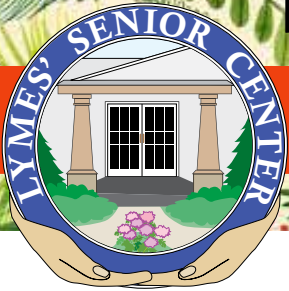


Lymes' Senior Center

December 2019 News & Events

Proudly serving seniors 55 & better!



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

- Holiday Tree Decorating
- Old Lyme Town Band Holiday Concert
- Perky Pairings: Coffee and Hot Chocolate Pairing with Chocolate
- Dance Performance by the Lymes' Senior Center Dancers
- Christmas Caroling to Shut-Ins
- Ugly Sweater Party and Luncheon
- Yankee Gift Swap
- Holiday Luncheon and Lyme-Old Lyme High School Select Singers Choir
- Pizza Party and Movie Elf
- Braiden Sunshine
- Downton Abbey Style: Influences on Fashion 1912-1925



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Visiting Nurses
of the Lower Valley

860-767-0186

www.visitingnurses.org

UPCOMING EVENTS

Upcoming Classes- To Sign Up Call 860-434-4127
MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

| CLASS | Day | Date of First Class & Time/ Duration | COST |
|---|-----------|--|--------------------|
| Exercise with Kathy | (MON) | Drop in and ongoing at 10:30am | \$5.00 a class |
| Slow and Steady Yoga | (MON) | January 6 th at 8:15am/ 8 Weeks | \$40.00 |
| NEW Aging Mastery Program | (Mon) | March 2nd- May 4 th at 10:30am/ 10 Weeks | FREE |
| Sit n Be Fit | (TUES) | Drop in & ongoing at 10:00am | FREE |
| Ballet at the Barre | (TUES) | January 7 th at 9:15am/8 Week Session | \$40.00 |
| Fitness Fusion | (Tues) | January 7 th at 5:00/8 Week Session | \$40.00 |
| NEW Chair Yoga for Pain | (WED) | December 4 ,11,18 at 9 am/Drop in Classes | Free |
| NEW Chair Yoga for Pain | (WED) | January 8 th at 9:00am/8 Weeks Session | \$40.00 |
| Exercise with Kathy | (WED) | Drop in and ongoing at 10:30am | \$5.00 a class |
| Brain Yoga | (WED) | Dec. 4, 11, 18 at 1:30pm | FREE |
| Yoga Fundamentals & Meditation | (WED) | January 8 th at 4:00pm /4 Week Session | \$21.00 |
| Slow and Steady Yoga | (THURS) | January 9 nd at 8:15am/ 8 Week Session | \$40.00 |
| Beginner Tap Class | (THURS) | January 9 th at 10:00am/ 5 Week Session | \$20.00 |
| Intermediate Tap Class | (THURS) | January 9 th at 10:45am/ 5 Week Session | \$20.00 |
| NEW Tai Ji Quan - Move for Better Balance | (Fri) | Jan. 3,10 at 9:15am/ Drop In Try It Class | \$5.00 each |
| NEW Tai Ji Quan - Move for Better Balance | (Fri) | Jan 17 th at 9:15am/ 8 Weeks | \$40.00 |
| High Energy/ Lo Impact Dance | (FRI) | Jan. 3,10,17,24, and 31 st at 10:30am/ 5 Weeks | \$25.00 |
| Beg. Country Line Dancing | (FRI) | Jan. 3 rd at 2:30pm/5 Week Session | FREE |
| Latin/Ballroom Line Dancing | (FRI) | January 3 rd at 1:00pm/ 5 Week Session | (\$30.00- \$35.00) |
| Chinese Brush Painting Holiday | (FRI) | December 6th & 13th from 1:00-3:00pm | \$25.00 |
| Chinese Brush Painting Landscaping | (FRI) | Feb 21st & 28th from 1:00-3:00pm | \$25.00 |
| NEW Foundations Yoga Class | (SAT) | Drop in and ongoing from 900-10:15am | \$10.00 a class |
| Upcoming American History Lecture Series with Jared Day, PHD | | | |
| Thos. Jefferson: Pragmatist or Visionary | Friday | January 3 rd at 1:00pm | FREE for members |
| US War of 1812 | WEDNESDAY | February 5 th at 1:00pm | FREE for members |
| Andrew Jackson | WEDNESDAY | April 15 th at 1:00pm | FREE for members |
| Upcoming Current Events Lecture Series with Jared Day, PHD | | | |
| Illiberal Democracy | Friday | January 10 th at 1:00pm | FREE for members |
| US Military Bases Around the World | WEDNESDAY | February 19 th at 1:00pm | FREE for members |
| Lecture TBA | WEDNESDAY | April 22 nd at 1:00pm | FREE for members |
| SERVICES (CALL TO SCHEDULE APPOINTMENT TIMES) | | | |
| Haircuts | | Second Wednesday of the Month | \$10.00 |
| Hearing Clinic | | January 15 th and First Wednesday of Feb. and March | FREE |
| Vision Screening & Minor Eyeglass Repair | | February 6 and April 2 | FREE |
| Mini Facials | | Jan. 2, & the second Thursday of Dec., Feb. and March | \$15 for 15 min. |
| Foot Clinic | | Third & Fourth Wednesdays of the Month | FREE |
| Blood Pressure Clinic | | Daily (Mon-Fri) from 11:30am -1:00pm | FREE |
| Reflexology | | January 7, February 4, March 3 | First time free |
| Medicare Enrollment Help | | For people turning 65 or new to Medicare- Set up by app. | FREE |
| Memory Screening | | TBD | FREE |

