

Lymes' Senior Center

MAY 2017 NEWS & EVENTS

Proudly serving seniors 60 & over for 20 years!



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

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to listen
to help

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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
Beginner Country Line Dancing	June 23rd at 1:00pm / 6 Sessions	FREE
Latin/ Ballroom Line Dancing Class	June 9th at 1:00pm/ 6 Week Session	\$30.00
Yoga	May 24th at 5:30pm/6 Week Session	\$30.00
Beginner Tap Class	Resume in September	\$24.00
Intermediate Tap Class	Resume in September	\$24.00
Advanced Tap Class	Resume in September	\$24.00
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 28th at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	June 9th at 5:45pm/ 8 Week Session	\$40.00
Gentle Piyo AM Class	June 6th at 8:00am/ 8 Week Session	\$40.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Windows 10 Basics (Computer)	June 6th from 1:00-3:00pm	FREE
Nature Drawing Outdoors	May 9th from 10:00-12:00pm/ 6 Weeks	\$35.00
Watercolor Plus	May 1st from 10:00-12:00pm/ 6 Weeks	\$35.00

UPCOMING PROGRAMS

(Free unless otherwise noted)

The Medicine Shoppee will sponsor a free Drug Take Back on June 6th from 11:30-12:30pm. In addition they will also have information and appointments available for a free service that they offer to prevent medication errors through special packaging of your current medications.

Come enjoy a fun, exciting, interactive, and motivating performance from the Airborne Band on Wednesday, June 7th at 1:00pm. Airborne that was formed in the 1980's 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. Refreshments will follow this free performance.

In remembrance of D Day June 6, 1944 the Lymes' Senior Center is sponsoring a two part program on D-Day, Invasion of Normandy by Kelvin W. Cole. The programs will be held on Tuesdays, June 6 and June 13 from 1:00 – 2:30 pm. Guest speaker Kelvin W. Cole is a frequent presenter on historical subjects who will share his personal slides from his extensive travels abroad. On June 6, Mr. Cole will give Prelude to D-Day describing the fall of Western Europe to the Nazis and the construction of their defenses and the Atlantic Wall in their bid to keep it. On June 13 he will continue the presentation with D-Day: N-O-R-M-A-N-D-Y describing the "Perfect Storm" of events that descended upon the Nazi's "Fortress Europe" and resulted in the Allied victory with the collapse and German surrender eleven months later. Mr. Cole has educated a variety of audiences ranging from senior citizen groups to high school students, historical societies and public library forums across Connecticut. He has been an invited speaker in France, the Czech Republic, and Africa (Tunisia).

Healthcare is one of the most important decisions we make and it's so important we have a solid grasp of the options prior to making a choice. This is especially true for Seniors when it comes to Medicare and the many diverse choices and options that we are faced with in the system. We receive information from many sources leading up to enrollment, but in many cases that can lead to further confusion. We're offering a free seminar about Medicare basics and what you need to know when turning 65 at the Lymes' Senior Center on June 20th at 1:00pm. The seminar will be presented by John Pitarra Jr and James Fernstrom of Senior Health Insurance, located in Clinton CT.

On June 27th we will be showing the new movie "Lion" in closed caption at 12:45pm. This movie is a true story about "a five-year-old Indian boy that gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family."

Leadership of Lincoln and the 13th Amendment .will be presented by 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, on Wednesday, June 28th at 1:00 pm. (POSTONED FROM MAY 9TH) 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.

New Class

Surviving-N-Moving Class to begin the week of June 19th, time and date to be announced. Instructor Donna Scott is trained and certified as a Certified Personal Trainer and Cancer Exercise Training Specialist (CES) with over 8 years of combined personal/group training experience. As a CES she has studied exercise implications and contraindications for 25 types of cancer, surgery, reconstruction and treatments, breast reconstruction and contraindications to exercise, about preventing and identifying lymphedema and cancer related pain, mental and physical fatigue during cancer treatment, and conducting postural assessments and working with medical professionals as needed

Following cancer surgery and treatment there are numerous physically debilitating side effects that cancer clients have become accustomed to living with. Based on her training, Donna Scott have developed, "Surviving-N-Moving", so cancer survivors no longer have to accept the fact that they have to live with limited range of motion, poor posture, neck and back pain, lymphedema, chronic fatigue, and many other symptoms, following their surgery/treatment. Through this simple group exercise program combining cardiovascular conditioning, strength training, balance, flexibility and relaxation techniques, many of the agonizing problems survivors experience can be made more tolerable. Besides the physical aspects that cancer survivors gain from exercise, getting together in a group setting creates a community, sharing common struggles where each member becomes accountable to one another and friendships develop. This 11 week – twice a week program is \$110.00 which is due to the instructor at the time of first class and contains the following elements:

- Short "centering" meditation
- Low impact movement
- Resistance/Strength training with light weights or bands
- Flexibility and Balance
- Stretching
- Cool down/Relaxation

All participants must receive medical clearance from their Doctor before beginning the program and complete a Health History Questionnaire, and a Quality of Life Questionnaire. The class minimum is 8 and the class maximum is 15 so she can personalize her attention to each and every student. For more information or to sign up please call Donna Scott at 860-961-4507.

