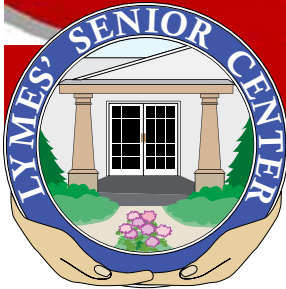


Lymes' Senior Center

JULY 2018 NEWS & EVENTS

Proudly serving seniors 55 & better!



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

- Bocce Court Dedication & Game
- The Airborne Band
- Doo Wop DeVille
- The Cartells
- The United States 102nd Army Pop Band
- Movie: The Intern
- Get Your Happy Back
- Niagara Falls Trip Presentation
- Laughter Yoga



Visiting Nurses of the Lower Valley

Skilled Nursing, Physical, Occupational & Speech Therapy, Social Work, Home Health Aides, Telehealth, Transitional Care, Faith Community Nurse

860-767-0186 | www.visitingnurses.org

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860-767-2695 | www.LowerValleyCareAdvocates.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
NEW Fitness Fusion	July 17 th at 5:30pm/ 6 Weeks	\$30.00
Gentle Vinyasa Flow Yoga	July 16 th at 8:00am/ 6 Week Session	\$30.00
Beginner Country Line Dancing	Starts back in September	FREE
Latin/ Ballroom Line Dancing Class	July 20 st at 1:00pm/ 6 Week Session	TBA (\$35.00- \$40.00)
Outdoor Yoga	August 1 st at 4:30pm /6 Week Session	\$38.00
Beginner Tap Class	Starts again in September/ 6 Weeks	\$24.00
Intermediate Tap Class	Starts again in September/ 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 a class
Exercise with Kathy	Drop in & ongoing Mon. & Wed. ^{at} 10:30am	\$5.00 a class
Tai Chi	July 18 th at 9:00am/ 10 Week Session	\$95.00
Mixed Media and Watercolor Class	July 10 th from 12:30-2:30pm/ 6 Weeks	\$40.00
Gentle Piyo AM Class	July 20 th at 8:00am/ 6 Week Session	\$30.00
On Location Watercolor Sketching	July 10 th from 10:00-12:00pm/ 6 Weeks	\$40.00
COMPUTER CLASSES: -PLEASE SIGN UP EARLY-		
Social Media Basics (Facebook, Instagram, and Twitter Oh My!)	August 6 th from 1:00-2:00pm	FREE
Streaming- Cutting the Cord on Cable Pt 1	September 10th from 1:00-2:00pm	FREE
Streaming- Cutting the Cord on Cable Pt 2	November 5th from 1:00-2:00pm	FREE

STARTING AUGUST WE WILL BE HAVING **BOCCE BALL PICK UP GAMES** ON THURSDAY'S at 1:00PM ON OUR NEWLY REFURBISHED COURTS. BALLS WILL BE PROVIDED. IF THERE IS ENOUGH INTEREST, WE WILL LOOK AT STARTING A LEAGUE IN THE FALL. PASS THE WORD ON!

Please welcome back **Entertainer Pat Mitchell** on August 1st at 1:00pm

Pat Mitchell is a pianist who currently performs at the Norwich Inn and Spa and has performed for many years at the Lighthouse Inn. The performance is free and open for all to attend!

Social Media Basics- Facebook, Instagram and Twitter, oh my! Join us on Monday, August 6, at 1 p.m. In this class we will discover how these social media sites are used. Delve in deeper to discover what each site offers and how it can best be used. Also we will take a closer look at privacy features on each site to ensure your online safety. Please call to register for this class.

Join us on August 7th at 12:45 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 who 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."

Snack and Learn Hearing Education Seminar on August 8th at 1:00pm, presented by Audiology Concierge.

Join us for the **AARP Driving Course** on Friday, August 17th 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.

Fall Risk/ Prevention and Tinetti Balance Screening on August 21st at 1:00pm.

