

Lymes' Senior Center

February 2020



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

Proudly serving seniors 55 & better!

- The Aging Mastery Program®
- Phone Photography Class
- Harpist, Rebecca Swett
- Reading to Connect Reading Circle
- Healthy Perspectives to our Aging Bodies
- How to Max your Social Security Benefits
- Tea with Susan B Anthony
- I'm Turning 65 ... Now What?
- Women and War
- The 19th Amendment



We'll help you stay
SAFE AND HEALTHY
at home sweet home



Lower Valley
Care Advocates

24/7 Private, non-medical homecare services

Call us: 860-767-2695

www.lowervalleycareadvocates.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			
Exercise with Kathy	(Mon)	Drop in and ongoing at 10:30am	\$5.00 a class
Slow and Steady Yoga	(Mon)	March 2nd at 8:15am/ 9 Week Session	\$45.00
NEW Aging Mastery Program	(Mon)	March 2nd- 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
NEW Watercolor Still Life Classes	(TUES)	Drop in March 3,10,24,31 at 10:00am	\$7.00 each
Ballet at the Barre	(TUES)	April 7th at 9:15am/9 Week Session	\$45.00
Fitness Fusion	(Tues)	March 3rd at 5:00/9 Week Session	\$45.00
Brain Yoga	(WED)	Feb. 5, 12, 19 & 26 at 1:30pm	FREE
Chair Yoga for Pain	(WED)	March 4 th at 9:00am/9 Week Session	\$45.00
Exercise with Kathy	(WED)	Drop in and ongoing at 10:30am	\$5.00 a class
Yoga Fundamentals & Meditation	(WED)	April 1st at 4:00pm / 8 Week Session	\$42.00
Slow and Steady Yoga	(THURS)	March 4 th at 8:15am/ 9 Week Session	\$45.00
Beginner Tap Class	(THURS)	March 5th at 10:00am/ 7 Week Session	\$28.00
Intermediate Tap Class	(THURS)	March 5th at 10:45am/ 7 Week Session	\$28.00
Tai Ji Quan - Move for Better Balance	(Fri)	March 13 th at 9:15am/ 8 Week Session	\$40.00
High Energy/ Lo Impact Dance	(FRI)	March 6 th at 10:30am/ 4 Week session	\$25.00
Beg. Country Line Dancing	(FRI)	March 7th at 2:30pm/7 Week Session	FREE
Latin/Ballroom Line Dancing	(FRI)	March 7th at 1:00pm/ 7 Week Session	(\$45.00-\$50.00)
Chinese Brush Painting Landscaping		Feb 21st & 28th from 1:00-3:00pm	\$25.00
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			
US War of 1812	WEDNESDAY	February 5 th at 1:00pm	FREE for members
Andrew Jackson Part 1	WEDNESDAY	April 16 th at 1:00pm	FREE for members
Upcoming Current Events Lecture Series with Jared Day, PHD			
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		First Wednesday of Feb. and March	FREE
Vision Screening & Minor Eyeglass Repair		February 6 and April 2	FREE
Mini Facials		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		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 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

- **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.
- **Tuesday, March 3rd** at 1:00pm **Healthy Perspectives to our Aging Bodies** presented by RN Laura Gene.
- **Wednesday, March 4th** at 1:00pm for **Airborne Band**. They are the proclaimed “Musical Peacemakers” of Contemporary Jazz sends out an Inspirational Message of Hope to the World. Airborne has a beautiful trademark jazz sound of Island Passion and Urban Emotion. The band's hot rhythms and inspiring melodies smoothly cruise on a cool atmosphere of music and voices.
- **Tuesday, March 10th** at 1:00pm for **Tea with Susan B Anthony** presented by Sheryl Faye. Sign up required
- **Wednesday, March 11th** at 1:00pm. In celebration of it being 100 Years since women have had to the right to vote, we will be having a guest lecturer here to present a presentation on the 19th Amendment. Please register for this free event.
- **Thursday, March 12th** at 12:00pm **Saint Patrick's Day Luncheon** & Entertainment. Call by March 2nd to sign up.
- **Wednesday, March 18th** at 1:00pm **I'm Turning 65...Now What?** Representative from Senior Resources will discuss Medicare, Social Security, etc.
- **Thursday, March 19th** at 10:00am we will be holding an **Ireland trip presentation**, trip scheduled for Oct 3-12, 2020 in conjunction with the East Lyme Senior Center. This will be held at th EL Senior Ctr. Call (860)434-4127 to register for the presentation.
- **Tuesday March 24th** at 1:00pm for **Women and War Lecture** presented by the CT. Women's Hall of Fame. Please register for this free event.
- **Wednesday, March 25th** at 1:00pm for two amazing women performers **Brittany K and Jenna Lynn**.
- **Thursday, March 26th** at 6:00pm., Agemy Financial Strategies will be presenting “**How to Max your Social Security Benefits**”
- **Tuesday, March 31st** from 1:00-5:00pm for **AARP Drive Safety Class**. Call 860-434-4127 to sign up. Cost is \$15.00 for AARP Members and \$20.00 for Non AARP members. Only checks made out to AARP are accepted.

FEBRUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>8:15 8 Week Slow & Steady Yoga (\$40) 10:00 Open Art Studio (F) 10:30 Exercise with Kathy (S) 12:00 Chicken w Orange Sauce, Wild Rice, Oriental Blend Veg, Pineapple 1:00 Cards 1:00-3:00 Scrabble (F) SUR 1:00 Bridge (F) 7:00 CT Camera Club</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">3</p>	<p>9:15 8 Week Ballet at the Barre (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Macaroni & Cheese, Stewed Tomatoes & Zucchini, Pears 1:00-3:00 Reflexology (F) SUR 5:00 8 Week Fitness Fusion (\$40)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">4</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 Roast Turkey, Gravy, Mashed Potatoes, Cali Blend Veg, Cranberry Sauce, Oatmeal Raisin Cookie 1:00 US History Lecture Series: War of 1812 (F) SUR 1:30 Brain Yoga (F) SUR 4:00 NEW 4 Week Yoga Fundamentals & Meditation (\$21) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">5</p>	<p>8:15 8 Week Slow & Steady Yoga (\$40) SUR 10:00-12:00 Vision Screening 10:00 7 Week Beginner Tap Class (\$28) SUR 10:45 7 Week Intermediate Tap Class (\$28) SUR 12:00 Beef Tips, Beef Gravy, Egg Noodles, Green Beans, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">6</p>	<p>9:15 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 New 4 Week High Energy/Low Impact Dance Class (\$20) SUR 12:00 Chicken Stew, Peas & Carrots, Biscuit, Mandarin Oranges 1:00 New 4 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 2:30 6 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">7</p>	
<p>8:15 8 Week Slow & Steady Yoga (\$40) 10:00 Open Art Studio (F) 10:30 Exercise with Kathy (S) 12:00 Swedish Meatballs, Gravy, Egg Noodles, Peas, Sautéed Apples 1:00 Phone Photography (F) SUR 1:00 Cards / Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">10</p>	<p>9:15 8 Week Ballet at the Barre (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Baked Chicken, Gravy, Mashed Potatoes, Brussel Sprouts, Fruited Jello 1:00 What is Reflexology and How Can it Help? (F) SUR 5:00 8 Week Fitness Fusion (\$40)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">11</p>	<p>9:00-12:00 Hair Cuts (\$10) SUR 9:00 8 Week Chair Yoga for Pain (\$40) SUR 10:30 Exercise with Kathy (S) 12:00 Pot Roast, Gravy, Potatoes, Carrots, Apple Pie 1:00 Harpist Rebecca Swett (F) SUR 1:30 Brain Yoga (F) SUR 4:00 4 Week Yoga Fundamentals & Meditation (\$21) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">12</p>	<p>8:15 8 Week Slow & Steady Yoga (\$40) SUR 9:00-11:00 Facials (\$) SUR 10:00 7 Week Beginner Tap Class (\$28) SUR 10:45 7 Week Intermediate Tap Class (\$28) SUR 12:00 Cheese Lasagna, Winter Blend Veg, Garlic Knot, Fruit Juice, Chocolate Chip Cookie 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">13</p>	<p>9:15 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 4 Week High Energy/Low Impact Dance Class (\$20) SUR 12:00 Stuffed Sole, Wild Rice, Creamed Spinach, Fruit Juice, Sugar Cookie 12:30 Trip to Dance Country for Country Line Dancing Class 1:00 4 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">14</p>	
<p style="font-size: 1.5em; font-weight: bold; color: #4a69bd;">CLOSED PRESIDENTS' DAY</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">17</p>	<p>9:15 8 Week Ballet at the Barre (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Cheese Stuffed Shells, Tomato Sauce, Winter Blend Veg, Apple Crisp 12:30-3:00 Memory Screening Clinic (F) SUR 5:00 8 Week Fitness Fusion (\$40)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">18</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 Breaded Tilapia, Sweet Potatoes, Spinach, Mandarin Oranges 1:00 Current Events Lecture: US Bases Around the World (F) SUR 1:30 Brain Yoga (F) SUR 4:00 4 Week Yoga Fundamentals & Meditation (\$21) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">19</p>	<p>8:15 8 Week Slow & Steady Yoga (\$40) 12:00 Eggplant Parmesan, Marinara Sauce, Italian Blend Veg, Garlic Knot, Tropical Fruit 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">20</p>	<p>9:15 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 4 Week High Energy/Low Impact Dance Class (\$20) SUR 12:00 Chicken Divan, Rice Pilaf, Broccoli, Fruit Juice, Chocolate Pudding 1:00 4 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 1:00-3:00 Chinese Brush Painting (\$) SUR 2:30 6 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">21</p>	
<p>8:15 8 Week Slow & Steady Yoga (\$40) 10:00 Open Art Studio (F) 10:30 Exercise with Kathy (S) 12:00 Baked Cod, Lemon Sauce, Roasted Red Potatoes, Broccoli, Pineapple 12:00-3:00 changes to Medicare Appt Available (SUR) 1:00 Cards 1:00 Bridge (F) 1:00 Board of Directors Meeting, All Welcome</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">24</p>	<p>9:15 8 Week Ballet at the Barre (\$40) 10:00 Sit and Be Fit (F) 10:00 Open Art Studio (F) 12:00 Breaded Chicken Florentine, Rice Pilaf, Scandinavian Veg, Pears 1:00 Movie: Harriet 5:00 8 Week Fitness Fusion (\$40)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">25</p>	<p>9:00-12:00 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 Ham, Mashed Potatoes, Green Beans, Spiced Pineapple, Birthday Cake 1:00 Entertainer T-Bone (F) SUR 1:30 Brain Yoga (F) SUR 4:00 4 Week Yoga Fundamentals & Meditation (\$21)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">26</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 11:00 Reading to Connect (F) SUR 12:00 Meatloaf, Gravy, Mashed Potatoes, Carrot Coins, Peaches 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F)</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">27</p>	<p>9:00 8 Week Tai Ji Quan-Move for Better Balance (\$40) SUR 9:30 Shoreline Artists' Workshop (F) 10:30 4 Week High Energy/Low Impact Dance Class (\$20) SUR 12:00 Shepherd's Pie, Corn, Mandarin Oranges 1:00 4 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 1:00-3:00 Chinese Brush Painting (\$) SUR 2:30 6 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right; font-weight: bold; font-size: 1.2em;">28</p>	
<p style="text-align: center;">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 style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Saturday Drop In Yoga Class \$10/class 9:00-10:15 am</p>	

