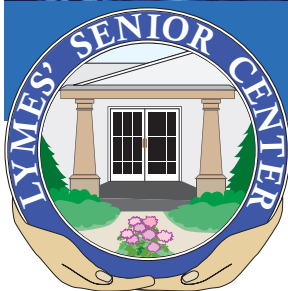


Lymes' Senior Center

JANUARY 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

In this issue:

- Prevent Depression, Anxiety & Grief from Interfering & Consuming Your Life
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- The Boogie Boys
- Valentine's Day Social with Jose Paulo



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AGENCY



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**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.**

**We are working on Day Trips and Overnight Trips for 2017.
Detailed flyers will be available in January.**

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.*

Early April - Join us for a trip to the **Mohegan Sun Casino**. Departure from the East Lyme Senior Center but checks made out the *Lymes' Senior Center*. No meal included but you will receive a casino package. Trip fee TBD. Registration begins January 3rd. Moderate walking.

Mid April - Join us for a production of **Mama Mia** at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee TBA. Registration begins January 3rd. Minimal walking.

Late April - New York City on your own. Bus leaves East Lyme at 7:45 am and leaves NYC at 7:30 pm. Trip fee TBD. Registration begins February 1st. No meal included in trip price. Lots of walking.

Tues., May 9th- One World Observatory at One World Trade Center. Lunch on your own at Brookfield Place. Trip fee is \$88 pp. Registration begins February 1st. Lots of walking.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

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). Registration has begun.

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). Trip Presentation to be scheduled for March/April but registration begins January 3rd.

UPCOMING EVENTS

To sign up call (860)434-1605 ext. 240

MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK except on holidays

CLASS	Date of First Class & Time/ Duration	COST
Latin/ Ballroom Line Dancing Class	February 17th at 1:00pm/ 6 Week Session	\$30.00
Level 1 Yoga	February 15th at 4:30pm/6 Week Session	\$30.00
Level 2 Yoga	February 16th at 4:30pm/ 6 Week Session	\$30.00
Beginner Tap Class	February 23rd at 10:00am/ 6 Week Session	\$24.00
Advanced Tap Class	February 23rd at 10:45am/ 6 Week Session	\$24.00
Exercise with Kathy	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)	January 31st at 5:45pm/ 4 Week Session	\$20.00
Piyo AM Class	February 3rd at 8:00am/4 Week Session	\$20.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Tai Chi	February 8th at 9:00am/ 10 Week Session	\$95.00

Upcoming Education/Health Programs (Free unless otherwise noted)

Learn how to use Twitter will be presented 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. Laptops and class instructions are funded by a grant from the Lyme-Old Lyme Education Foundation.

Making Chocolate Truffles that are Good and Good for You. We are happy to welcome back Herbalist Ehris Urban 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.

Medical Decisions When They Count the Most (Advanced Care Planning) will be presented by Deborah Ringen, MSN, RN Faith community nurse of the Visiting Nurses of the Lower Valley on February 21st at 1:00pm.

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 on February 22nd at 1:00pm.

An Afternoon with the Gillettes will be held on February 28th at 1:00pm. This interactive program Afternoon with the Gillettes will feature Harold and Theodora Niver. They will not only talk about William & Helen Gillette, they become the Gillettes flitting back and forth between being presenters and portrayals dressed in authentic and period correct costumes.

Upcoming Entertainment (Free unless otherwise noted)

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.

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.

Valentine's Day Social with Jose Paulo will be held on February 14th at 1:00pm. Jose Paulo's 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.

Bingo will be held on February 15th at 1:00pm. Admission is \$1.00 at the door.

