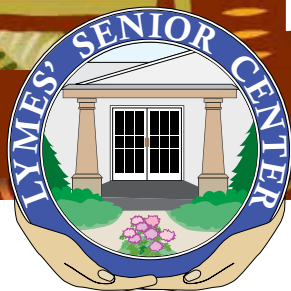


Lymes' Senior Center

October 2019 News & Events

Proudly serving seniors 55 & better!



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

- Doo Wop, Dancing and Drinks
- October Fest Cabaret Show with Ashly Cruz
- America's First Citizen: Ben Franklin & His Time
- Walk with Ease Program
- France: The Culture, Language and Foods
- Authentic German Folk Music
- Immigration in International Perspective
- Friends or Frenemies: Music's Greatest Generation
- 7th Annual Veteran's Luncheon
- Tea with Laura Ingalls Wilder
- 50s, 60s and 70s Rock & Roll with Joe Mac



ENJOY FALL WITHOUT FALLS

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



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 |
|---|------------------------------|--|--------------------|
| WALK WITH EASE | (MON, WED, & FRI) | Oct.14th- Nov 22nd at 10:30am/ 6 Week Program, 3 x a week | Donation |
| Exercise with Kathy | (MON) | Drop in and ongoing at 10:30am | \$5.00 a class |
| Gentle Vinyasa Flow Yoga | (MON) | October 28 th at 8:15am/ 9 Week Session | \$45.00 |
| Drawing and Color | (MON) | November 4 th from 10:00-12:00pm/6 Week Session | \$40.00 |
| Sit n Be Fit | (TUES) | Drop in & ongoing at 10:00am | FREE |
| Watercolor Plus | (TUES) | November 5 th from 10:00-12:00pm/6 Week Session | \$40.00 |
| Ballet at the Barre | (TUES) | October 15 th at 9:15am/6 Week Session | \$30.00 |
| Fitness Fusion | (TUES) | October 15 th at 5:00/6 Week Session | \$30.00 |
| Creative Writing and Poetry | (TUES) | October 15 th at 1:00/6 Weeks Session | FREE |
| Tia Chi | (WED) | October 30 th at 9:00am/10 Week Session | \$95.00 |
| Exercise with Kathy | (WED) | Drop in and ongoing at 10:30am | \$5.00 a class |
| Yoga Fundamentals & Meditation | (WED) | October 16 th at 4:00pm /6 Week Session | \$42.00 |
| Gentle Vinyasa Flow Yoga | (THURS) | October 31 st at 8:15am/ 7 Week Session | \$35.00 |
| Beginner Tap Class | (THURS) | October 24 th at 10:00am/ 6 Week Session | \$24.00 |
| Intermediate Tap Class | (THURS) | October 24 th at 10:45am/ 6 Week Session | \$24.00 |
| Lo Impact Dance Fitness Class | (FRI) | October 4, 11, 25 at 10:30am/3 Week Session | \$15.00 |
| Beg. Country Line Dancing | (FRI) | October 25 th at 2:30pm/6 Week Session | FREE |
| Latin/Ballroom Line Dancing | (FRI) | October 18 th at 1:00pm/ 6 Week Session | (\$35.00- \$40.00) |
| Chinese Brush Painting | (FRI) | December 13 th & 20 th from 1:00-3:00pm | \$20.00 |
| Upcoming American History Lecture Series with Jared Day, PHD | | | |
| America's First Citizen: Ben Franklin & His Time | | Friday, October 4 th at 1:00pm | FREE |
| Inventing the Presidency: Washington, Adams, Jefferson | | Friday, November 1 st at 1:00pm | FREE |
| Upcoming Current Events Lecture Series with Jared Day, PHD | | | |
| Immigration in International Perspective | | Friday, October 11 th at 1:00pm | FREE |
| Perspectives on Africa: Past and Present | | Friday, November 8 th at 1:00pm | FREE |

Join Us:

- Friday, November 1st at 1:00pm for part 3 of our American History Lecture Series with Jared Day, PHD: **Inventing the Presidency: Washington Adams, & Jefferson.** This lectures will examine the lives of America's first three presidents with special emphasis on their administrations covering the crucial formative years of 1789 to 1809. We will explore the challenges that Washington faced as the first president, the critical precedents set by all three, the foreign and domestic challenges each faced, and the long-term legacies they left both in the institution of the presidency as well as in the broad course of American history generally.
- Tuesday, November 5th at 1:00pm for **Medicare Updates with John.** This will be presented by John Pitarra, Senior Benefits and Medicare Specialist from Senior Health Insurance Associates.
- Wednesday, November 6th at 1:00pm as we welcome back **The Troubadours Senior Variety Show. What's with all the laughing?** Join us and find out as Elmwood Senior Citizens entertain, sing, dance, tell jokes, and perform hilarious musical skits. If you love laughing...don't miss this show!!
- Friday, November 8th at 1:00pm for part 3 of our Current Lecture Series with Jared Day, PHD: **Perspective on Africa: Past and Present.** Long labeled a region in crisis, most of Africa has experienced remarkable growth and relative stability in recent decades. This lecture explores colonial and post-colonial trends in this part of the world, looking at why many countries experienced so much adversity while others have made progress.

- Tuesday, November 12th at 1:00pm for **“18 Steps to Fall Proof your Home”** presented by Care One Security representative Jeff Piscitelli. Did you know that 1 in 4 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Come learn how through practical lifestyle adjustments, evidenced-based programs, and community partnerships, the number of falls can be reduced substantially.
- Wednesday, November 13th at 11:30pm join us for our **Officer for Lunch Program**. We will welcome Resident Trooper Greg Hunter to eat lunch and visit with us.
- Wednesday, November 13th at 1:00pm for **First Ladies: An Adventure in Glamour, Guts & Gumption**. Learn the personalities and adventures of the women who became the First Ladies of the United States. Who were they really? What made them tick? Did they love or loathe their role? Did they sink or swim navigating the complexities of politics, protocol and publicity, whether they did so willingly or not? The presentation is designed to be lively, humorous and engaging by weaving historical and modern events and facts about First Ladies to understand and appreciate the important role they play, starting with Martha Washington. Presenter Mariann Millard will be sharing her personal anecdotes as a Licensed DC Guide leading tours in DC. This will be judiciously used to enhance the First Lady experience.
- Friday, November 15th 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. Only checks will be accepted.
- Tuesday, November 19th at 1:00pm for a **Hot Chocolate and Apple Pie Social!** Zobeida Torres of Anthem Blue Cross and Blue Shield will be here to present information about their plans. She can also answer your questions about **Medicare and explain your options during open enrollment**. There is no obligation to enroll in a plan if you attend. We will be also talking about the 2020 Medicare Benefits and having a free Thanksgiving Themed Raffle.
- Wednesday, November 20th 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.
- Friday, November 22nd at 12:00pm for the **Thanksgiving Luncheon & performance featuring Joe Mac** who plays 50’s, 60’s and 70’s Rock and Roll immediately following. Donations cost for lunch is \$3.00 for seniors aged 60 and over. Lunch reservations need to be made between November 1st and November 12th by calling 860-388-1611 and telling them you wish to sign up for the Thanksgiving Luncheon at the Old Lyme Site.
- Tuesday, November 26th at 1:00pm for a **Gratitude Musical Program** with Marcy Conway. Come be grateful with us!

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, 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.

November 7, 2019 - Round trip motor coach, **Guided Tour of Sturbridge Village**, lunch and time to explore the Village. Price is

\$103 pp. Tickets are on sale now. Please purchase before October 1st.

November 24 - Newport Playhouse - Enjoy a delicious all-you-can-eat buffet before watching *A Christmas Cactus*, a murder mystery romp around the holidays. After all the laughter you will be treated to a fun-filled cabaret! Price is \$80pp. Tickets are on sale now. Please purchase before October 15th.

Thursday, December 5 - Join us for **A Rockwell Christmas Trip**. This tour will begin at the Red Lions Inn for lunch and a visit to the Norman Rockwell Museum and end with a leisurely drive through Forest Park’s Bright Nights, a 2.5 mile ride through the park while listening to holiday music seeing a variety of designs, animals and objects that are illuminated. The cost is \$110pp. Wait list only.

