

Lymes' Senior Center

March 2020



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

Proudly serving seniors 55 & better!

- Airborne Band
- Tea with Susan B Anthony
- How to Max your Social Security Benefits
- I'm Turning 65 ... Now What?
- Women and War
- The 19th Amendment: A Tale of Suffrage, Sacrifice & Success
- NEW Pilates Class
- Required Minimum Distribution
- Joe Mac & Dave Gisler Performance
- The Gray School of Irish Dance



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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)	Drop in and ongoing at 10:30am	\$5.00 a class
Slow and Steady Yoga	(MON)	March 2 th at 8:15am/ 9 Weeks	\$45.00
NEW Aging Mastery Program	(MON)	March 2 nd - May 4 th at 10:30am/ 10 Weeks	FREE
Sit n Be Fit	(TUES)	Drop in & ongoing at 10:00am	FREE
NEW Creative Writing & Poetry	(TUES)	June 1 st at 10:30 am/5 week session	FREE
Ballet at the Barre	(TUES)	April 7 th at 9:15am/7 Week Session	\$35.00
Fitness Fusion	(TUES)	March 3 rd at 5:00/9 Week Session	\$45.00
Chair Yoga for Pain	(WED)	March 4 th at 9:00am/9 Weeks Session	\$45.00
Exercise with Kathy	(WED)	Drop in and ongoing at 10:30am	\$5.00 a class
Yoga Fundamentals & Meditation	(WED)	April 8th at 4:00pm /8 Week Session	\$42.00
Slow and Steady Yoga	(THURS)	March 5 th at 8:15am/ 9 Week Session	\$45.00
Beginner Tap Class	(THURS)	March 5 th at 10:00am/ 7 Week Session	\$28.00
Intermediate Tap Class	(THURS)	March 5 th at 10:45am/ 7 Week Session	\$28.00
NEW Pilates	(THURS)	Drop in at 4:00 pm March 5, 12, 19 and 26 th	\$5.00 a class
NEW Pilates	(THURS)	April 2 nd at 4:00 pm /5 Week Session	\$25.00
NEW PiYo	(THURS)	June 5 th at 8:00 am/4 Week Session	\$20.00
Tai Ji Quan - Move for Better Balance	(FRI)	Mar 13 th at 9:15am/ 8 Weeks	\$40.00
High Energy/ Lo Impact Dance	(FRI)	Mar. 6,13,20, and 27at 10:30am 4 Weeks	\$20.00
Beg. Country Line Dancing	(FRI)	March 6th at 2:30pm/7 Week Session	FREE
Latin/Ballroom Line Dancing	(FRI)	March 6th at 1:00pm/ 7 Week Session	(\$45.00- \$50.00)
Chinese Brush Painting	(FRI)	April 17 & 24th from 1:00-3:00pm	\$25.00
Chinese Brush Painting	(FRI)	June 19 & 26th from 1:00-3:00pm	\$25.00
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>			
US War of 1812 Part 2		WEDNESDAY, April 15 th at 1:00pm FREE for members	
Andrew Jackson Part 1		Wednesday, May 27 th at 1:00pm FREE for members	
Andrew Jackson Part 2		FRIDAY, June 5 th at 1:00 pm FREE for members	
<u>Upcoming Current Events Lecture Series with Jared Day, PHD</u>			
US Education Policy		WEDNESDAY, April 22 nd at 1:00pm FREE for members	
Andrew Johnson & Impeachment		FRIDAY, June 13 th at 1:00 pm FREE for members	
Services	(Call to schedule appointment times)		
Haircuts		Second Wednesday of the Month	\$10.00
Hearing Clinic		First Wednesday of the Month	FREE
Vision Screening & Minor Eyeglass Repair		March 19th and June 4	FREE
Mini Facials		Second Thursday of the month	\$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
Medicare Enrollment Help		For people turning 65 or new to Medicare- Set up by app.	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, April 1st at 1:00pm, The Lyme-Old Lyme National Honor Society Ice Cream Social and Trivia Event
- Thursday, April 2nd at 6:00pm., Agemy Financial Strategies will be presenting "Required Minimum Distribution".
- Tuesday, April 7th at 1:00pm Backyard Birding Lecture and Field Experience presented by the CT. Audubon Society. Afterward join us outside for a binocular and field guide tutorial, and birding practice. We'll have a limited number of binoculars and field guides, but feel free to bring your own!
- Wednesday, April 8th at 1:00, Ashly Cruz will be back to perform. When asked to describe Ashly Cruz it is best to envision what would come down the pike were you to take a double shot of Janis Joplin, Betty Boop, and Marilyn Monroe together (shaken and not stirred). WOW!!! Ashly is wildly entertaining and crowd pleasing. Music, theatre, and dance meld into one on stage.
- Tuesday, April 14th at 1:00pm for Dr. Kayla Morris, a pharmacist and the Walmart Pharmacy Manager in Old Saybrook, who will be presenting a short informational session on safe medication use, storage and disposal. There will be some free giveaways for attendees. Please join to hear some valuable tips for keeping you and your family safe and healthy!
- Wednesday, April 15th at 1:00pm Jared Day PhD US History Series: War of 1812 Part 2. This lecture is free for all members and \$10.00 if not a member.
- Tuesday, April 21st at 1:00pm 50's, 60's and 70's Rock and Roll with Joe Mac and Dave Geisler
- Wednesday, April 22nd at 1:00pm Jared Day PhD Current Events Series: US Education Policy. This lecture is free for all members and \$10.00 if not a member.
- Wednesday April 29th at 1:00pm Wednesday April 29th at 1:00pm come enjoy a Sweet Adaline Valley Shore Acappella Performance.