January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED	10:00 8 Week Watercolor Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Baked Chicken Drumstick, Mashed Potatoes, Carrot Coins, Mandarin Oranges 5:45 8 week Piyo (\$40) SUR	9:00 Tai Chi 10:30 Exercise w Kathy \$ 12:00 Spaghetti with Tomato Sauce, Sausage, Tossed Salad, Garlic Knot, Fruit Crisp 1:00 Ragtime Jack Radcliffe (F)	10:00 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Roast Turkey, Gravy, Stuffing, Peas and Carrots, Fruit Cocktail 1:00 Duplicate Bridge (F) 1:00 Wii Bowling (F) 1:00 Nickel Card Games (13 Nickels)	8:00 6 Week PiYo Class-SUR & prepayment req (\$30) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Ham, Swiss, Lettuce & Tomato, Pickle, Roll, Banana 1:00 Healthy Resolutions with Karen, the Old Lyme Town Nurse (F) Balance and Tone Class (\$) 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR
2	3	4	5	6
7:00 Connecticut Valley Camera Club (F) - Call (860) 767-3521 for more information	10:00 NEW SESSION 6 Week Mixed Media Art Class (\$30)SUR 10:30 Exercise with Kathy \$ 12:00 Swiss Steak, Mashed Potatoes, Carrot Coins, Pineapple Chunks 1:00 Windows 10 Class (F)-SUR 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	9:00 Tai Chi 9:00-12:00 Haircuts (\$10)-SUR 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 10:30 Exercise with Kathy \$ 12:00 Chicken Florentine, Rice Pilaf, Broccoli, Juice, Pie 1:00 How to Save a Life & What to do Before the Ambulance Arrives (F) 1:30 Brain Yoga 4:30 NEW SESSION 6 Week Level 1 Yoga- (\$24) SUR	10:00 NEW SESSION Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Baked Fish, Sweet Potatoes, Spinach, 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) 4:30 6 Week Level 2 Yoga (\$24)-SUR	8:00 6 Week PiYo Class-SUR & (\$30) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Beef Stroganoff, Buttered Noodles, Green Beans, Tropical Fruit 1:00 ADT 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR
9	10	11	12	13
CLOSED FOR MARTIN LUTHER KING DAY	10:00 8 Week Watercolor/Drawing Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Cheese Tortellini, Tomato Sauce, Italian Blend, Peaches 1:00 Sing Along with Songbird Judy Hall (F) 5:45 8 week Piyo (\$40) SUR	9:00 Tai Chi 9:15-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy (\$) 12:00 Meatloaf, Gravy, Mashed Potatoes, Brussel Sprouts, Fruited Jello 1:00 Bingo (\$1) Sponsored by Atria Crossroads Place 1:30 Brain Yoga 4:30 6 Week Level 1 Yoga- (\$24) SUR	10:00 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Chicken Stew, Mixed Vegetables, Biscuit, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)	8:00 6 Week PiYo Class-SUR & (\$30) 9:15-12:45 Energy Assistance Appointments-call 860-434-1605 x 228 to sign up 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Baked Fish, French Fries, Broccoli Slaw, Banana 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR
16	17	18	19	20
10:00 6 Week Mixed Media Art Class (\$30)SUR 10:30 Exercise with Kathy \$ 12:00 Swedish Meatballs, Gravy, Egg Noodles, Broccoli, Pineapple Chunks 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	10:00 8 Week Watercolor/Drawing Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Chicken Teriyaki, Brown Rice, Oriental Blend, Pears 1:00 Don't Lose It Use It Group Brain Games (F) 1:00 Memory Screening (F)-sign up for appt time 5:45 8 week Piyo (\$40) SUR	9:00 Tai Chi 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 10:30 Exercise with Kathy \$ 12:00 Eggplant Parmesan, Italian Blend, Garlic Knot, Fruit Juice, Cake 1:00 On the Sunny Side of the Street with the songs of Jimmy McHugh (F) 4:30 6 Week Level 1 Yoga- (\$24) SUR	10:00 6 Week Beginner Tap Class (\$24)-SUR 10:45 6 Week Advanced Tap Class (\$24)-SUR 12:00 Baked Fish, Lemon Sauce, Roasted Potatoes, Italian Green Beans, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)	8:00 6 Week PiYo Class-SUR & prepayment req (\$30) 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Chili, Mixed Vegetables, Corn Muffin, Juice, Chocolate Cake 1:00 Healthy Resolutions with Karen, the Old Lyme Town Nurse (F) Balance and Tone Class (\$) 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR
23	24	25	26	27
10:00 6 Week Mixed Media Art Class (\$30)SUR 10:30 Exercise with Kathy \$ 12:00 Chicken Cacciatore, Onions & Peppers, Egg Noodles, Green Beans, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	10:00 8 Week Watercolor/Drawing Class - SUR (\$40) 10:00 Sit and Be Fit (F) 12:00 Beef Stew, Peas and Carrots, Biscuit, Fruit Juice, Rice Pudding 1:00 Movie: Sully 5:45 NEW SESSION 4 week Piyo (\$20) SUR	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	Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted
30	31			

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“Ragtime” Jack Radcliffe

Join us on January 4th at 1:00pm for this master of traditional country blues, ragtime, and stride piano. His repertoire covers the spectrum from Appalachia to Broadway, and from Vaudeville to New Orleans. Jack’s energy is infectious and his performances are always uplifting and informative. Refreshments will follow.

Healthy Resolutions

Join us on January 6 at 1:00pm as Old Lyme VNA Nurse Karen Veselka talks about Healthy Resolutions.