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.

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, May 25th - Trip to the **Boston Museum of Fine Arts** for a guided tour of the **Matisse Exhibit**. Lunch not included in the price. Trip fee is \$68pp. Moderate walking. *Wait List Only*

Mon, June 19th - Trip to **Boston Harbor** for the return of the **Tall Ships**. 90 minute narrated cruise. Lunch included. Trip fee is \$119pp. Minimal walking. Registration has begun.

Fri, June 23rd - Trip to the **Newport Flower Show** at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$46pp. Lots of walking. Registration has begun.

Tue, July 11th - Join us for a whale of a day in New Bedford, MA. In the am, a guided walking tour of the **New Bedford Whaling National Historical Park** and in the pm a guided tour of the **New Bedford Whaling Museum**. Lunch on your own. Trip fee is \$50pp. Registration begins May 1st. Lots of walking.

Thu, July 27th - Join us for **The Gilded Age of the Berkshires** which includes tours of Ventford Hall and Naumkeag. Lunch included at The Mount. Trip fee is \$107pp. Lots of walking. Registration begins May 1st.

Tue, August 8th - Tour of **Pindar Winery** on Long Island. More details to follow.

Thu, August 24th - **"The Producers"** at Theater by the Sea. More details to follow.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

June 29-30, 2017 - **Ogunquit & Portland, ME**. 1 night & 2 days. Guided tour of Portland, Lighthouse Cruise of Casco Bay included. \$309/double, \$379/single, \$299 triple. Registration has begun.

