

# Lymes' Senior Center

## May 2019 News & Events

Proudly serving seniors 55 & better!



26 Town Woods Road • Old Lyme, CT 06371  
860-434-4127 [www.seniorcenterct.org](http://www.seniorcenterct.org)

- Jerome Riley, original member of The Platters
- LOL Middle School Jazz Cats Jazz Band
- Fred Astaire Song & Dance of the 1930s
- Mindful Meditation
- Marcy Conway
- NEW Dance Fitness Class
- Chinese Brush Painting Workshop
- Memorial Garden Annual Dedication Ceremony
- Musical Odyssey
- Looking at Passion & Life Purpose
- Tories, Spies and Traitors



## ARE YOU READY FOR SUMMER?

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- Teach you safety precautions
  - Prepare your home
- Help you maintain your strength

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Lower Valley  
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# UPCOMING EVENTS

Upcoming Classes- To Sign Up Call 860-434-4127  
MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

| CLASS                                  | Date of First Class & Time/ Duration           | COST               |
|--|--|--------------------|
| Exercise with Kathy (MON & WED)        | Drop in & ongoing Mondays & Wednesdays         | \$5.00 a class     |
| Social Media Basics (MON)              | June 3 <sup>rd</sup> from 1:00-2:00pm          | FREE               |
| Gentle Vinyasa Flow Yoga (MON)         | May 6 <sup>th</sup> at 8:15/ 6 Week Session    | \$30.00            |
| Intermediate Watercolors (MON)         | May 6 <sup>th</sup> from 10:00-12:00pm/6 Weeks | \$40.00            |
| Sit n Be Fit (TUES)                    | Drop in & ongoing Tuesdays at 10:00am          | FREE               |
| Drawing & Watercolor Essentials (TUES) | May 7 from 10:00-12:00pm/6 Weeks               | \$40.00            |
| Ballet Stretch for Seniors (TUES)      | May 7 <sup>th</sup> at 9:15am/6 Week Session   | \$30.00            |
| Fitness Fusion (TUES)                  | May 7 <sup>th</sup> at 5:00/7 Week Session     | \$35.00            |
| Tai Chi (WED)                          | TBD/10 Weeks                                   | \$95.00            |
| Yoga Fundamentals & Meditation (WED)   | June 5th at 4:00pm /5 Week Session             | \$30.00            |
| Gentle Vinyasa Flow Yoga (THURS)       | May 9th at 8:15am/ 6 Week Session              | \$30.00            |
| Beginner Tap Class (THURS)             | August TBD at 10:00am/ 6 Weeks                 | \$24.00            |
| Intermediate Tap Class (THURS)         | August TBD at 10:45am/ 6 Weeks                 | \$24.00            |
| 30/30 Cardio Fusion/ Stretch (THURS)   | May 2nd at 5:00pm/ 6 Week Session              | \$30.00            |
| Gentle Piyo (FRI)                      | May 3rd at 8:00am/ 7 Week Session              | \$35.00            |
| Lo Impact Dance Fitness Class (FRI)    | Drop in & ongoing Fridays at 10:30am           | \$5.00 a class     |
| Beg. Country Line Dancing (FRI)        | May 31st at 2:30pm/5 Week Session              | FREE               |
| Latin/Ballroom Line Dancing (FRI)      | May 24th at 1:00pm/ 6 Week Session             | (\$35.00- \$40.00) |

**Monday, June 3,** at 1 PM for **Social Media Basics**. Facebook, Instagram and Twitter, oh my! In this class we will discover what each of these social media sites are and how to stay safe while using them. Space is limited, and registration is required.

**Tuesday, June 4<sup>th</sup>** at 12:45pm for the movie comedy **Parental Guidance** starring Bette Midler and Billy Crystal who get tasked with watching their grandchildren for a couple of days.

**Wednesday, June 5<sup>th</sup>** at 1:00pm for **Entertainer Paul Shlien**, piano/ vocalist who plays popular oldies rock, movie hits, American classics and cotemporary classics.

**Friday, June 7<sup>th</sup> and 21<sup>st</sup>** from 1:00-3:00pm for a 2 Day Workshop on **Chinese Brush Painting** instructed by Eva Leong, a talented fine arts trained artist. Born and raised in Shanghai China, she grew up focused on Chinese philosophy and traditional Chinese watercolor. Fee will be \$15.00 for members/ \$35.00 for non-members due at time of sign up. The price includes all materials. Space Limited. Sign up for members starting May 1<sup>st</sup>, sign up for non-members starting May 15<sup>th</sup>. Fee is due at time of sign up. Cash and checks will be accepted.

