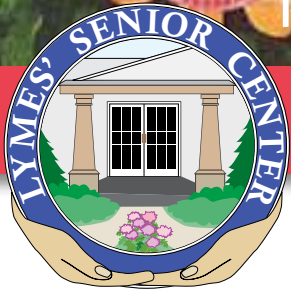


Lymes' Senior Center

June 2019 News & Events

Proudly serving seniors 55 & better!



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

- Social Media Basics
- Do you need to update or finalize your Advanced Directives?
- Chinese Brush Painting
- Memorial Garden Annual Dedication Ceremony
- Accordion Player Sam Gavish
- Tories, Spies and Traitors: Divided Loyalty in Revolutionary Connecticut
- Song and Dance of the 1940's
- Summer Sounds Outdoor Concert Series
- Evidence of a lost civilization in New England
- Whose DNA is it anyway?



SUMMER SAFETY AT HOME

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	Date of First Class & Time/ Duration	COST
Exercise with Kathy (MON & WED)	Drop in & ongoing Mon. & Wed. at 10:30am	\$5.00 a class
Social Media Basics (MON)	June 3rd from 1:00-2:00pm	FREE
Gentle Vinyasa Flow Yoga (MON)	June 24th at 8:00/ 6 Week Session	\$30.00
Drawing (MON))	September 9th from 10:00-12:00pm/6 Weeks	\$40.00
Watercolor ((TUES)	September 10th from 10-12/6 Weeks	\$40.00
Sit n Be Fit (TUES)	Drop in & ongoing Tuesdays at 10:00am	FREE
Ballet Stretch for Seniors (TUES)	July 9th at 9:15am/6 Week Session	\$30.00
Fitness Fusion (Tues)	June 18th at 5:00/7 Week Session	\$35.00
Tia 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)	June 13th at 8:15am/ 6 Week Session	\$30.00
Beginner Tap Class (THURS)	September 12 at 10:00am/ 6 Weeks	\$24.00
Intermediate Tap Class (THURS)	September 12 at 10:45am/ 6 Weeks	\$24.00
30/30 Cardio Fusion/ Stretch (THURS)	September 5th at 5:00pm/ 6 Week Session	\$30.00
Gentle Piyo (FRI)	June 21st at 8:00am/ 7 Week Session	\$35.00
Lo Impact Hi Energy Fitness Class (FRI)	Drop in & ongoing Fridays at 10:30am	\$5.00 a class
Beg. Country Line Dancing (FRI)	September 6th at 2:30pm/5 Week Session	FREE
Latin/Ballroom Line Dancing (FRI)	September 6th at 1:00pm/ 6 Week Session	(\$35.00- \$40.00)

Join Us:

- Wednesday, July 3rd at 12:45pm we will be showing the movie 'The King's Speech'. This movie, which came out in 2010 and won 22 awards including for Best Picture.
- Tuesday, July 9th at 1:00pm as Jared Day, PhD presents "Song and Dance of the 1940's" with a focus on the tap dancing and singing of Gene Kelly.
- Wednesday, July 10th at 1:00pm as Karen Pliego from Caregiver Homes presents "10 things to Reduce Your Stress".
- FREE SUMMER SOUNDS OUTDOOR CONCERT SERIES STARTING THURSDAY, JULY 11th (Please see last page for more information)
- Tuesday, July 16th at 1:00pm for "Who's DNA is it Anyway- The ability to overcome our genes with our minds" presented by Laura Gene. Registration requested.
- Wednesday, July 17th at 1:00pm for nationally renowned motivational speaker Nancy Butler for part 3 of "Living Life to the fullest...Tips and Tricks to make Life the Best it can be regardless of your age." Registration requested.
- Tuesday, July 23rd at 1:00pm. John from Senior Health Insurance Assoc. presents the program Medicaid... Do you Qualify? There wil be time for questions at the end.
- Wednesday, July 24th at 1:00pm for "Osteoarthritis: Ways to keep comfortable and active with and without medication presented by Susan Barringer, staff and community educator for the Visiting Nurses of the Lower Valley. Registration requested.
- Tuesday July 30th at 1:00pm as Archaeologist Geoffrey Pray Whittman presents "Evidence of a lost civilization in New England." He will not only discuss what he has uncovered in the form of rock formations and stone walls, but will also show slides and statistical data to back up his findings.

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, June 11 - Take a professionally guided tour of **Central Park in NYC** with lunch included at Buca di Beppo for lunch. Trip fee is \$100pp. Registration has begun. A lot of walking.

Friday, June 21 - Trip to the **Newport Flower Show** at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$49pp. Registration has begun. Moderate walking.

