

Lymes' Senior Center

MARCH 2018 NEWS & EVENTS

Proudly serving seniors 60+ for over 20 years!



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



Visiting Nurses
of the Lower Valley

2017 **TOP**
AGENCY
ABILITY HOMECARE ELITE

Care you can trust is on the way...

- Lifelong Learning Class: Understanding the World's Greatest Structures
- Irish Performer Tom Callinan
- Lyme Old Lyme Middle School Jazz Cats Jazz Band
- Ingenious Ways to Train Our Brains
- New Cardio Strength Training Interval Class
- The Gray School of Irish Dance
- Streaming Cable Class
- Name That Show Tunes
- Checklist of Life
- Guided Meditation

- * Skilled Nursing
- * Physical and Occupational Therapy
- * Speech-Language Pathology
- * Medical Social Work
- * Faith Community Nurse
- * Telehealth



Visiting Nurses of the Lower Valley

We Care

860-767-0186 | www.visitingnurses.org

61 Main Street Centerbrook, CT 06409

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
Learning to Stream TV Class (instead of paying for cable)	March 5 th from 1:00-3:00pm	FREE
NEW Cardio Strength Training Interval Class	April 17 th at 5:00pm/ 6 Weeks	\$30.00
Gentle Vinyasa Flow Yoga	April 16 th at 8:00am/ 6 Week Session	\$30.00
Beginner Country Line Dancing	March 2 nd at 2:30pm	FREE
Latin/ Ballroom Line Dancing Class	April 6 th at 1:00pm/ 6 Week Session	\$35.00
Yoga	March 7 th at 4:30 pm /6 Week Session	\$38.00
Beginner Tap Class	April 5 at 9:15am/ 6 Weeks	\$24.00
Intermediate Tap Class	April 5 at 10:00am/ 6 Weeks	\$24.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Balance and Tone Class	Drop in & ongoing Fridays at 10:30am	\$5.00/class
*Balance and Tone Class will NOT be held UNTIL the 2 nd or 3 rd Friday in March Call to find out		
Exercise with Kathy	Drop in & ongoing Mon. & Wed. at 10:30am	\$5.00/class
Tia Chi	March 21 st at 9:00am/ 10 Week Session	\$95.00
Piyo (Pilates/ Yoga Class)	April 17 th at 6:00pm/ 6 Week session	\$30.00
Gentle Piyo AM Class	April 20 th at 8:00am/ 6 Week Session	\$30.00
Sit n Be Fit	Drop in & ongoing Tuesdays at 10:00am	FREE
Advanced Watercolor & Drawing	March 12 th from 10:00-12:00pm/ 6 Weeks	\$35.00
More Creative Drawing	March 13 th from 10:00-12:00pm/ 6 Weeks	\$35.00
NEW The American West: History, Myth and Legacy	April 13 th from 1-2:15pm/ 12 Weeks	FREE

Movie: Three Billboards Outside Ebbing, Missouri

Join us on April 3rd at 12:45 for the just out of the theater movie: Three Billboards Outside Ebbing, Missouri. This movie has been highly rated from critics and the general audience alike. THREE BILLBOARDS OUTSIDE EBBING, MISSOURI is a darkly comic drama from Academy Award winner Martin McDonagh (IN BRUGES). After months have passed without a culprit in her daughter's murder case, Mildred Hayes (Academy Award winner Frances McDormand) makes a bold move, painting three signs leading into her town with a controversial message directed at William Willoughby (Academy Award nominee Woody Harrelson), the town's revered chief of police. When his second-in-command Officer Dixon (Sam Rockwell), an immature mother's boy with a penchant for violence, gets involved, the battle between Mildred and Ebbing's law enforcement is only exacerbated.

On Wednesday April 4th, **entertainer Marcy Conway** - the girl with the guitar and the angelic voice - performs a playful interactive program of music titled Name That Show, featuring memorable tunes from the stage, movies, and television. Marcy has been performing professionally since the turn of the century at senior venues and community events, and applying her musical skills in hospital and healthcare settings. Come listen, laugh, sing and share your musical memory at the Lymes' Senior Center. The show starts at 1:00pm.