**Tuesday, June 11th** at 1:00pm as **The New Horizon's Band** of the Community Music School will perform various marches, show tunes, classics and seasonal music for us. This all Seniors band is a reminder to us, that you are never too old to pick up an instrument.

**Wednesday, June 12<sup>th</sup>** at 1:00pm **Memorial Garden Annual Dedication Ceremony** which will be held outside (weather permitting), inside if not. Refreshments will be served.

**Tuesday, June 18<sup>th</sup>** at 12:45pm we will be showing the recently released Best Picture Oscar winning movie **Green Book**. In this movie, "Dr. Don Shirley is a world-class African-American pianist who's about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation."



**Wednesday, June 19<sup>th</sup>** at 1:00pm for **Accordion Player Sam Gavish** performing a world of musical odyssey. His repertoire of music is rich with dozens of instrumental sounds from Western and Eastern Europe, South and Central America, Israel folklore, and traditional Jewish music.

**Tuesday, June 25<sup>th</sup>** at 1:00pm for **Motivational Speaker Ann Rich**. She will present Looking at Passion and Life Purpose. Registration required.

**Wednesday, June 26<sup>th</sup>** at 1:00pm for **Tories, Spies, and Traitors: Divided Loyalty in Revolutionary Connecticut** *Which side are you on?* Presented by the Connecticut Historical Society. Registration required.

## DAY TRIPS

**Call (860)434-4127 for information on these upcoming trips**

*When registering for **any** of the below trips, you can sign up yourself and one other person only. Payment is due upon registration. Please stop by the Senior Center office.*

Registration begins on the dates noted below. Register as soon as you can. Trip counts are required a month in advance to determine if we have the minimum number for a trip to run. Detailed flyers available for all Day Trips.

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: \$87.00. Please register as soon as possible. Sign up by April 6th required. After that point, 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 11, 2019 **Classic Central Park Trip** includes guided tour of central park and lunch at Buca di Beppo for lunch. Lunch will needed to be decided on when you register. Choices will follow in next newsletter. Price \$100.00 Registration has begun.

June 21<sup>st</sup>, 2019 **Newport Flower Show** Cost \$49.00. Registration has begun. Includes transportation and admission into the show. Time will be available for lunch on your own.

July 9, 2019 **Providence Italian Style** includes a behind the scenes bakery tour in Providence's Historic Federal Hill, Venetian Gondola Ride, Providence Tour guide who will stroll with you through the heart of the beautiful Renaissance City exploring sculpture, architecture, and history all with a most interesting twist while showcasing the Italian connection, and an Italian Style Lunch on historic Federal Hill. Cost \$105.00. Registration has begun. Sign up before June 14<sup>th</sup> required.

July 17<sup>th</sup>, 2019 **Block Island and Wind Mill Farm Tour** includes transportation, Lunch at the National Hotel, and tour of the Wind Farm. Cost \$110.00. Registration has begun. Sign up by June 14<sup>th</sup> required.

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 \$147.00. Registration has begun.

August 22<sup>nd</sup>, 2019 **Long Island Wine Trip**. Travel to Long Island on the ferry, enjoy a 30 minute tour and tasting of approximately 3 wines and 1 cheese at Raphael Winery. Afterwards you are off it Greenport for lunch on your own & shopping before returning home. Price TBD - includes bus, ferry & winery tour and tastings. Registration begins May 1st. Please register for this trip by July 22, 2019.

## OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

Sept 9-15, 2019 **Cruising Maine and Atlantic Canada (TOD)** 8 day Package IB \$1559, OA, \$1779 and BA \$1949 Registration has begun

Sep 15-22, 2019 - Guided tour of **America's Cowboy Country** (Collette) to explore the West. 8 days, 7 nights. Transportation & transfers included. Prices start \$3599pp double occupancy. Registration has begun.

October 7-9, 2019 - **Philadelphia Museum of American Revolution** (FT)

Oct 29-Nov 9, 2019 - Guided tour of **Southern Italy & Sicily**. (Collette) 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** (FT) 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.

