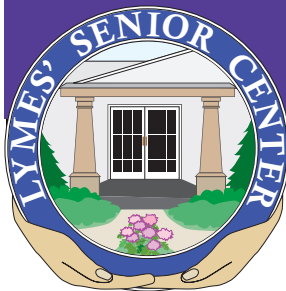


Lymes' Senior Center

APRIL 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:

- Braiden Sunshine
- The Not so Good Life of the Colonial Good Wife
- Presentation-Free Services for People with Low Vision
- 10 Principles of Montessori Dementia Care that Families can Easily do at Home
- Revolution in the Lymes' Book Event
- New Horizons Band
- Lincoln Program
- Do's and Don'ts of taking over the counter Medicine
- CPR Demonstration
- James Michael- The Broadway Baritone



TOP 
100
AGENCY



Partnering with the new wave in health care

Transitioning to better health

WE CARE

VNLV offers comprehensive, personalized home-based healing services, education, and health-oriented community outreach initiatives.

Escorted transportation, private in-home care, and companions are provided by

Lower Valley Care Advocates

860.767.0186 • visitingnurses.org

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	April 28th at 1:00pm / 6 Sessions	FREE
Latin/ Ballroom Line Dancing Class	April 21st at 1:00pm/ 6 Week Session	\$30.00
Yoga	April 12th at 5:30pm/ 6 Week Session	\$30.00
Beginner Tap Class	April 27th at 9:15am/ 6 Week Session	\$24.00
Intermediate Tap Class	April 27th at 10:00am/ 6 Week Session	\$24.00
Advanced Tap Class	April 27th at 10:45am/ 6 Week Session	\$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	April 19th at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	April 7th at 5:45pm/ 8 Week Session	\$40.00
Gentle Piyo AM Class	April 11th at 8:00am/ 8 Week Session	\$40.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Skype Basics (Computer)	April 3rd 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)

Please welcome back on May 2nd at 1:00pm the **New Horizon's Band of the Community Music School** 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 will perform on May 3rd at 1:00pm. 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.

The Lions Low Vision Center of Eastern CT will be here on May 5th at 1:00pm to discuss and guide you through getting free services that are available for people with low vision.

A Women's Support Group facilitated by Lisa Navarra Clinical Social Worker from Senior Bridges will be held on April 10th, April 24th, & 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 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 Tuesday, May 9th 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.

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

Ceramic Class offered by Fired Up will take place here 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.

Songbird Judy Hall will be here for a sing-a-long on May 23rd at 1:00pm

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 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.

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, 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. Wait list only. Minimal walking.

Sat, April 29th - **New York City** on your own – Bus leaves Old Lyme at 8:00 am and leaves NYC at 7:30pm. Trip fee 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.

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.

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.

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.

