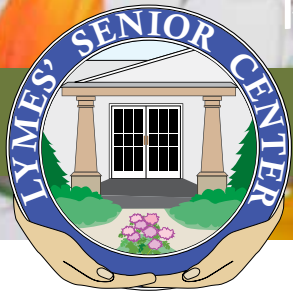


Lymes' Senior Center

August 2019 News & Events

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- Ticket to Ride (Beatles Tribute Band)
- Biography Lecture of Winston Churchill
- Roots of Rock and Roll Performance
- Living with Dementia: A Caregivers Guide
- 3 Part American History Lecture Series
- 3 Part Current Events Lecture Series
- 6th Annual Nonagenarian Celebration (90+)
- Banjo Man Tom Alvord
- Doo-Wop, Dancing & Drinks Event



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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	Day	Date of First Class & Time/ Duration	COST
Exercise with Kathy	MON	Resumes Sept. 16th	\$5 a class
Gentle Vinyasa Flow Yoga	MON	Sept. 16th at 8:15/ 6 Week Session	\$30
Drawing	MON	Sept. 9th from 10:00-12:00pm/6 Weeks	\$40
Internet Safety Class	MON	Sept. 9th from 1:00-2:00pm	FREE
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
Ballet at the Barre	TUES	July 9th at 9:15am/6 Week Session	\$30
Fitness Fusion	TUES	Sept. 3rd at 5:00/7 Week Session	\$35
Creative Writing and Poetry	TUES	Sept. 3rd, 2019/6 Weeks	FREE
Tai Chi	WED	TBD/10 Weeks	\$95
Exercise with Kathy	WED	Resumes Sept. 16th	\$5 a class
Yoga Fundamentals & Meditation	WED	Sept. 4th at 4:00pm /5 Week Session	\$30
Gentle Vinyasa Flow Yoga	THURS	Aug. 8th at 8:15am/ 6 Week Session	\$30
Modern Cord Handbag Craft	THURS	Aug. 22 & 29 10:15-11:30 am	\$5
Beginner Tap Class	THURS	Sept.12th at 10:00am/ 6 Weeks	\$24
Intermediate Tap Class	THURS	Sept. 12th at 10:45am/ 6 Weeks	\$24
30/30 Cardio Fusion/ Stretch	THURS	Sept. 5th at 5:00pm/ 6 Week Session	\$30
Lo Impact Dance Fitness Class	FRI	Drop in & ongoing Fridays at 10:30am	\$5 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- \$40)
Chinese Brush Painting	FRI	Aug. 16th & 30th 1-3 pm	\$20
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, September 3rd at 1:00pm for a special screening of **Last Will & Embezzlement**. Please join us on from 1:00- 2:30pm for this very informative and important topic for ALL SENIORS. We are honored to have Pamela Glasner, Producer of Last Will and Embezzlement here for the screening of this 30 minute film starring Mickey Rooney. This program is based on first-hand accounts from real-life victims, including Hollywood icon Mickey Rooney, as well as in depth interviews with experts who discuss such key issues as victims profiles, the perpetrators' modus operandi, and reasons for vulnerability, as well as potential solutions to this ever- increasing worldwide problem. An informal panel discussion will take place after to help answer any questions. Present will be an elder law attorney and other professionals familiar with the topic. Please call (860)434-1605 ext. 240 to register for this free program. Signed books and videos will be available after program. Books, and videos will be discounted from website prices.

Wednesday, September 4th at 1:00pm as we welcome back **T-Bone**, a professional entertainer for over 40 years. His special blend of wit and music will have us laughing, singing, clapping along, and even dancing within minutes.

Friday, Sept 6th at 1:00pm we will be starting a **3 part American History Lecture Series** with Jared Day, PhD. The first lecture entitled **The Divine Experiment: Plymouth Colony** will explore the British colonization of Plymouth in 1620. It will examine the European rivalries that led to this colonization, how participants conceived of the venture, the enormous obstacles they faced -- along with how Native Americans perceived the colonists, the tragic consequences of early contacts, and how they cooperated and battled with them as Europeans struggled with what became the first successful European settlement in New England. 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 1492 to the present. He is the author of several books along with numerous other popular and peer-reviewed articles. Please register by calling (860)434-4127.