Dec 29, 2019 - Jan 2, 2020 (Collette) - **California New Year's Get-away** featuring the Tournament of Roses parade. Slide Show Presentation for Dec 29, 2020 California New Years Trip will be held on Monday, April 1<sup>st</sup> at 10:00 am at the East Lyme Senior Center. Call (860)739-5859 to register for Presentation. Although presentation will be held at East Lyme Senior Center, please signify that you are signing up under "Lymes' Senior Center" if you decide to take the trip.

February 6-9, 2020 - **Quebec Winter Carnival** - Details pending

# May 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><br/>           Classes &amp; Events = Italics<br/>           Lunches = Bold    \$=\$5<br/>           SUR = Sign Up Required    (F) = Free<br/>           New classes/programs in red<br/>           Trips in blue</p>   | <p>9:00 - 12:00 Hearing Clinic (F) SUR<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Shepherd's Pie, Corn, Biscuit, Fruit Pie</b><br/> <i>1:00 Jerome Riley Performance - Original Member of the Platters (F)</i><br/>           4:00 7 Week Yoga Fundamentals &amp; Meditation (\$45) * 8 person minimum</p> <p style="text-align: right;"><b>1</b></p>   | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 Beginner Tap Class (\$24) SUR<br/>           10:00 Basic Bridge Lessons (\$30) SUR<br/>           10:45 Intermediate Tap Class (\$24) SUR<br/> <b>12:00 Beef Stroganoff, Buttered Noodles, Green Beans, Chocolate Pudding, Fruit Juice</b><br/>           1:00 Wii Bowling (F)<br/>           1:00 Cards / Duplicate Bridge<br/>           5:00 NEW SESSION 6 Week 30/30 Cardio/Stretch &amp; Balance (\$40)</p> <p style="text-align: right;"><b>2</b></p> | <p>8:00 NEW SESSION 7 Week Gentle PiYo (\$35)<br/>           9:30 Shoreline Artists' Workshop (F)<br/>           10:30 Low Impact Dance Fitness Class (\$)<br/> <b>12:00 Chicken Divan, Brown Rice, Sonoma Blend Veg, Fruit Cocktail</b><br/> <i>1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35)</i><br/> <i>2:30 NEW SESSION 6 Week Beginner Line Dancing (F) SUR</i></p> <p style="text-align: right;"><b>3</b></p>  |
| <p>8:00 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 NEW SESSION 6 Week Intermediate Watercolor Class (\$40)<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Chicken, Orange Sauce, Wild Rice, Oriental Blend Veg, Pineapple Chunks</b><br/> <i>1:00 LOL Middle School Jazz Cats Jazz Band (F) Outside-Bring your own chair</i><br/>           1:00 Cards (F)<br/>           1:00 Bridge (F)<br/>           7:00 Connecticut Camera Club</p> <p style="text-align: right;"><b>6</b></p> | <p>9:15 NEW SESSION 6 Week Ballet Class for Seniors (\$30) SUR<br/>           10:00 NEW SESSION Drawing &amp; Watercolor Essentials (\$40)<br/>           10:00 Sit and Be Fit (F) <b>12:00 Sausage &amp; Peppers w Roll, Mixed Vegetables, Pears</b><br/> <i>1:00 Fred Astaire Song &amp; Dance of the 1930s (F)</i><br/> <i>1:00 NEW SESSION 6 Week Creative Writing &amp; Poetry Class (F) SUR</i><br/>           5:00 NEW SESSION 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>7</b></p> | <p>9:00 - 12:30 Hair Cuts (\$10) SUR<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Chicken Cacciatore, Egg Noodles, Winter Blend Veg, Peaches</b></p> <p style="text-align: right;"><b>8</b></p>   | <p>8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 Basic Bridge Lessons (\$30) SUR<br/> <b>12:00 Cheese Lasagna, Winter Blend Veg, Garlic Knot, Fruited Jello</b><br/> <i>1:00 Rain Date for LOL Middle School Jazz Cats (F) Outside BYOC</i><br/>           1:00 Wii Bowling (F)<br/>           1:00 Cards / Duplicate Bridge<br/>           5:00 6 Week 30/30 Cardio/Stretch &amp; Balance (\$40)</p> <p style="text-align: right;"><b>9</b></p>   | <p>8:00 7 Week Gentle PiYo (\$35)<br/>           9:30 Shoreline Artists' Workshop (F)<br/>           10:30 Low Impact Dance Fitness Class (\$)<br/> <b>12:00 Baked Cod, Lemon Sauce, Roast Potatoes, Sonoma Veg, Tropical Fruit</b><br/> <i>1:00-3:00 Chinese Brush Painting Pt 1 (\$15) SUR</i><br/>           1:00 6 Week Latin/Ballroom Line Dancing Class (\$35)<br/>           2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;"><b>10</b></p> |
| <p>8:00 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 NEW SESSION 6 Week Intermediate Watercolor Class (\$40)<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Salisbury Steak, Mashed Potatoes, Green Beans, Orange</b><br/>           1:00 Cards<br/>           1:00 Bridge (F)</p> <p style="text-align: right;"><b>13</b></p>   | <p>9:15 6 Week Ballet Class for Seniors (\$30) SUR<br/>           10:00 Drawing &amp; Watercolor Essentials (\$40)<br/>           10:00 Sit and Be Fit (F) <b>12:00 Baked Chicken, Roasted Potatoes, Sauted Zucchini, Peaches</b><br/> <i>1:00 Superfoods 101 (F) SUR</i><br/>           1:00 6 Week Creative Writing &amp; Poetry Class (F) SUR<br/>           5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>14</b></p>   | <p>9:00- 11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Spaghetti Marinara, Meatballs, Tossed Salad, Cookies, Fruit