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May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 8 Week Watercolor Plus Art Class (\$46)SUR 10:30 Exercise with Kathy \$ 12:00 Chicken Teriyaki, Rice Pilaf, Oriental Vegetables, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F)</p> <p>1</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Salmon, Lemon Sauce, Roasted Potatoes, Spinach, Pears 1:00 New Horizon's Band Performance (F)</p> <p>2</p>	<p>9:00 10 Week Tai Chi Class 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise w Kathy \$ 12:00 Spaghetti and Meatballs, Tossed Salad, Garlic Knot, Fruit Crisp 1:00 Broadway Baritone James Michael (F) 5:30 6 Week Level 1 Yoga (\$30) SUR</p> <p>3</p>	<p>9:15 6 Week Beginner Tap Class (\$24)-SUR 10:00 6 Week Intermediate Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Pulled Pork, Pineapple Coleslaw, Roll, Peaches 1:00 Duplicate Bridge (F) 1:00 Wii Bowling (F) 1:00 Nickel Card Games (13 Nickels)</p> <p>4</p>	<p>8:00 8 Week Gentle Piyo Class 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Cinco de Mayo, Taco Casserole, Corn and Beans, Fruit Juice, Rice Pudding 1:00 Presentation for Lions Low Vision Center of Eastern CT (F) 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 6 Week Beginner Country Line Dancing Class (F) SUR</p> <p>5</p>
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$ 12:00 Swiss Steak, Mashed Potatoes, Mixed Vegetables, Fruit Cocktail 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Women's Support Group (F)-SUR</p> <p>8</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Chicken Florentine, Brown Rice, Broccoli, Tropical Fruit <i>12:45 NEW Movie: Hidden Figures (F)</i> 5:45 8 Week Piyo Class (\$40)</p> <p>9</p>	<p>9:00 10 Week Tai Chi Class 9:00-12:30 Haircuts (\$10)-SUR 10:30 Exercise with Kathy \$ 12:00 Meatloaf, Gravy, Roasted Potatoes, Green Beans, Fruited Jello 5:30 6 Week Level 1 Yoga (\$30) SUR</p> <p>10</p>	<p>9:15 6 Week Beginner Tap Class (\$24)-SUR 9:30-1:00 AARP Tax Aide (Call 860-388-1611) for appt 10:00 6 Week Intermediate Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Baked Tilapia, Sauce, Sweet Potatoes, Cauliflower, Pineapple Chunks 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p>11</p>	<p>8:00 8 Week Gentle Piyo Class 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Breakfast Scramble, Hash Browns, Asparagus, Bran Muffin, Banana 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 6 Week Beginner Country Line Dancing Class (F) SUR</p> <p>12</p>
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$ 12:00 Cheese Rotelle, Tomato Sauce, Italian Blend, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Senior Center Board Meeting</p> <p>15</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Chicken with Orange Sauce, Wild Rice, Corn w/ Peppers, Pears 1:00 Brain Health Seminar (F) 5:45 8 Week Piyo Class (\$40)</p> <p>16</p>	<p>9:00 0 Week Tai Chi Class 9:00-12:00 Renters Rebate Appointments (call 860-434-1605 x 228 to schedule time) 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 10:30 Exercise with Kathy (\$) 12:00 Cheeseburger, Pasta Salad, Coleslaw, Fruit Juice, Ice Cream 1:00 Bingo (\$1) 5:30 6 Week Level 1 Yoga- (\$30) SUR</p> <p>17</p>	<p>9:15 6 Week Beginner Tap Class (\$24)-SUR 10:00 6 Week Intermediate Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Beef Stroganoff, Egg Noodles, Carrot Coins, Peaches 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p>18</p>	<p>8:00 8 Week Gentle Piyo Class 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Chicken Salad, Carrot Raisin Salad, Croissant, Apple 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 6 Week Beginner Country Line Dancing Class (F) SUR</p> <p>19</p>
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$ 12:00 Chicken Cacciatore w/Peppers and Onions, Wild Rice, Green Beans, Pineapple Chunks 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 'Fired Up' Ceramics (\$20) SUR 5:00 VFW Dinner & Meeting</p> <p>22</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Cod, Roasted Potatoes, Brussel Sprouts, Tropical Fruit 1:00 Sing-a-Long with Songbird Judy Hall (F) 5:45 8 Week Piyo Class (\$40)</p> <p>23</p>	<p>9:00 10 Week 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 Roasted Turkey, Gravy, Mashed Potatoes, Peas and Pearl Onions, Cranberry Sauce, Fruit Pie 1:00 CPR Demo Presented by Critical Skills 5:30 6 Week Level 1 Yoga- (\$30) SUR</p> <p>24</p>	<p>9:15 6 Week Beginner Tap Class (\$24)-SUR 10:00 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Pizza Casserole, Vegetable Blend, Pears 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p>25</p>	<p>8:00 8 Week Gentle Piyo Class 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Sausage, Peppers and Onions, 3 Bean Salad, Potato Chips, Grinder Roll, Orange 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 6 Week BEGINNER Country Line Dancing Class (F) SUR</p> <p>26</p>
<p>CLOSED MEMORIAL DAY</p> <p>29</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Swedish Meatballs, Gravy, Egg Noodles, Broccoli, Peaches 1:00 Do's & Don't's of taking over the counter drugs Presented by RN Diane Brussler of the Medicine Shoppe (F) 5:45 8 Week Piyo Class (\$40)</p> <p>30</p>	<p>9:00 10 Week Tai Chi Class 9:00-12:00 Renters Rebate Appointments (call 860-434-1605 x 228 to schedule time) 10:30 Exercise with Kathy (\$) 12:00 Shepherd's Pie, Corn w/Pimento, Fruit Juice, Birthday Cake 1:00 Fire Up Those Neurons-Group Brain Games (F) 5:30 6 Week Level 1 Yoga- (\$30) SUR</p> <p>31</p>	<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 Added classes in red</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.</p> <p>Meals are subject to change</p>


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New Horizon's Band of the Community Music School

Please welcome back this ALL SENIORS BAND on May 2nd at 1:00pm. to perform various marches, show tunes, and classics for us. This all Seniors band is a reminder to us, that you are never too old to pick up an instrument.

Broadway Baritone, James Michael

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. His performance on May 3rd at 1:00pm will be sponsored by the Lymes' Senior Center.

The Lions Low Vision Center of Eastern CT

On May 5th at 1:00pm the Lions will be here to discuss and guide you through getting free services that are available for people with low vision.

A Women's Support Group

This group facilitated by Lisa Navarra Clinical Social Worker from Senior Bridges will be held on May 8th 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 (scheduled originally for May 9th) WILL BE POSTPONED UNTIL JUNE 28th AT 1:00pm.

New Release Movie- Hidden Figures

The Oscar Nominated movie "Hidden Figures" will be shown on May 9th at 12:45pm. This movie is the incredible untold story of Katherine G. Johnson, Dorothy Vaughan and Mary Jackson - brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big. This movie will be shown in closed caption.