History and Sounds of the Old Time Radio Shows (Comedy Edition) - Part 1 & 2 on August 22nd and 29th at 1:00pm-2:30pm. Come enjoy reminiscing and listening to the Old Time Radio Comedy Shows. Call to register for this 2 part program.



DAY TRIPS

**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.**

Thu, July 26th - Best of NY City - Circle Line Sightseeing Cruise. This 2 1/2 hour sightseeing cruise, which includes seeing 5 boroughs, 3 rivers, all the major bridges, Manhattan Island and Skyline, Yankee Stadium, Harlem Heights and Statue of Liberty. Free time prior to cruise to enjoy lunch and shopping at Chelsea Market. Registration as begun. Moderate to lots of walking at Chelsea Market (many benches are available).

Tues, August 14th - Long Island Wine Trip. Travel to Long Island on the ferry, enjoy a 90 minute tour and tasting of approximately 10 wines at the Lenz Winery. Afterwards you are off to Greenport for lunch on your own & shopping before returning home. \$88 per person includes bus, ferry & winery tour and 10 tastings. Registration as begun.

Tues, August 21st - Whale Watch Trip in Gloucester, MA. After traveling to Gloucester and having time for lunch on your own, you will be ready to board the Seven Seas Whale Watch boat for a 1:30 whale watch on the Stellwagen Bank. The boat trip is approximately 4 hours long. Once back on shore, the group will make a quick stop by the Fisherman of Gloucester Statue before heading back to CT. \$82 per person. Registration as begun.

Thu, September 6th - Enjoy an afternoon at **Theater by the Sea** for their production of "Chicago". Choice of lunch entrée at the Bistro by the Sea. Trip fee is \$84pp. Minimal walking. Registration begins July 2nd.

Wed, September 19th - Join us for annual excursion to **The Big E** in Springfield, MA. Trip fee is \$46pp. Lunch not included. Lots of walking. Registration begins July 2nd.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

Aug 27-29, 2018 - Trip to **Canada's Niagara Falls** includes deluxe motor-coach transportation, 2 nights at Hilton Niagara Falls, 5 meals, tour and wine tasting at Ventosa Vineyards, Niagara sightseeing with guide, Hornblower Boat Niagara Falls cruise, Tours of Distinction Tour Director, gratuities for tour director, bus driver and local guides. \$679pp double, \$619 triple, \$929 single.

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 - Join us for our annual trip to **Lancaster PA** to visit the Sight and Sound Millennium Theater and enjoy their production of "Jesus". 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/ double, \$545 triple, \$755/ single. Registration has begun.

