

# Lymes' Senior Center

## September 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)

- Doo Wop, Dancing and Drinks Event
- Last Will & Embezzlement
- American History Lecture Series with Jared Day
- 6th Annual Nonagernarian Celebration
- Banjo Man Tom Alvord
- Snack and Learn on Reverse Mortgages
- 7th Annual Veteran's Luncheon
- Current Events Lecture Series with Jared Day
- France: The Culture, Language and Foods
- Musical German Heritage Program



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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 Mondays	\$5.00 a class
Gentle Vinyasa Flow Yoga	(MON)	October 28th at 8:15/ 6 Week Session	\$30.00
Drawing and Color	(MON)	Sept 9 <sup>th</sup> from 10:00-12:00pm/6 Week Session	\$40.00
Internet Safety	(Mon)	Sept 9 <sup>th</sup> at 1:00 pm SUR	Free
Sit n Be Fit	(TUES)	Drop in & ongoing Tuesdays <sup>at</sup> 10:00am	FREE
Watercolor Plus...	(TUES)	September 10 <sup>th</sup> from 10:00-12:00pm/6 Weeks	\$40.00
Ballet at the Barre	(TUES)	September 3 <sup>rd</sup> at 9:15am/6 Week Session	\$30.00
Fitness Fusion	(Tues)	September 3 <sup>rd</sup> at 5:00/7 Week Session	\$35.00
Creative Writing and Poetry	(TUES)	September 3 <sup>rd</sup> at 1:00/6 Weeks Session	FREE
Exercise with Kathy	(WED)	RESUMES SEPT 16TH Wednesdays	\$5.00 a class
Yoga Fundamentals & Meditation	(WED)	September 4 <sup>th</sup> at 4:00pm /5 Week Session	\$30.00
Tai Chi	(WED)	October 30 at 9am	\$95
Gentle Vinyasa Flow Yoga	(THURS)	October 31 <sup>st</sup> at 8:15am/ 6 Week Session	\$30.00
Beginner Tap Class	(THURS)	Sept 12 <sup>th</sup> at 10:00am/ 6 Weeks	\$24.00
Intermediate Tap Class	(THURS)	Sept 12 <sup>th</sup> at 10:45am/ 6 Weeks	\$24.00
30/30 Cardio Fusion/ Stretch	(THURS)	Sept 5 <sup>th</sup> at 5:00pm/ 6 Week Session	\$30.00
Lo Impact Dance Fitness Class	(FRI)	Drop in & ongoing Fridays <sup>at</sup> 10:30am	\$5.00 a class
Beg. Country Line Dancing	(FRI)	September 13 <sup>th</sup> at 2:30pm/6 Week Session	FREE
Latin/Ballroom Line Dancing	(FRI)	September 6 <sup>th</sup> at 1:00pm/ 6 Week Session	(\$35.00- \$40.00)
Chinese Brush Painting Class	(FRI)	December 6 <sup>th</sup> & 12 <sup>th</sup> 1:00-3:00pm	\$40.00
<b>UPCOMING AMERICAN HISTORY LECTURE SERIES WITH JARED DAY, PhD</b>			
The Divine Experiment: Plymouth Colony		Friday, September 6 <sup>th</sup> at 1:00pm	FREE
America's First Citizen: Ben Franklin & His Time		Friday, October 4 <sup>th</sup> at 1:00pm	FREE
Inventing the Presidency: Washington, Adams, Jefferson		Friday, November 1 <sup>st</sup> at 1:00pm	FREE
<b>UPCOMING CURRENT EVENTS LECTURE SERIES WITH JARED DAY, PhD</b>			
China: The Next Superpower		Friday, September 13 <sup>th</sup> at 1:00pm	FREE
Immigration in International Perspective		Friday, October 11 <sup>th</sup> at 1:00pm	FREE
Perspectives on Africa: Past and Present		Friday, November 8 <sup>th</sup> at 1:00pm	FREE

## Join Us:

Tuesday, October 1<sup>st</sup> at 12:45pm MOVIE **Crazy Rich Asians**

Wednesday October 2<sup>nd</sup> at 1:00 pm as we welcome back **Ashly Cruz**. "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 wildy entertaining and crowd pleasing. Music, theater and dance meld into one on stage."

Tuesday, October 8<sup>th</sup> at 1:00 pm for our special 7<sup>th</sup> Annual **Veteran's Luncheon**. Please RSVP by calling 860-434-4127 to register by September 30<sup>th</sup> if you are a Veteran who wishes to join us for a free catered lunch. The luncheon is sponsored and prepared by Atria Crossroads Place.