Tuesday, September 10th at 1:00pm Informational session and demonstration on the **Amazing Benefits of Facials**. This is a free event given by licensed esthetician Maura Graml.

Wednesday, September 11th at 12:45pm the television movie produced in Canada "**Diverted**" will be shown in memory of September 11th. This movie is a fictional story based on the true life events of how on September 11th, 2001, 38 planes headed to New York City were diverted to Gander, Newfoundland, Canada. A town of 9,000 took in 7,000 passengers for 4 days until American airspace reopened.

Friday Sept 13th at 1:00pm we will be starting a 3 part Current Events Lecture Series with Jared Day, PhD. The first lecture entitled **China: The Next Superpower** will explore how for several decades now, China's exceptional economic development has led many to view it as the next military superpower in the 21st century, comparable to the US. This lecture will examine the course of Chinese military development with special emphasis on the goals of that development and how it compares to US capabilities. Please register by calling (860)434-4127.

Tuesday, September 17th at 1:00pm we will be holding our **6th Annual Nonagenarian Celebration** (90 and Over). If you or someone you know will be 90 or over by the end of 2019, please call (860)434-1605 ext. 240 to sign up to be honored at this celebration. All seniors, family members, and friends are welcome to attend and celebrate with us. Also those over 90 which have not already been added to our Wall of Honor will have a photograph taken at this event in addition we will have Pat Mitchell performing for this special event.

Wednesday, September 18th at 1:00pm we will have back by popular demand **Banjo Man Tom Alvord** strumming and singing to "the real oldies".

Tuesday, September 24th at 12:45pm Newly Released **Movie Comedy POMS** will be shown. POMS is a parody about a gathering of ladies who structure a cheer driving squad at their retirement network, demonstrating that you're never too old to 'even think about bringing it!' Starring In the cast are Pam Grier, Diane Keaton and Jacki Weaver.

Wednesday, September 25th at 1:00pm we will be holding a **Snack and Learn on Reverse Mortgages**. Cindy Perham (NMLS #110424) from Atlantic Home Loans will be sponsoring this informational presentation: Might a Reverse Mortgage (Home Equity Conversion Mortgage) be for you? She will lead a discussion about the benefits of a Reverse Mortgage and the many uses for it. She will share information about the fees associated with the loan, as well as give examples of how this may work for you or someone you know. This will be an informational session only, no sales pitches will be given. Call (860)434-4127 to register.

Tuesday, October 8th at 1:00 pm we will hold our **7th Annual Veterans Luncheon** at the Lymes' Senior Center. If you are a Veteran interested in connecting with other veterans and active duty military in attendance, join us for this scrumptious free luncheon prepared by Atria Crossroads in your honor. Please call the Lymes' Senior Center at 860-434-1605 ext.240 before Oct. 1st to sign up. Please feel free to wear your service proud.

Thursday, October 17th from 7-10pm we will be holding **Doo-Wop, Dancing and Drinks**, a Regional Event held at Great Neck Country Club (Langley's Restaurant) in Waterford, CT. Tickets need to be purchased in advance and cost \$20.00 this includes hot and cold Hors d'oeuvres (from 7:00-8:00pm) and all non-alcoholic drinks throughout the night. There will be a cash bar as well. The band The Corvettes Doo Wop Revue out of Boston will be performing from 8-10pm. Call for more information.

Saturday, October 19th the Old Lyme VNA will be holding a **Health Fair and Flu Clinic**. Details will follow in September's newsletter.