John Banker will perform for us on Tuesday, April 10th at 1:00pm. Audiences throughout New England recognize John Banker as the charismatic leader of the Riverboat Ramblers and Island Rhythm. John is also an engaging solo performer presenting interactive, specialty programs spiced with nostalgia, humor, showmanship and enlightenment.

The American West: History, Myth, and Legacy is a college level course that will be a 12 week course taught by Professor Patrick N. Allitt, Ph.D. from Emory University via the Great Courses. The classes will be held on Fridays from 1:00- 2:15pm in our small conference room starting on April 13th. Please register for this free lifelong learning class by calling (860)434-1605 ext 240. The video classes are free to take however full transcripts can be purchased for \$25.00 if you wish to have it to follow along and of course keep after. In order to order enough transcripts, you must come in and pay for it *3 weeks prior to the start of the class* so we can order enough copies.

NEW 6 Week Cardio Strength Interval Class taught by Marsha Pirie starting Tuesday, April 17th at 5:00pm. Cardio Strength Interval Training will combine strength training using hand weights and cardio exercises, along with core strength training in a timed interval class. Participants should be able to come up and down from the floor with ease. Modifications will be provided. This is a cardio class so heart rates will be elevated to get cardio benefits. The class is 45 minutes in duration. Participants will need a yoga mat, hand towel, and water.

Bingo will be held on April 11th at 1:00pm. *Please note it is the second Wednesday of this month instead of the traditional 3rd Wednesday! Admission is \$1.00 at the door.

Checklist of Life author Lynn McPhelimy will be here to discuss her resourceful book. This program is sponsored by Saybrook at Haddam and will be held here at the Lymes' Senior Center on Wednesday, April 18th at 1:00pm. Amazon.com reviews Lynn's book as follows: *"Death is certain. Life is not." So begins this commonsensical, infinitely useful workbook that's aimed at helping your survivors handle the requisite legal and household affairs after your death. Author Lynn McPhelimy was inspired to write the book when her parents were both diagnosed with terminal cancer and her father said to her, "You know when I'm gone, I don't want the yard all dug up when you're looking for the septic tank. So here is this little map." It's a book that's not meant just for the elderly or the seriously ill, but for anyone who wants a handy reference with all the necessary "facts of life" in one spot. This way, your family won't be left grieving and scrambling around trying to find your Social Security number, or the name of your insurance company, your lawyer, your second cousin who's supposed to be left your antique lead crystal vase ... you get the picture. The book includes the nitty-gritty: writing a will, what music you want played at your funeral or memorial service (that is, if you want one), what should be included in your obituary or epitaph, and a hundred other things you've pondered--but never bothered to deal with. Granted, this is scary terrain, but it'll make things a lot less traumatic for your survivors if they feel organized and know things like where you hide the key to your safe deposit box and which bank it's with. It also covers the intricacies of your house, with space for recording the facts you take for granted: where's the damn fuse box? Do you have anything hidden in the attic, under floorboards, or somewhere else? Which sentimental items do you want left with whom or donated to which charity? What are the stories behind those objects that make them sentimental, anyway? And who's that person in the back row of the old family photo that's hidden at the bottom of a shoebox that was stashed in the back of the hallway closet?? In addition to its practicality, this workbook is also meant to be a keepsake, with space for writing down memories of important life events and things you've always meant to accomplish, the things you've always meant to tell people. In this way, The Checklist of Life also functions as a psychological kick in the pants, inspiring you to actually get out and do those things you've promised yourself you'd get around to, "one of these years." --Erica Jorgensen.* Refreshments will be served and books will be available to buy.

Guided Meditation with Laura Kokaska will be held on Tuesday, April 24th at 1:00pm. This 45 minute free experience will offer participants the opportunity to use imagery and breathing techniques to release tension and invite a state of relaxation. *Please show up 15 minutes early as not to disrupt the group's experience.