Wednesday, October 9<sup>th</sup> at 1:00, **Jeffrey Engel** presents "**Chopin, Liszt, and Berlioz: Friends & Frenimeeze**".

Wednesday, October 16<sup>th</sup> at 1:00 pm for **Tea with Laura Ingalls Wilder** presented by **Sheryl Faye**. Please call 860-434-4127 to register as space is limited.

Thursday, October 17<sup>th</sup> at 7:00 pm **Regional Senior Event Doo Wop, Dancing, and Drinks** at Langley's in Waterford, CT. 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

Friday, October 18<sup>th</sup> at 1:00 pm Care Partners of Connecticut will present **Medicare Changes in 2020**.

**Saturday**, October 19<sup>th</sup> from 8:00am-12:00pm the Old Lyme VNA will be holding a **Health Fair and Flu Clinic** here at the 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 testing, hearing testing, foot clinic, etc. In addition the Old Lyme Historical Society will be selling plants to benefit their scholarship program.

Tuesday, October 22<sup>nd</sup> at 1:00pm. Alex Place a Dual Citizen of France and the US will be here to present **"France: The Culture, Language, and Foods."** Please call 860-434-4127 to register.

Wednesday, October 23<sup>rd</sup> from 10am-2:00pm we will be having a **"Resource Fair for Seniors"** Call for Details.

Tuesday, October 29<sup>th</sup> at 1:00 pm, in celebration of German Heritage Month with a **Musical German Heritage Program** with **John Banker**

Wednesday, October 30<sup>th</sup> at 1:00pm for a performance by **Joe Mac** who will perform 50's, 60's and 70's Rock and Roll.

Thursday, October 31<sup>st</sup> at 11:30 pm, Dress up for a special **Halloween luncheon and party! Anyone dressed up receives a free lunch! Call for more details...lunch reservations need to be made in advance!**