Overnight Trips on page 7

April 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$5 12:00 Salisbury Steak, Gravy, Mashed Potatoes, Green Beans, Peas 1:00 Sype Basics Class (F) SUR 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F)</p> <p style="text-align: right;">3</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Chicken Cordon Bleu, Brown Rice, Peas and Carrots, Peaches 1:00 Come learn about Medicare and the extra benefits you can receive (F)</p> <p style="text-align: right;">4</p>	<p>9:00 10 Week Tai Chi Class 9:00-11:00 Foot Care Clinic (F) call 860-434-7808 to sign up\ 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 10:30 Exercise w Kathy \$5 12:00 Lasagna, Italian Blend, Garlic Knot, Pound Cake, Fruit 1:00 Braiden Sunshine (F) 1:30 Brain Yoga 4:30 6 Week Level 1 Yoga (\$30)-SUR</p> <p style="text-align: right;">5</p>	<p>9:00 Mohegan Sun Trip SUR (\$20) 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 Tips, Gravy, Egg Noodles, Carrot Coins, Fruit Cocktail 1:00 Duplicate Bridge (F) 1:00 Wii Bowling (F) 1:00 Nickel Card Games (13 Nickels)</p> <p style="text-align: right;">6</p>	<p>8:00 NEW SESSION 8 WEEK GENTLE PIYO CLASS 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Salmon with Sauce, Roasted Potatoes, Mixed Vegetables, Banana 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR</p> <p style="text-align: right;">7</p>	
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$5 12:00 Chicken with Barbecue Sauce, Wild Rice, Broccoli, Pineapple Chunks 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Women's Support Group (F)-SUR 6:00 Dementia Care that Families and Loved Ones can do at home (F) SUR</p> <p style="text-align: right;">10</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Chili, Corn, Corn Muffin, Mandarin Oranges 1:00 Revolution in the Lymes Book Event (F) Books for sale 5:45 NEW SESSION 8 Week Piyo Class (\$40)</p> <p style="text-align: right;">11</p>	<p>9:00 10 Week Tai Chi Class 9:00-12:00 Haircuts (\$10)-SUR 10:00 Exercise with Kathy \$5 12:00 Grilled Cheese Casserole, Spinach, Tomato Soup, Fruited Jello 5:30 NEW SESSION & TIME 6 Week Level 1 Yoga (\$30) SUR</p> <p style="text-align: right;">12</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 Spaghetti, Tomato Sauce, Meatballs, Tossed Salad, Tropical Fruit 1:00 Financial Health Check Up (F)-SUR 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p style="text-align: right;">13</p>	<p style="text-align: center;">CLOSED FOR GOOD FRIDAY</p> <p style="text-align: right;">14</p>	
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$5 12:00 Hot Dog, Baked Beans, Mixed Vegetables, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Senior Center Board Meeting</p> <p style="text-align: right;">17</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Herbed Baked Chicken, Sweet Potatoes, Cauliflower, Orange 5:45 8 Week Piyo Class (\$40)</p> <p style="text-align: right;">18</p>	<p>9:00 NEW SESSION 10 Week Tai Chi Class 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy (\$5) 12:00 Pot Roast, Gravy, Mashed Potatoes, Green Beans, Fruit Pie 1:00 Bingo (\$1) 1:30 Brain Yoga 5:30 6 Week Level 1 Yoga- (\$30) SUR</p> <p style="text-align: right;">19</p>	<p>12:00 Tilapia, Roasted Potatoes, Brussel Sprouts, Pineapple Chunks 1:00 Duplicate Bridge (F) 1:00 Wii Bowling (FO) 1:00 Nickel Card Games (13 Nickels)</p> <p style="text-align: right;">20</p>	<p>8:00 8 Week Gentle Piyo Class 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Turdkey, Lettuce and Tomato, Roll, Cole Slaw, Apple 1:00 NEW-6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 6 Week Beginner Country Line Dancing Class (F) SUR</p> <p style="text-align: right;">21</p>	
<p>10:00 8 Week Watercolor Plus Art Class (\$46) SUR 10:30 Exercise with Kathy \$5 12:00 Stuffed Shells, Tomato Sauce, Italian Blend, Apple 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Women's Support Group (F) SUR 5:00 VFW Dinner & Meeting</p> <p style="text-align: right;">24</p>	<p>10:00 8 Week Nature Drawing Prep Class (\$46) SUR 10:00 Sit and Be Fit (F) 12:00 Veal Patty, Marsala Sauce, Wild Rice, Carrot Coins, Fruit Cocktail 5:45 8 Week Piyo Class (\$40)</p> <p style="text-align: right;">25</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 (\$5) 12:00 Chicken Caesar Salad, Cheese, Tomato, Biscuit, Juice, Birthday Cake 5:30 6 Week Level 1 Yoga- (\$30) SUR</p> <p style="text-align: right;">26</p>	<p>9:15 NEW SESSION 6 Week Beginner Tap Class (\$24)-SUR 10:00 NEW SESSION 6 Week Beginner Tap Class (\$24)-SUR 10:45 NEW SESSION 6 Week Advanced Tap Class (\$24)-SUR 12:00 Roast Pork, Gravy, Mashed Potatoes, Mixed Vegetables, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p> <p style="text-align: right;">27</p>	<p>8:00 8 Week Gentle Piyo Class 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Cod, Roasted Potatoes, Spinach, Blueberry Pie 1:00 6 Week Latin/Ballroom Line Dancing Class (\$30) SUR 2:30 NEW 6 Week BEGINNER Country Line Dancing Class (F) SUR</p> <p style="text-align: right;">28</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 \$=\$4 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. Meals are subject to change</p>	

The Hideaway
Restaurant & Pub
"Good Food, Good Times, Good Company"

Your Hosts,
The Caramantes

(860) 434-1455
(860) 434-1854
(860) 434-3335

In the Courtyard
Old Lyme Shopping Center
(860) 434-5186 fax
Old Lyme, CT 06371 (Exit 70 off I-95)

The Power of Physical Therapy™

6 Davis Road
Old Lyme, CT
ph: 860.434.9155
fax: 860.434.3889

Select
PHYSICAL THERAPY
A Division of Select Medical

Ashley Gualandri, PT, DPT
Bryan Schmidt, PT, DPT
Christopher Dentch, PTA, BS

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

 **BOUVIER**
INSURANCE

Now Available from Our Agency
AARP Auto Insurance Program from THE HARTFORD

Contact Betsy Avery, Personal Home & Auto
Local: 860-434-1611 • Toll Free: 800-835-3077

SPECIAL THANK YOU

I would like to send out a special thank you to the many volunteers both in and out of the kitchen that made our St. Patrick's Day Luncheon a success! Every year it gets larger and larger and without these dedicated individuals we would not be able to do this. This year we served 115 people on St. Patrick's Day.