Juice</b><br/> <i>1:00 Stupendous Musical Prodigies (F) SUR</i><br/> <i>1:00 Iceland Presentation (F) SUR</i><br/>           4:00 7 Week Yoga Fundamentals &amp; Meditation (\$45) * 8 person minimum</p> <p style="text-align: right;"><b>15</b></p> | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 Basic Bridge Lessons (\$30) SUR<br/>           10:00 Beginner Tap Class (\$24) SUR<br/>           10:45 Intermediate Tap Class (\$24) SUR<br/> <b>12:00 Tilapia, Rice Pilaf, Sonoma Blend Veg, Mandarin Oranges</b><br/>           1:00 Wii Bowling (F)<br/>           1:00 Cribbage<br/>           1:00 Cards (F) / Duplicate Bridge<br/>           5:00 6 Week 30/30 Cardio/Stretch &amp; Balance (\$40)</p> <p style="text-align: right;"><b>16</b></p>  | <p>8:00 7 Week Gentle PiYo (\$35)<br/>           9:30 Shoreline Artists' Workshop (F)<br/>           10:30 Low Impact Dance Fitness Class (\$)<br/> <b>12:00 Cheese Tortellini, Pesto Cream Sauce, Italian Blend Veg, Pears</b><br/> <i>1:00-3:00 Chinese Brush Painting Pt 2 (\$15) SUR</i><br/>           1:00 6 Week Latin/Ballroom Line Dancing Class (\$35)<br/>           2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;"><b>17</b></p>     |
| <p>8:15 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 NEW SESSION 6 Week Intermediate Watercolor Class (\$40)<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Baked Chicken Florentine, Rice Pilaf, Scandinavian Blend Veg, Pears</b><br/>           1:00 Lymes' Senior Center BOD Meeting (F) All are welcome<br/>           1:00 Cards<br/>           1:00 Bridge (F)<br/>           5:00 VFW Dinner and Meeting</p> <p style="text-align: right;"><b>20</b></p>                                   | <p>9:15 6 Week Ballet Class for Seniors (\$30) SUR<br/>           10:00 Drawing &amp; Watercolor Essentials (\$40)<br/>           10:00 Sit and Be Fit (F) <b>12:00 Salmon, Cranberry Glaze, Roasted Red Potatoes, Asparagus Blend, Mandarin Oranges</b><br/> <i>1:00 Mindful Meditation by Atrinity Home Health (F)</i><br/>           1:00 6 Week Creative Writing &amp; Poetry Class (F) SUR<br/>           5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>21</b></p>                  | <p>9:00- 11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Meatloaf, Gravy, Mashed Potatoes, Broccoli, Lemon Meringue Pie</b><br/>           4:00 7 Week Yoga Fundamentals &amp; Meditation (\$45) * 8 person minimum</p> <p style="text-align: right;"><b>22</b></p>  | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 Basic Bridge Lessons (\$30) SUR<br/>           10:00 Beginner Tap Class (\$24) SUR<br/>           10:45 Intermediate Tap Class (\$24) SUR<br/> <b>12:00 Herb Baked Chicken, Mashed Potatoes, Capri Blend Veg, Apple Crisp</b><br/>           1:00 Cards (F) / Duplicate Bridge (F)<br/>           1:00 Wii Bowling<br/>           5:00 6 Week 30/30 Cardio/Stretch &amp; Balance (\$40)</p> <p style="text-align: right;"><b>23</b></p>                     | <p>8:00 7 Week Gentle PiYo (\$35)<br/>           9:30 Shoreline Artists' Workshop (F)<br/>           10:30 Low Impact Dance Fitness Class (\$)<br/> <b>12:00 Pulled Pork, Wheat Roll, Baked Beans, Coleslaw, Potato Chips, Peaches</b><br/> <i>1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35)</i><br/>           2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;"><b>24</b></p>  |
| <p><b>CLOSED<br/>MEMORIAL DAY</b></p> <p style="text-align: right;"><b>27</b></p>  | <p>9:15 6 Week Ballet Class for Seniors (\$30) SUR<br/>           10:00 Drawing &amp; Watercolor Essentials (\$40)<br/>           10:00 Sit and Be Fit (F) <b>12:00 Swedish Meatballs, Noodles, Peas, Sauted Apples</b><br/> <i>12:45 Keeping Safe from Crime with Johnny (F)</i><br/>           1:00 6 Week Creative Writing &amp; Poetry Class (F) SUR<br/>           5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;"><b>28</b></p>   | <p>9:00- 11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up<br/>           10:30 Exercise with Kathy (\$) <b>12:00 Chicken BBQ Sauce, Mac &amp; Cheese, Spinach, Fruit Juice, Birthday Cake</b><br/> <i>1:00 Movie: Red</i><br/>           4:00 NEW SESSION 5 Week Yoga Fundamentals &amp; Meditation (\$30) * 8 person minimum</p> <p style="text-align: right;"><b>29</b></p>  | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30)<br/>           10:00 Basic Bridge Lessons (\$30) SUR<br/> <b>12:00 Cavatelli Pasta, Bolognese Sauce, Italian Green Beans, Garlic Knot, Fruited Jello</b><br/>           1:00 Cards (F) / Duplicate Bridge (F)<br/>           1:00 Wii Bowling<br/>           5:00 6 Week 30/30 Cardio/Stretch &amp; Balance (\$40)</p> <p style="text-align: right;"><b>30</b></p>   | <p>8:00 7 Week Gentle PiYo (\$35)<br/>           9:30 Shoreline Artists' Workshop (F)<br/>           10:30 Low Impact Dance Fitness Class (\$)<br/> <b>12:00 Battered Fish, French Fries, Cole Slaw, Ice Cream, Fruit Juice</b><br/>           1:00 6 Week Latin/Ballroom Line Dancing Class (\$35)<br/> <i>2:30 NEW SESSION 6 Week Beginner Line Dancing (F) SUR</i></p> <p style="text-align: right;"><b>31</b></p>   |