OVERNIGHT TRIPS & 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.

MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>8:15 NEW 8 Week Slow & Steady Yoga (\$45) 10:30 Exercise with Kathy (S) 10:30-12 Aging Mastery Program Week 1 (F) SUR 12:00 Swiss Steak, Tomato Gravy, Mashed Potatoes, Carrot Coins, Pears 1:00 Cards/Bridge (F) 1:00-3:00 Scrabble (F) SUR 7:00 CT Camera Club</p> <p style="text-align: right;">2</p>	<p>9:15 Make up Session Ballet at the Barre (\$40) 10:00 Sit and Be Fit (F) 10:00 NEW Still Life & Watercolor Class (\$) Drop In 12:00 Fish & Chips, Baked Beans, Cole Slaw, Banana 1:00 Healthy Perspective to our Aging Bodies (F) SUR 5:00 NEW SESSION 9 Week Fitness Fusion (\$45)</p> <p style="text-align: right;">3</p>	<p>10:00-12:15 Hearing Clinic (F) SUR 9:00 NEW 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 Airborne Jazz Band (F) 1:30 Brain Yoga (F) SUR 4:00 Make up Session Yoga Fundamentals & Meditation (\$21) SUR</p> <p style="text-align: right;">4</p>	<p>8:15 NEW 9 Week Slow & Steady Yoga (\$45) SUR 9:00-11:00 Mini Facials (\$15) SUR 10:00 NEW 8 Week Beginner Tap Class (\$32) SUR 10:45 NEW 8 Week Intermediate Tap Class (\$32) SUR 12:00 Sausage & Peppers Grinder on Whole Wheat Roll, Mixed Veg, Peach Cobbler, Fruit Juice 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F) 4:00 NEW Pilates Class Drop In & Try (\$)</p> <p style="text-align: right;">5</p>	<p>9:00 NEW 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 w BBQ Sauce, Mac & Cheese, Spinach, Mandarin Oranges 1:00 New 4 Week Latin/Ballroom Line Dancing Class (\$20) SUR 2:30 NEW 4 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right;">6</p>	
<p>8:15 9 Week Slow & Steady Yoga (\$45) 10:30-12 Aging Mastery Program Week 2 (F) SUR 12:00 Salmon, Cranberry Glaze, Brown Rice, Broccoli, Pineapple Chunks 1:00 Cards / Bridge (F)</p> <p style="text-align: right;">9</p>	<p>10:00 Sit and Be Fit (F) 10:00 Still Life & Watercolor Class (\$) Drop In 12:00 Shepherd's Pie, Corn, Biscuit, Pears 1:00 Tea with Susan B Anthony (F) SUR 5:00 9 Week Fitness Fusion (\$45)</p> <p style="text-align: right;">10</p>	<p>9:00 8 Week Chair Yoga for Pain (\$40) SUR 9:00-12:30 Hair Cuts (\$10) SUR 10:30 Exercise with Lynn (S) 12:00 Chicken w Gravy, Mashed Potatoes, Green Beans, Apple Blueberry Crisp 1:00 19th Amendment Presentation (F) SUR 1:30 Brain Yoga (F) SUR 4:00 Make up Session Yoga Fundamentals & Meditation (\$42) SUR</p> <p style="text-align: right;">11</p>	<p>8:15 9 Week Slow & Steady Yoga (\$45) SUR 10:00 8 Week Beginner Tap Class (\$32) SUR 10:45 8 Week Intermediate Tap Class (\$32) SUR 12:00 St Patrick's Day Luncheon, call 860-388-1611 by 3/2 to sign up. Corned Beef Hash, Roast Potatoes, Asparagus Blend, Vanilla Pudding, Fruit Juice 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F) 4:00 Pilates Class Drop In & Try (\$)</p> <p style="text-align: right;">12</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 Cheese Tortellini, Pesto Cream Sauce, Italian Blend Veg, Tropical Fruit 1:00 4 Week Latin/Ballroom Line Dancing Class (\$20) SUR 2:30 4 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right;">13</p>	