Prevent Depression, Anxiety & Grief from Interfering & Consuming your Life

Join us on January 10th at 1:00pm for a class on Ways to Prevent Depression, Anxiety & Grief from Interfering and Consuming your Life presented by Lisa Naverra, Clinical Social Worker from Senior Bridge.

How-to-Save-a-Life-and-What-to-Do-Before-the-Ambulance-Arrives

Join us on January 11th at 1:00pm for a free class on How-to-Save-a-Life-and-What-to-Do-Before-the-Ambulance-Arrives presented by EMT’s/EMS’ Colleen Atkinson and Doug LoPresti

How ADT Medical Alert Systems Work

Robert Ieraci from ADT Health Services will be here on January 13th at 1:00pm to explain how different Medical Alert System models work. If you were thinking about getting a Medical Alert system you may wish to attend this informational session.

Sing-A-Long

Join us on January 17th at 1:00pm for a free sing along with Songbird Judy Hall.

Bingo

Join us on January 18th at 1:00pm for Bingo. Admission is \$1.00 at the door.

Free Memory Testing

Join us on January 24th from 1:00-2:30pm for FREE Memory Testing administered by

Deborah Ringen MSN,RN-BC, Visiting Nurses of the Lower Valley. Call (860)434-1605 ext. 240 to sign up for an appointment.

Use it or Lose it Group Brain Games

Join us on January 24th from 1:00-2:30pm for a Use It or Lose It Group Brain Memory Games program lead by Stephanie Lyon-Gould.

On the Sunny Side of the Street...the Songs of Jimmy McHugh

Join us on January 25th at 1:00pm we are pleased to welcome back The Harris Roane Duo, featuring vocalist Julie Harris and guitarist Stephen Roane in an encore performance. Julie Harris began her professional singing career in her hometown, Kansas City, Missouri. In 2008 she joined forces with guitarist/bassist Stephen Roane to form the Harris/Roane Duo, which has performed across the state of Connecticut from Litchfield to Norwalk, as well as Providence, RI.

NEW TO DVD Movie: Sully

Join us on January 31st at 12:45 for the movie Sully starring Tom Hanks which is based on the true story that took place on January 15, 2009. “The world witnessed the Miracle on the Hudson when Captain Sully Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.” This movie will be shown in closed caption.

Do you need help with Energy Assistance Applications?

Old Lyme Social Service Coordinator, Jennifer Datum will be here on Friday, January 20th from 9:15am -12:45pm. Call (860)434-1605 ext. 228 for more information or for an appointment.

FREE FOOT CARE CLINIC

Free foot care clinic is offered the third Wednesday of the 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 the first 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.

Meals on Wheels Drivers Needed

Lymes' Senior Center is desperately seeking drivers for both Tuesday morning meal deliveries and fill-in drivers. These volunteer positions and someone will show you the route.

Haircuts

Stephanie Alfano, licensed hairdresser offers haircuts here at the center the second Wednesday of every month from 9:15-12:00pm. 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.

Protect Your Vision, Save your Sight

By Deborah Ringen MSN, RN-BC Faith Community Nurse of the Visiting Nurses of the Lower Valley

January is Glaucoma Awareness month.

Glaucoma is a progressive disease of the eye due to increased pressure in the eye leading to damage of the optic nerve and blindness. The good news is that early detection and treatment can prevent blindness.

If you are over age 55 it is important to get an

eye exam at least every 2 years, annually if you have other health issues such as diabetes. Your eye doctor will dilate the pupil of the eye to check for glaucoma and other eye diseases. If you have a relative with glaucoma, diabetes, are over the age of 40 or have had an eye injury you may be at greater risk for developing glaucoma. See an eye doctor for a complete eye exam to protect your sight. More information is available on the Glaucoma Research Foundation website: <http://www.glaucoma.org>

Connecticut Valley Camera Club (CVCC)

The Connecticut Valley Camera Club will be meeting at the Lymes' Senior Center on the 1st Monday of every month at 7:00pm. Our objective is to help our members become better photographers by offering presentations, workshops, and critiques. We encourage our members to publicize their work and offer multiple annual exhibitions to that end. We welcome photographers of all skill levels. The May meeting will feature a member's critique (members submit 3-5 images for constructive comments) with the subject open. The meeting will also show winning photos from the annual Glennie Nature Salon which is a premier, international all-nature club competition of digital images known for its diversity of subjects that range from animals to botany to landscapes. Typically over 100 participating clubs from 8 countries have competed. For further information please call Ed McCaffrey at 860-767-3521.

Financial Health Check Up

On Thursday, January 12th 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.



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