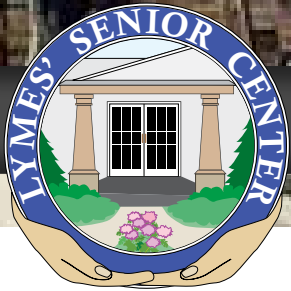


Lymes' Senior Center

January 2020

Proudly serving seniors 55 & better!



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

- Braiden Sunshine
- Downton Abbey Style: Influences on Fashion 1912-1925
- Downton Abbey, the Movie
- 3 Part Vision Board Program
- Thomas Jefferson: Pragmatist or Visionary
- The Rise of Illiberal Democracy
- Phone Photography Class
- Harpist Rebecca Swett
- The Reminiscing Reading Circle
- Memory Screening Clinic



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all winter long...



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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/ 6 Week Session | \$30.00 |
| NEW Aging Mastery Program | Mon | March 2 nd - May 4 th at 10:30am/ 10 Weeks | FREE |
| Phone Photography | Mon | February 10 th at 1:00pm | FREE |
| All about the Cloud Computer Class | Mon | April 6 th at 1:00pm | 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 | 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 |
| 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. 17 th at 2:30pm/7 Week Session | FREE |
| Latin/Ballroom Line Dancing | FRI | January 3 rd at 1:00pm/ 5 Week Session | (\$30.00- \$35.00) |
| Chinese Brush Painting Landscaping | | 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 |
| <u>Upcoming American History Lecture Series with Jared Day, PHD</u> | | | |
| 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 |
| <u>Upcoming Current Events Lecture Series with Jared Day, PHD</u> | | | |
| 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 860-434-4127 to schedule appointments) | |
| 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 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 1:00-3:00pm | First time free |
| Medicare Enrollment Help | For people turning 65 or new to Medicare- Set up by app. | | FREE |
| Medicare Plan Changes | | Appointments available January 6 th and 13 th | FREE |
| Memory Screening Clinic | | February 18 th Appointments from 12:30pm- 3:00pm | 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

- **Tuesday, February 5th at 1:00pm** for Jared Day's **U.S. History lecture: War of 1812**. Space is limited and preregistration is required for this free to members lecture (non-members are \$10.00), please call 860-434-4127 to register.
- **Monday, February 10 at 1:00pm** for a **Phone Photography Class**. You no longer have to be a professional photographer to take nice photos. We will learn how to take photos using our smart phones. Learn how to edit them, and how to share them with others. Please bring your devices and phones. Pre-Registration required.
- **Wednesday, February 12th at 1:00pm** for **Harpist Rebecca Swett**. With over 30 years of experience, Rebecca will entertain us with music from Gershwin, Cole Porter, Rogers and Hammerstein and more.
- **Tuesday, February 18th from 12:30pm- 3:00pm** we will be holding a **Memory Screening Clinic**. The Lyme's Senior Center and Coastal Connecticut Research in New London are partnering to offer no cost, confidential memory screenings as a service to the community for memory loss or suspected early signs of Alzheimer's. Individual memory screenings at the must be by appointment. Call 860-434-1605 Ext 240. Memory screenings will take approximately 15 minutes.
- **Wednesday, February 19th at 1:00pm** for Jared Day's Current Events lecture on **U.S. Bases around the World**. Space is limited and preregistration is required for this free to members lecture (non-members are \$10.00), please call 860-434-4127 to register.
- **Friday, February 21st and 28th. Chinese Brush Painting** concentrating on Landscaping. This class will be instructed by Eva Leong, a talented fine arts trained artist. Born and raised in Shanghai, China, she grew up focused on Chinese Philosophy and traditional Chinese watercolor. Fee is \$25.00 for members, \$35.00 for non- members. This fee includes all materials. Space is limited. Fee is due at the time of registration. Cash and checks will be accepted.
- **Tuesday, February 25th at 12:45pm** for a showing of the movie: **Harriet**. This movie is based on the life of Harriet Tubman. * 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, February 26th at 1:00pm Jerome Riley**, original member of The Platters will be performing a show showcasing The Platters' music as well as music from the 50's, 60's, and 70's on Wednesday, February 26th at 1:00pm.
- A new program, **The Reminiscing Reading Circle** - for individuals with memory impairment and their caregivers will kick off on **Thursday, February 27th at 11:00am** and continue the last Thursday of every month. This will be a great way for care givers and the care given to connect and reminisce through reading. These books are developed by Reading2Connect and are specifically for individuals with memory impairment. This program is co-sponsored with the Phoebe Griffin Noyes Library and will be held at the Lymes' Senior Center. Caregivers are required to attend. For more information or to sign up please call Linda Alexander, Reference Librarian (860)434-1684. In addition, feel free to enjoy lunch with us that day at 12:00pm for \$3.00 for persons 60 and over. Lunch reservations need to be made in advance. Call (860)388-1611 and tell them you wish to make lunch reservations for the Old Lyme Site.
- **On Mondays (March 2nd-May 4th) from 10:30am -12:00pm**, The Lymes' Senior Center and the CT Healthy Living Collective are pleased to announce that we will offer an innovative [new] ten-week health and wellness program to residents [55 and over]. **The Aging Mastery Program**[®] (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well. This effort is made possible in part through support from the Anthem Blue Cross and Blue Shield Foundation. This is a wonderful opportunity for older adults to participate in, and reap the benefits of, this cutting-edge program. We are currently recruiting 25 adults to participate in the ten-week educational program. AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The CT Healthy Living Collective is a network of partners dedicated to delivering programs and services that promote healthier people, better care, smarter spending, and health equity. If you are interested in learning more about the program, call the Lymes' Senior Center at 860-434-4127 If this program piques your interest stop by or call to learn more! You may also visit us at www.cthealthyliving.org for a complete list of programs. Hope to see you on March 2nd!

