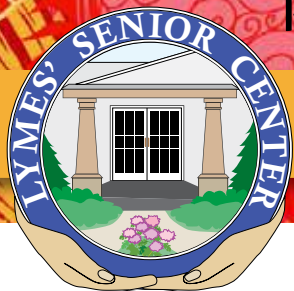


# Lymes' Senior Center

## February 2019 News & Events

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860-434-1605x240 [www.seniorcenterct.org](http://www.seniorcenterct.org)

- Harpist Rebecca Swett
- History & Sounds of Old Time Radio Shows (SciFi, Westerns & Adventures)
- Retirement by Design
- Opera and Love Songs performed by Jose Paulo
- Ballet Class for Seniors
- The Troubadours Senior Variety Show
- Tea & Chocolate Seminar
- All About the Cloud, Computer Storage Class
- Gray School of Irish Dance



## ARE YOU A FALL RISK?

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  - Prepare your home
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[www.LowerValleyCareAdvocates.org](http://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 (Separate Tues & Thurs Classes for class above)	February 12 <sup>th</sup> and 7 <sup>th</sup> at 5:00pm/ 6 Weeks	\$30.00 EACH
Gentle Vinyasa Flow Yoga (MON)	March 4 <sup>th</sup> at 8:15am/ 6 Week Session	\$30.00
Gentle Vinyasa Flow Yoga (THUR)	March 7 <sup>th</sup> at 8:30am/ 6 Week Session	\$30.00
Beg. Country Line Dancing (FRI)	February 22 <sup>nd</sup> at 2:30pm/6 Week Session	FREE
Latin/Ballroom Line Dancing (FRI)	February 15 <sup>th</sup> at 1:00pm/ 6 Wk Session	(\$35- \$40)TBD
Yoga Fundamentals& Meditation (WED)	February 27 <sup>th</sup> at 4:00pm /7 Week Session	\$45.00
Beginner Tap Class (THUR)	February 7 <sup>th</sup> at 10:00am/ 6 Weeks	\$24.00
Intermediate Tap Class (THUR)	February 7 <sup>th</sup> at 10:45am/ 6 Weeks	\$24.00
Sit n Be Fit (TUE)	Drop in & ongoing Tuesdays at 10:00am	FREE
Balance and Tone Class	Drop in & ongoing Fridays at 10:00am	\$5.00 a class
Exercise with Kathy	Drop in & ongoing Mondays & Wednesdays	\$5.00 a class
Tia Chi (WED)	March 27 <sup>th</sup> at 9:00am/10 Weeks	\$95.00
Gentle Piyo AM Class (FRI)	February 8 <sup>th</sup> at 8:30am/ 6 Week Session	\$30.00
Experienced Yoga Meditation Class (THUR)	February 28 <sup>th</sup> at 3:45pm/ 6 Weeks	\$38.00
Ballet Stretch for Seniors (TUES)	February 12 <sup>th</sup> at 9:15am/6 Week Session	\$30.00
Mixed Media Art Class (MON)	March 18 <sup>th</sup> from 10:00-12:00pm/6 Weeks	\$35.00

## COMPUTER CLASS: -PLEASE SIGN UP EARLY-

All About the Cloud (MONDAY) March 4<sup>th</sup> from 1:00-2:00pm FREE

**All About the Cloud** will be held Monday, March 4<sup>th</sup> from 1-2 pm. The cloud is fast becoming the main means of storage in recent years. But which cloud is the best for you and your device? Learn what the cloud is, how it works, and of course how to use it. Please bring your smart device, either iPhone or Android, to class in order to gain hands on experience. **Space is limited, and registration is required.**

**Movie: Sister Act** starring Whoopy Goldberg on March 6<sup>th</sup> at 12:45pm

Join us on March 14<sup>th</sup> at 1:00pm for the **Gray School of Irish Dance** performs 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.

**St Patrick's Day Luncheon** will be held on Friday, March 15<sup>th</sup> at noon. Reservations need to be made by calling (860) 434-4322 before 10:45am on Friday, March 2<sup>nd</sup>. Entertainment by Ashly Cruz will follow.

