

Lymes' Senior Center

July 2019 News & Events

Proudly serving seniors 55 & better!



26 Town Woods Road • Old Lyme, CT 06371
860-434-4127 www.seniorcenterct.org

- The Cartells
- Ticket to Ride
- The Corvettes
Doo Wop Revue
- Rock Solid Alibi
- Who's DNA is it
Anyway?
- Hollywood's
Song and Dance
of the 1940's
- Evidence of a
lost civilization
in New England
- Biography
of Winston
Churchill



STAY SAFE THIS SUMMER

If you are homebound and under the care of a physician, we can:

- Assess your home environment
- Teach safety precautions
- Help you maintain your strength
- Educate on nutrition and hydration



Visiting Nurses
of the Lower Valley

860-767-0186 | www.visitingnurses.org

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	Day	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)	July 8th from 1:00-2:00pm	FREE
Gentle Vinyasa Flow Yoga	(MON)	Sept. 16th at 8:15/ 6 Week Session	\$30.00
Drawing	(MON)	Sept. 9th from 10:00-12:00pm/6 Weeks	\$40.00
Sit n Be Fit	(TUES)	Drop in & ongoing Tuesdays at 10:00am	FREE
Watercolor	(TUES)	Sept.10th from 10:00-12:00pm/6 Weeks	\$40.00
Ballet at the Barre	(TUES)	July 9th at 9:15am/6 Week Session	\$30.00
Fitness Fusion	(TUES)	Sept. 3rd at 5:00/7 Week Session	\$35.00
Creative Writing and Poetry	(TUES)	Sept. 3rd, 2019/6 Weeks	FREE
Tia Chi	(WED)	TBD/10 Weeks	\$95.00
Yoga Fundamentals & Meditation	(WED)	July 31st at 4:00pm /5 Week Session	\$30.00
Balance & Tone with Donna	(THURS)	July 11, 18, 25 at 10:30am	\$5.00 a class
Gentle Vinyasa Flow Yoga	(THURS)	Sept. 19th at 8:15am/ 6 Week Session	\$30.00
Beginner Tap Class	(THURS)	Sept.12th at 10:00am/ 6 Weeks	\$24.00
Intermediate Tap Class	(THURS)	Sept. 12th at 10:45am/ 6 Weeks	\$24.00
30/30 Cardio Fusion/ Stretch	(THURS)	Sept. 5th at 5:00pm/ 6 Week Session	\$30.00
Lo Impact Dance Fitness Class	(FRI)	Drop in & ongoing Fridays at 10:30am	\$5.00 a class
Beg. Country Line Dancing	(FRI)	Sept. 6th at 2:30pm/6 Week Session	FREE
Latin/Ballroom Line Dancing	(FRI)	Sept. 6th at 1:00pm/ 6 Week Session	(\$35.00- \$40.00)
UPCOMING AMERICAN HISTORY LECTURE SERIES WITH JARED DAY, PHD			
The Divine Experiment: Plymouth Colony		Friday, Sept. 6th at 1:00pm	FREE
America's First Citizen: Ben Franklin & His Time		Friday, Oct. 4th at 1:00pm	FREE
Inventing the Presidency: Washington, Adams, Jefferson		Friday, Nov. 1st at 1:00pm	FREE
UPCOMING CURRENT EVENTS LECTURE SERIES WITH JARED DAY, PHD			
China: The Next Superpower		Friday, Sept. 13th at 1:00pm	FREE
Immigration in International Perspective		Friday, Oct. 11th at 1:00pm	FREE
Perspectives on Africa: Past and Present		Friday, Nov. 8th at 1:00pm	FREE

Join Us:

- Tuesday, August 6th at 1:00pm as Jared Day, PhD presents the biographical lecture of Winston Churchill, one of the most prominent people of the 20th century and a leading force in the defeat of Adolf Hitler.
- Wednesday, August 7th at 1:00pm for the performance of Brian Gillie who plays and sings a radiant repertoire from the Swing '40's through the solid rock of the 50's and 60's.
- Thursday, August 8th at 6:00pm Mind Matters will be here to talk about Living with Dementia a Caregivers Guide.
- Tuesday, August 13th at 12:45pm we will be showing "Book Club" starring Diane Keaton, Jane Fonda, and Candice Bergen.
- Wednesday, August 14th at 1:00 Atrinity Home Health will be here to talk about Heart Health and Stroke Prevention.
- Friday, August 16th at 1:00pm for an AARP Drive Safety Class which will be held from 1:00-5:00 pm. Call to sign up. Cost is \$15.00 for members/ \$20.00 for non-members.
- Wednesday, August 21st at 1:00pm will be hosting a Halls Road Committee Update. All are encouraged to attend.
- Tuesday, August 27th at 1:00pm for a "Road Trip Sing-a-Long" with Judy Hall. Songs will reflect fun places to go and see!
- Wednesday, September 4th at 1:00pm as we welcome back Entertainer T-Bone. His special blend of wit and music will have us laughing, singing, clapping along, and even dancing within minutes.

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. No refunds unless tickets can be resold.*

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.

Tuesday, July 9 - A jammed packed day in **Providence, RI**. Shopping on Federal Hill, Venetian Gondola ride, tour of the city and lunch included. Trip fee is \$105pp. Registration has begun. Moderate walking.

Wednesday, July 17 - Spend time on **Block Island** in the Old Harbor area before taking a ferry for a tour of the **new wind farm**. Lunch included. Trip fee is \$110pp. Registration has begun. Moderate walking.

Sunday, August 4 - Come enjoy a summer night at **Yankee Stadium** for a game between the Yankees and Red Sox. Trip fee is \$147pp. Limited seats. Includes a hotdog and a beer, soda or water. **WAIT LIST ONLY**. Moderate walking.

Tuesday, August 22 - Join us on a delightful ferry ride to **Long Island** where we will enjoy a 30 minute guided tour of Raphael Winery and sample 3 of their wines and have a bit of cheese. Lunch and time on your own in Greenport. Trip fee is \$103pp. Registration has begun. Lots of walking.

Wednesday, September 4 - Enjoy an afternoon at **Theater by the Sea** for their production of *Saturday Night Fever*. Lunch on your own in the lovely seaside town of Galilee, RI. Trip fee is \$70pp. Moderate walking. Registration begins June 3.

Tuesday, September 24 - Let's head to **Webster Lake** in Webster, MA and enjoy a lovely riverboat cruise. Lunch is included and will be at the Waterfront Dining Room. Menu choice is needed upon registration. After lunch, enjoy free time to shop at Foppema's Farm - a 75 acre fruit and vegetable farm located in Northbridge. Trip is \$89pp. Registration begins June 3. Moderate walking.

Tuesday, October 1 - Join us on a **Cranberry Bog Tour** at A.D. Makepeace Company, the world's largest cranberry grower. Get an up-close view of the wet cranberry bogs! Receive a cranberry goodie bag as a souvenir. Lunch at Lindsey's Family Restaurant in E. Wareham, MA. Entree choice will be needed in advance. Also enjoy a stop at Dorothy Cox Chocolates Factory and Store and shop for a sweet treat of chocolate or ice cream before heading home. Cost is \$92pp. Registration begins July 1.

Tuesday, October 15 - **Polka at the Aqua Turf**. Featuring The Polka Family Band. Includes transportation, coffee and donuts, door prizes, complimentary glass of beer or wine and family style lunch: salad, mac & cheese, kielbasa and kraut, stuffed cabbage, pierogies, vegetable, dessert. Cost is \$72pp. Registration begins July 1.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

September 9-15, 2019 Cruising Maine and Atlantic Canada on NCL's Escape. 8 days, 7 nights. Transportation to pier included. Prices start at \$1559pp double occupancy. Registration has begun

September 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.

October 7-9, 2019 - Trip to **Philadelphia** with stops at the Museum of American Revolution, National Constitution Center and One Liberty Deck. Prices start at \$497pp double occupancy. Registration has begun.

October 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.

December 29, - January 2, 2020 - Pasadena, CA and the Tournament of Roses Parade. 5 days, 4 nights. Transportation and transfers included. Optional 3 night tour extension to Las Vegas. Prices start \$2579 double occupancy. Registration has begun.