LYMES' SENIOR CENTER
Membership is now open to seniors
55 Years Young & Better

26 TOWN WOODS ROAD - OLD LYME

We are now on Facebook listed as Lymes Senior Center

Follow and like us to keep up to date on upcoming events!

Call (860) 434-4127 to register or for more information on becoming a member

Visit southeastern CT senior center website FOR UPCOMING EVENTS

<http://seniorcenterct.org>

Join Us

- Wednesday, January 8th at 1:00pm **Braiden Sunshine** will be here to perform. Come enjoy the music of our local superstar from "The Voice".
- **3 Part Vision Board Program** Thursday, January 9, 16, and 23rd at 10:30am. On the 9th we will be watching the Movie: The Secret followed by 2 weeks of Designing your own Vision Board. Materials will cost \$10.00. Please call to sign up.
- Wednesday, January 15th at 1:00pm, Susan Jerome Susan J. Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection. will present "**Downton Abbey Style: Influences on Fashion, 1912 -1925**". In this lecture she will explore the social, technological, and political developments of the early twentieth century as reflected in the notable evolution of women's and men's clothing. This power point presentation will look back at what was fashionable, or not, as a way of understanding why people wore what they did. We will look at some of the influential designers and other persons involved in the years spanning the series. Time will be given for questions and discussion, which are encouraged. Please call to sign up.
- Wednesday, January 22nd at 12:45pm we will be having a special showing of the **newly released movie "Downton Abbey"**. After tips from the January 15th lecture, participants are encouraged, but not required to dress in Downton Abbey attire. Please call to sign up.
- Tuesday, January 28th at 12:45pm for a showing of the 2019 Movie: **Judy**, which is based on Judy Garland's life. * Please note: If movie is not released to DVD before this date, this program will be postponed until after the release date and another movie will be shown in its place.
- Wednesday, January 29th at 1:00pm **Bill Benson**, Singer, Songwriter and Musician performs an acoustic version of "Singing your Memories" with such songs as Sunshine on my Shoulders, Sweet Caroline, Country Roads etc.

OVERNIGHT TRIPS & CRUISES

No restrictions. Detailed flyers available.

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. **NEW REDUCED PRICE!** Now \$889pp double, \$779pp triple and \$1209 single occupancy. Get your spot now.

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 \$3699pp double occupancy. Registration has begun.

August 21-29, 2020 - Join us for a 9 day trip to the **Colorado Rockies**. Visits to 4 national parks as well as 11 meals, transportation & transfers. \$3499pp double, \$4499 single & \$3499 triple occupancy. Registration has begun.

October 3-12, 2020 - 10 day **Shades of Ireland** trip includes 13 meals. Visit Dublin, Blarney Castle, Kilkenny, Waterford, Ring of Kerry, Cliffs of Moher and more. Transportation & transfers included. \$3649pp dbl, \$4249pp single or \$3619pp triple occupancy. Registration has begun.

October 7-9, 2020 - "**Queen Esther**" at The Sight and Sound Theatre in Lancaster, PA

DECEMBER 2019

Holiday Tree Decorating:

Join us on Tuesday, December 3rd at 12:45 pm, please join us as we get into the holiday spirit by decorating the center's Christmas trees, listening to holiday music and enjoying some holiday refreshments.

Sepsis and Aging: What to Look For?