On April 25th at 1:00pm we will be welcoming back Sheryl Faye for a presentation of **Tea with Abigail Adams**. Sheryl will bring alive Abigail Adams in an interactive presentation of her life. She is sometimes considered to have been a founder of the United States and is now designated as the first Second Lady and second First Lady of The United States. Adams's life is one of the most documented of the first ladies: she is remembered for the many letters she wrote to her husband while he stayed in Philadelphia, Pennsylvania, during the Continental Congresses. John frequently sought the advice of Abigail on many matters, and their letters are filled with intellectual discussions on government and politics. In one of her more famous letters she implores her husband and his colleagues, all of whom were male, to, "...remember the ladies...If particular care and attention is not paid to the Ladies we are determined to foment a Rebellion, and will not hold ourselves bound by any Laws in which we have no voice, or Representation." Her letters also serve as eyewitness accounts of the American Revolutionary War home front. Please call to reserve a spot today at (860)434-1605 ext. 240.



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.



March 2018

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>Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free Added classes in red Trips in blue</p>	<p>Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted</p>	<p>9:15 <i>NEW SESSION 6 Week Beginner Tap Class (\$24) SUR</i> 10:00 <i>NEW SESSION 6 Week Intermediate Tap Class (\$24) SUR</i> 12:00 Meatloaf, Gravy, Mashed Potatoes, Green Beans, Banana 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels) <i>Last Day to Sign Up for St Patrick's Day Luncheon on 3/15</i></p>	<p>9:30 Shoreline Artists' Workshop (F) 12:00 Baked Tilapia, Wild Rice, Broccoli, Tropical Fruit 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 <i>NEW SESSION 6 Week Beginner Line Dancing (F) SUR</i></p>
<p>10:30 <i>Exercise with Kathy (\$)</i> 12:00 Swiss Steak, Sauce, Mashed Potatoes, Mixed Vegetables, Fruit Cocktail 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 7:00 CT Valley Camera Club</p>	<p>10:00 <i>Sit and Be Fit (F)</i> 12:00 Chicken & Dumplings, Green Beans, Pears</p>	<p>9:00 <i>Tai Chi Class</i> 10:00-1:00 <i>Hearing Clinic (F) SUR</i> 10:30 <i>Exercise with Kathy \$</i> 12:00 Meatball Grinder, Sauce w Onions & Peppers, 3 Bean Salad, Roll, Pound Cake, Fruit 1:00 <i>Irish Performer Tom Callinan (F)</i> 1:30 <i>Brain Yoga</i> 4:30 <i>NEW SESSION 6 Week Yoga (\$38)-8 person minimum</i></p>	<p>9:15 6 Week Beginner Tap Class (\$24) SUR 10:00 6 Week Intermediate Tap Class (\$24) SUR 12:00 Baked Ham, Sauce, Scalloped Potatoes, Brussel Sprouts, Pineapple Chunks 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 <i>Balance and Tone Class (\$)</i> 12:00 Tuna Salad, Lettuce & Tomato, Carrot Raisin Salad, Roll, Banana 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p>
<p>10:00 <i>NEW SESSION 6 Week Advanced Drawing & Watercolor (\$35) SUR</i> 10:30 <i>Exercise with Kathy (\$)</i> 12:00 Chicken, Teriyaki Sauce, Brown Rice, Oriental Blend, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>10:00 <i>NEW SESSION 6 Week Creative Drawing Class (\$35) SUR</i> 10:00 <i>Sit and Be Fit (F)</i> 12:00 Beef Stroganoff, Egg Noodles, Brussel Sprouts, Mandarin Oranges 12:45 <i>Movie: Wild Hogs (F) Shown in closed caption</i></p>	<p>9:00 <i>Tai Chi Class</i> 9:00-12:30 <i>Haircuts (\$10) SUR</i> 10:30 <i>Exercise with Kathy \$</i> 12:00 Chicken Cacciatore, Onions and Peppers, Egg Noodles, Green Beans, Fruit Crisp 1:00 <i>St Patrick's Day Set Up</i> 1:30 <i>Brian Yoga</i> 4:30 6 Week Yoga (\$38)-8 person minimum</p>	<p>12:00 St Patrick's Day Luncheon (\$3) Sign up by 3/1 Corned Beef, Boiled Potatoes, Cabbage, Carrots, Apple Juice, Chocolate Cream Pie 1:30 <i>Grey's School of Irish Dance Performance (F)</i></p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 <i>Balance and Tone Class (\$)</i> 12:00 Cheese Tortellini, Tomato Sauce, Tossed Salad, Tropical Fruit 1:00 <i>AARP Drive Safety Class (\$15/\$20) SUR</i> 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p>
