

Lymes' Senior Center

OCTOBER 2017 NEWS & EVENTS

Proudly serving seniors 60 & over for 20 years!



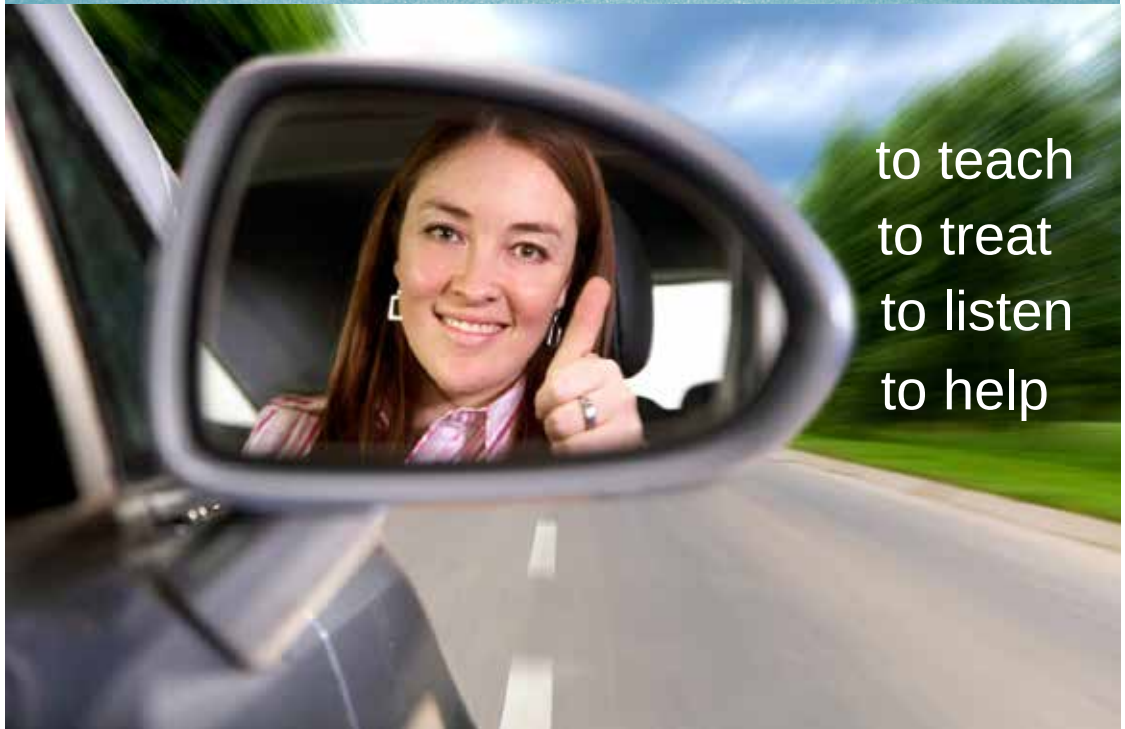
26 Town Woods Road • Old Lyme, CT 06371
860-434-1605x240 www.seniorcenterct.org

In this issue:

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- Leadership of Lincoln & the 13th Amendment
- Annual Veterans' Luncheon
- Living Alone for Seniors: The Good News
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- The New Horizon's Band of the Community Music School
- The Airborne Band
- Thanksgiving Luncheon & Performance
- Elder Abuse & Fraud



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to treat
to listen
to help

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www.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
Surviving N' Moving (Post Cancer Exercise Class)	September 19 th from 3:30-4:30pm/11 weeks (Tues & Thurs)	FREE
Beginner Country Line Dancing	October 27 th at 2:30pm/ 6 Week Session	FREE
Latin/ Ballroom Line Dancing Class	October 27 th at 1:00pm/ 6 Week Session	\$35.00
Yoga	November 8 th at 4:30 pm /6 Week Session	TBD
Beginner Tap Class	October 26 th at 9:15am/ 6 Weeks	\$24.00
Intermediate Tap Class	October 26 th at 10:00am/ 6 Weeks	\$24.00
Advanced Tap Class	October 26 th at 10:30am/ 6 Weeks	\$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	October 25 th at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	January 2 nd at 5:45pm/ 8 Week session	\$40.00
Gentle Piyo AM Class	January 5 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
Watercolor Plus	November 6 th from 10:00-12:00pm/ 6 Weeks	\$35.00
Drawing & Watercolor	November 7 th from 10:00-12:00pm/ 6 Weeks	\$35.00

We are pleased to welcome back **The Airborne Band** on Wednesday November 1st at 1:00pm Come enjoy a fun, exciting, interactive, and motivating performance! 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.

