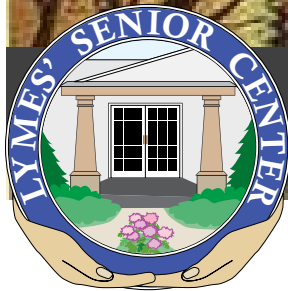


Lymes' Senior Center

NOVEMBER 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:

- The Airborne Band
- Cell Phones - 1 on 1 Help
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- Elder Abuse & Fraud
- Stroke-Improving Outcomes through Action
- Women's Support Group



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Visiting Nurses of the Lower Valley

We Care

www.visitingnurses.org | 860-767-0186

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
Android (Phone) Basics	November 6 th from 1:00-3:00pm	FREE
Beginner Country Line Dancing	January 5 th 2:30pm/ 6 Week Session	FREE
Latin/ Ballroom Line Dancing Class	January 5 th 1:00pm/ 6 Week Session	\$35.00
Yoga	November 8 th at 4:30 pm /6 Week Session	TBD
Beginner Tap Class	November 2 nd at 9:15am/ 5 Weeks	\$20.00
Intermediate Tap Class	November 2 nd at 10:00am/ 6 Weeks	\$24.00
Advanced Tap Class	November 2 nd 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	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	November 6 th at 1:00pm	FREE
Watercolor Plus	November 6 th from 10:00-12:00pm/ 6 Weeks	\$35.00
Drawing and Watercolor Class	November 7 th from 10:00-12:00pm/ 6 Weeks	\$35.00
AARP SAFE DRIVING CLASS	November 3 rd from 1:00pm-5:00pm	\$15.00m/ \$20.00nm
Gentle Vinyasa Flow Yoga	January 8 th from 8:00am/ 7 Week Session	\$35.00
1 on 1 Cell Phone Help	November 7 th from 1:00-3:00pm	FREE

Join us on Sunday, December 3rd at 2:00pm as the **Old Lyme Town Band** will be at the Lymes' Senior Center to perform their **Holiday Concert**. All are welcome to attend!! Come get into the holiday spirit with us. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive!

On December 4th from 1:00-3:00pm we will be holding an **iPhone Basics Class**. This program will require you to bring your own iPhone to class. To sign up for this free class, please call (860) 434-4127.

Join us on December 5th and 19th at 1:00pm as we have Visiting Nurses of the Lower Valley present **The Conversation Project**. This workshop will show you how to foster meaningful and effective conversations about end-of-life care. Research shows that 40 % of us will not be able to make healthcare decisions for ourselves at some point. We need to have the conversation about our values and wishes for care that benefits people of all ages: spouses/partners, parents, children, grandchildren, and close friends – anybody who might be involved in making decisions for you when you can't speak for yourself.

You may have experienced or heard about:

- The added stress when families don't know what their loved one would want as they are dying.
- Conflict within a family if they disagree about what should be done or who should make decisions.
- Grieving which is more complex when people are left wondering if they did the right thing.
- The feeling that health care professionals are doing too little or too much treatment because a family is not united or unclear.

Attend this informative interactive workshop to learn more! Call 860-767-0186 ext 211 for more information.

On December 6th at 1:00pm we will be having a **Tea with Ann Frank** and will be welcoming back Sheryl Faye who will bring alive Ann Frank in an interactive presentation of her life. Anne Frank was born in Frankfurt Germany on June 12, 1929. She lived most of her life in or near Amsterdam, having moved there with her family at the age of four-and-a-half when the Nazis gained control over Germany. By May 1940, the Franks were trapped in Amsterdam by the German occupation of the Netherlands. As the hatred for Jewish people increased in July 1942, the family went into hiding in some concealed rooms behind a bookcase in the building where Anne's father worked. From then until the family's arrest by the Gestapo in August 1944, Anne kept a diary she had received as a birthday present, and wrote in it regularly. Our story starts on July 6, 1942 in the secret Annex and gives you a taste of what life was like for her. In this world where there is a lot of hate this a wonderful program about Perseverance, Hope, and Love leaving us all with a stronger message. Please call (860)434-1605 ext. 240 to sign up. Due to the nature of this program no one will be admitted into the program after 1:15pm.

We will holding a **Support Group for Women 60 and Over** on December 7th 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 woman 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.

We are excited to welcome back Velya Jancz-Urban – author, teacher, and creator of *The Not-So-Good Life of the Colonial Goodwife* and her herbalist daughter, Ehris Urban, on this unique presentation **Pudd'nheads: Childhood in Colonial America** on December 12th at 1:00pm. This presentation examines the unique aspects of childhood between the late sixteenth and late eighteenth centuries and explores themes including birthing and childrearing practices, parenting, children's health and education, naming, gender, play, and rites of passage. Providing fresh historical perspectives on key features of children's lives, this program offers compelling information on colonial children – as well as Native American and slave children, who are too often left out of conventional coverage.