**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.

**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.

**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 and registration begins September 3rd.

*See Overnight Trips and Cruises on page 7*



**We're on FACEBOOK!**  
**LIKE or FOLLOW us to receive the latest information**





# September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED LABOR DAY</b>  <b>2</b>	<p><i>9:15 NEW SESSION 6 Week Ballet Class for Seniors (\$30) SUR</i> 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) <b>12:00 Swiss Steak, Red Sauce, Mashed Potatoes, Carrot Coins, Pineapple Tidbits</b> <i>1:00 Last Will &amp; Embezzlement (F) SUR</i> <i>1:00 NEW SESSION 6 Week Creative Writing (F) SUR</i> <i>5:00 NEW SESSION 6 Week Fitness Fusion (\$30)</i></p> <p style="text-align: right;"><b>3</b></p>	<p><i>7:45 Theater by the Sea Trip (\$70) SUR</i> 9:00-12:00 Hearing Clinic (F) SUR 9:00 10 Week Tai Chi (\$95) SUR <b>12:00 Spaghetti Marinara wMeatballs, Cauliflower &amp; Broccoli, Garlic Knot, Chocolate Pudding, Fruit Juice</b> <i>1:00 Entertainer T Bone (F)</i> <i>1:30 Brain Yoga (F) SUR</i> <i>4:00 NEW SESSION 5 Week Yoga Fundamentals &amp; Meditation (\$30) *8 person minimum</i></p> <p style="text-align: right;"><b>4</b></p>	<p><i>8:15 6 Week Gentle Vinyasa Yoga (\$30)</i> 10:30 Bocce (F) <b>12:00 Baked Chicken, Roast Red Potatoes, Brussel Sprouts, Watermelon</b> <i>1:00 Wii Bowling (F)</i> <i>1:00 Cards (F) / Duplicate Bridge</i> <i>5:00 NEW SESSION 6 Week Fitness Fusion Class (\$30)</i></p> <p style="text-align: right;"><b>5</b></p>	<p><i>9:30 Shoreline Artists' Workshop (F)</i> 10:30 High Energy/Low Impact Dance Fitness Class (\$) <b>12:00 Baked Tilapia, Sweet Potatoes, Beets, Orange</b> <i>1:00 The Divine Experiment Plymouth Colony (F) SUR</i> <i>1:00 NEW SESSION 6 Week Latin/Ballroom Line Dancing Class (\$35-\$40) SUR</i></p> <p style="text-align: right;"><b>6</b></p>
<p><i>10:00-12:00 NEW SESSION 6 Week Drawing Class (\$40)</i> <b>12:00 Chicken Parmesan, Noodles, Italian Blend Veg, Garlic Knot, Spiced Apples</b> <i>1:00 Cards</i> <i>1:00 Bridge (F)</i> <i>1:00 Internet Safety Course (F) SUR</i> <i>7:00 CT Camera Club (F)</i></p> <p style="text-align: right;"><b>9</b></p>	<p><i>9:15 6 Week Ballet Class for Seniors (\$30) SUR</i> <i>10:00-12:00 NEW SESSION 6 Week Watercolors (\$40)</i> 10:00 Sit and Be Fit (F) 10:30 Horseshoes (F) <b>12:00 Beef Tips w Gravy, Mashed Potatoes, Broccoli, Strawberry Shortcake</b> <i>1:00The Benefit of Facials (F) SUR</i> <i>1:00 6 Week Creative Writing (F) SUR</i> <i>5:00 6 Week Fitness Fusion (\$30)</i></p> <p style="text-align: right;"><b>10</b></p>	<p>9:00-12:30 Hair Cuts (\$10) SUR 9:00 10 Week Tai Chi (\$95) SUR <b>12:00 Roasted Turkey, Gravy, Mashed Potatoes, Broccoli, Craberry Sauce, Apple Pie</b> <i>12:45 Movie: Diverted (F)</i> <i>1:30 Brain Yoga (F) SUR</i> <i>4:00 5 Week Yoga Fundamentals &amp; Meditation (\$30) *8 person minimum</i></p> <p style="text-align: right;"><b>11</b></p>	<p><i>8:15 6 Week Gentle Vinyasa Yoga (\$30)</i> <i>10:00 NEW SESSION 6 Week Beginner Tap Class (\$24) SUR</i> 10:30 Bocce (F) <i>10:45 NEW SESSION 6 Week Intermediate Tap Class (\$24) SUR</i> <b>12:00 Macaroni &amp; Cheese, Stewed Zucchini &amp; Tomatoes, Tropical Fruit</b> <i>1:00 Wii Bowling (F)</i> <i>1:00 Cards / Duplicate Bridge</i> <i>5:00 6 Week Fitness Fusion Class (\$30)</i></p> <p style="text-align: right;"><b>12</b></p>	<p><i>10:00-2:00 Bargain Beauties Art Sale at the Lymes Sr Center</i> 10:30 High Energy/Low Impact Dance Fitness Class (\$) <b>12:00 Pulled Pork, Whole Wheat Roll, Baked Beans, Coleslaw, Potato Chips, Peaches</b> <i>1:00 China: The Next Superpower (F) SUR</i> <i>1:00 6 Week Latin/Ballroom Line Dancing (\$35-40) SUR</i> <i>2:30 NEW SESSION 6 Week Beginner Line Dancing (F) SUR</i></p> <p style="text-align: right;"><b>13</b></p>