See Overnight Trips and Cruises on page 7

October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| <p>Special Note: Flu shots and Health Clinic will be held Saturday, October 19 from 8-12 pm. See description on page 6 The Historical Society will be selling plants to benefit their scholarship fund at this time</p> | <p>7:45 Cranberry Bog Tour (\$92) SUR 9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) 12:00 Swedish Meatballs, Gravy, Noodles, Peas, Sauteed Apples 12:45 Movie: Crazy Rich Asians (F) 1:00 6 Week Creative Writing (F) SUR 5:00 6 Week Fitness Fusion (\$30)</p> <p align="right">1</p> | <p>9:00 -12:00 Hearing Clinic (F) SUR 9:00 10 Week Tai Chi (\$95) SUR 12:00 Chicken w Gravy, Roasted Potatoes, Broccoli, Peach Cobbler 1:00 October Fest Cabaret Show with Ashley Cruz (F) 4:00 5 Week Yoga Fundamentals & Meditation (\$30) *8 person minimum</p> <p align="right">2</p> | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Beginner Tap Class (\$24) SUR 10:30 Bocce (F) 10:45 6 Week Intermediate Tap Class (\$24) SUR 12:00 Beef Stroganoff, Buttered Noodles, Green Beans, Bread Pudding, Fruit Juice 1:00 Wii Bowling (F) 1:00 Cards (F) / Duplicate Bridge</p> <p align="right">3</p> | <p>9:30 Shoreline Artists' Workshop (F) 10:30 High Energy/Low Impact Dance Fitness Class (\$15) SUR 12:00 Lasagna, Tossed Salad, Bread Stick, Fruit Cocktail 1:00 America's First Citizen Ben Franklin and his time (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing Class (\$35-\$40) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p> <p align="right">4</p> |
| <p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (S) 12:00 Salisbury Steak, Gravy, Mashed Potatoes, Green Beans, Peaches 1:00 Cards 1:00 Bridge (F) 7:00 CT Camera Club (F)</p> <p align="right">7</p> | <p>9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) 12:00 Baked Cod, Lemon Sauce, Wild Rice, California Blend Veg, Mandarin Oranges 1:00 Veterans' Luncheon (open to all Vets) (F) SUR by Sept. 30 1:00 6 Week Creative Writing (F) SUR 5:00 6 Week Fitness Fusion (\$30)</p> <p align="right">8</p> | <p>9:00 -12:30 Hair Cuts (\$10) SUR 9:00 10 Week Tai Chi (\$95) SUR 10:30 Exercise with Kathy (S) 12:00 Meatloaf, Gravy, Mashed Potatoes, Carrot Coins, Lemon Meringue Pie 1:00 Jeffrey Engel presents Chopin, Liszt and Berlioz: Friends and Frenemies (F) 4:00 NEW SESSION 7 Week Yoga Fundamentals & Meditation (\$45) *8 person minimum</p> <p align="right">9</p> | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 9:00-11:00 - Mini Facials (\$15 for 15 min.) Call to sign up 10:00 6 Week Beginner Tap Class (\$24) SUR 10:30 Bocce (F) 10:45 6 Week Intermediate Tap Class (\$24) SUR 12:00 Herb Baked Chicken, Rice Pilaf, Sonoma Blend Veg, Apple Crisp 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge</p> <p align="right">10</p> | <p>9:30 Shoreline Artists' Workshop (F) 10:30 High Energy/Low Impact Dance Fitness Class (\$15) SUR 12:00 Chili, Mixed Veg, Corn Muffin, Pears 1:00 Immigration in International Perspectives (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing (\$35-40) SUR 2:30 NEW SESSION 6 Week Beginner Line Dancing (F) SUR</p> <p align="right">11</p> |
| <p align="center">CLOSED COLUMBUS DAY</p> <p align="right">14</p> | <p>7:45 Polka at the Aqua Turf (\$72) SUR 9:15 NEW SESSION 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) 12:00 Chicken Divan, Rice Pilaf, Peas & Carrots, Fruit Juice, Butterscotch Pudding 1:00 NEW SESSION 6 Week Creative Writing (F) SUR 5:00 NEW SESSION 6 Week Fitness Fusion (\$30)</p> <p align="right">15</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 (S) 10:30 6 Week Walk with Ease Program (\$25) SUR 11:30 COSTCO Info and Give Away (F) 12:00 Eggplant Parmesan, Italian Blend Veg, Garlic Knot, Tropical Fruit 1:00 Tea with Laura Ingalls Wilder (F) SUR 4:00 7 Week Yoga Fundamentals & Meditation (\$45)</p> <p