

Lymes' Senior Center

AUGUST 2018 NEWS & EVENTS

Proudly serving seniors 55 & better!



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

- Bocce Ball Pick Up Games
- Social Media Basics
- Sweet Adaline Shore aCappella Performance
- Old Time Radio Shows (Comedy Edition)
- The Best of the 60s Musical Show
- 5th Annual Nonagerian Celebration
- Tribute to Hollywood
- 10 Most Important Events of the 20th Century
- Lyme Street in the 50s
- Cutting the Cord to Cable Part I



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UPCOMING EVENTS

Upcoming Classes- To Sign Up Call (860)434-1605 ext. 240

MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

CLASS	Date of First Class & Time/ Duration	COST
NEW Fitness Fusion	August 28 th at 5:00pm/ 5 Weeks	\$25.00
Gentle Vinyasa Flow Yoga	August 27 th at 8:00am/ 4 Week Session	\$20.00
Beginner Country Line Dancing	Sept. 7 th at 2:30pm/ 6 Week Session	FREE
Latin/ Ballroom Line Dancing Class	ON HOLD/ 6 Week Session	TBD (\$35.00- \$40.00)
Outdoor Yoga	September 5 th 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	Agust 1 st Last Class until September 10	\$5.00 a class
Gentle Piyo AM Class	August 31 st at 8:00am/ 5 Week Session	\$25.00
Tai Chi	September 19 th at 9:00am/ 10 Week Session	\$95.00
On Location Watercolor Sketching	Sept. 11 th from 10:00-12:00pm/ 6 Weeks	\$40.00
Drawing with Colored Pencils	Sept. 10 th from 10:00-12:00pm/ 6 Weeks	\$40.00

COMPUTER CLASSES: -PLEASE SIGN UP EARLY-

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

The Movie Black Panther- just released on DVD will be shown on September 4th at 1:00pm. “Black Panther” earned the best opening weekend at the box office EVER for February with \$192 million over three days and \$218.2 million over the four-day Presidents’ Day weekend. This action packed movie will keep you on the edge of your seat and will be shown in closed caption.

The Best of the 60’s Musical Show performed by Jose Paulo will be held at the Lymes’ Senior Center- 26 Town Woods Road Old Lyme CT on September 5th at 1:00pm. For more information call (860)434-1605 ext. 240.

Drawing with Colored Pencils Art Class will be held on Mondays 10 am to 12 noon, Sept 10 to Oct 29 (NO classes Oct 8, 15). Classes are \$40.00 for six weeks. To register email Sharon at s.star@comcast.net. In this class we will draw with colored pencils in a variety of ways, much of the time working on toned paper. This will give us the opportunity to work on your drawing skills and gain a better understanding of color by layering with colored pencil. We will vary our subject matter and styles from representational still lifes and landscape studies to more illustrative and whimsical drawings. Instructor will give demos at beginning of most classes and individual instruction throughout class. Drawing experience helpful but not required. **Class fee is due when you register for either class, refunds only if instructor cancels.**

On Location Watercolor Sketching will be held on Tuesdays 10 am to 12 noon, Sept 11 to Oct 30 (NO classes Oct 9, 16). This 6 week class is \$40.00. To register email Sharon at s.star@comcast.net. Weather permitting this class will take place outside at various locations, most in Old Lyme. Learn how to sketch a scene quickly with loose brushwork and drawing, then pulling it together by adding watercolor. On rainy Tuesdays we will work in the Old Lyme senior center. Instructor will give demos at beginning of most classes and individual instruction throughout class. Bring a small sketchbook, some pencils and pens, watercolor supplies you have (if none will give you a short supply list first class), hat with brim, folding chair to first class (we will meet at senior center). Drawing experience helpful but not required. **Class fee is due when you register for either class, refunds only if instructor cancels.**

Cutting the Cord to Cable Part 1 will be held at the Lymes' Senior Center- 26 Town Woods Road Old Lyme CT on September 10th at 1:00pm. In this first part of a two part series we will discuss how to get started with the cutting the cord process. Learn all about the equipment you need to get started, along with what internet plans work best for your streaming needs. Please call (860)434-1605 ext.240 to register for this class.

FOX Rehab Presents "Fall Risk Reduction Talk" on September 18th at 1pm. Please RSVP to Kimberly Quinn at 860-428-4813. We will discuss how age related losses in muscle strength, flexibility, or balance reactions can be addressed through balance, strength assessments, or rehabilitation therapy.

Join us on Tuesday, September 11th at 1:00pm we will be having a free lecture on Old Lyme's history given by Old Lyme Historical Society's Senior Chairman on the Board of Trustees Mark Landers entitled "**Lyme Street in the 50's**".

10 Most Important Events of the 20th Century presentation and discussion will be held on September 12th at 1:00pm.

"**Fall Prevention**" will be presented Fox Rehab on September 18th at 1:00pm

On September 25th at 1:00pm we will be holding our **5th Annual Nonagenarian Celebration (90 and Over)**. If you or someone you know will be 90 or over by the end of 2018, please call (860)434-1605 ext. 240 to sign up to be honored at this celebration. All seniors, family members, and friends are welcome to attend and celebrate with us. Also those over 90 which have not already been added to our Wall of Honor will have a photograph taken at this event.