<p>10:00 6 Week Advanced Drawing & Watercolor (\$35) SUR 10:30 <i>Exercise with Kathy (\$)</i> 12:00 Breaded Chicken, 3 Bean Salad, Potato Chips, Honey Mustard, Bulky Roll, Orange 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 1:00 Board of Directors Meeting-Public Welcome</p>	<p>10:00 <i>Sit and Be Fit (F)</i> 10:00 6 Week Creative Drawing Class (\$35) SUR 12:00 Penne, Bolognese Sauce, Broccoli, Fruit Cocktail 1:00 <i>LOL Junior High School "Jazz Cats" Jazz Band</i></p>	<p>9:00 <i>NEW SESSION Tai Chi Class (\$95)</i> 9:00-11:00 <i>Foot Care Clinic (F)-Call 860-434-7808 to sign up</i> 10:30 <i>Exercise with Kathy (\$)</i> 12:00 Roast Turkey, Gravy, Stuffing, Peas and Carrots, Cranberry Sauce, Fruited Jello 1:00 <i>Makeup Day for LOL Jazz Cats if needed</i> 1:30 <i>Brain Yoga</i> 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 12:00 Salmon, Sauce, Brown Rice, Spinach, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 <i>Balance and Tone Class (\$)</i> 12:00 Eggplant Parmesan, Tossed Salad, Garlic Knot, Apple 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p>
<p>10:00 6 Week Advanced Drawing & Watercolor (\$35) SUR 10:30 <i>Exercise with Kathy (\$)</i> 12:00 Chicken Florentine, Rice Pilaf, Broccoli, Pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p>	<p>10:00 <i>Sit and Be Fit (F)</i> 10:00 6 Week Creative Drawing Class (\$35) SUR 12:00 Baked Cod, Sauce, Sweet Potatoes, Cauliflower, Tropical Fruit 1:00 <i>Ingenious Ways to Train Your Brain (F) SUR</i></p>	<p>9:00 <i>Tai Chi Class</i> 9:00-11:00 <i>Foot Care Clinic (F)-Call 860-434-7808 to sign up</i> 10:30 <i>Exercise with Kathy (\$)</i> 12:00 Taco, Corn and Beans, Lettuce and Tomato, Cheddar Cheese, Juice, Birthday Cake 1:00 <i>Bingo (\$1)</i> 1:30 <i>Brain Yoga</i> 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 12:00 Spaghetti, Sauce, Sausage, Italian Blend, Garlic Knot, Pineapple Chunks 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Nickel Card Games (13 Nickels)</p>	<p>CLOSED GOOD FRIDAY</p>

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

Your Hosts,
 The Caramantes

(860) 434-1455 In the Courtyard
 (860) 434-1854 Old Lyme Shopping Center
 (860) 434-3335 (860) 434-5186 fax
 Old Lyme, CT 06371 (Exit 70 off I-95)

The Power of Physical Therapy™

Select
 PHYSICAL THERAPY
 A Division of Select Medical

86 Halls Road, Unit C
 Old Lyme, CT 06371
 ph: 860.434.9155
 fax: 860.434.3889

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

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

BOUVIER
 INSURANCE

CHAMPION
 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

March 2018

2018 will be the Year of Lifelong Learning at the Lymes' Senior Center

Starting in April the Lymes' Senior Center will be offering various college level classes in 12 Week increments through the Great Courses Org. Please see newsletters for specific course selections. These courses will run once a week for 1 hour and 15 minutes in length. No homework will be assigned. The video classes are free to take however full transcripts can be purchased for \$25.00 if you wish to have it to follow along and of course keep after. In order to order enough transcripts, you must come in and pay for it 3 weeks prior to the start of the class. Transcripts will be handed out to all those that ordered it the first day of class. See upcoming events in this newsletter for more details about the class starting in April. Please call (860)434-1605 ext. 240 to sign up.

