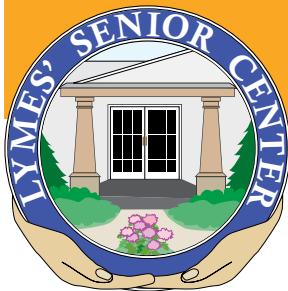


Lymes' Senior Center

AUGUST 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 treat
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
Surviving N' Moving (Post Cancer Exercise Class)	September 19 th from 3:30-4:30pm/11 weeks (Tues & Thurs)	FREE
Beginner Country Line Dancing	September 1 st at 2:30pm/ 6 Week Session	FREE
Latin/ Ballroom Line Dancing Class	Sept 15 th at 1:00pm/ 6 Week Session	\$35.00
Outdoor Yoga	Sept (to be announced) /6 Week Session	TBD
Beginner Tap Class	September 14 th at 9:15am/ 6 Weeks	\$24.00
Intermediate Tap Class	September 14 th at 10:00am/ 6 Weeks	\$24.00
Advanced Tap Class	September 14 th at 10:30am/ 6 Weeks	\$24.00
Balance and Tone Class	Drop in & ongoing Fridays at 10:30am	\$5.00/class
Exercise with Kathy	Drop in & ongoing Mon. & Wed.at 10:30am	\$5.00/class
Tia Chi	Sept (to be announced)/10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	September 5 th at 5:45pm/ 8 Week session	\$40.00
Gentle Piyo AM Class	September 8 th at 8:00am/ 8 Week Session	\$40.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Android Phone Basics	October 9 th at 1:00pm	FREE
Drawing & Watercolor	September 12 th from 10:00-12:00pm/ 8 Weeks	\$45.00
Watercolor Plus	September 11 th from 10:00-12:00pm/ 6 Weeks	\$35.00

SEPTEMBER IS

NATIONAL SENIOR CENTER MONTH

To celebrate we will be offering many special programs throughout the month.

A special **Lymes' Senior Center Variety Show** will take place on September 5th at 1:00pm. If you wish to perform either individually or in a group please contact me by August 14th and plan to attend the rehearsal on August 14th at 2:30pm.

Kat Kennedy fresh off her Brazilian tour will perform for us both singing and playing her guitar on September 6th at 1:00pm. She performs a variety of genres including covers of artists like Elvis, Johnny Cash, Patsy Cline, Bill Withers and many sing-a-long songs. She loves audience participation and provides a upbeat, warm, and engaging atmosphere.

We will holding a **Support Group for Women 60 and Over** on September 11th at 1:00pm. This group will be facilitated by Lisa Navarra, from Senior Bridges and will be sponsored by the Lymes' Senior Center. This group will give women a place to discuss issues such as 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.

Lisa Saunders will present **"Civil War Letters of a Union Private to His Teenage Wife"** on September 12th at 1:00pm. Charles McDowell married Nancy when she was 15 on Christmas Eve of 1860. Enlisting in the Union Army shortly thereafter, their letters tell of bullets, battles, marches, hangings, prostitutes, venereal disease, "clever women," meeting President Lincoln, and the court marshaling of a cow. Their great-great granddaughter, Lisa Saunders, gives the audience a behind-the-scenes look into their letters and lives in her book, *Ever True: A Union Private and His Wife*.

Come enjoy a **FREE Ice Cream Social** at 1:00pm on September 13th. Please call so we can get a head count.

On September 19th at 1:00pm we will be holding our **4th Annual Nonagenarian Celebration**. If you or someone you know will be 90 or over by the end of 2017, please call (860)434-1605 ext. 240 to sign up to be honored at this celebration. All seniors and family members are welcome to attend and celebrate with us. Also those over 90 which have not already been added to our Wall of Honor will have a photograph taken at this event.

Ritz & Glitz Annual Regional Senior Center Event will be held at the Port 'n Starboard at Ocean Beach on September 22nd from 11:30am-3:00pm. Wear your best Ritz and Glitz- Roaring 20's Attire. The entertainment will be the Airborne Band. The buffet dinner will be prime rib, rosemary chicken, vegetables, red roasted potatoes, rolls, coffee, and dessert & there will be a cash bar. The cost is \$25.00 and tickets need to be purchased ahead of time at the Lymes' Senior Center and checks should be made payable to "Senior Resources".

