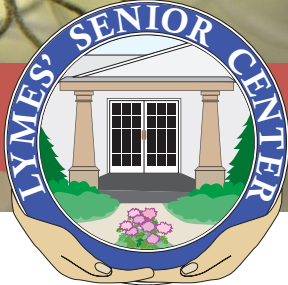


# Lymes' Senior Center

May 2020



26 Town Woods Road - Old Lyme, CT 06371  
860-434-4127 [www.seniorcenterct.org](http://www.seniorcenterct.org)

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## Ask about our Telehealth Program



*Now more than ever, we'll help you...*

## **STAY SAFE AT HOME**

Our staff is trained in infection control and fully prepared to navigate these challenging circumstances. Rest assured, we will continue to provide care you can count on.



Visiting Nurses  
of the Lower Valley

**860-767-0186** | [www.visitingnurses.org](http://www.visitingnurses.org)

## LYMES' SENIOR CENTER

***Membership is open to seniors 55 Years Young & Better***

26 TOWN WOODS ROAD - OLD LYME

**We are 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>

## Latest Guidance from the State of Connecticut as of 4/20/20

- **Face Coverings:** Following **recommendation** from the CDC for everyone to wear cloth face coverings in public settings to reduce the spread of COVID-19, the Governor signed an **executive order** directing face coverings to be worn by anyone in public wherever a six-foot distance is unavoidable, including by employees while in the workplace. A **CDC video** explains how to make a face covering. This does not apply to anyone for whom doing so would be contrary to his or her health or safety because of a medical condition.
- **Stay Safe, Stay Home:** The Governor signed an executive order directing Connecticut residents to “Stay Safe, Stay Home.” It directs all nonessential businesses statewide to prohibit in-person functions. **Guidance has been issued to the state’s businesses.** This remains in effect until May 20, unless otherwise modified.
- **Safe Workplace Rules for Essential Employers:** All workplaces considered essential must follow **Safe Workplace Rules for Essential Employers** to reduce the spread of COVID-19. This remains in effect until May 20, unless otherwise modified.
- **Gatherings:** All social and recreational gatherings of more than 5 people are prohibited. This includes things such as sports, parades, concerts, festivals, live performances, and conventions. Religious, spiritual, and worship gatherings of more than 50 are prohibited. This remains in effect until May 20, unless otherwise modified.
- **Food establishments:** Restaurants and bars that serve food are required to provide take-out and delivery services for off-premise consumption only. These establishments must limit entrance of customers to the minimum extent necessary to pick up and/or pay for orders and use touchless payment if available. This remains in effect until May 20, unless otherwise modified.
- **Retail establishments:** Stores that are permitted to stay open under the “Stay Safe, Stay Home” executive order must follow “Safe Store Rules” that several requirements, such as a cap on occupancy at 50% capacity, and floor markings measuring 6 feet must be at checkout lines, among other items. **Guidance has been issued detailing all of the “Safe Store Rules.”** This remains in effect until May 20, unless otherwise modified.
- **Gyms, movie theaters, hair and nail salons:** All gyms, fitness centers, and similar sports venues; theaters and cinemas; and hair salons, barbershops, nail salons, spas, and tattoo parlors are closed. This remains in effect until May 20, unless otherwise modified.
- **Schools:** Classes at all public schools are canceled. This remains in effect until May 20, unless otherwise modified.
- **Travelers:** Any person coming into Connecticut by any mode of transportation for any reason is strongly urged to self-quarantine for 14 days.



April 21, 2020

Dear Members,

What a crazy month it has been! I hope this letter finds you and your family in good health. I have been sending out emails weekly. These emails contain a virtual class schedule which varies from week to week, as well as the links to access these live classes Monday – Saturday. Classes include Pilates, Yoga, Piyo classes, Tabata, Chair Yoga classes, beginner and intermediate Line Dancing classes, low impact/ high energy Dance Fitness classes (like Jazzercise), Sit and Be Fit classes, Fitness Fusion, a Coffee Chat, and a Tai Ji Quon (Move for Better Balance) class. In addition, I will send out another email with information and entertainment links to help with the boredom that you may feel during this time at home. If you do not receive our emails and would like to, please call me at (860) 434-4127 (extension 1) or email me at [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov) and we can add you to the list.