JANUARY 2020

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| <p style="text-align: center;">Saturday Drop In Yoga Class \$10/class 9:00-10:15 am</p> <p>Lunches are a \$3.00 donation for seniors 60+ and need to be ordered the day before by 11:00 am. Lunches can be ordered by calling 860-388-1611. Meals are subject to change</p> | <p style="text-align: center;">Calendar Key Classes & Events = Italics Lunches = Bold \$=\$5 SUR = Sign Up Required (F) = Free New classes/programs in red Trips in blue Special Programs in purple</p> | <p>CLOSED NEW YEAR'S DAY</p> | <p>9:00-11:00 Mini Facials (\$) SUR 10:00 5 Week Beginner Tap Class (\$20) SUR 10:45 5 Week Intermediate Tap Class (\$20) SUR 12:00 Swedish Meatballs, Gravy, Egg Noodles, Peas, Sautéed Apples 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> | <p>8:00 PiYo with Donna (\$5) SUR 9:00 New Drop In Tai Ji Quan-Move for Better Balance (\$5) Trial Class 9:30 Shoreline Artists' Workshop (F) 10:30 New 5 Week High Energy/Low Impact Dance Class (\$25) SUR 12:00 Baked Chicken Florentine, Rice Pilaf, Scandinavian Veg, Pears 1:00 American History Lecture Series-Thomas Jefferson (F) SUR 1:00 New 5 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 2:30 9 Week Beginner Country Line Dancing (F) SUR</p> |
| <p>8:15 New 6 Week Slow & Steady Yoga (\$30) 10:00 Open Art Studio (F) 10:30 Exercise with Kathy (S) 12:00 Breaded Tilapia, Sweet Potatoes, Spinach, Mandarin Oranges 12:00-3:00 Changes to Medicare Appt. Available (SUR) 1:00 Cards / Bridge (F) 1:00-3:00 Scrabble (F) SUR 7:00 CT Camera Club (F)</p> | <p>9:15 New 8 Week Ballet Class for Seniors (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 10:00-12:00 6 Week Watercolor Plus (\$40) SUR 12:00 Chicken Divan, Rice Pilaf, Broccoli, Fruit Juice, Chocolate Pudding 1:00-3:00 Reflexology (\$) SUR 5:00 New 8 Week Fitness Fusion (\$40)</p> | <p>9:00-12:30 Hair Cuts (\$10) SUR 9:00 New 8 Week Chair Yoga for Pain (\$40) SUR 10:30 Exercise with Kathy (S) 12:00 Meatloaf, Gravy, Mashed Potatoes, Carrot Coins, Apple Pie 1:00 Braiden Sunshine (F) SUR 1:30 Brain Yoga (F) SUR 4:00 New 8 Week Yoga Fundamentals & Meditation (\$42) *8 person minimum 7:00 Lymes' Senior Center Building Committee Meeting</p> | <p>8:15 New 8 Week Slow & Steady Yoga (\$40) 10:00 New 7 Week Beginner Tap Class (\$28) SUR 10:30-12:00 The Secret Movie 10:45 New 7 Week Intermediate Tap Class (\$28) SUR 12:00 Lemon Chicken, Brown Rice, Zucchini & Tomato, Fruit Cocktail 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> | <p>8:00 PiYo with Donna (\$5) SUR 9:00 Drop In Tai Ji Quan-Move for Better Balance (\$5) Trial Class 9:30 Shoreline Artists' Workshop (F) 10:30 5 Week High Energy/Low Impact Dance Class (\$25) SUR 12:00 Eggplant Parmesan, Italian Blend Veg, Garlic Knot, Tropical Fruit 1:00 Current Event Lecture Series-Illiberal Democracy (F) SUR 1:00 5 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 2:30 9 Week Beginner Country Line Dancing (F) SUR</p> |
| <p>8:15 6 Week Slow & Steady Yoga (\$30) 10:00 Open Art Studio (F) 10:30 Exercise with Kathy (S) 12:00 Spaghetti, Meatballs, Marinara Sauce, Cauliflower & Broccoli, Garlic Knot, Orange 12:00-3:00 changes to Medicare Appt Available (SUR) 1:00 Cards 1:00 Bridge (F) 1:00-3:00 Cribbage (F) SUR</p> | <p>9:15 8 Week Ballet Class for Seniors (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Beef Stew, Peas and Carrots, Biscuit, Apple Crisp, Fruit Juice 1:00 Lymes' Senior Center Dance Performance (F) 5:00 8 Week Fitness Fusion (\$40)</p> | <p>9:00-12:00 