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 4 Week Gentle Vinyasa Flow Yoga (\$20) SUR 10:30 Exercise with Kathy (\$) 12:00 Meatball Grinder, Tomato Sauce w Peppers & Onions, Italian Blend Vegetables, Peaches 1:00 Cards 1:00 Bridge (F) 7:00 CT Valley Camera Club <p style="text-align: right;">2</p>	10:00 Sit and Be Fit (F) 12:00 Beef Stroganoff, Egg Noodles, Carrot Coins, Fruit Juice, Chocolate Pudding 12:00 Mahjongg - call to sign up, need to already know how to play <p style="text-align: right;">3</p>	HAPPY INDEPENDENCE DAY! CLOSED <p style="text-align: right;">4</p>	10:00-12:00 Vision Screening & Small Eyeglass Repairs (F) SUR 860-434-1605 ext 240 12:00 Chicken Tenders, Sweet Potato Fries, Cole Slaw, Fruit Juice, Ice Cream 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge 7:00 Summer Sounds Concert Series: The Airborne Band <p style="text-align: right;">5</p>	9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tilapia, Tartar Sauce, Roasted Potato, Beets, Fruit Cocktail 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR <p style="text-align: right;">6</p>
8:00 4 Week Gentle Vinyasa Flow Yoga (\$20) SUR 12:00 Chicken Teriyaki, Sauce, Rice Pilaf, Oriental Veg, Tropical Fruit 1:00 Cards (F) 1:00 Bridge (F) <p style="text-align: right;">9</p>	10:00 NEW SESSION 6 Week On Location Watercolor Sketching (\$40) SUR 10:00 Sit and Be Fit (F) 12:00 Cheese Rotelle, Tomato Sauce, Broccoli, Pineapple 12:00 Mahjongg - call to sign up, need to already know how to play 12:30 NEW SESSION 6 Week Mixed Media & Watercolor (\$40) SUR 12:45 Movie: The Intern (F) 5:00 6 Week Cardio Strength Training Interval (\$30) SUR 6:00 4 Week Piyo Class (\$20) SUR <p style="text-align: right;">10</p>	9:00 10 Week Tai Chi Class (\$95) 9:00 -12:30 Haircuts (\$10) SUR 10:30 Exercise with Kathy \$ 12:00 Meatloaf, Gravy, Mashed Potatoes, Green Beans, Fruited Jello 1:00 Medicare Updates (F) 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) - 8 person minimum <p style="text-align: right;">11</p>	12:00 Breakfast Scramble, Hash Browns, Asparagus Blend, Bran Muffin, Fruit Crisp 1:00 Wii Bowling (F) 1:00 Cards 1:00 Bridge 7:00 Summer Sounds Concert Series: Doo Wop Deville <p style="text-align: right;">12</p>	8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Hot Dog w Bun, Baked Beans, Tomato Cucumber Salad, Fruit Pie 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR <p style="text-align: right;">13</p>
8:00 NEW SESSION 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:30 Exercise with Kathy (\$) 12:00 Swiss Steak, Gravy, Mashed Potatoes, Mixed Vegetables, Apple 1:00 Cards 1:00 Bridge (F) <p style="text-align: right;">16</p>	10:00 6 Week On Location Watercolor Sketching (\$40) SUR 10:00 Sit and Be Fit (F) 12:00 Chicken, Orange Sauce, Corn w Peppers, Wild Rice, Mandarin Oranges 12:00 Mahjongg - call to sign up, need to already know how to play 12:30 6 Week Mixed Media & Watercolor (\$40) SUR 1:00 Laughter Yoga (F) 5:15 NEW SESSION 6 Fitness Fusion(\$30) SUR see pg 6 <p style="text-align: right;">17</p>	9:00 10 Week Tai Chi Class (\$95) 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:30-12:00 Renters' Rebate Appts (SUR) 860-434-1605 x 240 10:30 Exercise with Kathy \$ 12:00 Roasted Turkey, Gravy, Mashed Potato, Peas & Carrots, Fruit Shortcake 1:00 Tours of Distinction: Niagara Falls Trip Presentation 1:30 Brain Yoga 4:30 6 Week Yoga (\$38)-8 person minimum <p style="text-align: right;">18</p>	12:00 Taco Casserole, Corn & Beans, Pears 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge 5:30 LOL Lions Club BBQ (Menu individually priced) 7:00 Summer Sounds Concert Series: The Cartells <p style="text-align: right;">19</p>	8:00 NEW SESSION 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tuna Salad, Whole Wheat Bread, Carrot Raisin Salad, Fresh Fruit 1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR <p style="text-align: right;">20</p>
8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:30 Exercise with Kathy (\$) 12:00 Salisbury Steak, Gravy, Mashed Potatoes, Brussel Sprouts, Fruit Cocktail 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting <p style="text-align: right;">23</p>	10:00 6 Week On Location Watercolor Sketching Class (\$40) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Cod, Lemon Butter, Roasted Potato, Spinach, Pineapple Chunks 12:00 Mahjongg - call to sign up, need to already know how to play 12:30 6 Week Mixed Media & Watercolor (\$40) SUR 1:00 Get Your Happy Back (F) 5:15 6 Week Fitness Fusion (\$30) SUR <p style="text-align: right;">24</p>	9:00 10 Week Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:30-12:00 Renters' Rebate Appts (SUR) 860-434-1605 x 240 10:30 Exercise with Kathy (\$) 12:00 Chicken Caesar Salad, Muffin, Fruit Juice, Cake 1:00 Bocce Dedication Ceremony and Game - ALL WELCOME (F) 1:30 Brain Yoga 4:30 6 Week Yoga (\$38) 8 person minimum <p style="text-align: right;">25</p>	7:15 Circle Line Sightseeing Cruise (OL Post Office) (\$96) SUR 12:00 Penne Alfredo w Chicken, Green Beans, Peaches 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge 7:00 Summer Sounds Concert Series: The 102nd Army Pop Band <p style="text-align: right;">26</p>	8:00 6 Week Gentle Piyo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Hamburger w Bun, French Fries, 3 Bean Salad, Juice, Ice Cream 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35) SUR <p style="text-align: right;">27</p>
8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 10:30 Exercise with Kathy (\$) 12:00 Chicken Cacciatore, Tomato Sauce w Peppers & Onions, Wild Rice, Cauliflower, Pears 1:00 Cards 1:00 Bridge (F) <p style="text-align: right;">30</p>	10:00 6 Week On Location Watercolor Sketching Class (\$40) SUR 10:00 Sit and Be Fit (F) 12:00 Baked Salmon, Cranberry Glaze, Roasted Potato, Broccoli, Mandarin Oranges 12:00 Mahjongg - call to sign up, need to already know how to play 12:30 6 Week Mixed Media & Watercolor (\$40) SUR 1:00 Entertainer Kenny C (F) 5:15 6 Week Fitness Fusion (\$30) SUR <p style="text-align: right;">31</p>	Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue		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 860-388-1611. Meals are subject to change