Join us on National Laughing Day on Tuesday, March 19<sup>th</sup> at 1:00pm as we enjoy **The Troubadours Senior Variety Show**. This performance will surely leave you laughing!

The Lymes' Senior Center will host a **Tea and Chocolate Seminar**, A Pleasant Pairing, presented by Klasic Kreation's Gourmet on Wednesday, March 20<sup>th</sup> at 1:00 pm. This seminar highlights the history of both tea and chocolate, the health benefits of both, how to brew a proper cup of tea, trivia, and fun tea poetry. Sampling includes delightful pairings of freshly brewed teas ranging from White to Irish Black with chocolates ranging from white to dark, and delicious tea infused baked goods. This presentation is offered at no charge. Attendance to the event is limited, so early registration is encouraged. Registration can be done by calling (860)434-1605 ext.241.

Join us for the **AARP Driving Course** on Friday, March 22<sup>nd</sup> from 1pm-5pm. Call (860)434-1605 ext. 241 to register. Cost is \$15.00 for members/ \$20.00 for non-members. Checks written to AARP only, no cash will be accepted.

Join us for a talk from **Probate Court Judge, Jeffery McNamara** on Tuesday, March 6<sup>th</sup> at 1:00pm. He will discuss the Probate process and what matters the Probate Court handles such as Conservators, Trusts, estates and childrens' matters. He will also discuss estate planning documents which are helpful for proper planning. Please call (860)434-1605 ext.240 to register.

## FLYERS ARE AVAILABLE FOR ALL TRIPS

### DAY TRIPS

**April 11, 2019 MGM Springfield Casino** includes transportation, complimentary soft drinks on property, complimentary beer-wine-cocktails while gaming and casino packet (currently \$20 Slot Pay and \$10 food credit to use at any restaurant on property). Price: \$55. Please sign up as soon as possible. Sign up by March 10th required.

**April 27, 2019 West Point Academy Dress Parade** includes transportation, viewing of the famous Dress Parade, lunch at West Point Club and guided tour (on bus with stops) of West Point highlights: Cadet Chapel, Trophy Point, Hudson River lookout. Moderate walking. Price: \$112.00. Please sign up as soon as possible. Sign up by March 26th required; after that only wait list will be taken.

**May 7, 2019 Wicked Tulips Trip** includes lunch at Gregg's Restaurant and Tavern (make sure to save room for award winning desserts) and a visit to the Wicked Tulips Flower Farm, a vase and 5 tulips that you pick yourself. Moderate walking but can walk longer if desired. Price: \$79.00. Please register as soon as possible. Sign up by April 6th required, after that only wait list will be taken.

**May 22, 2019 Culinary Institute of America and Walkway Over the Hudson Trip** includes transportation, lunch at Catarina de Medici, Walkway over the Hudson (longest pedestrian-only walk bridge in the world). Also enjoy the brand-new Visitor Center Price: \$107.00 Please register as soon as possible. Sign up by April 21st required, after that point, only wait list will be taken.

**June 13, 2019 Classic Central Park Trip** includes guided tour of Central Park and lunch at Buca di Beppo. Lunch will need to be decided on when you register. Choices will follow in next newsletter. Price \$99.00 Registration begins March 1st.

**June 21st, 2019 Newport Flower Show.** Details to follow in next newsletter. Price \$49.00 Registration begins March 1st.

**August 4, 2019 New York Yankees vs Red Sox at Yankee Stadium** includes transportation, ticket to game, a hot dog and a choice of beer, water, or soda. Price \$145.00. Registration begins May 1st.

### OVERNIGHT TRIPS & CRUISES

**Trip Presentation regarding the Sep 2019 America's Cowboy Country and the Oct 2019 Southern Italy & Sicily Trips** on Mon, Feb 4th at 10am at the *East Lyme Senior Center* - Call to register at 860-739-5859. Sign up for actual trip should be made at the Lymes' Senior Center for all Lyme and Old Lyme Residents.