Susan Beeman, **Choices Counselor**, will be available to provide free information and assistance about current Medicare choices, Medicare Supplement Insurance (Medigap), Medicaid, Long Term Care Insurance, Medicare Part D, and other related state and federal programs on Tuesday, November 7th & 14th and December 5th from 9:00am-12:00pm. To sign up for a free one hour appointment, please call (860) 434-1605 ext. 240. Please bring a list of your medications with you to this appointment.

Join us on November 8th at 1:00pm as Ann Bucci from Sub Rosa Investment Group presents a program on **Elder Abuse & Fraud**. Based off a real life case that they worked on, The Sub Rosa Group wanted to help protect our community by arming us with information to help them not become prey to similar situations. This informative presentation is one you will not want to miss. Refreshments will be served.

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

Join us for the **Thanksgiving Luncheon & Performance** on Friday, November 17th at 12:00pm. Donations cost \$3.00 for seniors aged 60 and over. Lunch reservations need to be made between October 20th and November 3rd by calling (860)434-4322.

Join us on November 27th at 1:00pm as **The New Horizon's Band of the Community Music School** performs various marches, show tunes, classics and seasonal music for us. This all Seniors band is a reminder to us, that you are never too old to pick up an instrument.

A movie TBA will be shown on November 29th at 12:45pm.



**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, Oct 10th - Fall foliage trip to **Salem Cross Inn** in West Brookfield, MA. Trip fee is \$85pp includes lunch. Also a wagon ride and a stop at Breezeland Orchards. Registration has begun. Moderate 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 Eataly. Trip fee is \$81pp. Limited seats available. Registration has begun. Lots of walking.

Tue, Oct 24th - Let's go to the **JFK Presidential Library and Museum** for its Centennial Celebration in Boston. Lunch on your own at Quincy Market. Trip fee is \$66pp. Registration has begun. Moderate amount of walking.

Thurs, Nov 9th - Join us for a trip to the **Mohegan Sun Casino**. No meal included in ticket price but you will receive a casino package. Currently \$15 bet coupon/\$15 meal or retail coupon. Trip fee is \$20pp. Registration has begun. Moderate walking.

Thurs Nov 16th - Trip to the **Newport Playhouse and Cabaret** in Newport, RI to see *The Crazy Time* with lunch included. Trip fee is \$76pp. Registration has begun. Minimal amount of walking.

Tues Dec 5th - Holiday experience with **Christmas in Newport** in Newport, RI. Two decorated mansions, lunch at the Atlantic Resort included. Trip fee is \$97pp. Registration has begun. Moderate walking.

TRIP PLANNING FOR 2018 IS BEGINNING
Send us your suggestions for Day Trips, Overnight Trips and Cruises

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

October 1-11, 2-17 - Fall Foliage Cruise in New England, Canada and Newfoundland.

October 2-4, 2017 - "Jonah" at The Sight and Sound Theatre in Lancaster, PA.

November 4-15, 2017 - Escorted tour of Croatia, Slovenia and the Adriatic Coast.

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 sold out.

February 1-4, 2018 - Join us for the famous Quebec Winter Carnival - 4 days/3 nights and tour this beautiful city with a knowledgeable local guide. Trip fee is \$995pp double / \$889pp triple / \$1,249pp single. Registration begins October 2.

October 15-25, 2018 - Escorted tour of the Imperial Cities featuring Prague, Vienna & Budapest. Once in a lifetime trip. \$3649/double, \$4299/single, \$3619/triple (travel insurance not included). Registration begins October 2.