Dancing in the City performs Tribute to Hollywood host Mary Poppins and many tributes Sonny and Cher, Marilyn Monroe and more will be performing on September 26th at 1:00pm. Audience participation will be welcome!!

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.

Tue, Aug 14th - Ferry ride to **Long Island** for a 90 minute tour and a 10 sample wine tasting at Lenz Winery. Lunch & time on your own in Greenport. Trip fee is \$88pp. Registration has begun. Lots of walking.

Tue, Aug 21st - Trip to Gloucester, MA to board the **Seven Seas Whale Watch** boat for a 4 hour trip. Lunch on your own before we head out. Trip fee is \$82pp. Registration has begun. Moderate walking.

Thu, Sep 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. Registration has begun. Minimal walking.

Wed, Sep 19th - Join us for our annual excursion **The Big E** in Springfield, MA. Trip fee is \$46pp. Lunch not included. Registration has begun. Lots of walking.

Tue, Oct 9th Vermont Living Trip. Trip starts at Grafton Village Cheese in Brattleboro, VT for an experience in the art of Vermont cheese making. Followed by Lunch at the Anchor located in the Wilmington's Historical District (charming replica of a circa 1850's maple syrup cannery building). Afternoon at the Adams Family Farm pulled wagon ride through maple sugar grove, sheep herding demo, and small stops along the way learning about the agricultural history of VT and finishes with free ice cream. \$99.00. Sign up starts August 1st.

Tue, Oct 23rd -Enjoy a special night at the **Jack o' Latern Spectacular**. Experience the glow of thousands of pumpkins, set in a magical display of artistry at the Roger Williams Park Zoo. Time at Providence Place Mall to enjoy an early dinner and shopping prior to the spectacular \$66.00 Lots of Walking.

Sun, Nov 4th - Off to the **Warner Theatre** in Torrington, CT for the 2pm performance of "Newsies". Register as soon as possible. Lunch included. Trip fee is \$100pp. Registration begins August 1st. Minimal walking.

Mon, Nov 12th - Help us to celebrate Veteran's Day going to a **USO Show** at the Aqua Turf in Plainville, CT. Lunch included. Trip fee is \$72pp. Registration begins August 1st. Minimal walking.

Tue, Dec 4th - It's time again for the **Radio City Christmas Spectacular**. Register as soon as possible. Lunch included. This will be a 5pm show. Trip fee is \$167pp. Registration begins August 1st. Moderate walking