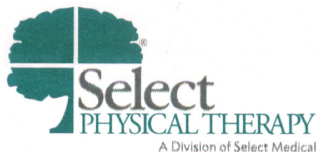
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JUNE 2018

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Vision Screening

Jacquelyn Dube, manager of the Vision Center at the Waterford Walmart will be offering free appointments here July 5th between 10am-12:00pm. Call (860)434-1605 ext. 240 for more information for vision screenings, which can help detect visual impairment that may require a referral to an eye care professional. She will also be able to assist in minor adjustments of eyeglasses.

Movie: The Intern

Join us on July 10th at 12:45pm as we show the movie, The Intern. This movie is about how a “retired 70-year-old widower, Ben (played by Robert De Niro), is bored with retired life. He applies to be a senior intern at an online fashion retailer and gets the position. The founder of the company is Jules Ostin (Anne Hathaway), a tireless, driven, demanding, dynamic workaholic. Ben is made her intern, but this is a nominal role - she doesn't intend to give him work and it is just window dressing. However, Ben proves to be quite useful and, more than that, a source of support and wisdom.” This movie will be shown in closed caption.

Medicare Updates and Education

Join us on July 11th at 1:00pm as John Pitarra Jr., Senior Benefits and Medicare Consultant with Senior Health Insurance Associates will review any changes and updates to the State of Connecticut's Medicare Saving Program and how it could impact you. He will cover the different levels of state aid and assistance that could be available to you and how you apply. He will also be covering the differences in Medicare Health plans such as Supplements, PPOs and HMO and which could be right plan for you.

Laughter Yoga

Laughter Yoga is a revolutionary idea – simple and profound. An exercise routine, it is sweeping the world and is a complete well-being workout. The only prerequisite you need to participate is to want to improve your well-being. Laura Kokaska will show you how to do it and you don't even need to be funny! Join us July 17th at 1:00pm for this experience.

Rental Rebate Appointments

Rental Rebate Appointments are available here at the Senior Center on July 18th and 9:30am-12:00pm.

Call Jennifer Datum, Social Services to make your appointment. At (860)434-1605 ext. 228.

NEW CLASS-Fitness Fusion

Great work out combining cardio, weight training and strengthening along with Pilates core work and yoga stretching for all levels. Modifications are always provided. 6 week class starts July 17th at 5:15pm. Cost is \$30. Please call 860-434-1635 x240 - sign up and prepayment required.