Join us September 26th at 1:00pm for a talk by Dr. Piposar from Orthopedic Partners on **Tackling Shoulder and Knee Pain**.

On September 27th at 1:30pm we will be enjoying a **Ladies Tea** with one of the most admired people of the 20th Century. Sheryl Faye will bring alive **Eleanor Roosevelt** in an interactive presentation of her life. Please register for this free wonderful tea party.

NEW CLASSES

Post Cancer Exercise Class

A Surviving-N-Moving Class (Post Cancer Exercise Group) will begin September 19th and held on Tuesdays and Thursdays from 3:30-4:30pm. **It is open to all adults** and will be held at the Lymes' Senior Center -26 Town Woods Road Old Lyme, CT. 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

This 11 week – twice a week program is FREE (normally \$110.00) thanks to the generous donations from **the Friends of the Lymes' Senior Center, the Old Lyme Visiting Nurses Association and the Lymes' Senior Center Board.**

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.

Tue, August 8th - Join us on a ferry ride to **Long Island** for a wine tasting at the Pindar Vineyards and lunch and time on your own in Greenport. Trip fee is \$63pp. Lots of walking. Registration has begun.

Thu, August 24th - Enjoy an afternoon at **Theater by the Sea** for their production of "The Producers". Choice of lunch entree at the Bistro by the Sea restaurant. Trip fee is \$85pp. Minimal walking. Registration has begun.

Sat, Sept 9th - Stroll the beautiful grounds of the **Botanical Gardens** in New York and stare in wonder at the **Chihuly Exhibition** - we are going at night for an even better experience. Dinner on your own on Arthur Avenue. Trip fee is \$70pp. Registration has begun. Lots of walking.

Wed, Sep 20th - Join us for our annual excursion to **The Big E** in Springfield, MA. Trip fee is \$45pp. Lunch not included. Registration has begun. Lots of walking.

Tue, Oct 10th - Enjoy a full foliage trip to **Salem Cross Inn** in West Brookfield, MA. Trip fee is \$85pp and includes a choice of entree at the Inn. Included is a wagon ride and stop at Breezeland Orchards. Registration begins August 1. Moderate amount of walking.

Fri, Oct 20th - East Lyme, Waterford and Lymes' are sharing a bus with the Madison Senior Center to visit the **Whitney Museum of American Art** in New York City. Lunch on your own at Eatly. Trip fee is \$81pp. Limited seats available. Registration begins August 1st. Lots of walking.

W/O Oct 23rd - A trip to the **JFK Presidential Library and Museum** in Boston is being planned. More details to follow. Lunch on your own at Quincy Market. Trip fee is \$66pp. Registration will begin August 1st. Moderate amount of walking.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

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.

August 2017

Smart Phone for Beginners Class

Smartphones are made to make our lives easier, but they are no help if you aren't too sure how to use all the features. Bring your smartphone to this beginners' class to learn how to add contacts, make a phone call, send a text, and browse the Internet. This free class will be held on August 7th for 1:00-3:00pm. Limited space available. Registration required. Call (860)434-1605 ext. 240 to register.

Entertainer/ Pianist Pat Mitchell

Join us on August 2nd at 1:00pm as Pat Mitchell, pianist who currently plays at the Norwich Inn and Spa and has performed for many years at the Lighthouse Inn, will entertain us. The performance is free and open for all to attend!

Medicare Boot Camp

Presented by Senior Resources Agency on Aging, Medicare Bootcamp will help you understand your Medicare benefits. You will learn about Medicare A, B, C, and D, when to enroll, alternative Medicare options, and Medicare premium assistance programs. This free program will be held on August 8th at 1:00pm. No pre-registration is necessary.

Movie: The Shack

This newly released movie about the spiritual journey a man reluctantly takes after being shook by a family tragedy will be shown in closed caption on August 15th at 1:00pm.

Bingo

Bingo will be held on Wednesday, August 16th at 1:00pm. Admission is \$1.00 at the door.