Join us on December 13th at 1:00pm for a one hour presentation presented by Brad Fowler who is a paramedic and stroke educator for Middlesex Hospital. During the presentation entitled **Stroke- Improving Outcomes through Action** you will learn about

Stroke incidence and impact	The importance of early recognition and transport
Who is at greatest risk of suffering a stroke	How to prepare for the 911 response
Causes and types of stroke	Available treatment to reverse the effects of stroke
What can be done to prevent strokes from occurring	Your role in improving stroke outcomes
How to recognize stroke signs and symptoms	

A special **FREE Holiday Bingo** will be held on December 20th at 1:00pm.

Join us on December 21st at 1:00pm as **Lyme -Old Lyme High School Select Singers** will be here to perform their Holiday Melody for us.

The **Holiday Luncheon with Entertainment** which is a \$3.00 donation will be held on Wednesday, December 22nd at 12:00pm. Reservations can be made by calling (860)434-4322 between November 27th- December 8th.

**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.

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.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

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 has begun.

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<p>9:00 Tai Chi Class 10:00-1:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Herbed Baked Chicken, Wild Rice, Butternut Squash, Apple Crisp 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Airbrone Band</p>	<p>9:15 6 NEW SESSION 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 Meatloaf, Mashed Potatoes, Mixed Vegetables, Tropical Fruit 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>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Open Faced Monte Cristo, Homefries, Coleslaw, Fruit Juice, Cookies 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 Country Line Dancing Class (F) SUR</p>
<p>10:00 NEW SESSION 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Swiss Steak, Mashed Potatoes, Brussel Sprouts, Mandarin Oranges 1:00 Android Phone Basics (F) SUR 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>9:00-12:00 Choices Counselor (F) SUR 10:00 Sit and Be Fit (F) 10:00 NEW SESSION 6 Week Watercolor/Drawing Class (\$35) SUR 12:00 Chicken Teriyaki, Fried Rice, Oriental Vegetables, Pineapple Chunks 1:00 One on One Cell Phone Help (F) SUR 3:30 11 Week Surviving n Moving (F) SUR</p>	<p>9:00 Tai Chi Class 9:00-12:30 Haircuts (\$10) SUR 9:30-3:00 Reflexology (\$10) 15 minutes-call 860-334-9255 10:30 Exercise with Kathy \$ 12:00 Spaghetti, Sauce, Meatballs, Tossed Salad, Garlic Knot, Fruited Jello 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Elder Abuse & Fraud (F) 1:30 Brain Yoga 4:30 NEW SESSION 6 Week Yoga (\$38)-8 person minimum</p>	<p>9:00 Mohegan Sun Trip (\$20) SUR 12:00 Lemon Baked Fish, Roasted Potatoes, Beets, Pears 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>CLOSED VETERANS DAY</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken, BBQ Sauce, Rice Pilaf, Broccoli, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F7:00 CT Valley Camera Club)</p>	<p>9:00-12:00 Choices Counselor (F) SUR 10:00 Sit and Be Fit (F) 10:00 6 Week Watercolor/Drawing Class (\$35) SUR 12:00 Beer Battered Fish, French Fries, Cole Slaw, Pickle, Apple</p>	<p>9:00 Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 12:00 Beef Stew, Carrots, Biscuit, Fruit Pie 12:00 Mah-jongg (F) how to play call 860-434-4127 1:00 Bingo (\$1) 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum</p>	<p>9:00 Newport Playhouse (\$76) SUR 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 Hamburger, Potato Wedges, Vegetable Blend, 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>12:00 Holiday Luncheon (\$3) Turkey, Gravy, Cranberry Sauce, Mashed Potatoes, Stuffing, Green Beans, Roll, Pumpkin Pie - SUR by 11/3, call 860-434-4322</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:00 Imperial Cities Trip Presentation-East Lyme Sr Ctr (F) Call 860-739-5859 to register 10:30 Exercise with Kathy \$ 12:00 Meatball Grinder, Onions & Peppers, 3 Bean Salad, Potato Chips, Roll, Tropical Fruit 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Senior Center Board Meeting</p>	<p>10:00 Sit and Be Fit (F) 10:00 6 Week Watercolor/Drawing Class (\$35) SUR 12:00 Chili, Tossed Salad, Dressing, Corn Muffin, Orange 12:45 Movie Zootopia (F) 3:30 11 Week Surviving n Moving Class (F) SUR</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 Chicken Caesar Salad, Tomato, Cheddar Cheese, Corn Muffin, Pound Cake, Fruit 12:00 Mah-jongg (F) how to play call 860-434-4127 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum</p>	<p>CLOSED THANKSGIVING DAY</p>	<p>CLOSED</p>
<p>10:00 6 Week Watercolor Plus Art Class (\$35) SUR 10:30 Exercise with Kathy \$ 12:00 Baked Salmon, Mashed Potatoes, Spinach, Pineapple Chunks 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p>	<p>10:00 Sit and Be Fit (F) 10:00 6 Week Watercolor/Drawing Class (\$35) SUR 12:00 Cheese Tortellini, Tomato Sauce, Italian Vegetables, Pears 1:00 New Horizons Band (F) 3:30 11 Week Surviving n Moving Class (F) SUR</p>	<p>9:00 Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy (\$) 12:00 Salisbury Steak, Gravy, Buttered Noodles, Roasted Vegetables, Juice, Cake 12:00 Mah-jongg (F) how to play call 860-434-4127 12:45 Tree Trimming (F) 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum</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 Chicken Florentine, Brown Rice, Green Beans, Peaches 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>Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free Added classes in red Trips in blue</p>