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# MAY 2019

## **NEW DANCE FITNESS CLASS (Similar to Jazzercise)**

Consider joining us for a NEW fitness class (very similar to Jazzercise) starting on Friday April 5th. Increase your aerobic fitness while working out to all types of music (country, jazz, pop, rock, latin, and more) then strengthen, tone and stretch those muscles all in an hour class. Weights will be used for some of the strength work. You be having so much fun you won't even remember you are working out! Join us Fridays at 10:30am! Classes are open to all members and are \$5.00 a class!

**The 12:00pm Lunch Mingle will take place from April 29<sup>th</sup>-May 3<sup>rd</sup>.** Sign up is required by April 28<sup>th</sup> (call 860-388-1611 to sign up- tell them you are signing up for the Old Lyme Site). This week will be a special week of meals and a special price as well. Regular 12:00pm meals are a \$3.00 (donation), but this week all regulars that bring a guest 60 or over (new to our lunch program) will receive a 1/2 price meal (\$1.50) and their friend or friends will receive their lunch for free. Please note both regulars and friends need to be reserved by April 28<sup>th</sup>. In addition, if you are new to our lunch program and are 60 or over you can call to sign yourself up and join us for a free meal.

### **Jerome Riley, original member of The Platters**

Join us for a performance that showcases The Platter's music as well as all music form the 50's, 60's and 70's on Wednesday, May 1<sup>st</sup> at 1:00 pm. To register for this free performance, please call (860)-434-4127.

### **Lyme-Old Lyme Middle School Jazz Cats Jazz Band**

There will be an outside concert on Monday, May 6<sup>th</sup> at 1:00pm by the LOL Middle School Jazz Cats Jazz Band. Join us for this free event. Bring your own Chair (BYOC). Rain date is May 9<sup>th</sup> at 1:00pm.