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August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
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	Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue		8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Bocce (F) 12:00 Pulled Pork, Whole Wheat Roll, Baked Beans, Coleslaw, Potato Chips, Peaches 1:00 Wii Bowling (F) 1:00 Cards (F) / Duplicate Bridge 7:00 Summer Sounds Outdoor Concert & Ice Cream Social featuring Ticket to Ride (Beatles Tribute Band) (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Lemon Chicken, Brown Rice, Zucchini Blend, Watermelon
10:30 Exercise with Kathy (\$) 12:00 Stuffed Shells, Marinara Sauce, Italian Blend Veg, Fruit Cocktail 1:00 Cards 1:00 Bridge (F) 7:00 CT Camera Club (F)	9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested 12:00 Salmon w Pineapple Salsa, Roasted Potatoes, Asparagus Blend, Mandarin Oranges 1:00 Biography of Winston Churchill with Jared Day (F) SUR	9:00 - 12:00 Hearing Clinic (F) SUR 9:00 10 Week Tai Chi (\$95) SUR 12:00 Roast Pork, Gravy, Mashed Potatoes, Green Beans, Peach Cobbler, Fruit Juice 1:00 Roots of Rock and Roll Musical Performance (F) 4:00 6 Week Yoga Fundamentals & Meditation (\$38) *8 person minimum	8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Bocce (F) 12:00 Herb Baked chicken, Gravy, Brown Rice, Brussel Sprouts, Strawberry Shortcake 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge 6:00 Dementia: Caregivers Guide with Mind Matters (F)	9:30 Shoreline Artists' Workshop (F) 12:00 Ham & Swiss Sandwich on Whole Wheat Roll, Tomato, Lettuce, Carrot Raisin Salad, Orange 12:30 Dance Country Field Trip (\$5) SUR
10:00 Quebec City Winter Carnival 2020 Trip Presentation at Elast Lyme Sr Ctr. Call 860739-5859 to sign up for presentation. BUT call 860-434-4127 or stop in Lymes' Sr Ctr to sign up for trip 12:00 Breaded Chicken, Orange Sauce, Wild Rice, Oriental Veg, Tropical Fruit 1:00 Cards 1:00 Bridge (F)	9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) Please register if interested 12:00 Cheese Tortellini, Tomato Sauce, Tossed Salad, Garlic Knot, Fruit Cocktail 12:45 Movie: Book Club (F)	9:00 - 12:30 Hair Cuts (\$10) SUR 9:00 10 Week Tai Chi (\$95) SUR 12:00 Cobb Salad, Corn Muffin, Orange 1:00 Heart Health and Stroke Prevention (F) 4:00 6 Week Yoga Fundamentals & Meditation (\$38) *8 person minimum	8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Bocce (F) 12:00 Chicken Stir Fry, Brown Rice, Oriental Veg, Pineapple Bits 1:00 Wii Bowling (F) 1:00 Cards (F) / Duplicate Bridge	9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Battered Fish, French Fries, Sonoma Blend Veg, Peaches 1:00-3:00 Chinese Brush Paint (\$) SUR 1:00-5:00 AARP Driving Class \$15 Members, \$20 Non Members SUR
12:00 Swedish Meatballs, Beef Gravy, Egg Noodles, Broccoli, Chocolate Pudding, Fruit Juice 1:00 Cards 1:00 Bridge (F)	10:30 Horseshoes (F) Please register if interested 12:00 Chicken Florentine, Rice Pilaf, Scandinavian Blend, Pears	9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:00 10 Week Tai Chi (\$95) SUR 12:00 Eggplant Parmesan, Tossed Salad, Garlic Knot, Fruit Juice, Ice Cream 1:00 Halls Road Committee Update (F)	7:15 Long Island Winery Trip (\$103) SUR 8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30) 10:15 It's Not Your Nana's Bag Crochet Pt 1-no experience needed (\$5) SUR 10:30 Bocce (F) 12:00 Braised Lemon Chicken, Mashed Potatoes, Brussel Sprouts, Watermelon 1:00 Cards (F) / Duplicate Bridge (F) 1:00 Wii Bowling	9:30 Shoreline Artists' Workshop (F) 10:30 Low Impact Dance Fitness Class (\$) 12:00 Turkey, Roll, American Cheese, Lettuce & Tomato, 3 Bean Salad, Mandarin Oranges
12:00 Hamburger w Bun, French Fries, L/T/O, 3 Bean Salad, Fruit Cocktail 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting	10:30 Horseshoes (F) Please register if interested 12:00 Chicken Cordon Bleu, Wild Rice, Beets, Pears 1:00 Sing Along with Judy Hall, Road Trip Music (F)	9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:00 10 Week Tai Chi (\$95) SUR 12:00 Taco Salad, Corn & Beans, Lettuce & Tomato, Mandarin Oranges, Birthday Cake 1:00 Ideas for 2020 Trip Planning Meeting (F)-All Welcome	8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:15 It's Not Your Nana's Bag Crochet Pt 2-no experience needed (\$5) SUR 10:30 Bocce (F) 12:00 Baked Cod, Tartar Sauce, Mashed Potato, Spinach, Banana 1:00 Cards (F) / Duplicate Bridge (F) 1:00 Wii Bowling	9:30 Shoreline Artists' Workshop (F) 12:00 BBQ Chicken, Mac & Cheese, Stewed Zucchini & Tomatoes, Peaches 1:00-3:00 Chinese Brush Painting (\$) SUR