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C: 860-367-4773

November 2017

The Airborne Band

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.

Do you need assistance with your iPhone or Cell Phone?

Do you have an iPhone or Android you are unsure how to use? Do you need help programming numbers into your flip top phone? Members of the LYSB Youth Advisory Council will be offering 1 to 1 assistance, helping you with a wide variety of issues you have with your current cell phone. They will be available on Tuesday, November 6th between 1:00 - 3:00 pm at the Senior Center. This service is free, but signups are required. Call (860)434-4127 for more information.

Watercolor Plus

Watercolor Plus class will be held on Mondays 10 am to 12 noon starting Nov 6 and running until Dec 18 (no class Nov 27). This six week class will cost \$35 which is due to the instructor at the first class. 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.

Drawing and Watercolor

Drawing and Watercolor class will be held on Tuesdays 10 am to 12 noon starting Nov 7 and running until Dec 19 (no class Nov 21). This six week class will cost \$35 which is due to the instructor at the first class. To register call Stephanie at 860 434-1605 ext 240. This class will combine drawing with some simple watercolor techniques and pen that works well for producing on the

spot paintings. 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. For students who wish to only work with drawing materials, all the exercises will also be able to be done in black and white. 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.

Need assistance with picking out your medicare coverage?

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.

Elder Abuse & Fraud

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

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

Thanksgiving Luncheon & Performance

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.



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

Become part of the advertising sales team at Events Magazines. Earn supplemental income, flexible schedule, training & support provided. **Contact us at print@essexprinting.com.** Events Magazines are published quarterly in 17 towns throughout CT.

Imperial Cities 2018 Trip Presentation

There will be a trip presentation held at the East Lyme Senior Center on Monday, November 20th at 10:00am. Please call 860-739-5859 if you are interested in attending.

The New Horizon's Band of the Community Music School

Join us on November 28th 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.

Movie: Zootopia (DATE CHANGED)

Zootopia rated the second most popular movie for 2017 will be shown on November 21st at 12:45pm. This cartoon movie recently leaving the theaters contains a lot of adult humor and is a great movie to make you feel young again. It will be shown in closed caption.

Tree Trimming (NEWLY ADDED EVENT)

On November 29th at 12:45pm., please join us as we get into the spirit of the season! We will be trimming the trees in the senior center, listening to festive music, and enjoying some holiday refreshments.

RESOURCE AVAILIABLE 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 11:15-1:15pm 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. In addition any resident from the towns of Old Lyme and Lyme can request a nursing visit as a one-time thing or monthly at your house free of charge. Call the town nurse at (860)434-7808 during the hours listed above if you have any questions or to request a visit.

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

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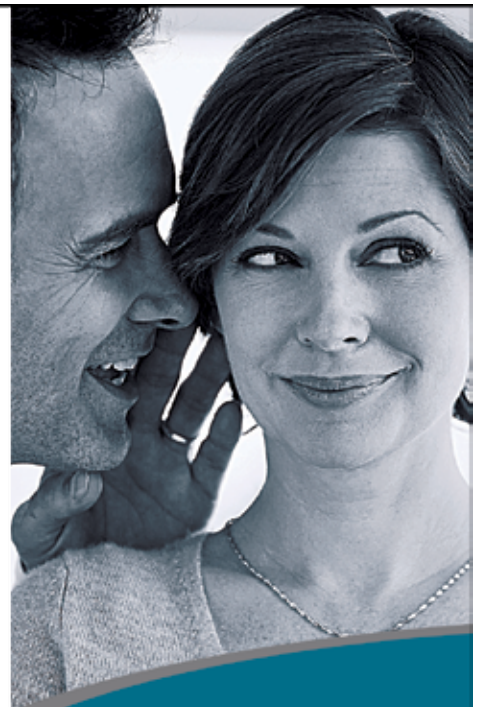
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- Having problems hearing and embarrassed to admit it?
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- Confused by all of the hearing aid ads and don't know who to trust?
- Having difficulty with transportation to appointments?

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

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