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.

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Intermediate Watercolor Class (\$40) 10:30 Exercise with Kathy (\$) 12:00 Meatball Grinder, Italian Blend Veg, Peaches <i>1:00 Social Media Basics (F) SUR</i> 1:00 Cards 1:00 Bridge (F) 7:00 Connecticut Camera Club</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">3</p>	<p>9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Drawing & Watercolor Essentials (\$40) 10:00 Sit and Be Fit (F) 12:00 Baked Cod w Lemon, Roasted Potato, Green Beans, Mandarin Oranges <i>12:45 Movie: Parental Guidance (F)</i> 1:00 6 Week Creative Writing & Poetry Class (F) SUR 5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">4</p>	<p>9:00 - 12:00 Hearing Clinic (F) SUR 10:30 Exercise with Kathy (\$) 10:30 Bocce Ball (F) 12:00 Chicken Caesar Salad, Corn Muffin, Fruit Juice, Chocolate Ice Cream <i>1:00 Paul Shlien Entertainer (F)</i> <i>2:00 Jeff McNamara-Probate Court-Notarizing Session (F) SUR</i> 4:00 NEW SESSION 7 Week Yoga Fundamentals & Meditation (\$45)* 8 person minimum</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">5</p>	<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 12:00 Roasted Turkey, Gravy, Mashed Potatoes, Broccoli, Cranberry Sauce, Apple Pie 1:00 Wii Bowling (F) 1:00 Cards (F) 1:00 Duplicate Bridge</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">6</p>	<p>8:00 7 Week Gentle PiYo (\$35) 9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Hot Dog on Bun, Baked Beans, Mixed Vegetables, Fruit Cocktail <i>1:00-3:00 Chinese Brush Painting (\$15) SUR</i> 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; font-weight: bold; font-size: 1.2em;">7</p>
<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Intermediate Watercolor Class (\$40) 12:00 Chicken Teriyaki, Brown Rice, Oriental Vegetables, Pineapple Chunks 1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">10</p>	<p>9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Drawing & Watercolor Essentials (\$40) 10:00 Sit and Be Fit (F) 12:00 Taco Salad, Mandarin Oranges <i>12:45 New Horizon's Band (F)</i> 1:00 6 Week Creative Writing & Poetry Class (F) SUR 5:00 6 Week Fitness Fusion(\$30) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">11</p>	<p>9:00 - 12:30 Hair Cuts (\$10) SUR 9:00 10 Week Tai Chi (\$95) SUR 10:30 Bocce Ball (F) 10:30 Exercise with Kathy (\$) 12:00 Stuffed Shells, Tomato Sauce, Italian Blend Veg, Sautéed Apples 1:00 Memorial Garden Annual Dedication (F) SUR 4:00 7 Week Yoga Fundamentals & Meditation (\$45) *8 person minimum</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">12</p>	<p>8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30) 12:00 Beef Stroganoff, Egg Noodles, Beets, Orange <i>1:00 Rain Date for LOL Middle School Jazz Cats (F) Outside BYOC</i> 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">13</p>	<p>8:00 7 Week Gentle PiYo (\$35) 9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Tuna Sandwich, Croissant, Carrot Raisin Salad, Banana 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; font-weight: bold; font-size: 1.2em;">14</p>
<p>8:00 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Intermediate Watercolor Class (\$40) 10:30 Exercise with Kathy (\$) 12:00 Hamburger, Bun, Potato Wedges, Coleslaw, Tropical Fruit 1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">17</p>	<p>9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Drawing & Watercolor Essentials (\$40) 10:00 Sit and Be Fit (F) 12:00 Lemon Chicken, Brown Rice, Spinach, Fruit Cocktail <i>12:45 Movie: Greenbook (F)</i> 1:00 6 Week Creative Writing & Poetry Class (F) SUR 5:00 NEW SESSION 7 Week Fitness Fusion(\$35) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">18</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 Bocce Ball (F) 10:30 Exercise with Kathy (\$) 12:00 Baked Tilapia, Rice Pilaf, Spring Veg Mix, Pudding, Fruit Juice <i>1:00 Accordion Player Sam Gavish (F)</i> 4:00 7 Week Yoga Fundamentals & Meditation (\$45) *8 person minimum</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">19</p>	<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 12:00 Beef Tips w Gravy, Mashed Potatoes, Broccoli, Strawberry Short Cake 1:00 Wii Bowling (F) 1:00 Cards (F) / Duplicate Bridge</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">20</p>	<p>8:00 NEW SESSION 7 Week Gentle PiYo (\$35) 9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Eggplant Parmesan, Tossed Salad, Garlic Knot, Peaches <i>1:00-3:00 Chinese Brush Painting (\$15) SUR</i> 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; font-weight: bold; font-size: 1.2em;">21</p>
<p>8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30) 10:00 NEW SESSION 6 Week Intermediate Watercolor Class (\$40) 10:30 Exercise with Kathy (\$) 12:00 Salmon, Roasted Potatoes, Asparagus Blend, Mandarin Oranges 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">24</p>	<p>10:00 Drawing & Watercolor Essentials (\$40) 10:00 Sit and Be Fit (F) 12:00 Macaroni & Cheese, Stewed Zucchini & Tomatoes, Tropical Fruit <i>1:00 Motivational Speaker Ann Rich (F) SUR</i> 1:00 6 Week Creative Writing & Poetry Class (F) SUR 5:00 7 Week Fitness Fusion(\$35) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">25</p>	<p>9:00 - 11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 10:30 Exercise with Kathy (\$) 10:30 Bocce Ball (F) 12:00 Herb Baked Chicken, Mashed Potatoes, Capri Blend Veg, Fruit Juice, Birthday Cake <i>1:00 Tories, Spies and Traitors: Divided loyalty in Revolutionary Connecticut (SUR)</i></p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">26</p>	<p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 12:00 Pork Roast, Gravy, Sweet Potato, Brussel Sprouts, Apple Sauce 1:00 Cards (F) / Duplicate Bridge (F) 1:00 Wii Bowling</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">27</p>	<p>8:00 7 Week Gentle PiYo (\$35) 9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Turkey Sandwich, Tomato Cucumber Salad, Potato Chips, Orange 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; font-weight: bold; font-size: 1.2em;">28</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>		<p style="text-align: center;">Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue</p>		