Hearing Clinic (F) SUR 9:00 8 Week Chair Yoga for Pain (\$40) SUR 10:30 Exercise with Kathy (S) 12:00 Meatloaf, Gravy, Mashed Potatoes, Carrot Coins, Apple Pie 1:00 Downton Abbey Era Fashion Program (F) SUR 1:30 Brain Yoga (F) SUR 4:00 8 Week Yoga Fundamentals & Meditation (\$42)</p> | <p>8:15 8 Week Slow & Steady Yoga (\$40) 10:00 Colorado Rockies Trip Presentation at East Lyme Senior Center (F) SUR 10:00 7 Week Beginner Tap Class (\$28) SUR 10:30-12:00 Design Your Vision Board Part 1 (S) SUR 10:45 7 Week Intermediate Tap Class (\$28) SUR 12:00 Pork Roast, Gravy, Mashed Potatoes, Cali Blend Veg, Apple Sauce, Chocolate Chip Cookie 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> | <p>8:00 PiYo with Donna (\$5) SUR 9:00 New 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 5 Week High Energy/Low Impact Dance Class (\$25) SUR 12:00 Shepherd's Pie, Corn, Mandarin Oranges 1:00 5 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 2:30 New 7 Week Beginner Country Line Dancing (F) SUR</p> |
| <p>CLOSED MARTIN LUTHER KING JR. DAY</p> | <p>9:15 8 Week Ballet Class for Seniors (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Swiss Steak, Tomato Gravy, Mashed Potatoes, Carrot Coins, Pears 5:00 8 Week Fitness Fusion (\$40)</p> | <p>9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:00 8 Week Chair Yoga for Pain (\$40) SUR 10:30 Exercise with Kathy (S) 12:00 Salmon, Cranberry Glaze, Brown Rice, Broccoli, Tropical Fruit 1:00 Downton Abbey Movie and Dress Up (F) SUR 1:30 Brain Yoga (F) SUR 4:00 8 Week Yoga Fundamentals & Meditation (\$42)</p> | <p>8:15 8 Week Slow & Steady Yoga (\$40) 10:00 7 Week Beginner Tap Class (\$28) SUR 10:30-12:00 Design Your Vision Board Part 2 (S) SUR 10:45 7 Week Intermediate Tap Class (\$28) SUR 12:00 Beef Stroganoff, Buttered Noodles, Green Beans, Bread Pudding, Fruit Juice 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> | <p>9:00 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 5 Week High Energy/Low Impact Dance Class (\$25) SUR 12:00 Battered Fish, French Fries, Baked Beans, Cole Slaw, Banana 1:00 5 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 2:30 7 Week Beginner Country Line Dancing (F) SUR</p> |
| <p>8:15 6 Week Slow & Steady Yoga (\$30) 10:00 Open Art Studio (F) 10:30 Exercise with Kathy (S) 12:00 Salisbury Steak, Gravy, Mashed Potatoes, Green Beans, Pears 1:00 Cards 1:00 Bridge (F) 1:00 Board of Directors Meeting, All Welcome</p> | <p>9:15 8 Week Ballet Class for Seniors (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Chicken Cordon Bleu, Wild Rice, Beets, Pineapple 1:00 Movie: Judy (F) SUR 5:00 8 Week Fitness Fusion (\$40)</p> | <p>9:00-11:00 Foot Care Clinic (F)-Call 860-434-7808 to sign up 9:00 8 Week Chair Yoga for Pain (\$40) SUR 10:30 Exercise with Kathy (S) 12:00 Baked Chicken, BBQ Sauce, Red Potatoes, Spinach, Peaches, Birthday Cake 1:00 Entertainer Bill Benson (F) SUR 1:30 Brain Yoga (F) SUR 4:00 8 Week Yoga Fundamentals & Meditation (\$42)</p> | <p>8:15 8 Week Slow & Steady Yoga (\$40) 10:00 7 Week Beginner Tap Class (\$28) SUR 10:45 7 Week Intermediate Tap Class (\$28) SUR 12:00 Baked Cod, Lemon Sauce, Rice Pilaf, Peas and Carrots, Mandarin Oranges 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> | <p>9:00 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 5 Week High Energy/Low Impact Dance Class (\$25) SUR 12:00 Chili, Mixed Veg, Corn Muffin, Orange 1:00 5 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 2:30 7 Week Beginner Country Line Dancing (F) SUR</p> |