### **Fred Astaire Song and Dance of the 1930's**

Join us on Tuesday, May 7<sup>th</sup> at 1:00 pm for a presentation by Jared Day featuring the songs and dances from the 1930's. This lecture explores the emergence of Hollywood movie "tap dancing" in the early 1930s with special focus on some of Hollywood's best "hoofers" including Fred Astaire, Ginger Rogers, Eleanor Powell, Bill "Bojangles" Robinson, Buddy Ebsen and others. Presentor Jared Day has taught American history at Carnegie Mellon University in Pittsburgh for sixteen years. His areas of specialization are U.S. political, urban, and cultural history as well as world history from the late eighteenth century to the present. He is the author of several books along with numerous other popular and peer-reviewed articles. To register for this free program, please call (860)434-4127.

### **Superfoods 101**

Kim Larkin from Klassic Kreation Workshops will be

on Tuesday May 14<sup>th</sup> at 1:00 pm. Celebrating Superfoods that are powerhouses of nutrition and antioxidants. Tips, techniques and the history of health benefits of dark cacao (chocolate), nibs and other superfood samples. Fun Culinary Education. Space is limited so register early by calling (860)-434-4127.

### **Stupendous Prodigies: Mozart & Mendelssohn**

Join us on Wednesday, May 15<sup>th</sup> at 1:00pm as Jeffrey Engel presents the lecture "Stupendous Prodigies: Mozart & Mendelssohn. The name of Mozart is synonymous with the word prodigy. He certainly displayed incredible talent as a composer, pianist and violinist at a ridiculously young age. Mendelssohn is usually ignored in conversation about prodigies, but he was no less extraordinary and topped Mozart in at least one way. He was composing masterpieces as a teenager, several years before Mozart wrote anything comparable. Jeffrey Engel will compare the two youngsters and let you decide. Mr. Engel has been giving lectures devoted to music history in colleges, libraries, retirement communities and other venues for some twenty years. He believes that such lectures should be entertaining as well as informative. To that end, his explanations are never too technical and he infuses his material with amusing anecdotes and musical illustrations. Since 2004 Mr. Engel has taught at Northwestern Connecticut Community College. He was a contributor to the 2001 edition of the "New Grove Dictionary of Music and Musicians." In 2010 he was selected by 'Litchfield Magazine' as one of the fifty most influential people in Litchfield County.

### **Mindful Meditation**

A program featuring mindful meditation will be presented on Tuesday, May 21<sup>st</sup> at 1:00 pm by Jennifer McManus from Atrinity Home Health Agency. Learn the basic techniques on how to incorporate mindfulness into your daily life. Call (860)434-4127 to register for this free event.

### **Marcy Conway**

Join us on Wednesday, May 22<sup>nd</sup> at 1:00pm for a performance from entertainer Marcy Conway - the girl with the guitar and the angelic voice! She will be performing a Patriotic Melody

in honor of Memorial Day. Marcy has been performing professionally since the turn of the century at senior venues and community events.

### **Keeping Safe from Crime**

Local Resident and Retired Federal Law Enforcement Officer, Johnny Cody will be here on Tuesday, May 28<sup>th</sup> at 1:00 for a presentation on how to stay safe and protect yourself from potentially dangerous situations.

### **Movie**

On Wednesday, May 29<sup>th</sup> at 12:45 join us for a screening of the movie Red. Bruce Willis leads an ensemble cast of retired CIA agents who rally one last time to fight for justice and the American way. They couldn't be happier about the mess they find themselves in.

### **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 -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 May 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.

### **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**

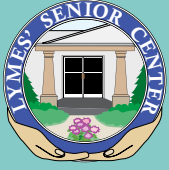
**All persons using the center should have a green scan card to sign in when they visit. Please see the Director if you have not already spoken with her about it. Even if you have been a member for years, our new database requires additional information we do not already have including emergency contact 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.**

### **Free Mother's Day Event with Celebrity Nurse Homecare**

Join us for this free program on May 28th from 10am-12pm Celebrity Nurse Homecare will be bringing a trained masseuse to perform free mini chair massages and manicures. In addition, Celebrity will also have information on the Veteran Assistant Program with no out of pocket expenses and affordable health care services.

### **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.



# Lymes' Senior Center

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