“To go” meals are being offered curbside on Tuesdays between 11:30 am - 12:30pm. To sign up for this service, you would need to call the Estuary Senior Center at (860) 388-1611 by Mondays at 11 am. Tuesdays’ curb side pickup at the Lymes’ Senior Center will include five frozen meals. The suggested donation of \$15.00 can be paid in cash or check to the person who loads your meals into your trunk. It may be wise to put your check or money in a ziplock bag in the trunk to avoid any exposure.

On Friday, May 8, we will be dropping off books on the front steps of those needing a book. You can call us by Wednesday, May 6 and let us know that you would like a book and what genre you prefer (ie biography, romance, mystery etc.); you may even share authors you like and we will try to match your preferences as best as we can. We just ask that you do not open your front door until after we have left, therefore guaranteeing contactless delivery.

On Wednesday, May 13, we will be dropping off puzzles on the front step of those needing a puzzle. All of our puzzles are 1,000 pieces or less. We will have you call us by Monday, May 11 and let us know you would like a puzzle delivered. Again, we just ask that you do not open your front door until after we have left, therefore guaranteeing contactless delivery.

In April, Karen Veselka, our very own town nurse, was the recipient of Old Lyme’s Very First Kindness Award! Great Job, Karen...it was well deserved!

If you would like to receive a weekly phone call from us, please call and let us know! We would love to catch up with you and offer a friendly voice to talk to. **None of us should feel alone!** The phone number is (860) 434-4127 ext. 1. We would love to add you to our weekly call list!

In addition, if you need help during this trying time (with shopping, errands, money for groceries etc.), there is a web page set up to take your information, <https://www.oldlyme-ct.gov/covid-19-community-help> . If you do not have a computer, please call us and we can enter it for you.

For members in the Lyme- Old Lyme Community, there are reusable masks available and the OL Police can drop one off at your house. Please call LYSB at 860-434-7208 (ext. 0) or email [Lysb@lysb.org](mailto:Lysb@lysb.org) with your request.

I am available to you by phone Monday-Friday so please feel free to reach out if you have any questions or are looking for resources.

Many of you may have already received your stimulus check through your social security benefit. The IRS & Treasury Department announced that Social Security beneficiaries who are not typically required to file tax returns will **not** need to file to receive an **economic impact payment**. It’s automatic. Get the full details at: <https://home.treasury.gov/news/press-releases/sm967>.

Stay well and be kind...

Stephanie Gould  
Lymes’ Senior Center Director  
860-434-4127 ext. 1  
[seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov)

Name: \_\_\_\_\_

## Ways to Stay Healthy and Happy at Home Bingo

Cook or Bake Something New	Write a Memoir	Do Something Crafty	Do a Jig-Saw-Puzzle (Call to pick up one at the Sr. Center)	Take an online exercise class through the Senior Center
Write a letter to a friend	Meditate	Redecorate your space	Start a New Hobby	Watch a Movie
Read a Book	Write a Poem	<b>You Fill In</b>	List things you are grateful for	Pamper Yourself
Play Online Games	Listen to Old Albums and CD's	Organize Old Photographs	Watch a Ted Talk online <a href="http://www.ted.com/talks">www.ted.com/talks</a>	Gaze at the Stars
Go through your old clothes	Call a friend	Have a Cup of Tea	Fix Something	Plant a Garden, Relax Outside

**Highlight or circle each square that you have done since the Stay-at-Home order was issued.  
Turn in your Bingo card with 2 bingo's: one diagonal and one horizontal or vertical and  
PICK UP A SURPRISE WHEN THE SENIOR CENTER REOPENS**