align="right">16</p> | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 NEW SESSION 6 Week Beginner Tap Class (\$24) SUR 10:30 Bocce (F) 10:45 NEW SESSION 6 Week Intermediate Tap Class (\$24) SUR 12:00 Baked Tilapia, Sweet Potatoes, Beets, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Cards (F) / Duplicate Bridge 5:00 6 Week Fitness Fusion Class (\$30) 7:00 Regional Sr Event Doo Wop Dancing & Drinks (\$20 in advance)</p> <p align="right">17</p> | <p>9:30 Shoreline Artists' Workshop (F) 10:30 6 Week Walking with Ease Program (\$25) SUR 12:00 Lemon Chicken, Brown Rice, Zucchini & Tomato Blend, Fruit Cocktail 1:00 Medicare Changes in 2020 (F) SUR 1:00 6 Week Latin/Ballroom Line Dancing (\$35-40) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p> <p align="right">18</p> |
| <p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:30 Exercise with Kathy (S) 10:30 6 Week Walking with Ease Program (\$25) SUR 12:00 Stuffed Shells, Marinara Sauce, Broccoli & Cauliflower, Pineapple Bits 1:00 Cards 1:00 Bridge (F) 1:00 Senior Center Board Mtg. All Welcome</p> <p align="right">21</p> | <p>9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) 12:00 Chicken, BBQ Sauce, Mac & Cheese, Spinach, Peaches 12:45 France: The Culture, Language and Foods (F) SUR 1:00 6 Week Creative Writing (F) SUR 5:00 6 Week Fitness Fusion (\$30)</p> <p align="right">22</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 10:00-2:00 Resource Fair for Seniors (F) 10:30 6 Week Walk with Ease Program (\$25) SUR 10:30 Exercise with Kathy (S) 12:00 Salmon, Pineapple Salsa, Roasted Red Potatoes, Asparagus Blend, Fruit Juice, Chocolate Chip Cookies 4:00 5 Week Yoga Fundamentals & Meditation (\$30) *8 person minimum</p> <p align="right">23</p> | <p>8:15 6 Week Gentle Vinyasa Yoga (\$30) 10:00 6 Week Beginner Tap Class (\$24) SUR 10:30 Bocce (F) 10:45 6 Week Intermediate Tap Class (\$24) SUR 12:00 Pork Roast, Gravy, Mashed Potatoes, Broccoli, Apple Pie 1:00 Cards (F) / Duplicate Bridge (F) 1:00 Wii Bowling</p> <p align="right">24</p> | <p>9:30 Shoreline Artists' Workshop (F) 10:30 High Energy/Low Impact Dance Fitness Class (\$15) SUR 10:30 6 Week Walking with Ease Program (\$25) SUR 12:00 Chicken Parmesan, Noodles, Italian Blend Veg, Garlic Knot, Orange 1:00 6 Week Latin/Ballroom Line Dancing (\$35-40) SUR 2:30 6 Week Beginner Line Dancing (F) SUR</p> <p align="right">25</p> |
| <p>8:15 NEW SESSION 8 Week Gentle Vinyasa Yoga (\$40) 10:30 Exercise with Kathy (S) 10:30 6 Week Walking with Ease Program (\$25) SUR 12:00 Battered Fish, French Fries, Baked Beans, Cole Slaw, Banana 1:00 Cards 1:00 Bridge (F) 5:00 VFW Dinner and Meeting</p> <p align="right">28</p> | <p>9:15 6 Week Ballet Class for Seniors (\$30) SUR 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) 12:00 Stuffed Cabbage Casserole, Carrot Coins, Rice Pudding, Fruit Juice 12:45 Musical German Heritage Program with John Banker (F) SUR 1:00 6 Week Creative Writing (F) SUR 5:00 6 Week Fitness Fusion (\$30)</p> <p align="right">29</p> | <p>9:00 NEW SESSION 10 Week Tai Chi (\$95) SUR 10:30 6 Week Walk with Ease Program (\$25) SUR 10:30 Exercise with Kathy (S) 12:00 Sliced Pot Roast, Beef Gravy, Mashed Potatoes, Green Beans, Fruit Juice, Birthday Cake 1:00 PM 50'S, 60'S & 70'S Rock & Roll with Joe Mac 4:00 7 Week Yoga Fundamentals & Meditation (\$45) *8 person minimum</p> <p align="right">30</p> | <p>8:15 NEW SESSION 7 Week Gentle Vinyasa Yoga (\$35) 10:00 6 Week Beginner Tap Class (\$24) SUR 10:30 Bocce (F) 10:45 6 Week Intermediate Tap Class (\$24) SUR 11:30 Halloween Party & Luncheon (F) Reservations need to be made in advance 860-388-1611. 12:00 Chicken Stew, Peas & Carrots, Biscuit, Fruit Juice, Dirt Cups 1:00 Cards (F) / Duplicate Bridge (F) 1:00 Wii Bowling</p> <p 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> <p>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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OCTOBER 2019