Come & Learn about the Medicare Coverage that can give you Extra Benefits presented by Traci O'Brien of Anthem Blue Cross and Blue Shield on April 4th at 1:00pm. Refreshments will be served.

Braiden Sunshine will be here to perform on April 5th at 1:00pm. Come enjoy the music of our local superstar from "The Voice".

10 Principles of Montessori Dementia Care that Families and Loved Ones can easily do at home (OPEN TO THE PUBLIC) will be presented by Mind Matters on April 10th at 6:00pm. Refreshments will be served. Please call (860)434-1605 ext. 240 to sign up for this free presentation.

Revolution in the Lymes From the New Lights to the Sons of Liberty Book Event with local authors and historians Michaelle Pearson & Jim Lamos on April 11th at 1:00pm. This event will consist of a power point presentation on the topic and books will be available to buy and have signed. Come learn about the history of your fellow Lyme residents from years ago. For example did you know when the alarm came from Lexington in 1775, Lyme's citizens were among the first to answer? Join us to find out about that and so much more.

The Not so Good Life of the Colonial Goodwife presented by Velya Jancz- Urban on April 12th at 1:00pm. Discover what life was really like for New England's colonial women- because we have always been curious about menstruation, sex & birth control, childbirth, sickness, & medicine. Perhaps women need to be reminded of how far we have come in order to see how far we still can go. The Not-So-Good-Life of The Colonial Goodwife not only makes audience members laugh and grimace, but it also honors our foremothers. It's not about quilting bees and spinning wheels- it's an interactive presentation about the little-known issues faced by New England's colonial women.

Bingo Bingo will be played on April 19th at 1:00pm. The admission is \$1.00 at the door.

FREE FOOT CARE CLINIC is offered the first and 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 April 19th 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 9:15-12:00pm. 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.

Financial Health Check Up On Thursday, April 13th 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 April 5th & 19th 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.

Please Pardon our Appearance
The last two weeks in April we are scheduled to have a new air-conditioning/heating unit installed throughout the building. Regular Classes will be held unless noted on the calendar. Some programs may be relocated within the building.

Lunches 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.

Nature Drawing Outdoors Tuesdays 10 am to 12 noon, May 9 to June 13. 6 week class \$35. To register call Stephanie at 860 434-1605 ext. 240. This class is geared toward people with an interest in drawing from nature. We will be going outdoors to different locations around town each week to sketch and watercolor. Subject matter will be landscapes, plants and animals. The goal is to put together a visual journal of what interests us in the outdoors that can be used for ideas and references. Instructor will do demos. To first class bring what you have for drawing materials, sketchpad and a folding chair. We will go over a suggested supply list of watercolor materials and paper. We will meet at Lyme Senior center before we go outside.

Watercolor Plus Mondays 10 am to 12 noon, May 1 to June 12 (no class Memorial Day). 6 week class \$35. To register call Stephanie at 860 434-1605 ext 240. 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.

Instructor: Sharon Schmiedel. Sharon has a BFA in painting from the Maryland Institute College of Art. She works in watercolor, acrylics, and collage. These works are energetic and expressive; it is the opposite direction from the many years she spent working in technical illustration, medical illustration, and graphic design. She is currently painting, exhibiting her artwork, and teaching.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

May 28-June 5, 2017 - Steamboatin' on the Mississippi River. *Trip is full.*

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.

September 8-10, 2017 - 3 days & 2 nights 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 24-November 8, 2017 - Escorted Panama Canal Cruise on Celebrity's Infinity. *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.

January 28-February 9, 2018 - Southern Caribbean Cruise on Royal Caribbean Anthem of the Seas. 13 days & 12 nights. No fly - Get on board cruise ship at NJ Pier. Trip fees from \$1799 to \$2019. Registration begins April 3rd.



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 60 & over since 1996

AUDIOLOGY™ Concierge

EMPOWERING LIVES THROUGH BETTER HEARING

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

Free hearing clinics at Lymes' Senior Center
(first Wednesday of each month)
Call 860-434-1605 x 240 for appointment

Hearing Tests • Hearing Aid Checks
Wax Inspection & Removal • Listening Demonstrations

We make house calls! 203-668-0619
www.audiologyconcierge.com



CAN YOU HEAR
LIKE I HEAR?