3 PART SEMINAR ON BRAIN HEALTH

Richard Shiver will be presenting a Seminar on Brain

Health. This seminar is brought to you by the Lymes' Senior Center, Old Lyme Phoebe Griffin Noyes Library, and Healthy Addiction and will be held in two locations (Lymes' Senior Center & Old Lyme Phoebe Griffin- Noyes Library) The Lymes' Senior Center will host the seminar on May 16th at 1:00pm. We are pleased to provide a forum and discussion on brain health issues with the purpose of sharing information on this complex and important topic, and to help members of the community learn how to cope with issues such as dementia at any stage. The scope of the seminar will include promising therapeutics, exercise, nutrition and food, supplements and other remedies or treatments. We will distinguish between remedies and treatments that are evidence-based medicine as well as alternative approaches; experienced panelists will help distinguish between fact and fiction. Obtaining helpful cognitive "baselines" will also be discussed.

Bingo

Bingo will be held on May 17th at 1:00pm. Admission is \$1.00 at the door.

Ceramic Class

This Ceramics Class will be held at the Lymes' Senior Center and is offered by Fired Up. It will be held on May 22nd at 1:00pm. The piece choices you have are a flowerpot with tray (4 1/2 inches tall by 4 inches wide), a ruffled heart candy dish (7 inches wide by 6 inches high), or a bud vase. (5 1/2 inches tall). The cost of the class is \$20.00 and is due to instructor on the day of class. Pre-sign up is required. Call (860)434-1605 ext. 240. A minimum of 8 people is needed to run the class. Projects will be completed that day, then fired back at the studio and returned to participants 2 weeks later.

Sing-a-long

Come join us for a Sing a Long with Songbird Judy Hall on May 23rd at 1:00pm. This is a free program.

FREE CPR Demonstration

Come learn the basics of CPR (this is not a certification program) performed by Colleen and Doug from Critical Skills on May 24th at 1:00pm

Do's & Don't of Taking Over the Counter Drugs

This program will be presented by RN Diane Bressler of The Medicine Shoppee on May 30th at 1:00pm.

Fire up those Neurons- Group Brain Games will be held on May 31st at 1:00pm.

Join us on May 31st at 1:00 pm for a Group Brain Memory Games program lead by Stephanie Lyon-Gould.

Rental Rebate Appointments

Rental Rebate Appointments are available here at the Senior

Center on May 17th and 31st from 9am-12pm. Call Jennifer Datum, Social Services to make your appointment. Her number is (860)434-1605 ext. 228.

FREE FOOT CARE CLINIC

Free foot care clinic is offered the 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 May 3rd 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.

Haircuts

Stephanie Alfano, licensed hairdresser offers haircuts here at the center the second Wednesday of every month from 9:00-12:30 pm. 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.

Financial Health Check Up

On Thursday, May 11th from 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.

Reflexology Clinic

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on May 3rd & 17th from 9:30am-3:00 pm. The cost is \$10.00 for a 15 minute session. 30 and 60 minute sessions are available as well. To sign up, please call Susette at (860) 334-9255.

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.

FREE SUMMER SOUNDS CONCERT SERIES (OPEN TO ALL AGES)

At the Lymes' Senior Center

Every Thursday in July at 7:00pm we will be holding a **FREE OUTDOOR CONCERT/ ICE CREAM SOCIAL**. This year's line-up is as follows:

July 6th Eight to the Bar

July 13th The Cartells

July 20th The Boogie Boys

July 27th String of Pearls

Bring your lawn chair, blankets, picnic dinners etc. and enjoy a free night out with your family! If it rains we will hold the concerts inside. If you know any local businesses that would like to sponsor a concert, please have them call (860)434-1605 ext. 240 for more information.

OVERNIGHT TRIPS & CRUISES, continued from page 3

September 8-10, 2017 - 3 days & 2 nights in **Washington, D.C.** includes Potomac River Cruise, Museum of African American History and more. \$523/double, \$693/single, \$473/triple. 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 2-4, 2017 - **"Jonah" at The Sight and Sound Theatre** in Lancaster, PA. Trip includes tour of Lancaster City and Longwood Gardens. \$407/double, \$553/single, \$440/triple. Registration has begun.

November 4-15, 2017 - Escorted tour of **Croatia, Slovenia and the Adriatic Coast**. Trip fees from \$3369 to \$3899 (only item not in price is travel insurance). Registration has begun.

January 28-February 9, 2018 - **Southern Caribbean Cruise** on Royal Caribbean *Anthem of the Seas*. 13 days & 12 nights. No fly - Cruise out at NJ Pier. Trip fees from \$1799 to \$2019. Registration has begun.



Lymes' Senior Center

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(first Wednesday of each month)

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