Advertise Here
Contact
860-767-9087

The Hideaway
Restaurant & Pub
"Good Food, Good Times, Good Company"

Your Hosts,
The Caramantes

(860) 434-1455
(860) 434-1854
(860) 434-3335

In the Courtyard
Old Lyme Shopping Center
(860) 434-5186 fax
Old Lyme, CT 06371 (Exit 70 off I-95)

The Power of Physical Therapy™

86 Halls Road, Unit C
Old Lyme, CT 06371
ph: 860.434.9155
fax: 860.434.3889

Ashley Gualandri, PT, DPT
Bryan Schmidt, PT, DPT
Christopher Dentch, PTA, BS

Select
PHYSICAL THERAPY
A Division of Select Medical

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

BOUVIER
INSURANCE

CHAMPION
Now Available from Our Agency

AARP® Auto Insurance Program from THE HARTFORD

Contact Betsy Avery, Personal Home & Auto
Local: 860-434-1611 • Toll Free: 800-835-3077

FEBRUARY 2020

Reflexology

You can sign up for a 20 minute session in reflexology on Tuesday, February 4th from 1:00-3:00 pm. The first session is free, so why not try it. Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It is based on a theory that these body parts are connected to certain organs and body systems. Please call 860-434-4127 to sign up for a session.

US History Lecture Series: War of 1812

Join us on Wednesday, February 5th at 1:00 pm as we welcome Jared Day, PhD back to discuss the War of 1812. Space is limited. Call 860-434-4127 to register for this free program for members (\$10.00 for non-members).

Free Vision Screenings & Minor Eyeglass Adjustments

Jacquelyn Dube, manager of the Vision Center at the Waterford Walmart will be offering free appointments here at the center the first Thursday in February between 10am-12:00pm. Call (860)434-4127 for more information for vision screenings, which can help detect visual impairment that may require a referral to an eye care professional. She will also be able to assist in minor adjustments of eyeglasses.

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, join us on Monday, February 10th at 1:00 pm and learn how. Space is limited so please call 860-434-4127 to register for this free class.

What is Reflexology? And how can it help me?