- **Apr 28-May 4, 2019 - Myrtle Beach, SC and Charleston, SC.** 7 days, 6 nights trip includes 4 night stay in your ocean front room at Ocean Reef Resort. Prices start \$1219pp double occupancy. Registration has begun.
- **May 5-12, 2019 - Escorted Bermuda cruise** on the Celebrity Summit. 8 days, 7 nights. Transportation to pier included. Prices start \$1437pp double occupancy. Registration has begun.
- **Sep 15-22, 2019 - Guided tour of America's Cowboy Country** to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599pp double occupancy. Registration has begun.
- **Oct 29-Nov 9, 2019 - Guided tour of Southern Italy & Sicily.** 12 days, 11 nights. Transportation & transfers included. Prices start \$3799pp double occupancy. Registration has begun.
- **Nov 9-24, 2019 - Escorted NY to Panama Canal cruise** on NCL's Norwegian Dawn w/partial transit of Canal. 16 days, 15 nights. Transportation & transfers included. Prices start \$2484pp double occupancy. Registration has begun.

# February 2019

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 860-388-1611. Meals are subject to change</p>	<p><b>Calendar Key</b>            Classes &amp; Events = Italics            Lunches = Bold    \$=\$5            SUR = Sign Up Required    (F) = Free            New classes/programs in red            Trips in blue</p>			<p>8:30 6 Week Gentle Piyo (\$30) SUR            9:30 Shoreline Artists' Workshop (F)            10:00 Balance and Tone Class (\$)  <b>12:00 Swedish Meatballs, Gravy, Noodles, Peas, Beets, Mandarin Oranges</b>            1:00 6 Week Latin/Ballroom Line Dancing Class (\$35)            2:30 6 Week Beginner Line Dancing (F) SUR</p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30)            9:35 Indoor Bocce Ball (F)            10:00 Collette Travel Presentation at East Lyme Senior Center            10:00 6 Week Mixed Media Art Class (\$40)            10:30 Exercise with Kathy (\$)  <b>12:00 Chicken Cordon Bleu, Wild Rice, Sonoma Blend Veg, Pineapple</b>            1:00 Cards (F)            1:00 Bridge (F)            7:00 Camera Club</p> <p style="text-align: right;"><b>4</b></p>	<p>10:00 Sit and Be Fit (F)  <b>12:00 Macaroni &amp; Cheese, Stewed Tomatoes and Zucchini, Pears</b>            1:00 Old Time Radio Show (Sci Fi, Westerns, Adventures) Part 1            5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>5</b></p>	<p>9:00 -12:00 Hearing Clinic (F) SUR            9:00 10 Week Session Tai Chi (\$95) SUR            10:30 Exercise with Kathy (\$)  <b>12:00 Chicken Parmesan, Tossed Salad, Garlic Knot, Banana</b>  <i>1:00 Harpist Rebecca Swett</i>            1:30 Brain Yoga            4:00 7 Week Yoga Fundamentals &amp; Meditation (\$45)            * 8 person minimum</p> <p style="text-align: right;"><b>6</b></p>	<p><b>8:30 6 Week Gentle Vinyasa Yoga (\$30)</b>  <b>10:00 NEW SESSION Beginner Tap Class (\$24) SUR</b>  <b>10:45 NEW SESSION Intermediate Tap Class (\$24) SUR</b>  <b>12:00 Salisbury Steak, Mashed Potatoes, Green Beans, Fruit Cocktail</b>            1:00 Wii Bowling (F)            1:00 Cards            1:00 Duplicate Bridge            3:30 6 Week Experienced Yoga &amp; Meditation (\$38)  <b>5:00 NEW SESSION 6 Week Fitness Fusion (\$30)</b></p> <p style="text-align: right;"><b>7</b></p>	<p>8:30 6 Week Gentle Piyo (\$30) SUR            9:30 Shoreline Artists' Workshop (F)            10:00 Balance and Tone Class (\$)  <b>12:00 Chicken Stew, Peas &amp; Carrots, Biscuit, Peach Crisp</b>            1:00 6 Week Latin/Ballroom Line Dancing Class (\$35)            2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;"><b>8</b></p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30)            9:35 Indoor Bocce Ball (F)            10:00 6 Week Mixed Media Art Class (\$40)            10:30 Exercise with Kathy (\$)  <b>12:00 Salmon, Cranberry Glaze, Brown Rice, Broccoli, Mandarin Oranges</b>            1:00 Cards            1:00 Bridge (F)</p> <p style="text-align: right;"><b>11</b></p>	<p><b>9:15 NEW SESSION 6 Week Ballet Class for Seniors (\$30) SUR</b>            10:00 Sit and Be Fit (F)  <b>12:00 Beef Tips, Gravy, Egg Noodles, Green Beans, Tropical Fruit</b>            1:00 Old Time Radio Shows (Sci Fi, Westerns, Adventures) Part 2  <b>5:00 NEW SESSION 6 Week Fitness Fusion(\$30) SUR</b></p> <p style="text-align: right;"><b>12</b></p>	<p>9:00-12:30 Haircuts (\$10)            9:00 10 