<p>8:15 9 Week Slow & Steady Yoga (\$45) 10:30 Exercise with Lynn (S) 10:30-12 Aging Mastery Program Week 3 (F) SUR 12:00 Chicken Parmesan, Penne Noodles, Garden Salad, Garlic Knot, Orange 1:00 Cards / Bridge (F)</p> <p style="text-align: right;">16</p>	<p>10:00 Sit and Be Fit (F) 10:00 Still Life & Watercolor Class (\$) Drop In 12:00 Beef Stew, Peas & Carrots, Biscuit, Apple Crisp, Fruit Juice 1:00 Irish School of Dance (F) SUR 5:00 9 Week Fitness Fusion (\$45)</p> <p style="text-align: right;">17</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 Lynn (S) 12:00 Corned Beef Hash, Roasted Potatoes, Asparagus Blend, Vanilla Pudding, Fruit Juice 1:00 I'm Turning 65 What Now? (F) SUR 1:30 Brain Yoga (F) SUR</p> <p style="text-align: right;">18</p>	<p>8:15 9 Week Slow & Steady Yoga (\$45) 10:00 Ireland Trip Presentation at East Lyme Senior Center (F) SUR 10:00 8 Week Beginner Tap Class (\$32) SUR 10:45 8 Week Intermediate Tap Class (\$32) SUR 12:00 Baked Cod, Lemon Sauce, Wild Rice, Broccoli, Lemon Meringue Pie 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F) 4:00 Pilates Class Drop In & Try (\$)</p> <p style="text-align: right;">19</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 Salisbury Steak, Gravy, Mashed Potatoes, Green Beans, Pears 1:00 4 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 1:00 Open Art Studio (F) 2:30 4 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right;">20</p>	
<p>8:15 9 Week Slow & Steady Yoga (\$45) 10:30 Exercise with Lynn (S) 10:30-12 Aging Mastery Program Week 4 (F) SUR 12:00 Swedish Meatballs, Noodles, Peas, Tropical Fruit 1:00 Cards 1:00 Bridge (F) 1:00 Board of Directors Meeting, All Welcome</p> <p style="text-align: right;">23</p>	<p>10:00 Still Life & Watercolor Class (\$) Drop In 12:00 Herb Baked Chicken, Mashed Potatoes, Sonoma Blend Veg, Peaches 1:00 Women & War CT Woman Hall of Fame (F) SUR 5:00 9 Week Fitness Fusion (\$45) 6:00-7:30 Talk by Holocaust Survivor Endre (Andy) Sarkany (F) SUR</p> <p style="text-align: right;">24</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 Lynn (S) 12:00 Pork Roast, Gravy, Mashed Potatoes, Butternut Squash, Apple Sauce, Birthday Cake 1:00 Jenna Lynn (F) SUR</p> <p style="text-align: right;">25</p>	<p>8:15 9 Week Slow & Steady Yoga (\$45) 10:00 8 Week Beginner Tap Class (\$32) SUR 10:45 8 Week Intermediate Tap Class (\$32) SUR 11:00 Reading to Connect (F) SUR Call Linda Alexander at 860-434-1684 to sign up 12:00 Chicken Corn Chowder, Garden Salad, Bread Stick, Fruit Juice, Chocolate Chip Cookie 1:00 Wii Bowling (F) 1:00 Cards / Duplicate Bridge (F) 6:00 How to Maximize Your SSA Benefits (F) SUR 4:00 Pilates Class Drop In & Try (\$)</p> <p style="text-align: right;">26</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 Breaded Tilapia, Sweet Potatoes, Spinach, Mandarin Oranges 1:00 4 Week Latin/Ballroom Line Dancing Class (\$25-30) SUR 1:00 Open Art Studio (F) 2:30 4 Week Beginner Country Line Dancing (F) SUR</p> <p style="text-align: right;">27</p>	
<p>8:15 9 Week Slow & Steady Yoga (\$45) 10:00 Open Art Studio (F) 10:30 Exercise with Lynn (S) 10:30-12 Aging Mastery Program Week 5 (F) SUR 12:00 Chicken Divan, Brown Rice, Broccoli, Pears 1:00 Cards 1:00 Bridge (F)</p> <p style="text-align: right;">30</p>	<p>10:00 Sit and Be Fit (F) 10:00 Still Life & Watercolor Class (\$) Drop In 12:00 Cheese Lasagna, Winter Blend Veg, Garlic Knot, Pound Cake w Strawberries 1:00-5:00 AARP Driving Class (\$) SUR 5:00 9 Week Fitness Fusion (\$45)</p> <p style="text-align: right;">31</p>	<p>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;">Saturday Drop In Yoga Class \$10/class 9:00-10:15 am</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>

