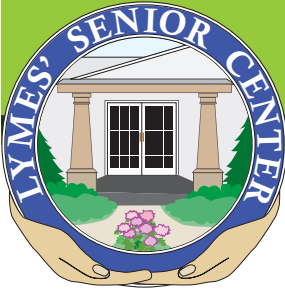


Lymes' Senior Center

MARCH 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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TOP 
100
AGENCY



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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

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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.

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 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. 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. Registration begins March 1st.

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 begins March 1st.

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 begins March 1st.

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.

Croatia Trip Presentation will be held at the East Lyme Senior Center scheduled on
Thursday, March 30th at 10am.
Please call (860)739-5859 to register.

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 7th at 10:00am/ 8 Week Session	\$46.00
Watercolor Plus Class	March 6th at 10:00am/ 8 Week Session	\$46.00
"NEW" Beginner Country Line Dancing	April 21st at 1:00pm / 6 Sessions	FREE
Latin/ Ballroom Line Dancing Class	April 21st at 1:00pm/ 6 Week Session	\$30.00
Yoga	April 5th at 4:30pm/6 Week Session	\$30.00
Beginner Tap Class	April 13th at 9:15am/ 6 Week Session	\$24.00
Intermediate Tap Class	April 13th at 10:00am/ 6 Week Session	\$24.00
Advanced Tap Class	April 13th at 10:45am/ 6 Week Session	\$24.00
Balance and Tone Class	Drop in & ongoing Fridays at 10:30am	\$4.00 a class
Exercise with Cathy	Drop in & ongoing Mon. & Wed. at 10:30am	\$4.00 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

Upcoming Programs

(Free unless otherwise noted)

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 Lampos 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 menstration, 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 \$1.00 Admission will be played on April 19th

NEW Tom Callinan (Irish Performance)

Connecticut's 1st State Troubadour will perform Irish & Irish-American songs and tunes for us on March 1st at 1:00pm. His special blend of multi instruments to include a penny whistle, guitar, and drum to name a few will have us singing, clapping, and even dancing along within minutes! We will also have refreshments after this free performance.

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 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.

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.

Bingo

Bingo will be held 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.

A Women's Support Group

Facilitated by Lisa Navarra Clinical Social Worker from Senior Bridges, this group will meet 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.

LOL Middle School "Jazz Cats" Jazz Band

Come enjoy a special afternoon and show your SUPPORT FOR OUR YOUTH by attending the "JAZZ CATS" performance at the Lymes' Senior Center on Wednesday, March 15th at 1:00 pm.

St Patrick's Day Luncheon will be held on Friday, 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.

Do you ever get dizzy or feel unsteady when you are walking?

Join us March 21st at 1pm to hear from Dr. Corey Podbielski from Spectrum Physical Therapy about Vertigo and what you can do to feel better.

Love Your Lifestyle by Taking Care of Yourself motivation for moving, eating, and thinking well

Carolyn Finch will present this program 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 Driver Safety Class

AARP Driver 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.

Connecticut Classic Duo

Join us on March 29th at 1:00pm for an amazing encore musical performance of the 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!

FREE FOOT CARE CLINIC

Free foot care clinic is offered the third and fourth Wednesdays 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.

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!

Haircuts

Stephanie Alfano, licensed hairdresser offers haircuts here at the center the second Wednesday of every month from 9:00-12:00pm. 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, March 9th 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 March 8th & 22nd 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.



Lymes' Senior Center

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