Week Session Tai Chi (\$95) SUR            10:30 Exercise with Kathy (\$)  <b>12:00 Roast Turkey, Gravy, Stuffing, Peas &amp; Carrots, Cranberry Sauce, Orange</b>  <i>1:00 Opera &amp; Love Songs with Jose Paulo</i>            1:30 Brain Yoga            4:00 7 Week Yoga Fundamentals &amp; Meditation (\$45)            * 8 person minimum</p> <p style="text-align: right;"><b>13</b></p>	<p>8:30 6 Week Gentle Vinyasa Yoga (\$30)            10:00 Beginner Tap Class (\$24) SUR            10:45 Intermediate Tap Class (\$24) SUR  <b>12:00 Stuffed Sole, Wild Rice, Creamed Spinach, Fruit Juice, Cookie</b>            1:00 Wii Bowling (F)            1:00 Cards (F)            1:00 Duplicate Bridge            3:30 6 Week Experienced Yoga &amp; Meditation (\$38)            5:00 6 Week Fitness Fusion (\$30)</p> <p style="text-align: right;"><b>14</b></p>	<p>8:30 6 Week Gentle Piyo (\$30) SUR            9:30 Shoreline Artists' Workshop (F)            10:00 Balance and Tone Class (\$)  <b>12:00 Cheese Lasagna, Tossed Salad, Garlic Knot, Fruited Jello</b>            12:30 Beginner Line Dancing Field Trip (\$10) SUR  <b>1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35)</b></p> <p style="text-align: right;"><b>15</b></p>
<p><b>CLOSED PRESIDENTS' DAY</b></p> <p style="text-align: right;"><b>18</b></p>	<p>9:15 6 Week Ballet Class for Seniors (\$30) SUR            10:00 Sit and Be Fit (F)  <b>12:00 Chicken, Orange Sauce, Wild Rice, Oriental Blend Veg, Pears</b>  <i>12:45 Movie: RV with Robin Williams (F)</i>            5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>19</b></p>	<p>9:00 10 Week Tai Chi Class (\$95) SUR            9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up            10:30 Exercise with Kathy (\$)  <b>12:00 Baked Ham, Butternut Squash, Brussel Sprouts, Spiced Pineapple</b>  <i>1:00 Adventures in Liking My Looks, Normal must be so boring!</i>            4:00 7 Week Yoga Fundamentals &amp; Meditation (\$45)            * 8 person minimum</p> <p style="text-align: right;"><b>20</b></p>	<p>8:30 6 Week Gentle Vinyasa Yoga (\$30)            10:00 Beginner Tap Class (\$24) SUR            10:45 Intermediate Tap Class (\$24) SUR  <b>12:00 Meatloaf, Gravy, Mashed Potatoes, Carrot, Peaches</b>            1:00 Cards (F)            1:00 Duplicate Bridge (F)            1:00 Wii Bowling            1:00 Cribbage            5:00 6 Week Fitness Fusion (\$30)</p> <p style="text-align: right;"><b>21</b></p>	<p>8:30 6 Week Gentle Piyo (\$30) SUR            9:30 Shoreline Artists' Workshop (F)            10:00 Balance and Tone Class (\$)  <b>12:00 Spaghetti, Meatballs, Italian Blend Veg, Chocolate Pudding, Fruit Juice</b>            1:00 6 Week Latin/Ballroom Line Dancing Class (\$35)  <b>2:30 NEW SESSION 6 Week Beginner Line Dancing (F) SUR</b></p> <p style="text-align: right;"><b>22</b></p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30)            9:35 Indoor Bocce Ball (F)            10:00 6 Week Mixed Media Art Class (\$40)            10:30 Exercise with Kathy (\$)  <b>12:00 Baked Chicken Florentine, Rice Pilaf, Scandinavian Blend Veg, Pears</b>            1:00 Cards            1:00 Bridge (F)</p> <p style="text-align: right;"><b>25</b></p>	<p>9:15 6 Week Ballet Class for Seniors (\$30) SUR            10:00 Sit and Be Fit (F)  <b>12:00 Baked Tilapia, Sweet Potatoes, Spinach, Mandarin Oranges</b>  <i>1:00 Retirement by Design with John Bairos, Edward Jones (F)</i>            5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>26</b></p>	<p>9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up            9:00 10 Week Tai Chi Class (\$95) SUR            10:30 Exercise with Kathy (\$)  <b>12:00 Pot Roast, Gravy, Potatoes, Carrots, Fruit Juice, Birthday Cake</b>            1:30 Brain Yoga  <b>4:00 NEW SESSION 6 Week Yoga Fundamentals &amp; Meditation (\$38) * 8 person minimum</b></p> <p style="text-align: right;"><b>27</b></p>	<p>8:30 6 Week Gentle Vinyasa Yoga (\$30)            10:00 Beginner Tap Class (\$24) SUR            10:45 Intermediate Tap Class (\$24) SUR  <b>12:00 Cheese Stuffed Shells, Tomato Sauce, Winter Blend Veg, Pineapple Chunks</b>            1:00 Cards (F)            1:00 Duplicate Bridge (F)            1:00 Wii Bowling  <b>3:30 NEW SESSION 6 Wk Experienced Yoga &amp; Meditation (\$38)</b>            5:00 6 Week Fitness Fusion (\$30)</p> <p style="text-align: right;"><b>28</b></p>	