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MARCH 2020

The Aging Mastery Program® (AMP)

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 this free 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.

Healthy Perspectives to our Aging Bodies

Join us on Tuesday, March 3rd at 1:00 pm for a discussion on obtaining and maintaining a Healthy Perspectives to our Aging Bodies presented by RN Laura Gene. Please call 860-434-4127 to register for this free program.

New Still Life and Watercolor Class

Starting at 10:00 am on Tuesday March 3rd, we will be having a weekly drop in class. The class will be taught by Carolyn Youngblood Laban. Carolyn Youngblood Laban – Illustrated for international magazines during the 1980's and 90's; artist for small theaters, such as The Odd Fellows of Middletown and First Congregational Church of Portland, CT in the 1990's. Commissioned artist for gift department in Shaprio's, Middletown, CT; demo artist for art supply store in Glastonbury; Commissioned artist for individuals; Instructor for residence at Assisted Living complex in Rocky Hill, CT; Commissioned for composition of grave head stone; Award winning of first and second place in juried shows; Carolyn Youngblood Laban has had One person showings in Public arenas such as Portland, CT Library, Liberty Bank in Durham, CT. Latest showing at Café Roo in Niantic, CT. This will be a drop in class, meeting each Tuesday in March. The cost of the class will be \$7.00 per class.

Airborne Band

On, Wednesday, March 4th at 1:00pm join us for Airborne Band. They are the proclaimed "Musical Peacemakers" of Contemporary Jazz. They send 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. Please call 860 434 4127 to register for this free musical performance.

Tea with Susan B Anthony

On, Tuesday, March 10th at 1:00pm we welcome back, Sheryl Faye for Tea with Susan B Anthony. Ms. Faye will recreate Susan B. Anthony, an American women's rights activist, devoted her life to racial, gender, and educational equality. Sign up required, please call 860-434-4127 to register for this free program.

The 19th Amendment: A Tale of Suffrage, Sacrifice and Success

The 19th Amendment to the U.S. Constitution granted American women the right to vote, a right known as women's suffrage, and was ratified in August of 1920, ending almost a century of protest. Join us on Wednesday, March 11th at 1:00pm. as we celebrate the 100th Anniversary since women have had to the right to vote, We will have Mariann Millard presenting a program on the 19th Amendment: A Tale of Suffrage, Sacrifice and Success. Please register for this free event.