AARP Safe Driving Class

Join us for the AARP Driving Course on Friday, August 18th from 1pm-5pm. Call (860)434-1605 ext. 240 to sign up. Cost is \$15.00 for members/ \$20.00 for non-members. Checks written to AARP only, no cash will be accepted.

Self-taught Incredible Pianist Luke Wojcik

Fifteen year old Luke Wojcik, who plays classical and popular tunes on the piano, will be here to entertain us on August 23rd at 1:00pm.

Cooking Solo: Nutritious and Easy Cooking for One or Two

Join us on August 30th to learn how to cook easy, budget

friendly and nutritious meals for one or two with a cooking presentation and tasting! This free program is presented by Alisha Gulino, Registered Dietician and Jason Kosky, Director of Dietary Services from Gladeview Rehabilitation and Health Care Center.

Benefits Enrollment for Medicare

You may be eligible for one or more of the following programs:

- **Medicare Part D Extra Help/Low Income Subsidy (LIS) program**—pays for Part D plan premiums, reduces drug copays and eliminates the donut hole
- **Medicare Savings Program**—pays Medicare Part B premiums
- **Husky C**— Medicaid coverage for working disabled, medical coverage and home and community based services
- **SNAP**—Access nutritious food
- **Utility Assistance Programs**—Access savings to help with heating/cooling costs
- **Supplemental Security Income**— Receive cash assistance through the Social Security Administration

Meet with specially trained CHOICES Counselors who will answer your questions and help you complete and submit applications for assistance on August 31st. Appointments available between 9:00am-3:00pm. Call (860)434-1605 ext. 240 to sign up.

Special Thank you to Our Concert/ Ice Cream Social Sponsors

Our Summer Concert Series was a great success again this year!! Over 1,000 people from our communities came to enjoy these fantastic concerts and ice cream socials. A special thank you to our sponsors!!

Platinum Sponsors

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Friends of the Lymes' Senior Center
The Saybrook at Haddam Retirement Community

Silver Sponsor

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Ice Cream Social Sponsors

Old Lyme Democratic Town Committee
Friends of the Lymes' Senior Center
Atria Crossroads Place
Old Lyme Republican Town Committee

And also a special thank you to The LOL Lion Club for the pre-concert BBQ on 7/13/17.

THANK YOU TO REYNOLDS SUBURU

Thank you for nominating us to be this year's recipient of the Nada Foundation Ambassador grant in memory of Leland H. Reynolds. We will continue to use it to provide low and no cost quality programs that benefit the Seniors in our community! Below is a picture taken at the grant presentation from left to right; Hayden Reynolds (owner of Reynolds' Subaru), Gary Weed (on the Board of directors for Lymes' Senior Center), Kathryn Reynolds Wayland (owner of Reynolds' Subaru), Ruth Young (Original board member as well as a current board member on the Board of Directors for the Lymes' Senior Center) and Stephanie Lyon- Gould (Senior Center Director).



SPECIAL VOLUNTEER THANK YOU

Thank you to my many wonderful volunteers that help this place run so efficiently from day to day. Without you....this center would not be what it is.

Are you interested in creating your memoir for yourself or for future generations?

Mary-Helen Braceland, retired English Language and Composition teacher, will facilitate the group, offer help

and ideas to get you started. If we have enough interest, we would like to start a bi-weekly group in October. Please call (860)434-1605 ext. 240 if you are interested.

Mah-jongg

Mah-jongg will be played on Wednesdays from 12:00pm-3:00pm. There are no lessons available so you need to already know how to play. Call (860)434-4127 if you are interested in joining.

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.

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.

FREE FOOT CARE CLINIC

Free foot care clinic is offered the third & 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.

Important Announcement

We hope to have our new database up and running in September. In preparation, we will be making scan cards for all our members to be used in place of signing in manually. We will have volunteers here to sign you up August 7th-11th and August 28th-September 1st between the hours of 11am- 2pm. Please find time to stop in at one of these times and get your card made. It should only take about 10 minutes. Thank you for your cooperation!



Lymes' Senior Center

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