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy \$ 12:00 Stuffed Shells, Tomato Sauce, Broccoli, Pineapple Tidbits 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F) Call 860-767-3521 for more information</p> <p style="text-align: right;">2</p>	<p>10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Chicken & Dumplings, Brussel Sprouts, Pears 1:00 Options & Answers about Medicare and CT Medicaid (F) 5:45 8 Week Piyo (\$40) SUR</p> <p style="text-align: right;">3</p>	<p>9:00 Tai Chi Class 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Taco, Salad, Cheese, Corn and Beans, Juice, Italian Ice 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Songbird Judy Hall (F)</p> <p style="text-align: right;">4</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 Roasted Turkey, Gravy, Mashed Potatoes, Peas and Onions, Cranberry Sauce, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p style="text-align: right;">5</p>	<p>8:00 NEW SESSION 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Chicken Filet, Lettuce and Tomato, Coleslaw, Roll, Tropical Fruit 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 Country Line Dancing Class (F) SUR</p> <p style="text-align: right;">6</p>
<p>CLOSED COLUMBUS DAY</p> <p style="text-align: right;">9</p>	<p>8:45 Salem Cross Inn (\$85) SUR 10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Chicken Teriyaki, Fried Rice, Oriental Vegetables, Strawberry Angel Food Shortcake 1:00 Lincoln: Leadership & the 13th Amendment (F) 3:30 11 Week Surviving n Moving (F) SUR 5:45 8 Week Piyo (\$40) SUR</p> <p style="text-align: right;">10</p>	<p>9:00 Tai Chi Class 9:00-12:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy \$ 12:00 Sausage Pizza Casserole, Tossed Salad, Fruited Jello 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Veterans Luncheon (FREE FOR ALL VETERANS) SUR</p> <p style="text-align: right;">11</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 Lemon Baked Cod, Roasted Potatoes, Beets, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p style="text-align: right;">12</p>	<p>8:00 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Pot Roast, Gravy, Mashed Potatoes, Carrot Coins, Juice, Bread Pudding 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 Country Line Dancing Class (F) SUR</p> <p style="text-align: right;">13</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken, Orange Sauce, Wild Rice, Brussel Sprouts, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p> <p style="text-align: right;">16</p>	<p>10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Linguini, Bolognese Sauce, Cauliflower, Tropical Fruit 3:30 11 Week Surviving n Moving (F) SUR 5:45 8 Week Piyo (\$40) SUR</p> <p style="text-align: right;">17</p>	<p>9:00 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 with Kathy (\$) 12:00 Meatloaf, Gravy, Mashed Potatoes, Peas and Carrots, Apple Crisp 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Yoga</p> <p style="text-align: right;">18</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 Slaw, Pineapple Chunks, Roll 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p style="text-align: right;">19</p>	<p>8:00 Whitney Museum of Art (\$85) SUR Leaving from East Lyme SC 8:00 8 Week Gentle Piyo Class (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Baked Tilapia, Sauce, Roasted Potatoes, Italian Blend, Orange 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR</p> <p style="text-align: right;">20</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy \$ 12:00 Salisbury Steak, Gravy, Mashed Potatoes, Mixed Vegetables, Pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner & Meeting</p> <p style="text-align: right;">23</p>	<p>7:45 Presidential Library & Museum (\$66) SUR 10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Chicken Cacciatore, Rice Pilaf, Mixed Vegetables, Mandarin Oranges 1:00 Movie (just out of theatres) Going in Style (F) 3:30 11 Week Surviving n Moving Class (F) SUR 5:45 8 Week Piyo (\$40) SUR</p> <p style="text-align: right;">24</p>	<p>9:00 NEW SESSION 10 Week Tai Chi Class (\$95) 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 with Kathy (\$) 12:00 Chicken Fajitas, Mexican Rice, Corn and Beans, Tortillas, Juice, Birthday Cake 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Living Alone for Seniors - The Good News (F)</p> <p style="text-align: right;">25</p>	<p>9:15 NEW SESSION 6 Week Beginner Tap Class (\$24) SUR 10:00 NEW SESSION 6 Week Intermediate Tap Class (\$24) SUR 10:45 NEW SESSION 6 Week Advanced Tap Class (\$24) SUR 12:00 Baked Ham, Sweet Potatoes, Green Beans, Dinner Roll, Pineapple Tidbits 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p style="text-align: right;">26</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Turkey, Lettuce and Tomato, Coleslaw, Roll, Banana 1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 NEW SESSION Country Line Dancing Class (F) SUR</p> <p style="text-align: right;">27</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy \$ 12:00 Hot Dog, Baked Beans, 3 Bean Salad, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p> <p style="text-align: right;">30</p>	<p>10:00 Sit and Be Fit (F) 10:00 8 Week Watercolor/Drawing Class (\$45) SUR 12:00 Bats & Cobwebs Bake, Italian Green Beans, Juice, Halloween Dessert 12:30 Halloween Party and Entertainment (F) 3:30 11 Week Surviving n Moving Class (F) SUR</p> <p style="text-align: right;">31</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>		<p>Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted</p>


Calendar Key
Classes & Events = Italics
Lunches = Bold \$=\$5
SUR = Sign Up Required (F) = Free
Added classes in red
Trips in blue

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October 2017

Options and Answer about Medicare and Connecticut Medicaid Coverage

Join us for an informative meeting with Traci O'Brien of Anthem Blue Cross and Blue Shield on October 3rd at 1:00pm. She will be here to explain your options and answer question about Medicare and Connecticut Medicaid. There is no obligation to enroll in a plan if you attend. Refreshments will be served and there will be a free raffle at the end of the program.

Sing-a-long

Come join us for a Sing a Long with Songbird Judy Hall on October 4th at 1:00pm. This is a free program.

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, October 10th at 1:00 pm. (POSTONED FROM JUNE 28th) 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. Due to having to reschedule this multiple times...please feel free to call the day of to confirm program.