Saint Patrick's Day Luncheon & Entertainment

Join us on Thursday, March 12th at 12:00pm for a Saint Patrick's Day Luncheon & Entertainment. Tom Callinan, Connecticut's 1st Official State Troubadour, will be here at 1:00 pm to sign Irish and Irish-American songs and tunes. Call 860-388-1611 by March 2nd to sign up for lunch.

Irish Dancing

The Gray School of Irish Dance will perform for us on March 17th at 1:00pm with a variety of Irish Dances including soft and hard shoe dances. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional), and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes.

I'm Turning 65...Now What?

Representative from Senior Resources will be here to discuss Medicare, Social Security, etc. and what to do now that I'm Turning 65 at Wednesday, March 18th at 1:00pm. Please register for this free event.

Women and War

Join us on, Tuesday March 24th at 1:00pm for Women and War Lecture presented by the CT. Women's Hall of Fame. Women have been involved in military conflicts from the beginning of time; some as warriors, some as spies and others who made the munitions or simply called for peace. Connecticut women are among the finest and bravest who have stood for their cause – sometimes defying gender norms, and often without the recognition they deserved. Please call 860-434-4127 to register for this free event.

Holocaust Survivor Endre (Andy) Sarkany

Holocaust survivor, Andy Sarkany, will be sharing his story at the Lymes' Senior Center on Tuesday, March 24th from 6:00- 7:30pm. Born in Budapest, Hungary on October 31, 1936. Mr. Sarkany lived inside the Budapest ghetto which is where he remained during the Holocaust. Over the past 10 years Mr. Sarkany has been speaking to audiences about his personal experiences during the holocaust, living under the brutality of the Soviet Union regime in Hungary, and finding a home in the United States. This program is free and Sponsored by The Friends of the Lyme Public Library. Please register in advance for this event by calling the Lymes' Senior Center at (860)434-4127 ext. 2 or the Lyme Library at 860-434-2272.

Jenna Lynn

On, Wednesday, March 25th at 1:00pm join us for an amazing woman vocal performer, Jenna Lynn who will showcase songs from the 50's, Showtunes and other wonderful songs. Please call 860-434-4127 to register for this free special musical performance.

Reading 2 Connect

On March 26th at 11:00 am, the Old Lyme Phoebe Griffin Noyes Library has an exciting and innovative program for older adults with visual and/or memory challenges. These unique book discussions will be designed to foster expression and cultivate friendships among memory challenged seniors. This group 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, please feel free to join us for lunch at 12:00 pm. 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 reservation for the Old Lyme site.

“How to Max your Social Security Benefits”

Join us on Thursday, March 26th at 6:00pm., Agemy Financial Strategies will be presenting “How to Max your Social Security Benefits”. Learn about your options for when it is the best time for you to access Social Security Benefits. This can be a confusing decision and having all the information will help you make the best choice for your individual situation. Please call 860-434-4127 to register for this free program.

AARP Drive Safety Class

AARP Drive Safety Class will be held on Tuesday, March 31st from 1:00-5:00pm 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.

NEW Pilates

Regina Citrin will be starting a Mat Pilates which focuses on your stomach, hips, lower back and buttocks — the center of our body called our “powerhouse” the movement of the Pilates method is good for your posture and alignment. Drop in classes will be offered in March to try it out for \$5.00 a class. In April we will begin monthly sessions. Bring your own mat.



Thu, Apr 2nd - Join us for a trip to the **Mohegan Sun Casino**. Departure from the Lymes' Senior Center. No meal included but you will receive a casino package. Trip fee is \$30pp. Registration has begun. 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 has begun. 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 has begun. 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 has begun. 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 has begun. Lots of walking.

Fri, Jun 19th - Trip to the **Newport Flower Show** at Rosecliff Mansion in Newport with lunch/shopping on your own at the Wharf. Trip fee is \$50pp. Registration begins March 2nd. Moderate walking.

Wed, Jun 24th - Join us for a lovely **Tea Lunch at the Delaney House** in Holyoke, MA. Then we're off to a river cruise aboard *The Lady Bea* for a 75 minute narrated tour as it makes its way up the Connecticut River. Lunch is included. Trip fee is \$98pp. Registration begins March 2nd. Moderate walking.



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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