<p><i>8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30)</i> <i>10:00-12:00 6 Week Drawing Class (\$40)</i> <i>10:30 Exercise with Kathy (S)</i> <b>12:00 Breaded Chicken, Orange Sauce, Wild Rice, Oriental Veg, Tropical Fruit</b> <i>1:00 Cards</i> <i>1:00 Bridge (F)</i></p> <p style="text-align: right;"><b>16</b></p>	<p><i>9:15 6 Week Ballet Class for Seniors (\$30) SUR</i> 10:00 Sit and Be Fit (F) <i>10:00-12:00 6 Week Watercolors (\$40)</i> 10:30 Horseshoes (F) <b>12:00 Salmon w Pineapple Salsa, Roasted Potatoes, Asparagus Blend, Mandarin Oranges</b> <i>1:00 Nonagermanian Celebration w Pat Mitchell (F) SUR</i> <i>1:00 6 Week Creative Writing (F) SUR</i> <i>5:00 6 Week Fitness Fusion (\$30)</i></p> <p style="text-align: right;"><b>17</b></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 <i>10:30 Exercise with Kathy (S)</i> <b>12:00 Pork Roast, Gravy, Mashed Potatoes, Green Beans, Apple Sauce, Oatmeal Raisin Cookies</b> <i>1:00 Banjo Man Tom Alvord (F)</i> <i>1:30 Brain Yoga (F) SUR</i> <i>4:00 5 Week Yoga Fundamentals &amp; Meditation (\$30) *8 person minimum</i></p> <p style="text-align: right;"><b>18</b></p>	<p><i>8:15 NEW SESSION 6 Week Gentle Vinyasa Yoga (\$30)</i> <i>10:00 6 Week Beginner Tap Class (\$24) SUR</i> 10:30 Bocce (F) <i>10:45 6 Week Intermediate Tap Class (\$24) SUR</i> <b>12:00 Herb Baked Chicken, Gravy, Brown Rice, Capri Blend Veg, Peach Short Cake</b> <i>1:00 Wii Bowling (F)</i> <i>1:00 Cards (F) / Duplicate Bridge</i> <i>5:00 6 Week Fitness Fusion Class (\$30)</i></p> <p style="text-align: right;"><b>19</b></p>	<p><i>9:30 Shoreline Artists' Workshop (F)</i> 10:30 High Energy/Low Impact Dance Fitness Class (\$) <b>12:00 Cobb Salad, Corn Muffin, Orange</b> <i>1:00 6 Week Latin/Ballroom Line Dancing (\$35-40) SUR</i> <i>2:30 6 Week Beginner Line Dancing (F) SUR</i></p> <p style="text-align: right;"><b>20</b></p>
<p><i>8:15 6 Week Gentle Vinyasa Yoga (\$30)</i> <i>10:00-12:00 6 Week Drawing Class (\$40)</i> <i>10:30 Exercise with Kathy (S)</i> <b>12:00 Battered Fish, French Fries, Sonoma Blend Veg, Peaches</b> <i>1:00 Cards</i> <i>1:00 Bridge (F)</i> <i>5:00 VFW Dinner and Meeting</i></p> <p style="text-align: right;"><b>23</b></p>	<p><i>7:30 Webster Lake Trip (\$89) SUR</i> <i>9:15 6 Week Ballet Class for Seniors (\$30) SUR</i> 10:00 Sit and Be Fit (F) <i>10:00-12:00 6 Week Watercolors (\$40)</i> 10:30 Horseshoes (F) <b>12:00 Taco, Corn, Beans &amp; Peppers, Lettuce, Shredded Carrot, Shredded Cheese, Mandarin Oranges</b> <i>12:45 Movie: POMS (F)</i> <i>1:00 6 Week Creative Writing (F) SUR</i> <i>5:00 6 Week Fitness Fusion (\$30)</i></p> <p style="text-align: right;"><b>24</b></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 <i>10:30 Exercise with Kathy (S)</i> <b>12:00 Shpheerds Pie, Corn, Biscuit, Birthday Cake, Juice</b> <i>1:00 Snack and Learn: Is a Reverse Mortgage Right for You? (F) SUR</i> <i>1:30 Brain Yoga (F) SUR</i> <i>4:00 5 Week Yoga Fundamentals &amp; Meditation (\$30) *8 person minimum</i></p> <p style="text-align: right;"><b>25</b></p>	<p><i>8:15 6 Week Gentle Vinyasa Yoga (\$30)</i> <i>10:00 6 Week Beginner Tap Class (\$24) SUR</i> 10:30 Bocce (F) <i>10:45 6 Week Intermediate Tap Class (\$24) SUR</i> <b>12:00 Chicken Stir Fry, Brown Rice, Oriental Veg, Pineapple Bits</b> <i>1:00 Cards (F) / Duplicate Bridge (F)</i> <i>1:00 Wii Bowling</i> <i>5:00 6 Week Fitness Fusion Class (\$30)</i></p> <p style="text-align: right;"><b>26</b></p>	<p><i>9:30 Shoreline Artists' Workshop (F)</i> 10:30 High Energy/Low Impact Dance Fitness Class (\$) <b>12:00 Stuffed Shells, Marinara Sauce, Italian Blend Veg, Fruit Cocktail</b> <i>1:00 6 Week Latin/Ballroom Line Dancing (\$35-40) SUR</i> <i>2:30 6 Week Beginner Line Dancing (F) SUR</i></p> <p style="text-align: right;"><b>27</b></p>
<p><i>8:15 6 Week Gentle Vinyasa Yoga (\$30)</i> <i>10:00-12:00 6 Week Drawing Class (\$40)</i> <i>10:30 Exercise with Kathy (S)</i> <b>12:00 Chiken Florentine, Rice Pilaf, Scandinavian Blend, Pears</b> <i>1:00 Cards</i> <i>1:00 Bridge (F)</i></p> <p style="text-align: right;"><b>30</b></p>				<p style="text-align: center;"><b>Calendar Key</b> Classes &amp; Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue</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