Irish Performer Tom Callinan

Welcome back Connecticut's 1st State Troubadour, Tom Callinan. He will perform Irish & Irish – American songs and tunes for us on March 7th 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!

Tired of paying for cable, but don't know what the alternatives are?

Discover the ins and outs of streaming services in this hands-on class. We will take a closer look at services such as streaming movies and TV, radio, music and more. Join us on March 5th from 1:00-3:00pm. Please register by calling (860)434-1605 ext. 240.

Advanced Drawing and Watercolor

Mondays 10 am to 12 noon, March 12 to April 16
6 week class \$35. To register email Sharon at s.star@comcast.net. This class is for students who have taken classes with instructor or have good foundation drawing skills. Three of the weeks the instructor will demo and introduce new drawing or watercolor skills. The other three will allow students the full class to work in either drawing or watercolor with subject matter of their choice. Individual instruction is given throughout all classes.

More Creative Drawing

Tuesdays 10 am to 12 noon, March 13 to April 17
6 week class \$35. To register email Sharon at s.star@comcast.net. This class is for students who want to continue building their drawing skills. Students who didn't take the first session but have some drawing experience are also welcome. In this class you will

continue to learn to see as an artist does. Learning to draw is a process; letting go and trusting the process can be liberating and bring out your creativity. There will be demos and guidance with drawing exercises that will build on what you've previously learned. Direction will be offered, but students will be encouraged to experiment and develop their own style. Bring a sketchpad, pencils, vine or willow charcoal, and an eraser to the first class.

Movie: Wild Hogs

Join us on March 13th at 12:45pm for the hysterical movie *Wild Hogs* that came out in 2007 starring Tim Allen, John Travolta, Martin Lawrence and William H. Macy. The movie is about "a group of middle-aged friends decide to rev up their routine suburban lives with a freewheeling motorcycle trip. Taking a long dreamed-of breather from their stressful jobs and family responsibilities, they can't wait to feel the freedom of the open road. When this mismatched foursome, who have grown far more used to the couch than the saddle, set out for this once-in-a-lifetime experience, they encounter a world that holds far more than they ever bargained for. The trip begins to challenge their wits and their luck, especially during a chance run-in with the Del Fuegos, a real-life biker gang who are less than amused with their novice approach. As they go looking for adventure, they soon find that they've embarked on a journey they will never forget."

St Patrick's Day Luncheon

St Patrick's Day Luncheon will be held on Thursday, March 15th. Reservations need to be made by calling (860) 434-4322 before 10:45am on Friday, March 2nd.

The Gray School of Irish Dance

The Gray School of Irish Dance will perform for us on March 15th 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.

AARP Drive Safety Class

AARP Drive Safety Class will be held on Friday, March 16th from 1:00-5:00 pm. Call (860)434-1605 ext. 240 to sign up. Cost is \$15.00 for members/ \$20.00 for non-members.

Lyme Old Lyme Middle School "JAZZ CATS" Jazz Band

Come enjoy a special afternoon and SUPPORT OUR YOUTH for a Lyme Old Lyme Middle School "JAZZ

CATS™ Jazz Band performance on Tuesday, March 20th at 1:00 pm. If the schools are closed due to snow, the MAKEUP DAY will be Wednesday, March 21st at 1:00pm

Ingenious Ways to Train our Brains

Join us on Tuesday, March 27th at 1:00pm and learn Ingenious Ways to Train our Brains. Ingenious Ways to Train our Brains will be led by Laura Kokoska RN. This program will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved and how to grow new brain cells and make more connections between them. To register for this free program, call (860)434-1605 ext. 240.