February 6-9, 2020 - Quebec Winter Carnival with a travel guide. 4 days, 3 nights. Old Quebec City, Winter Carnival and Carnival's Night Parade. Prices start \$930 double occupancy. Registration has begun.

March 2-8, 2020 - Iceland's Magical Northern Lights and tour of the country. Enjoy the natural beauty of Iceland. Transportation and transfers included. Prices start at \$3699 double occupancy. Registration has begun.

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (\$)</p> <p>11:00-1:00 Farmer Market Voucher Distribution for qualified Old Lyme residents and Social Service visit</p> <p>12:00 Spaghetti w Marinara and Meatballs, Cauliflower & Broccoli, Garlic Knot, Chocolate Pudding, Fruit Juice</p> <p>1:00 Cards 1:00 Bridge (F) 7:00 Connecticut Camera Club</p> <p style="text-align: right;">1</p>	<p>10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested</p> <p>12:00 Chicken Stir Fry, Brown Rice, Oriental Vegetables, Pineapple Bits</p> <p>5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;">2</p>	<p>9:00 - 12:00 Hearing Clinic (F) SUR 9:00 10 Week Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$)</p> <p>12:00 Cobb Salad, Corn Muffin, Orange</p> <p>12:45 Movie: <i>The King's Speech</i></p> <p style="text-align: right;">3</p>	<p>CLOSED JULY 4TH HOLIDAY</p> <p style="text-align: right;">4</p>	<p>8:00 6 Week Gentle PiYo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:00 Low Impact Dance Fitness Class (\$)</p> <p>12:00 Chicken, Orange Sauce, Wild Rice, Oriental Veg, Tropical Fruit</p> <p>2:30 6 Week Beginner Line Dancing (F) SUR</p> <p style="text-align: right;">5</p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (\$)</p> <p>12:00 Swedish Meatballs, Gravy, Egg Noodles, Cali Blended Veg, Sautéed Apples</p> <p>1:00 Social Media Basics (F) SUR 1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right;">8</p>	<p>9:15 NEW SESSION 6 Week Ballet at the Barre(\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested</p> <p>12:00 Fish & Chips, Baked Beans, Coleslaw, Mandarin Oranges</p> <p>1:00 <i>Hollywood Song & Dance of the 1940s w Gene Kelly & Jared Day</i> 5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;">9</p>	<p>9:00 - 12:30 Hair Cuts (\$10) SUR 9:00 10 Week Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$)</p> <p>12:00 Braised Lemon Chicken, Mashed Potatoes, Brussel Sprouts, Watermelon</p> <p>1:00 10 Things to Reduce Your Stress 4:00 8 Week Yoga Fundamentals & Meditation (\$55) *8 person minimum</p> <p style="text-align: right;">10</p>	<p>8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Donna (\$5) 10:30 Bocce (F)</p> <p>12:00 Meatloaf, Roasted Red Potatoes, Capril Blend Veg, Blueberry Apple Pie</p> <p>1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge 7:00 Summer Sounds Outdoor Concert & Ice Cream Social featuring <i>The Corvettes Doo Wop Revue</i> (F)</p> <p style="text-align: right;">11</p>	<p>8:00 6 Week Gentle PiYo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:00 Low Impact Dance Fitness Class (\$)</p> <p>12:00 Chicken Florentine, Rice Pilaf, Scandinavian Blend Veg, Pears</p> <p style="text-align: right;">12</p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (\$)</p> <p>12:00 Salisbury Steak, Gravy, Mashed Potatoes, Green Beans, Fruit Cocktail</p> <p>1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right;">15</p>	<p>9:15 6 Week Ballet at the Barre (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested</p> <p>12:00 BBQ Chicken, Mac & Cheese, Spinach, Peaches</p> <p>1:00 <i>Who's DNA is it Anyway w Laura Gene</i> (F) SUR 5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;">16</p>	<p>9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:00 10 Week Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$)</p> <p>12:00 