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JANUARY 2020

Special 3 Week Session of PiYo with Donna Scott.

Piyo will meet on Fridays, January 3rd, 10th and 17th at 8:00 am. The cost is \$5.00 per class. Donna Scott will be the instructor. Please call to sign up.

Tai Ji Quan - Move for Better Balance (TJQMBB)

Join this new class to improve your balance. There will be two drop-in classes on January 3rd and January 10th at 9:15am. The cost will be \$5.00 per class. Starting on January 17th, there will be an eight-week session for \$40.00. It is a research-based program designed for older adults at risk of falling and people with balance disorders. The class will be taught by Kate Wilson Perez. Kate is an AFAA certified Group Ex Instructor, NASM Certified Personal Trainer, a One Day to Wellness Certified Coach and a Master Trainer for the Tabata GX and Tabata Bootcamp Programs. She has been teaching and training for 20 years.

Thomas Jefferson: Pragmatist or Visionary

Join us on Friday, January 3rd at 1:00pm at 1:00pm for our American History Lecture series with Jared Day, PhD. This lecture examines the presidency of Thomas Jefferson (1801-1809). Marked by the ascendancy of the Democratic Republican Party over the Federalists, his administration will be linked to a series of dramatic wins mixed with stunning failures and mistakes. From the Louisiana Purchase and the war with the Barbary Pirates to the self-crippling sanctions leveled at Britain and France, Jefferson's two terms were filled with history-altering incidents. Space is limited and preregistration is required for this free to members lecture (non-members are \$10.00), please call 860-434-4127 to register.

Braiden Sunshine

Join us on Wednesday, January 8th at 1:00 pm as we welcome Braiden Sunshine. Come enjoy the music of our local superstar from "The Voice". Call 860- 434-4127 to register for this free program.