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lymes' Senior Center (860) 434-1605 ext. 240 Open Monday-Friday 9 am-3pm unless otherwise noted</p> <p>Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue</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 860-388-1611.</p> <p>Meals are subject to change</p>	<p>9:00 10 Week Tai Chi Class 9:00 - 12:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy \$ 12:00 Shepherd's Pie, Corn & Pimento, Fruit Pie 1:00 Pat Mitchell Performance (F)</p>	<p>10:00-12:00 Vision Screening & Small Eyeglass Repairs (F) SUR 860-434-1605 ext 240 12:00 Pulled Pork, Coleslaw, Roll, Watermelon 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Penne Bolognese, Zucchini, Apple</p>
<p>8:00 4 Week Gentle Vinyasa Flow Yoga (\$30) SUR 12:00 Fish & Chips, Peas & Carrots, Peaches 1:00 Cards (F) 1:00 Bridge (F) 7:00 CT Valley Camera Club (F)</p>	<p>10:00 6 Week On Location Watercolor Sketching (\$40) SUR 10:00 Sit and Be Fit (F) 12:00 Stuffed Shells, Marinara Sauce, Italian Blend Vegetables, Fruit Cocktail 12:00 Mahjongg - call to sign up, need to already know how to play 12:30 6 Week Mixed Media & Watercolor (\$40) SUR 12:45 Movie: Wild Hogs (F) 5:30 6 Week Fitness Fusion (\$30) SUR</p>	<p>9:00 10 Week Tai Chi Class (\$95) 9:00 - 12:30 Haircuts (\$10) SUR 10:30 Balance and Tone Class (\$) 12:00 Herb Baked Chicken, Gravy, Brown Rice, Brussel Sprouts, Fruit Short Cake 1:00 Snack & Learn Hearing Education Seminar (F)</p>	<p>12:00 Sausage Marinara w Peppers & Onions, Grinder Roll, Carrots, Pineapple Chunks, Potato Chips 1:00 Wii Bowling (F) 1:00 Cards 1:00 Bridge 1:00 Duplicate Bridge</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Seafood Salad, Croissant, Carrot Raisin Salad, Fresh Fruit</p>
<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 12:00 Baked Chicken Florentine, Rice Pilaf, Spinach, Pears 1:00 Cards 1:00 Bridge (F)</p>	<p>10:00 6 Week On Location Watercolor Sketching (\$40) SUR 10:00 Sit and Be Fit (F) 12:00 Chili, Cornbread Muffin, Mixed Vegetables, 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 5:30 6 Week Fitness Fusion (\$30) SUR</p>	<p>9:00 10 Week Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 12:00 Roast Pork, Gravy, Mashed Potato, Italian Green Beans, Fruited Jello</p>	<p>12:00 Cheese Tortellini, Tomato Sauce, Tossed Salad, Garlic Knot, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Tilapia, Tartar Sauce, Sweet Potato, Vegetable Blend, Pears</p>
<p>8:00 6 Week Gentle Vinyasa Flow Yoga (\$30) SUR 12:00 Swedish Meatballs, Gravy, Egg Noodles, Broccoli, Peaches 1:00 Cards 1:00 Bridge (F)</p>	<p>10:00 Sit and Be Fit (F) 12:00 Chicken Cordon Bleu, Wild Rice, Beets, Watermelon 12:00 Mahjongg - call to sign up, need to already know how to play 1:00 Fall Risk & Prevention & Tinetti Balance Screening (F) 5:30 6 Week Fitness Fusion (\$30) SUR</p>	<p>9:00 10 Week Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Balance and Tone Class (\$) 12:00 Eggplant Parmesan, Tomato Sauce, Tossed Salad, Garlic Knot, Fruit Juice, Ice Cream 1:00 History & Sounds of Old Time Radio (Comedy Edition) Part I</p>	<p>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</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Turkey, Roll, American Cheese, Lettuce & Tomato, 3 Bean Salad, Mandarin Oranges</p>
<p>8:00 NEW SESSION 4 Week Gentle Vinyasa Flow Yoga (\$20) SUR 12:00 Baked Cod, Tartar Sauce, Mashed Potato, Spinach, Pears 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p>	<p>10:00 Sit and Be Fit (F) 12:00 Veal Marsala, Brown Rice, Carrot Coins, Pineapple Chunks 12:00 Mahjongg - call to sign up, need to already know how to play 1:00 Sweet Adaline-Valley Shore Acappella Performance (F) 5:00 NEW SESSION 5 Week Fitness Fusion (\$30) SUR</p>	<p>9:00 10 Week Tai Chi Class 9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Balance and Tone Class (\$) 12:00 Taco Salad, Corn & Beans, Lettuce & Tomato, Fruit Juice, Cake 1:00 History & Sounds of Old Time Radio (Comedy Edition) Part 2</p>	<p>12:00 Baked Chicken, Honey Lemon Sauce, Rice Pilaf, Sauteed Spinach, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 Cards 1:00 Bridge</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Balance and Tone Class (\$) 12:00 Macaroni & Cheese, Stewed Zucchini & Tomatoes, Fruit Crisp</p>

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AUGUST 2018

BOCCE BALL PICK UP GAMES

STARTING AUGUST 23RD 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!

Entertainer Pat Mitchell

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!

Movie: Wild Hogs

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 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

Join us on August 8th at 1:00pm for a free community Hearing Seminar Presented by Nancy Jablonski, M.S F-A.A.A. from Audiology Concierge.

AAPR Driving Course

Join us for the AAPR 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 This Fall Free Living Program will be presented by the VNA Community Healthcare and Hospice. Please join us to learn about Fall Prevention:

- How to prevent falls
- The building blocks of falling down
- Balance exercise demonstration
- Personalized balance Assessments
- Individualized screenings by our Fall Prevention team

Old Time Radio Shows (Comedy Edition)

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.

Sweet Adaline Valley Shore Acappella Performance

On August 28th at 1:00pm come enjoy the upbeat Capella program of Valley Shore Acappella a chapter of Sweet Adaline International. Sweet Adalines International is a highly respected worldwide organization of women singers committed to advancing the musical art form of barbershop harmony through education, performance and competition.

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. 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.

FREE FOOT CARE CLINIC

Free foot care clinic is offered the third, fourth, and fifth Wednesday this month from 9:00am-11:00am by the Town Nurse. Basic foot care including foot assessment, foot soak, filing, and lotion application to the feet will be done. Podiatrist referrals will be made as needed. To make an appointment you can see the town nurse or call (860)434-7808 on Mondays -Thursdays 11:30-1:00pm & Fridays 12:00-1:00pm.

Free Hearing Clinic

Nancy Jablonski & Rene Vicedomini, Audiologist Concierge will be here for a free hearing clinic first Wednesday of August 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.

Free Vision Screenings & Minor Eyeglass Adjustments

Jacquelyn Dube, manager of the Vision Center at the Waterford Walmart will be offering free appointments here at the center the first Thursday of August and October 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.



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.

Nov 27-29, 2018 - **Stowe, VT** to the Trapp Family Lodge, 3 day, 2 night trip which includes guided tour of Stowe, Ben & Jerry's Factory Tour and Trapp Family History Tour. \$601/double or triple, \$781/single. Registration has begun.



Lymes' Senior Center

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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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