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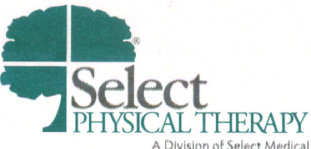
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# SEPTEMBER 2019

## **Last Will & Embezzlement.**

Please join us on September 3rd 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 well as potential solutions to this ever- increasing worldwide problem. An informal panel discussion will take place after to help answer any questions. The panelists are: Joan Reed Wilson, Esq., an elder law attorney from RWC, LLC, Attorneys and Counselors At Law in Clinton, Tracy McKinstry, a financial consultant and owner of MacKinstry Financial & Investments, LLC, also in Clinton, Molly Standley, the community liaison from VNA Community Healthcare in the Guilford and Old Saybrook areas and Pamela S. K. Glasner, author and filmmaker. 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.

## **6 Week Creative Writing and Poetry Class**

Have you always wanted to write a story but didn't know where to start? Join us for a free class starting on Tuesday, September 3<sup>rd</sup> from 1-3pm. Each of us has a message within, a story of what they know best, something they can write out and share with others. Local resident Dr. Roger Singer will get you on your way. With many years of leading creative writing groups, he will help you enhance your passion. To sign up for this free class call (860)434-4127.

## **T-Bone**

On Wednesday, September 4th at 1:00pm 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.

## **The Divine Experiment: Plymouth Colony**

The first lecture of our **American History Lecture Series with Jared Day, PhD** on Friday, September 6<sup>th</sup> at 1:00pm. This lecture will explore the British colonization of Plymouth in 1620. It will examine the European rivalries that led to this colonization, 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. Please register by calling (860)434-4127.

## **Internet Safety Class**

Join us on Monday, September 9<sup>th</sup> at 1:00pm for an internet safety class. Learn how to protect yourself in an online environment. Discover how to create great passwords and avoid email scams in this hands-on class.

## **Benefits of Facials**

Join us on Tuesday, September 10<sup>th</sup> at 1:00 for a talk and demonstration on the amazing benefits of facials by licensed esthetician, Maura Graml.

## **Diverted**

Join us on Wednesday, September 11<sup>th</sup> at 12:45pm the television movie produced in Canada "Diverted" will be shown in memory of September 11<sup>th</sup>. This movie is a fictional story based on the true life events of how on September 11<sup>th</sup>, 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.

## **China: The Next Superpower?**

Friday, September 13<sup>th</sup> 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 21<sup>st</sup> 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.

## **6<sup>th</sup> Annual Nonagenarian**

Join us on Tuesday, September 17<sup>th</sup> at 1:00pm we will be holding our 6<sup>th</sup> 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.

## **Banjo Man Tom Alvord**

Join us on Wednesday, September 18<sup>th</sup> at 1:00pm we will have back by popular demand strumming and singing to "the real oldies".

## **Movie Comedy POMS**

Join us on Tuesday, September 24<sup>th</sup> at 12:45pm this newly released movie 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.

## **Snack and Learn on Reverse Mortgages.**

Join us on Wednesday, September 25<sup>th</sup> at 1:00pm, 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.

### **Bargain Beauties Art Sale**

The Shoreline Artists Workshop of the Lymes' Senior Center will be selling beautiful paintings, prints, cards, frames, & art supplies at a discount on FRIDAY, SEPTEMBER 27<sup>TH</sup> FROM 10AM-2PM and SATURDAY, SEPTEMBER 28<sup>TH</sup> FROM 9AM-12PM. \* A portion of the sale will benefit the Lymes' Senior Center. CASH AND CHECKS WILL BE ACCEPTED

### **VETERAN NEWS**

- Join us on Tuesday, October 8<sup>th</sup> at 1:00 pm for our special 7<sup>th</sup> **Annual Veteran's Luncheon**. Please RSVP to the Senior Center by September 30<sup>th</sup> if you are a Veteran who wishes to join us for a free catered lunch. The luncheon is sponsored and prepared by Atria Crossroads Place.
- **L-OL VFW Post #1467** Next meeting will be held Monday, August 23rd. 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.

### **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.

- General Caregiver Support Group- Mondays 7:00-8:00pm
- Young- Onset Spousal Support Group- Wednesdays from 4:00-5:00pm
- Communication Skills & Techniques Support Group- Thursdays from 7:00-8:00pm

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**

Starting October 4th the Low Impact/High Energy Dance Fitness Class will be running monthly sessions and will no longer be a drop-in class. It is important that you sign up and pay before the first class because we will require a minimum of 10 people to run the session. Each month will be based on a four or five week session. October is four weeks so the cost will be \$20. If you have any questions, please call 860-434-4127.

**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.**

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## **OVERNIGHT TRIPS & CRUISES**

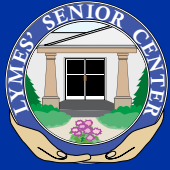
No restrictions. Detailed flyers available.

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.



# Lymes' Senior Center

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