3 Part Vision Board Program

Starting on Thursday, January 9th at 10:30am to 12:00 pm, we will be watching the movie, The Secret. The following two weeks, January 16th and 23rd, we will be designing our own Vision Board. Materials will cost \$10.00. Please call 860-434-4127 to register for this program.

The Rise of Illiberal Democracy

Join us on Friday, January 10th at 1:00pm for our Current Events series with Jared Day, PhD. This lecture examines the rise of illiberal democracy in Europe, America and elsewhere since the collapse of the Soviet Union in 1991. It explores how powerful interests in countries such as Russia, Hungary, Turkey and others have worked to "hollow out" functioning democracies, creating instead essentially one-party states with the illusory trappings of democracy. We shall also explore how still functioning democracies such as Belgium and the United States have seen the proliferation of attempts to undercut democratic norms both at the state and federal levels. Space is limited and preregistration is required for this free to members lecture (non-members are \$10.00), please call 860-434-4127 to register.

Rescheduled Dance Performance by the Lymes' Senior Center Dancers.

On, Tuesday, January 14th 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 this free performance and support the hard work of our Seniors!!

Downton Abbey Style: Influences on Fashion, 1912-1925.

On, Wednesday, January 15th at 1:00 pm, Susan Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection 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. She 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 860- 424- 4127 to sign up for this free program.

Downton Abbey, the Movie

On Wednesday January 22nd at 12:45pm we will be having a special showing of the newly released movie "Downton Abbey". Using tips from the January 15th lecture, participants are encouraged (but not required) to dress in the style of Downton Abbey attire. Please call 860- 434- 4127 to sign up for this free program.

Movie: Judy

Join us on Tuesday, January 28th at 12:45 PM for a showing of the movie, Judy. Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband. Join us for this free program.

Bill Benson

We will be welcoming Bill Benson, Singer, Songwriter and Musician on Wednesday, January 29th at 1:00pm. He will perform acoustic version of "Singing Your Memories" with such songs as Sunshine on my Shoulders, Sweet Caroline, Country Roads etc. Call (860)434-4127 to register for this free program.

Exercise Program Descriptions: See Upcoming events 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.

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.

Slow and Steady Yoga

Yoga is not about getting into poses. Rather, it's about exploring, focusing learning to observe and listening. This is a full body practice. The movement is slow, with clear instructions and modifications offered. The use of props is taught and encouraged so you can get the most of from your experience. Whether you are a beginner or have practiced for many years, this class will bring you joy and you will be part of a wonderful welcoming community where kindness is always present.

Latin/Ballroom Line Dance

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 Dance

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.

Tai Ji Quan - Move for Better Balance (TJQMBB)

This class 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.

Mini Facials

Maura Graml, Licensed Esthetician, will be doing mini facials from 9:00am to 11:00am on January 2, 2020. 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.



Feb 6-9, 2020 - Quebec Winter Carnival with a travel guide. 4 days, 3 nights. Old Quebec City, Winter Carnival and Carnival's Night Parade. \$889pp double, \$779pp triple occupancy, & \$1209pp single occupancy. Registration has begun.

Mar 2-8, 2020 - Iceland's Magical Northern Lights and tour of the country. Enjoy the natural beauty of Iceland. Transportation & transfers included. Prices start at \$3699pp double occupancy. Registration has begun.

May 7-8, 2020 - NEW TRIP OFFERING Chinese Lantern Festival in Philadelphia. Trip includes the Chinese Lantern Festival, a tour of the Eastern State Penitentiary, and a local food tour. \$299pp/double or triple and \$379pp single. Registration begins January 2nd.

Aug 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 occupancy, \$4499 single occupancy & \$3449 triple occupancy. Registration has begun.

Oct 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 double occupancy, \$4249pp single occupancy, or \$3619pp triple occupancy. Registration has begun.

Oct 7-9, 2020 - "Queen Esther" at The Sight and Sound Theatre in Lancaster, PA. Trip includes a stop at the Appalachian Brewing Company on day 1 and the Mount Hope Estate & Winery on day 3. \$565/double, \$715/ single, \$515/triple. Registration has begun.



Lymes' Senior Center

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