Join us on Tuesday, February 11th at 1:00pm and learn what reflexology is and how it can help you. This is a free lecture. Please register by calling (860)434-4127.

Harpist, Rebecca Swett

On, Wednesday, February 12th at 1:00 pm, Rebecca Swett will be here performing music from Gershwin, Cole Porter, Rogers and Hammerstein and more on the harp. Please call 860-424-4127 to sign up for this free program.

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.

Memory Screening Clinic

On Tuesday, February 18th from 12:30 to 3:00 pm, we will be holding a Memory Screening Clinic. The Lymes' Senior Center and Coastal Connecticut Research will be partnering to offer no cost, confidential memory screenings as a service to the community. These screenings will help identify memory loss or suspected early signs of Alzheimer's. Individual screenings must be by appointment. Please call 860-434-4127 ext 240 to sign up for this free program.

Current Event Lecture Series: US Bases Around the World.

Join us on Wednesday, February 19th at 1:00 pm as we welcome Jared Day, PhD back to discuss the US Bases Around the World. Space is limited. Call 860-434-4127 to register for this free program for members (\$10.00 for non-members).

Chinese Brush Landscape Painting:

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. This class will meet on Friday, February 21st and 28th from 1:00 pm to 3:00 pm. The fee for the class is \$25.00 for members or \$35.00 for non-members. The fee includes all materials. Fee is due at the time of registration. Cash and checks are accepted. Space is limited so please stop in to register as soon as possible.

Movie: Harriet

On Tuesday February 25th at 12:45pm we will be showing the newly released movie "Harriet". From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told. Please call 860-434-4127 to sign up for this free program. Please note that if the movie has not been released on DVD before this date, the program will be postponed until after the release date and another movie will be shown in it's place.

T-Bone

On Wednesday, February 26th 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.

Call (860)434-4127 to register for this free program.

Reading to Connect Reading Circle

Join us at 11:00 am on Thursday, February 27th as we begin a new program in collaboration with the Old Lyme Phoebe Griffith Noyes Library. This program is for individuals with a memory impairment and their caregivers. It will meet the last Thursday of every month. Caregivers are required to attend. For more information or to sign up, please call Linda Alexander, Reference Librarian at 860-434-1684. In addition, feel free to enjoy lunch with us at 12:00pm. Lunch is \$3.00 for persons over 60. Lunch reservations need to be made in advance by calling 860-388-1611 by 11:00 am the day before and telling them you wish to make a lunch reservation for the Old Lyme Site.

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 the month 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.



DAY TRIPS

Thu, Apr 2nd - Join us for a trip to the **Mohegan Sun Casino**. Departure from the East Lyme Senior Center but checks made out to the Lymes' Senior Center. No meal included but you will receive a casino package. Trip fee is TBD. Registration begins 02/03. Moderate walking.

Thu, Apr 16th - Come join us for a guided tour of **Blithewold Mansion** in Bristol, RI and experience their Daffodil Days - an explosion of sunny daffodils bursting out of the ground. Lunch at The Lobster Pot in Bristol. Trip fee TBD. Registration begins 02/03. Moderate walking.

Sat, Apr 25th - We're heading to **West Point Academy** for their annual U.S. Military Academy Cadet Review. Lunch included at The Thayer Hotel as well as a step-on guide to share their knowledge of the Academy. You need to provide a proper Govt issued photo ID for the trip. Trip fee \$130pp. Registration begins 02/03. Lots of walking.

Sat, May 2nd - New York City on your own – Bus leaves East Lyme at 7:45am and leaves NYC at 7pm. Trip fee is TBD. Registration begins 02/03. No meal included in trip price. Lots of walking.

Thu, May 28th - We're going to tour **Old St. Patrick's Cathedral** in NYC and discover their Catacombs by Candlelight. Lunch on your own at Urbanspace Food Hall. Trip fee is \$95pp. Registration begins 02/03. Lots of walking.

OVERNIGHTS & CRUISES

May 7-8, 2020 - 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 has begun.

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.

Sep 4-11, 2020 NEW TRIP OFFERING - 8 day trip **Alaskan Cruise** on the Celebrity Solstice. See the wonders of Alaska from the comfort of a cruise ship. Air fare included. Depart from TF Green International Airport. Prices start at \$2548 pp. Registration begins 2/3.

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

26 Town Woods Road • Old Lyme, CT 06371

PRSR STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 55 & better

huh?

What are you waiting for?
Get your hearing checked!
Monthly hearing clinics here at the Senior Center.

AUDIOLOGY
Concierge
EMPOWERING LIVES THROUGH BETTER HEARING

We make house calls! (203) 668-0619
www.audiologyconcierge.com