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# FEBRUARY 2019

## **History and Sounds of the Old Time Radio Shows \ (Sci Fi, Westerns and Adventures Shows Edition) - Part 1 & 2**

History and Sounds of the Old Time Radio Shows (Sci Fi, Western and Adventure Shows Edition) - Part 1 & 2 will be held on Tuesdays, February 5<sup>th</sup> and 12<sup>th</sup> from 1:00pm-2:30pm at the Lymes' Senior Center- 26 Town Woods Road Old Lyme CT. Come enjoy reminiscing and listening to the Old Time Radio

Sci Fi Show "War of the Worlds" by Orson Wells that caused a panic on October 30, 1935 on February 5<sup>th</sup> and on February 12<sup>th</sup> come to listen and reminisce to some Adventure and Western shows. Call 860-434-1605 ext.241 to register for this 2 part program.

## **Harpist Rebecca Swett**

Join us for a performance on Wednesday February 6<sup>th</sup> at 1:00 pm. With over 30 years of experience, Rebecca will entertain us with music from Gershwin, Cole Porter, Rogers and Hammerstein and more.

## **Ballet Class for Seniors**

Antique ballerinas can still get a beautiful stretch at the Barre.... This class will work on improving your posture, lengthening your body to avoid shrinking, strengthening your legs, and stretching overhead to help our minds. This class will encompass overall health including brain health, bone strengthening, and having fun and is an excellent step toward fall prevention. Laura Kokaska will be starting this class on Tuesday, February 12<sup>th</sup> at 9:15am. It will run for 6 weeks and cost \$30.00. Please call (860)434-1605 ext. 240 to sign up or with any questions.