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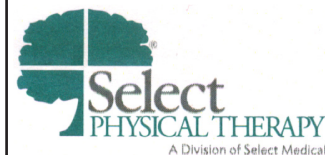
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AUGUST 2019

Ticket to Ride (Beatles tribute band)

This is our last concert of our Summer Sounds Concert Series and will be held on Thursday, August 1st at 7:00pm. It will be held outside weather permitting, inside if not. Please bring your lawn chairs, picnic dinners, and dancing shoes. Parking is available at the center and at Town Woods Park. Free Ice Cream Social will be held immediately following the concert and is sponsored by the Old Lyme Republican Town Committee.

Biographical Lecture of Winston Churchill

Jared Day, PhD, will be here on Tuesday, August 6th at 1pm speak about Winston Churchill, one of the most prominent people of the 20th century and a leading force in the defeat of Adolph Hitler.

Roots of Rock and Roll Concert

On Wednesday, August 7th at 1:00 PM we will welcome 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. Plan to join us for this free wonderful musical event.

Living with Dementia: A Caregivers Guide

Mind Matters of Old Saybrook will be here on Thursday, August 8th at 6:00 pm to present techniques and guidance on dealing with the impact of caring for a loved one with dementia. Please call, (860)-434-4127 to register for this free program.

Field Trip to Dance Country

All dancers that wish to join us for the field trip to Dance Country in Ledyard should meet us at the center on August 9th at 12:15pm unless they choose to drive there on their own. The Senior Dance Party will be from 1:00-3:00pm and cost \$5.00, lunch will be included. Call (860)434-4127 for more information.

Movie: Book Club

Join us on Tuesday, August 13th at 12:45 pm for the showing of Book Club. Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club. Starring Jane Fonda, Candice Bergen and Dianne Keaton.

Heart Health and Stroke Prevention

Join us on Wednesday, August 4th, at 1PM, as staff from Atrinity Home Health with talk about ways that you can increase your hearth health and decrease your chances of having a stroke. This is a free program.

AARP Driving Course

On Friday, August 16th from 1:00 to 5:00 pm the AARP Drive Safety Course will be held here at the center. Call to sign up at (860) 434-4127. Cost is \$15.00 for AARP members and \$20.00 for non-members. Checks only.

Halls Road Committee Update

Join us on Wednesday, August 21th at 1:00 PM for an informational update on the plans and progress of this committee. All are encouraged to attend.

L-OL VFW Post #1467

Next meeting will be held Monday, August 26th. Join us at 6pm for a catered dinner and then at 7 pm 1 hour meeting. Motto: "No bar, no building, we just do good works" Call Ed Shyloski 860-917-7152 to join.

Road Trip Sing a Long

On Tuesday, August 27th at 1:00 PM, Judy Hall will be here performing songs that will reflect fun places to go and see. Join us for this fun filled musical travel adventure.

TRIP IDEAS FOR 2019 MEETING

Anyone who likes to travel and would like to have some input into our 2019 trips should attend our meeting on Wednesday, August 28th at 1:00pm.

NEW! THIS IS NOT YOUR NANA'S HANDBAG CRAFT

Learn how to make a trendy modern cord handbag. Crochet techniques will be used. Do not need experience in crocheting but it will help. Alex Place, crochet enthusiast will show you how. Cost is \$5.00 to cover part of the materials (\$10.00 for non members). The two part class will be held Thurs. Aug. 22 and 29 from 10:15- 11:30am. Please register ASAP so that we can buy enough materials. Call (860)434-4127 to register.

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.

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 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.

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