On Wednesday, December 4th at 1:00pm we welcome Mary McMahon, Clinical Director of the VNA of Southeastern CT. She will present Sepsis and Aging: What to Look For? Sepsis is the body's life-threatening response to an infection. Without the right treatment sepsis can cause organ failure, amputation and death. More than 1.7 million people in the United States are diagnosed with sepsis every year- that's one person every 20 seconds. Adults over 65 are 13 times more likely to be hospitalized than younger adults. Thousands of lives can be saved each year by simply raising awareness of its symptoms. Early recognition and treatment are key. Please call 860-434-4127 to register for this free program.

Chinese Brush Painting Classes

On, Friday, December 6th and December 13th at 1:00 pm, Eva Luong will be teaching this special class. Class size is limited, and the cost will be \$25.00 for both classes. Preregistration is required.

Old Lyme Town Band Holiday Concert

Sunday, December 8th at 2:00pm for Old Lyme Town Band Holiday Concert. All our welcome to attend!! Come get into the holiday spirit with us. This is open for all so bring your friends, neighbors, spouse, kids, and grandkids with you as we all get in the holiday spirit!

Perky Pairings: Coffee and Hot Chocolate Pairing with Chocolate

We will be welcoming back Kim Larkin of Klassic Kreations Gourmet on Tuesday, December 10th at 1:00pm for "Perky Pairing: A Coffee/ Hot Chocolate & Chocolate Pairing". This presentation covers everything there is to know about java! The interesting history, benefits, how and where coffee hails from, the famous pioneers in the coffee business, trivia quiz, poetry, best brewing and roasting methods and fun coffee terminology. Fun display of vintage coffee grinders and coffee pots, chocolate samplings that include Espresso Belgian chocolate bark, "coffee cup" molded chocolates, and a classic decaf Italian Affogato. There is a limit of 40 people so please sign up early. Call (860)434-4127 to register.

Dance Performance by the Lymes' Senior Center Dancers

On, Wednesday, December 11th at 1:00pm join us for the Lymes' Senior Center Dance Performance. This is a wonderful mixture of all our dance classes including pieces from our tap classes, our Ballroom/ Latin Line Dance Class and our Country Line Dance Class. All are welcome and encouraged to attend and support the hard work of our Seniors!!

Mini Facials

Maura Graml, Licensed Esthetician, will be doing mini facials the second Thursday of each month beginning November 14th from 9:00am to 11:00am. (January 2020 will be the first Thursday). This is a wonderful way to relax and revitalize yourself. Mini Facials include a skin consultation, cleanse, gentle exfoliation, facial massage, soothing mask and moisturization. The cost for 15 minutes is \$15.00. You can also choose a 30 minute session for \$30.00. Please call 860-876-6053 to sign up for your facial.

Christmas Caroling to Shut Ins

On Monday, December 16th from 12:45pm-3:00pm join us as we go Christmas Caroling to our Shut In's. Come get in the holiday spirit with us as we go caroling to the Shut In's. No musical experience needed. We will meet here at 12:45pm and carpool to our destinations. We will enjoy cookies and hot chocolate back at the center after our musical visits. Song Sheets will be provided. Please call (860)434-4127 to sign up.

Tim Buffaro Holiday Show

On Tuesday, December 17th at 1:00pm, Tim Buffaro, one of Old Lyme's own will be here to present a holiday show full of music and good times. His performance will feature a trumpet, songs, props and fun! Audience participation is required! This program is sure to get you into the holiday spirit. Please call (860)434-4127 to register.

Ugly Sweater Party and Luncheon

Wednesday, December 18th at 11:30pm Ugly Sweater Luncheon. Break out your ugliest sweater, or your most festive holiday get up and head to the party! Anyone who dresses for the occasion will get a free lunch and be entered to win a gift card plus, we'll be giving away prizes for the ugliest sweater and the most festive outfit! Call (860)434-4322 to sign up! Lunch will start at 12:00pm!

Yankee Gift Swap

Wednesday, December 18th at 12:45pm we will be having enjoying a **Yankee Swap**. For those of you who are not familiar with this, here is what you need to know to participate. Everyone wanting to participate brings a wrapped gift worth \$5.00. Be creative, it should be a gift that others would like to own. When you bring your gift, you will pick a number. 1 through however many people. The more people that come the "funner" it is! The first person picks a gift and unwraps it. Then the second person picks a gift or takes the one that the first person picked. If the second person chooses the first person's gift, the first person picks another gift and unwraps it. The game continues until the last person picks a gift.

Holiday Luncheon and Lyme-Old Lyme High School Select Singers Show Choir

Join us on Thursday, December 19th at 12:00pm for our **Holiday Luncheon** (\$3.00 donation, pre-sign up needed). Call 860-388-1611 to sign up for our luncheon by December 5th. The Lyme-Old Lyme High School Select Singers Show Choir will be here at 1:00 pm to present a program of holiday and other tunes. Please join us for this group of talented young people. You won't want to miss this performance.