Niagara Falls Trip Presentation

Come and learn about our 3 day guided tour to Niagara Falls with Tours of Distinction.

The tour includes 2 nights at the Hilton Niagara Falls - Canadian side, tour of the Niagara Region, Hornblower Cruise, Meals and More! This presentation will take place on July 18th at 1:00pm. No registration needed.

Get Your Happy Back

Join us as Atrinity Home Health Company presents Get Your Happy Back! As we grow older we face significant life changes that put us a greater risk for depression. Stress management, positivity and new coping strategies will be introduced at this talk as well as a discussion of the importance of having a positive attitude and laughter therapy. This will be held on July 24th at 1:00pm. Please call (860)434-1605 ext. 240 to sign up.



Bocce Court Dedication & Game

July 25th at 1:00pm we will be having a special Bocce Court Dedication. All are welcome to attend. Refreshments will be served. We will also play some Bocce Ball games immediately following. Balls will be provided.



Come and enjoy a summer evening at the
Lymes' Senior Center
26 Town Woods Road

"Summer Sounds"

a four week musical series.
ALL AGES ARE WELCOME!!!



*Bring your chairs, blankets, dinner, etc. the performances will be held out on the lawn (weather permitting) OR inside if the weather is inclement.

A free ice cream social will follow all concerts!

July 5th at 7:00pm

The Airborne Band

July 12th at 7:00pm

Doo Wop DeVille "New England's Premier Doo-Wop Show Band"

July 19th at 7:00pm

The Cartells

*The LOL Lions Club will also be here before this concert at 5:30 pm selling hot dogs, hamburgers, and other dinner foods.

July 26th at 7:00pm

The United States 102nd Army Pop Band

Gold Sponsor: Reynolds' Subaru & Reynolds' Boats (Lyme)

Silver Sponsor: All Pro Automotive (Old Lyme)

Ice Cream Sponsors: Old Lyme Democratic Town Committee, Atria Crossroads Place in Waterford, Old Lyme Republican Town Committee (2 Concerts)

Special Thank You to Salem Valley Farms Ice Cream

A special thank you to Evan St. Louis for making the renovation of our Bocce courts his Eagle Project. And also to the many Boy Scouts, parents, and community members that helped make this a reality!!

A special thank you to Theodore Wayland who constructed an American Flag Retirement (repository) Box for the senior center for his Eagle Project. All flags that need to be retired can be dropped in this wooden box in the lobby by the curio case. Wayland's troop hosts an annual flag retirement ceremony at their local campsite, Camp Emerson each spring and Wayland, along with fellow scouts, will collect flags as the box fills up.

Entertainer Kenny C

Join us on July 31st at 1:00pm as we welcome Entertainer Kenny C for his Lymes' Senior Center Debut. Specializing in music from the 40's, 50's and 60's he will bring to life Sinatra, Dean Martin, Bobby Darin, Nat King Cole as well as many more artists of the era. In addition he will also be performing classic Broadway tunes.

Town of Old Lyme Renters' Rebate for the elderly & disabled

Who can apply:

Old Lyme residents 65 years or older as of 12/31/17, or totally and permanently disabled residents as of 12/31/17, who paid rent (partial or full year) in Connecticut in 2017.

Income Guidelines:

Up to \$35,300 for singles; \$43,000 for married couples

Application Dates: April 2 – October 1, 2018

What You Need to Apply:

- Copy of 2017 income tax, if filed
- Rent receipts from 2017
- Verification of utility bills paid in 2017 (electricity, propane/oil, water)
- Copies of all 2017 income (wages, SSA-1099, pension, interest, etc.)

Rebates of up to \$700 for singles and \$900 for married couples Sponsored by the State of CT, Office of Policy and Management. For more information, or to schedule an appointment, contact Old Lyme Social Services at 860-434-1605 ext. 228.

Please come and join us on August 28th at 1:00pm the **Valley Shore Acappella**, a chapter of Sweet Adelines International will be here to perform an upbeat acappella program with a variety of different music including oldies, barbershop music, etc.



Lymes' Senior Center

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