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JUNE 2019

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, June 3rd at 1PM. Space is limited so call to register for this free class, please call (860)-434-4127.

Movie: Parental Guidance

Join us on Tuesday, June 4th at 12:45 pm for this comedy starring Bette Midler and Billy Crystal who get tasked with watching their grandchildren for a couple of days.

Entertainer Paul Schlien

On Wednesday, June 5th, at 1PM, Paul Schlein, a pianist and vocalist will be here performing popular oldies rock, movie hits, and American and Contemporary classics.

Do you need to update or finalize your Advanced Directives?

Probate Judge, Jeff McNamara will be here on Wednesday, June 5th at 2:00pm to notarize your advanced directives. This service is free and you can pick up a form at the senior center. In addition they were passed out during his March 26th program. Please call to register.

Chinese Brush Painting

This class will be 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. Class will be held on Fridays, June 7th and 21st from 1PM to 3PM. Fee is \$15.00 for members, \$35.00 for non- members. This fee includes all materials. Space is limited. Fee is due at the time of registration. Cash and checks will be accepted.

The New Horizon's Band

This band from the Community School of Music will perform various marches, show tunes, classics and seasonal music. This is an all seniors band and a reminder that you are never too old to pick up and learn a new instrument or to start playing again. Join us on Tuesday, June 11th at 1:00pm for an inspiring performance.

Memorial Garden Annual Dedication Ceremony

This ceremony will be held on Wednesday, June 12th at 1PM, outside if weather is permitting, inside if not. Refreshments will be served.

Movie: Green Book

On Tuesday, June 18th at 12:45 PM, we will showing this recently released Best Picture Oscar Winning movie. In this movie, Dr. Don Shirley is a world class African American pianist who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Dr. 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 marked by segregation.

Accordion Player Sam Gavish

Sam Gavish will be here on Wednesday, June 19th at 1PM performing a world of musical odyssey. Sam's musical adventure began in Isreal, when he was just ten years old and so small his father had to make a special harness to help him hold on to a full size acoustical accordion. He won several music competitions and joined an Israeli-folklore dance group. After taking a hiatus to run a business and raise a family, Sam has returned to his love of playing the accordion. His repertoire of music is rich with dozens of instrumental sounds and songs from Western and Eastern Europe, South and Central America, Israeli folklore, and traditional Jewish (Klezmer) music. Don't miss out on this afternoon of joyful music!

Motivational Speaker Ann Rich

On Tuesday, June 25th at 1PM, Ann Rich will be presenting a session on Looking at Passion and Life Purpose. Registration is required, please call the center to register.

Tories, Spies, and Traitors: Divided Loyalty in Revolutionary Connecticut.

Join us on Wednesday June 26th at 1PM, for this fascinating look at the history of the Revolutionary War in Connecticut. Which side are you on? The Connecticut Historical Society will be presenting this session. Registration is required, please call the center to register.

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

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