Movie Crazy Rich Asians:

Join us on Tuesday, October 1st at 12:45pm for a showing of the movie *Crazy Rich Asians*. Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.

October Fest Cabaret Show with Ashly Cruz:

On Wednesday, October 2nd at 1:00pm we welcome back, Ashly Cruz to perform her October Fest Cabaret Show. When asked to describe Ashly Cruz, it is best to envision what would come down the pike if you were to take a double shot of Janis Joplin, Betty Boop, and Marilyn Monroe together (shaken not stirred). Wow! Ashly is wildly entertaining and crowd pleasing. Music, theater, and dance meld into one on stage. We hope you can join us for this free event.

America's First Citizen: Ben Franklin & His Time

The second lecture in our American History Lecture Series with Jared Day, PhD will be held on Friday, October 4th at 1:00pm. This lecture focuses on one of the most renowned statesmen and enlightened figures of the colonial era. Ben Franklin was an international star through much of the eighteenth century, and, for many Europeans, he represented what it meant to be an American and what might be possible in the "new world". This course will focus on Franklin's extraordinary evolution from a powerful advocate for his king and the British Empire to one of its harshest critics and an extraordinary voice in support of the America's revolutionary cause. Space is limited and preregistration is required for this program free to members by calling (860)434-4127.

7th Annual Veteran's Luncheon

If you are a Veteran who wishes to join us on Tuesday, October 8th at 1:00pm for our Annual Veteran's luncheon catered and sponsored by Atria Crossroads Place. Please call (860) 434 4127 to register by September 30th.

Friends or Frenemies: Music's Greatest Generation, Chopin, Liszt, Mendelssohn, Wagner and Berlioz.

On, Wednesday, October 9th at 1:00 pm, **Jeffrey Engel** will detail the various relationships of music's greatest generation and play excerpts from their music dating from this time period. Heinrich Heine wrote "When dear God is bored in heaven, he opens the windows and contemplates the boulevards of Paris." His thought is a reference to Paris during the 1830's when its' sidewalk resembled of French Hollywood Walk of Fame. Europe's musical elite visited or resided in the French capital to attend stellar performances at L'Opera, la Societe des Concerts and to tryout the latest

pianos of Erard and Pleyel. They also quarreled, socialized and performed together. It would not have been surprising to see Chopin, Liszt, and Mendelssohn walking down a street together.

Immigration in International Perspective

Join us on Friday, October 11th at 1:00pm for the second part of our three part Current Events Lecture Series with Jared Day, PhD. This series explores a number of key issues that ripple through contemporary debates on immigration. We will be examining some of the chief economic and demographic drivers of immigration, both in Europe and the United States. We shall also study the immigration challenges faced by Americans, Europeans, and Asians as they try to maintain a delicate balance between culture economy and society. This program is free for all members but space is limited and preregistration is required, please register by calling (860)434-4127.