Roasted Turkey, Gravy, Mashed Potato, Peas & Carrots, Strawberry Shortcake</p> <p>1:00 <i>Living Life to the Fullest with Nancy Butler</i> (F) 4:00 8 Week Yoga Fundamentals & Meditation (\$55) *8 person minimum</p> <p style="text-align: right;">17</p>	<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Donna (\$5) 10:30 Bocce (F)</p> <p>12:00 Hamburger w Bun, French Fries, LTO, 3 Bean Salad, Juice, Ice Cream</p> <p>1:00 Wii Bowling (F) 1:00 Cards (F) / Duplicate Bridge 5:30 Lions Club BBQ - Hot Dogs, Hamburgers, Drinks available until start of Concert 7:00 Summer Sounds Outdoor Concert & Ice Cream Social featuring <i>The Cartells</i></p> <p style="text-align: right;">18</p>	<p>8:00 6 Week Gentle PiYo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:00 Low Impact Dance Fitness Class (\$)</p> <p>12:00 Tuna Salad, Croissant, Lettuce, Tomato, Cucumber Salad, Orange</p> <p style="text-align: right;">19</p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (\$)</p> <p>12:00 Hot Dog w Bun, Baked Beans, Carrot Raisin Salad, Pineapple</p> <p>1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p> <p style="text-align: right;">22</p>	<p>9:15 6 Week Ballet at the Barre (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested</p> <p>12:00 Penne Alfredo w Chicken, Broccoli, Sautéed Apples</p> <p>1:00 <i>Medicaid: Do You Qualify presented by Sr. Health Ins. Assoc.</i> (F) SUR 5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;">23</p>	<p>9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:00 10 Week Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$)</p> <p>12:00 Chicken Caesar Salad, Cherry Tomatoes, Muffin, Bumbleberry Crisp</p> <p>1:00 <i>Osteoarthritis: Ways to Keep Comfortable & Active without Medication</i> 4:00 8 Week Yoga Fundamentals & Meditation (\$55) *8 person minimum</p> <p style="text-align: right;">24</p>	<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Donna (\$5) 10:30 Bocce (F)</p> <p>12:00 Baked Cod, Lemon Butter, Roasted Potato, Spinach, Banana</p> <p>1:00 Cards (F) / Duplicate Bridge (F) 1:00 Wii Bowling 7:00 Summer Sounds Outdoor Concert & Ice Cream Social featuring <i>Rock Solid Alibi</i> (F)</p> <p style="text-align: right;">25</p>	<p>8:00 6 Week Gentle PiYo (\$30) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$)</p> <p>12:00 Ham, Spiced Pineapple, Sweet Potatoes, Catalina Blend Veg, Apple Pie</p> <p style="text-align: right;">26</p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (\$)</p> <p>12:00 Meatball Grinder, Tomato Sauce w Peppers & Onions, Italian Blend Veg, Fruit Cocktail</p> <p>1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right;">29</p>	<p>9:15 6 Week Ballet at the Barre (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested</p> <p>12:00 Baked Tilapia, Rice Pilaf, Spring Veg Mix, Mandarin Oranges</p> <p>1:00 <i>Evidence of a Lost Civilization in New England</i> (F) 5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right;">30</p>	<p>9:00 10 Week Tai Chi (\$95) SUR 10:30 Exercise with Kathy (\$)</p> <p>12:00 Beef Tips, Mashed Potatoes, Broccoli, Fruit Juice, Birthday Cake</p> <p>4:00 8 Week Yoga Fundamentals & Meditation (\$55) *8 person minimum</p> <p style="text-align: right;">31</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. Meals are subject to change</p>	

Calendar Key
Classes & Events = Italics
Lunches = Bold \$=\$5
SUR = Sign Up Required (F) = Free
New classes/programs in red
Trips in blue

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JULY 2019

Farmer Market Coupon Books

Jen Dattum will be her on Monday, July 1st from 11am to 1pm to distribute Farmer Market Coupon Books to all Old Lyme Seniors that qualify. She will also be available to answer any questions you have about Rental Rebate, etc.