Bingo

Bingo will be held on March 28th at 1:00pm. *Please note it is the fourth Wednesday of this month instead of the traditional 3rd Wednesday! Admission is \$1.00 at the door.

Old Lyme Visiting Nurse/ Blood Pressure Clinic

The nurse's office is open Monday through Friday from 11:15am – 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. In addition the nurse will be giving flu shots to town residents from 11:00- 1:00pm on Thursday's only until the serum runs out. Call the town nurse at (860)434-7808 during the hours listed above if you have any questions or to request a visit.

Appointments Available for Choices Counselor re: Medicare Options & Changes

Are you turning 65 and you need to know how to enroll in medicare plans? Are you having trouble with your current plan and wish to change it? Susan Beeman, Choices Counselor will be here to help you through the process. Appointments available. Call (860)434-1605 ext. 240 to make your appointment.

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.

DAY TRIPS

Thu, April 5th - Join us for a trip to the **Mohegan Sun Casino**. No meal included but you will receive a casino package. Trip fee is \$22. Registration has begun. Moderate walking.

Tue, April 24th - Let's spend a day at the **Norman Rockwell Museum** in Stockbridge, MA. Lunch at Michael's Restaurant beforehand. Guided tour at the Museum. Time to explore the museum after the tour. Trip fee \$79pp. Registration has begun. Moderate walking.

Sat, May 5th - **New York City** on your own – Bus leaves East Lyme at 7:45am and leaves NYC at 7:30pm. Trip is \$48pp. Registration begins March 1st. No meal included in trip price. Lots of walking.

Wed, May 9th - Join us for a production of **"Sister Act"** at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee \$99pp. Registration begins March 1st. Minimal walking.

Thu, May 24th - Spend the day in **The Berkshires of MA**. Visit the Berkshire Botanical Garden in the morning, enjoy lunch on your own at the Barrington Brewery, and then tour Chesterwood, the home, studio, and gardens of Daniel Chester French. Trip fee \$85pp. Registration begins March 1st. Moderate walking.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

March 19-20, 2018 - We are partnering with the Groton Senior Center to offer a **Ski Getaway** at the Grand Summit Hotel in **Mount Snow, VT**. Ski costs not included as there are many activities to choose from if skiing is not your thing. \$367/double or triple, \$227/single. Registration has begun.

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.

October 17-19, 2018 - **"Jesus" at Sight and Sound Millennium Theater in Lancaster, PA**. 3 day/ 2 night stay at the Cork Factory, 6 Meals, 2 Tasting Experiences, Kitchen Kettle Village hands-on experience, painting party with instructor from Zole Art Factory \$595.00/ double, \$545.00 triple, \$755.00/ single. Registration has begun.



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

"Pass the WHAT?"

Feeling left out of conversations at the holiday dinner table?
Are you pretending that you understand by nodding and smiling?

Take the **"HUH"** out of Hearing this Holiday season.

Make your appointment to hear better so that you can engage with family and friends.

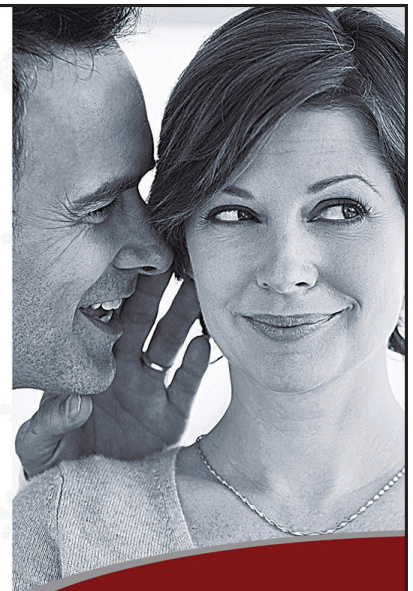
Free hearing clinics at Lymes' Senior Center
(first Wednesday of each month)

Call 860-434-1605 x 240 for appointment

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

We make house calls! 203-668-0619

www.audiologyconcierge.com



**CAN YOU HEAR
LIKE I HEAR?**