Walk with Ease Program

We will be offering this new walking program, beginning October 14th through November 22nd. This program designed by the Arthritis Foundation is a walking program proven to reduce pain and discomfort of joints; increase balance, strength and walking pace; and build confidence in your ability to exercise. A great way to begin a regular exercise routine. Cost: suggested donation \$25 per person for 3 days per week for 6 weeks. You can sign up for this 6 week walking program by calling 860-434-4127. This program requires a six week, 3 x's a week commitment but will pay off with better physical conditioning, reduced pain, and improved balance and stability. You will receive a workbook to use during the class. If you wish to purchase the workbook it is an additional \$15.00. Pre and post-test are done for both types.

Class Schedule: CLASS SCHEDULE:

10:30-12 PM – Mon, Wed and Friday beginning October 14th for 6 weeks. This program is funded by a grant from Senior Resources and is led by a certified instructor.

Tea with Laura Ingalls Wilder presented by Sheryl Faye.

Join us on Wednesday, October 16th at 1:00, Sheryl Faye will bring to life Laura Ingalls Wilder. We will learn about her encounters with neighboring Indians, her first experiences in school, the brutal winters which almost broke her family, and the joy Laura found in the simple things in life: "love and duty, work and rest, and living close to nature. Additionally we will see the development of a writer beginning with simple storytelling, to Laura creating pictures for her blind sister, Mary, to the development of her "Little House" books at the encouragement of her daughter, Rose. Please call (860)-434-4127 to register for this free program. Space is limited so please register early. Due to the nature of this program, no one will be admitted into the program after 1:15pm.

Doo Wop, Dancing and Drinks

Thursday, October 17th at 7:00 pm for Doo Wop, Dancing, and Drinks at Langley's in Waterford, CT. Live Music by The Corvettes Doo Wop Revue dancing and Hors d'oeuvres and free non-alcoholic beverages. Tickets are \$20.00 per person. Tickets need to be purchased in advance. Please call 860-434-4127 to register

Medicare Changes in 2020

On Friday, October 18th at 1:00pm we will have Care Partners of Connecticut here to discussing upcoming changes in the Medicare program. "Why Medicare Advantage Insurance?" Join Eric Bleimeister from Care Partners of CT in a Q&A session about the benefits of Medicare Advantage plans and how they differ from Medicare Supplement plans. You will also have an opportunity to learn about Care Partners of CT. Find out which type of plan may be right for you. Join us for this free event. Please call (860) 434-4127 to register.

VNA Health Fair and Flu Shot Clinic

Saturday, October 19th from 8:00am to 12:00 pm, the Old Lyme VNA will be holding a Health Fair and Flu Shot Clinic here at the Lymes' Senior Center. Residents of Lyme and Old Lyme 40 and over with proof of residency will receive a free flu shot. The health fair will also offer free blood pressure, vision and hearing testing, foot clinic etc. In addition, the Old Lyme Historical Society will be selling plants to benefit their scholarship program.

France: The Culture, Language, and Foods.

On Tuesday, October 22nd at 1:00pm, Alex Place, a Dual Citizen of France and the US, will be here to discuss the cultural richness of France and it's citizens. Call (860)434-4127 to register.

Resource Fair Seniors

Join us on Wednesday, October 23rd from 10am to 2pm for this free event. Find out what is available in the community and how you might access these services or resources.

Authentic German Folk Music

In celebration of German Heritage Month, John Banker, dressed in authentic Lederhosen, will present authentic German Folk Music combined with traditional Oktoberfest Drinking Songs and lots of Polkas. John will perform on Tuba and Accordion supported by background recording. Show highlights will include selections on Alpine Bells and solos on a 12 foot Alpenhorn from Switzerland. This performance will be held on October 29th at 1:00 pm. John Banker Songs will be performed in German and English with lots of audience participation. For more information, call (860) 434-4127.

50's, 60's and 70's Rock and Roll with Joe Mac

On Wednesday, October 30th at 1:00 pm, Joe Mac will be here performing Rock and Roll songs from the 50's, 60's and 70's. Join us for this fun filled, free musical event!

Halloween Celebration

Join us for our annual Halloween Celebration on Thursday, October 31st. We will give away a free lunch to the first 30 seniors that sign up AND arrive in costume. We will also have a spooky cake and raffle prize drawings at 12:30pm. All that arrive in costume will be entered to win a free Big Y Gift Card. Come celebrate the day with us! Please remember that you will need to call (860) 388-1611 to sign up for lunch before 10:45 on October 30th.

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.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

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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