 1st at 10:00am, we will begin an 8 Week Creative Drawing Class taught by Sharon Schmiedel. Sharon has a BFA in painting from the Maryland Institute College of Art and spent many years working in technical illustration, medical illustration, and graphic design. Now she is spending much of her time painting and entering numerous juried shows. She enjoys teaching and sharing her knowledge of art with others. Students who didn't take the first session but have some drawing experience are also welcome. In this class you will continue to learn to see as an artist does. Learning to draw is a process; letting go and trusting the process can be liberating and bring out your creativity. There will be demos and guidance with drawing exercises that will build on what you've previously learned. Direction will be offered, but students will be encouraged to experiment and develop their own style. You will need to bring a sketchpad, pencils, vine or willow charcoal, and an eraser to the first class. Space is limited so register today. The class will cost \$32.00 and is due at the first class. This class is open to all members. Call (860)434-1605 ext. 240 to sign up.

### **Sing - A - Long with Judy Hall**

Come join us for a Sing a Long with Songbird Judy Hall on March 2nd at 1:30pm. This Event is sponsored by the Senior Club and costs \$1.00 at the door. All welcome to attend.

### **AARP Foundation 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: March 3rd, March 24th, March 31st and April 14th. 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.

### **Popcorn & a Movie**

Join us for Popcorn and a Movie on March 15th at 12:45pm. We will be showing the comedy Anger Management starring Adam Sandler, Jack Nicholson, and Marisa Tomei. Movie will be shown in closed caption when available.

### **History of Syria and How it Relates to Today**

This free program, presented by Mark Albertson, will be held on Wednesday, March 8th at 1:00. Mark Albertson has been a member of the United States Naval Institute for more than 25 years. He is an historical research editor at Army Aviation magazine and has authored three books: USS Connecticut: Constitution State Battleship, They'll Have to Follow You! The Triumph of the Great White Fleet, and On History: A Treatise. He teaches World War II history at Norwalk Community College for Lifetime Learners. To register, call (860)434-1605 ext. 240.

### **St. Patrick's Day Luncheon**

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**

This performance will present a variety of Irish Dances including soft and hard shoe dances on Thursday, March 17th at 1:00 pm. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional), and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes.

### **Lyme Old Lyme Middle School "JAZZ CATS" Jazz Band**

Come enjoy a special afternoon and SUPPORT OUR YOUTH for a performance on Wednesday, March 23rd at 1:00 pm.

### **Hill Top Four- Barbershop Quartet**

This free performance will be held on March 30th at 1:00pm. This local group is very talented and is known for singing "just for the fun of it".

### **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!

### **Wii Bowling High Scores**

Regular Game February- Gary Weed -266  
890 Club Game February- Shirley Latham -655

**The Lymes' Senior Center  
Appreciates the support of the  
advertisers in our newsletter**

**For Advertising Information:  
Contact Essex Printing  
860.767.9087**

## **Food Pantry Open to all Seniors**

The Lymes' Senior Center has a food pantry with various can goods and non-perishable products that is open during the day when the center is open. Please see Stephanie Lyon- Gould, Director if you find yourself in need of these products. In addition, the Lymes' Senior Center receives day old bake goods from Big Y a couple times a week which seniors can help themselves to. When available, they are located on the counter in the dining room.

## **NEW Chair Massages**

Massage therapy for the older generation offers many benefits including enhanced blood circulation, improved balance and flexibility, reduction of arthritic pain and back pain, increased joint mobility, improved posture, improved natural energy levels and mental awareness. Chair massage will be offered at the Old Lyme senior center on Tuesday March 8th & 22nd between 2:00-4:00pm. A licensed massage therapist from Bonne Santé Wellness center (located at 4 Huntley Road, Old Lyme) will provide chair massage at the Lymes' Senior Center. These services are offered to members of the senior center only at a reduced rate \$25 for a 30 minute chair massage. Interested parties should call (860)434-1605 ext. 240 ahead of time. For those interested in full body massage, reduced price full hour table massages can be booked directly at Bonne Santé Wellness Center by calling 860-434-7429.

## **6 Week Tap Dancing Classes NEW SESSION**

On Thursday, March 3rd at 10:00 am (for beginners), and 10:45 for (advanced tap dancing) classes. This program will be taught by Bethany Haslam, owner of The Dance Center of Old Lyme. With 30 years of dancing experience in addition to choreographing over 20 shows and musicals, Bethany comes well qualified. The six week class will cost \$24.00 for the six week class. Money will be due at the first class. Preregistration is suggested as class size is limited to twelve people. Participants will need to bring tap shoes. This class is open to all members. For more information about this class or to register call (860)434-1605 ext. 240.

## **Yoga for Active Adults Class NEW SESSION**

Start the New Year out right; join us for a 6 week Yoga for Active Adults Class which will be held at 4:30pm on Wednesdays new session begins on April 6th. Pre-sign up is required. The cost of the class will be \$24.00 which will be due to the instructor at the first class and you will need to bring your own mat. Call to register. This class is open to all members. Call (860)434-1605 ext. 240 to sign up.

## **Reflexology Clinic**

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on March 7th and 21st 9:30am- 3:00 pm. The cost is \$10.00 for a 15 minute session. 30 minute and 60 minute sessions are available as well. To sign up, please call Susette at (860) 334-9255.

## **Free Hearing Clinic**

Nancy Jablonski & Rene Vicedomini, Audiologist Concierge will be here for a free hearing clinic the second 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.

## **Financial Health Check Up**

On the second Thursday of every month between 1:00 pm-3:00 pm retired financial professional, Diana Melville, CLU, ChFC is available to help answer your questions about money management, investments, insurance and more. To make a free and confidential appointment, please call (860)434-1605 ext. 240.

## **Meals on Wheels Drivers Needed**

Lymes' Senior Center is desperately seeking drivers for both Thursday morning meal deliveries and fill-in drivers. Usually these volunteer positions only require 2 hours of your time. If you are available and want to help, please call Lisa, Kitchen Manager at (860)434-4322.

## **Haircuts**

Stephanie Alfano, licensed hairdresser offers haircuts here at the center the second Wednesday of every month from 9:15-11:30 am. Haircuts are \$10.00. To book an appointment, please call (860)434-1605 ext. 240

## **Old Lyme Visiting Nurse**

The nurse's office is open Monday through Thursday from 11:15am – 1:15pm and Friday from 12:00-1:00pm 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.

## **10,000 Years of Experience in Altering Our Food's Genetic Make-up**

On Monday March 14th at 7 p.m. This program will be presented by Paul Armond, Ph.D. Plant Biologist and the Duck River Garden Club. Paul will speak about scientific self-evident truths, the philosophy of change (science or otherwise), a historic review of genetic modification, and provide us with a brief review of basic genetics as a prelude to the discussion regarding genetic modification of foods. This will include a discussion regarding whether genetically engineered foods are safe to eat. Please call Kathy Burton at (860)434-802 with questions or to sign up for this free program.



# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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## When was the last time you were able to have a casual conversation?

### Do you or a loved one...

- Have problems hearing and embarrassed to admit it?
- Pretend to understand conversation by nodding and smiling?
- Feel left out of conversations?
- Confused by all the hearing aid ads and don't know who to trust?
- Have difficulty with transportation to appointments?

### Free Lymes' Senior Center Hearing Clinics

on the 2nd Wednesday of each month  
10:00 AM to 1:00 PM

Hearing Tests • Hearing Aid Checks • Wax  
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(Please call 860.434.1605 ext.240 to Register)

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