Movie: The King's Speech

On Wednesday, July 3rd at 12:45 PM we will be showing this movie which came out in 2010 and won 2 awards including for Best Picture. It is the story of King George VI and his impromptu ascension to the throne of the British Empire in 1936 and the speech therapist who helps him overcome his stammer. Based on a true story that was released only after the death of the Queen Mother, Elizabeth.

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. Class will be held on Monday, July 8th at 1PM. Space is limited so call to register for this free class, please call (860)-434-4127.

Song and Dance of the 1940's

Join us on Tuesday, July 9th at 1:00 pm as Jared Day, PhD presents Song and dance of 1940's which will a focus on the tap dancing and singing of Gene Kelly. This lecture explores the development of big production numbers at studios such as MGM and the key role of visionaries such as Busby Berkeley, Arthur Freed, and Gene Kelly in the development of the very distinct American art form, the Hollywood musical.

10 Things to Reduce Your Stress

Join us on Wednesday, July 10th, at 1 pm, as Karen Pliego from Caregiver Homes teaches ways to reduce daily stress.

Whose DNA is it Anyway?

Join us on Tuesday, July 16th at 1:00 pm as Laura Gene discusses the ability to overcome our genes with our minds. What do we know about DNA? Where do we want to go? How do we proceed? And what are the challenges? Registration is requested.

Living Life to the Fullest

Join us on Wednesday, July 17th at 1:00 PM for nationally renowned motivational speaker Nancy Butler for Part 3 of her series Living Life to the Fullest... Tips and Tricks to make life the best it can be regardless of your age. Registration is requested and you do not need to have attended Parts 2 and 3 to enjoy this seminar.

Medicaid Do you Qualify?

John Pitarra, Senior Benefits and Medicare Specialist from Senior Health Insurance Associations will present an information on this topic on Tuesday, July 23rd at 1:00 PM. This is an informational session on how it can help with your Medicare Benefits. There will be time for questions at the end.

Osteoarthritis: Ways to keep Comfortable and Active without Medication

On Wednesday, July 24th at 1:00 PM, Susan Barringer, staff and community educator for the Visiting Nurses of the Lower Valley will be here to discuss options to manage this chronic condition. Registration requested.

Evidence of a lost Civilization in New England:

On Tuesday, July 30th at 1PM, Amateur Archaeologist Geoffrey Pray Whittman will discuss what he has uncovered in the form of rock formations and stone walls along with slides and statistical data to back up his findings.

Bocce Ball

Join us **Thursdays (NEW DAY) at 10:30 am** to play Bocce Ball. You can also sign out our Bocce Balls to play at any time when the Center is open. You can also sign out our Horse Shoes to play at any time when the Center is open.

Horseshoes

Come and enjoy our brand new horseshoe pits on **Tuesdays at 10:30 am**. Special thank you to Drew St. Louis, an Eagle Scout from Lyme, who developed and installed our horseshoe pits as his Eagle Scout Project. Also a thank you to all the Scouts, leaders, and friends of Boy Scout Troop 26 of Lyme/ Old Lyme who worked with him on this project! We truly are blessed to have our Boy Scouts so involved with the Senior Center!

Balance and Tone Class with Donna

Donna Scott is back for 3 weeks this July! Join us for Balance and Tone Class, **Thursdays July 11, 18th, 26th at 10:30 am**. Classes are \$5.00. Please call to sign up.

NEW DANCE FITNESS CLASS (Similar to Jazzercise)

Consider joining us for a NEW fitness class (very similar to Jazzercise). 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'll 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.

Come and enjoy a summer evening at the
Lymes' Senior Center

26 Town Woods Road, Old Lyme

SUMMER SOUNDS.

Thursday Nights at 7 pm

All ages are welcome

Bring chairs, blankets, dinner, etc. The performances will be held on the lawn or inside if the weather is inclement

Free Ice Cream Social follows all concerts!

On July 18 starting at 5:30 Lions Club will be selling hotdogs, hamburgers, drinks, etc.



July 11
 The Corvettes
 Doo Wop Revue



July 18
 The Cartells



July 25
 Rock Solid Alibi



August 1
 Ticket to Ride

Signature Sponsors



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