Pizza Party and Movie: Elf

On Tuesday, December 24th, we will have a **Free Pizza Party** and a showing of the movie comedy "Elf" starring actor comedian Will Ferrel at 12:00 pm. This comedy is about an elf, played by Ferrel, that discovers that he is a human despite being raised as an elf. He then travels to New York City to

locate his real father and that is when the humor ensues. The Estuary will NOT be serving lunch that day. Sign up by December 20th required. Please call (860)434 4127 ext. 1 to register.

Volunteers needed for the Meals on Wheels Program and in the Center's kitchen.

Drivers are needed on Tuesday and Thursdays from 10:30 am to 12:30pm to deliver meals to seniors.

Kitchen helpers are need Monday or Tuesday or Wednesday to help in the center's kitchen from 11:00am to 1:00 pm to help with preparing, serving and cleaning up with the daily lunch service. For more information, please call 860-434-4322 after 1pm, or stop by the center. This is a great way to meet people and provide a great service to the community.

Exercise Program Descriptions

See page 2 for class times and schedules

Saturday Class-Yoga Fundamentals

This class will be offered every Saturday morning from 9:00 am to 10:15 am on a drop-in basis--no prior registration needed. Cost: \$10 per class. You will learn the simple fundamentals of basic yoga poses and how to customize each pose to suit your body's needs. Beneficial for absolute beginners and advanced practitioners alike. Bring a yoga mat and a thick bath/beach towel.

Fitness Fusion

This class is a combination of Cardio, Strength, and Core exercises using different fitness tools such as bands, medicine balls, discs, stability balls, dumbbells and agility ladders to get a great workout and to build strength.

Sit and Be Fit

This class is for all levels and abilities. A chair is used for all aspects of this class. Along with exercises that will get your heart rate up and stretching to improve your flexibility, you will also end each session with a meditation segment. This class is a drop in and is free for all members.

Cardio Fusion, Stretch and Balance Class

This class will consist of 30 minutes of cardio and strength training and 30 minutes of stretch and balance using different tools such as foam rollers, massage sticks and straps.

NEW Tai Ji Quan - Move for Better Balance (TJQMBB) was designed by Fuzhong Li, Ph.D a senior scientist at the Oregon Research Institute. It is a research-based program designed for older adults at risk of falling and people with balance disorders. Although It's origins can be tied to the contemporary simplified 24-form Tai Ji Quan routine, TJQMBB is a program appropriate for all older adults of any fitness level, and represents a unique training approach to a systematic series of scientific studies to improve strength, movement and balance in older adults who are at risk of falling and/or struggle with movement and balance issues.

Slow and Steady Yoga

Slow is the way to strong. With caring guidance, you will cultivate balance

and steadiness in your body through slow and focused movement, while gaining functional strength as well as flexibility. Simultaneously, you will discover ease and awareness.

Latin/Ballroom Line Dancing

This class will introduce you the various line dances in both Ballroom and Latin Style. This is a great way to exercise and have a lot of fun doing it.

Beginner and Intermediate Tap Dancing

Our tap classes are designed to teach rhythm and tap terminology, and promote balance, strength and coordination, in a fun and exciting environment. Tap students learn a variety of new steps, choreography, patterns and combinations, and explore the many tap styles, including Broadway, rhythmic and funk tap.

Beginner Country Line Dancing

This class is a fun class that is good for your body and mind. You will learn dances and have fun. This class is low impact but high energy. Participants need footwear that promotes sliding like leather bottom shoes.

Low Impact High Energy Dance Fitness Class (Similar to Jazzercise)

Consider joining us for a fitness class (very similar to Jazzercise). Increase your aerobic fitness while working out to all types of music (country, jazz, pop, rock, Latin, and more) then strengthen, tone and stretch those muscles all in an hour class. Weights will be used for some of the strength work. You be having so much fun you won't even remember you are working out!

NEW Life hurts. This helps - Chair Yoga for Pain: Learn to access & activate your body's self-healing potential, release the anxiety around pain, ease the anticipation of pain and the harmful habits we create.

The class will always include breathing techniques, meditation and movement. Choose your challenge! Choice is always an option and many modifications will be offered. The chair, blocks and straps will be used as props to assist you, your body and mind to feel balanced, safe and strong. Wednesdays: (9:00am) Free introductory classes December 4, 11 & 18



Lymes' Senior Center

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