## **Opera and Love Songs Performed by Jose Paulo**

We welcome back Jose Paulo who will be here on Wednesday, February 13<sup>th</sup> at 1:00 pm. Jose Paulo's voice will mesmerize you and his personality will charm you. He is very versatile and that allows him to sing all styles of music in English, Portuguese, Spanish, Italian and French. He continues to amaze audiences of various ages. Jose Paulo, resides in Newington, CT and is a native of Rio de Janeiro, Brazil. Jose has studied in various certified music schools.

## **Movie: RV**

Join us on Tuesday, February 19<sup>th</sup> at 12:45pm for the movie comedy "RV". This movie is about the "Munros, a typical American dysfunctional family, complete with rebellious, uncommunicative offspring and baffled parents. Patriarch Bob (Robin Williams) would like to remedy

the situation before his son and daughter instant-message their parents out of their lives. Bob rents a motor home to take the clan on vacation but soon finds that camping and togetherness can be hazardous to one's health."

## **Normal Must Be so Boring: Adventures in Liking My Looks**

Join us for a fun, spirited, sometimes poignant one-woman show about a woman trying her darnedest to find her non "normal" body beautiful. This comedic storytelling performance by Susan Cummings will be held on Wednesday, February 20<sup>th</sup> at 1:00pm.

## **Please note change in date**

**Retirement by Design** presented by John Bairos of Edward Jones Financial will be held on **Wednesday, February 27** at 1:00pm. For more information call (860)434-1605 ext. 241.

## **Do you want to play or learn to play CRIBBAGE?**

We would like to start a Cribbage Group. This is a fun game and whether you know how to play or have always wanted to learn, this group is for you. We will be holding this group the **3rd Thursday of the month** at 1:00pm beginning February 21<sup>st</sup>. Cribbage boards will be available to use. Please call to register (860)434-1605 ext.241.

## **Indoor Bocce Ball Games**

Come enjoy a game of Bocce Ball with us! We will be playing at 9:35am on Monday mornings. Since it is inside, it is not weather dependent!

## **Taxi Voucher Program**

This program will allow seniors 60 or over and people with a disability who are ADA paratransit eligible to travel anywhere within the state 24/7 with Curtin Transportation at half price. Curtin was chosen as our partner because they are the only provider in our area that offers accessible vehicles and serve the largest area. To participate, payment of \$25-\$50 is sent to Estuary Transit with a form that can be downloaded from website listed below. The Estuary Transit then puts double the amount in their account with Curtin. The customer can then call Curtin and schedule trips as needed. When they need a refill, they just send us another payment or reload it on our website. Printer flyers are available at the Old Lyme town hall and the senior center. They can also get more details on our website: <http://estuarytransit.org/schedules-services/taxi/>

### **Free Foot Care Clinic**

Free foot care clinic is offered the third, 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 –Fridays 11:30-1:00pm

### **Free Hearing Clinic**

Nancy Jablonski & Rene Vicedomini, Audiologist Concierge will be here for a free hearing clinic first Wednesday of February from 10am-1pm to provide free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. By appointment only, call (860)434-1605 ext. 241 to sign up.

### **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 February between 10am-12:00pm. Call (860)434-1605 ext. 241 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.

**Resource Available Through Alzheimer's Foundation of America.** Currently the AFA, is offering 3 Weekly telephone based caregiver support groups.

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

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



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### **Inspire, Engage, Enlighten!**

Share what you enjoy doing with older or disabled people in your community. The Retired and Senior Volunteer Program (RSVP/Senior Corps) has volunteer opportunities for people ages 55+: visiting & shopping. Volunteer around your schedule and make a positive impact!

*Also if you need someone to grocery shop or visit with you, we can help! Gina King 860-425-6617 /gking@tvcca.org*

### **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)388-1611 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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