SPECIAL NOTICE

5th Annual Veterans' Appreciation

Luncheon on October 11th at 1:00pm.

All Veterans are invited to attend this free luncheon. Please call (860)434-1605 ext. 240 The luncheon is sponsored and prepared by Atria Crossroads Place.

Bingo

Bingo will be held on Wednesday, October 18th at 1:00pm. Admission is \$1.00 at the door.

Free Flu Shots and Health Screenings

The Old Lyme VNA will be offering flu vaccinations to Old Lyme and Lyme residents 40 years old or over **FREE OF CHARGE** (no insurance paperwork necessary!)

- Eye Screening (free)
- Hearing Screening (free)
- Balance Testing (free) - unconfirmed
- Blood Pressure Screening (free)

The date will be October 21st from 8am to 12pm

Living Alone for Seniors: The Good News

Masonicare will be presenting Living Alone for Seniors: The Good News on October 25th at 1:00pm. We're living longer these days, and the reality that we may spend some time without our life partners is real. We'll give some insight on what we can all do to make sure aging in place and aging well can happen in today's world.

Halloween Celebration

Join us for our annual Halloween Celebration on Tuesday, October 31st. We will give away a free lunch to the first 30 seniors that sign up AND arrive in costume. We will also have a spooky cake and raffle prize drawings at 12:30pm. All those that arrive in costume will be entered to win a free trip to the Mohegan Sun Casino on November 9th or a Big Y Gift Card. At 12:45 we will enjoy Cricket and her show dog performing in costume. Come celebrate the day with us!! Please remember that you need to call (860)434-4322 and sign up for lunch before 10:45am on October 27th.

MOVIE: GOING IN STYLE

Join us October 24th at 1:00pm for a newly released comedy about "three friends and retired steelworkers (Morgan Freeman, Michael Caine, and Alan Arkin) that are outraged to learn that their pension fund has been raided by a shady corporation. In response, they decide to rob one of the corporation's banks to get their hard-earned money back." Shown in closed caption.



If you've got some extra time and you want to get out there ... and make some money too!

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**RESOURCE AVAILABLE
THROUGH ALZHEIMER'S
FOUNDATION OF AMERICA
Currently the AFA, is offering 3
WEEKLY TELEPHONE BASED
CAREGIVER SUPPORT GROUPS.**

1. General Caregiver Support Group- Mondays 7:00-8:00pm
2. Young- Onset Spousal Support Group- Wednesdays from 4:00pm-5:00pm
3. Communication Skills & Techniques Support Group- Thursdays from 7:00pm-8:00pm

For more information or to register, contact AFA's national toll-free helpline at 866-232-8484 and speak with one of their licensed social workers who are there Monday –Friday 9:00am-9:00pm and Saturday 9:00am-1:00pm or go online at www.alzfdn.org

SPECIAL NOTE

All persons using the center should have a green scan card to sign in when they visit. Please see the Director if you have not already spoken with her about it. Even if you have been a member for years, our new database requires additional information we do not already have including emergency contact information. If you have not already given this information to the senior center personnel or volunteers please ask for a database form the next time you visit. Thank you for your patience and continued support with our new check-in system.

FREE FOOT CARE CLINIC

Free foot care clinic is offered the third 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 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.

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.

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.



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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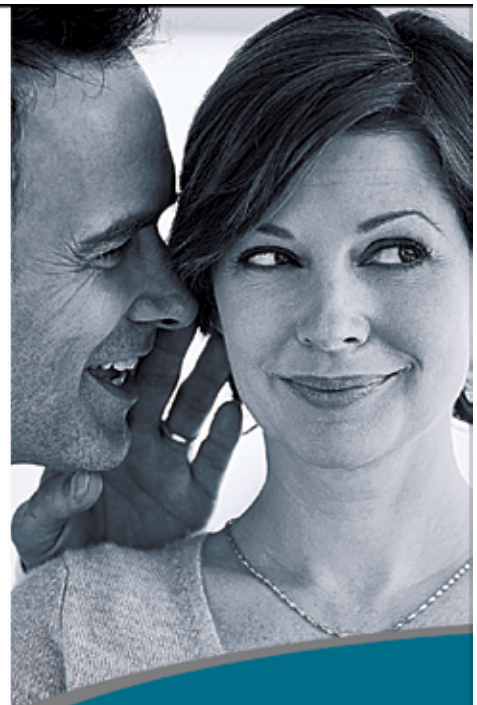
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- Pretend to understand conversation by nodding and smiling?
- Feeling left out of conversations?
- Confused by all of the hearing aid ads and don't know who to trust?
- Having difficulty with transportation to appointments?

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

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CAN YOU HEAR
LIKE I HEAR?