**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)

# DANCE MUSIC OF THE 60'S

AFTER UNSCRAMBLING SONG TITLES SEE IF YOU CAN REMEMBER THE ARTIST

1. NAGH NO SYOOPL \_\_\_\_\_
2. ETH ERKJ \_\_\_\_\_
3. STTWI AND UTSHO \_\_\_\_\_
4. HET TIOMOOCNOL \_\_\_\_\_
5. HET ITTWS \_\_\_\_\_
6. VSAE TEH ALST NECAD OFR EM \_\_\_\_\_
7. I TGO YUO ABBE \_\_\_\_\_
8. WHO TPU TEH MOPB \_\_\_\_\_
9. ONYP MEIT \_\_\_\_\_
10. EHT RDMAATO \_\_\_\_\_
11. NI YM LIEF \_\_\_\_\_
12. OGD ONYL WSKON \_\_\_\_\_
13. RMOISCN ADN OECRVL \_\_\_\_\_
14. ROE'UY LAL I DEEN OT TGE YB \_\_\_\_\_
15. ODGO INV'OL \_\_\_\_\_
16. TEWES NIROCEAL \_\_\_\_\_
17. I CNAT' TSPO DNCGAIN \_\_\_\_\_
18. AWH UATSIW \_\_\_\_\_
19. SEHTE SAMR FO IEMN \_\_\_\_\_
20. 'ACNT LPEH GFLANIL IN ELVO \_\_\_\_\_
21. SUNOTHG \_\_\_\_\_
22. DESMHA AOOTTP TEMI \_\_\_\_\_
23. YAWS \_\_\_\_\_
24. URTN UNTR UNRT \_\_\_\_\_
25. KROC A LUAH BBYA \_\_\_\_\_
26. RUNDE THE ORWKLDBAA \_\_\_\_\_
27. ISURN'F IFSAAAR \_\_\_\_\_
28. LES'T TITSW NGIAA \_\_\_\_\_
29. GARSU SRAUG \_\_\_\_\_
30. 'IM A EIERLVBE \_\_\_\_\_
31. I WSA DANIL YTDERESYA \_\_\_\_\_
32. BE MY YBBA \_\_\_\_\_
33. AYRWNUA \_\_\_\_\_
34. MBOIL ORKC \_\_\_\_\_
35. IPEPMTENRP WTSIT \_\_\_\_\_

## 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

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Program from  
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Local: 860-434-1611 • Toll Free: 800-835-3077

# Old Lyme Essential Businesses with Operating Hours

We put together a list of essential local businesses ([essential as defined by the State](#)) with updated hours and any information about changes in protocol. We only included businesses we were able to reach by phone to verify their information.

## **AUTOMOTIVE**

### **All-Pro Automotive:**

Service Hours: 7 AM - 5 PM Gas Hours: 7 AM - 6 PM

### **Dan and Bills Auto Repair:**

Normal hours. Please call their main number for more information: (860) 434-9014.

## **BANKS/FINANCIAL**

### **Bank of America:**

We were unable to reach someone to confirm their hours.

### **Benchmark Wealth Management:**

Normal hours.

### **Citizens Bank:**

Branch hours are: Mon – Fri 10 AM to 3 PM & Sat 9 AM to 12 PM.

Branch lobbies will only be open by appointment and limited to two customers at a time.

All drive-ups will remain open.

In-store branches will install a plexiglass “teller window” and will service one customer at a time while adhering to social distancing protocols; bankers will be available by appointment only.

### **Essex Savings Bank:**

Open normal hours. Lobby is closed. Drive-up only. Safe deposit access by appointment only.

### **Exencial Wealth Advisors:**

Open normal hours. Staff is working remotely

### **Webster Bank:**

Open normal hours. Drive-thru access during regular business hours, ATM access, and limited lobby access by appointment only.

## **GROCERY**

### **Andy's Deli & Market:**

Market hours are as follows: 5 AM - 6 PM Monday through Friday, 6 AM - 6 PM Saturday and Sunday.

### **Big Y:**

Effective Thursday, March 19th all Big Y stores will reserve the hours of 7 AM to 8 AM for customers who are 60 and older or have compromised immune systems. Regular store hours are now 8 AM to 8 PM until further notice.

### **Coffee's:**

Normal hours for grocery purchases. Deliveries and curb side pick-up available

### **Ez Mini Mart Food Store:**

Updated hours are 6 AM - 8 PM.

## **HARDWARE STORES**

### **Christiansen Hardware:**

Open 9 AM - 4 PM Monday through Saturday.

Phone: (860) 434-7053

### **Laysville Center Hardware:**

Phone: (860) 434-7727

## **LIQUOR STORES**

### **Grand Wine & Spirits:**

Open normal hours. Offering online ordering.

### **Rogers Lake Liquor Shop:**

Open normal hours. Phone: (860) 434-1033

### **Rooneys Package Store:**

Open normal hours. Phone: (860) 434-8012

## **PHARMACIES**

### **Walgreens:**

Open at 9 AM instead of 8 AM on weekdays. You can still enter the store normally to pick up prescriptions.

## **POST OFFICE/MAIL SUPPLIES**

### **Post Office (Both Halls Road and Shore Road):**

Open normal hours. Please practice social distancing if you need to go into the post office.

### **Office Express:**

Phone: (860) 434-9200

## **SERVICES**

### **Best Cleaners:**

Updated hours: Monday, Tuesday, Thursday, Friday: 8 AM – 2 PM, Saturday: 10 AM – 2 PM, Wednesday, Sunday: Closed

### **Old Lyme Landscape Garden Center:**

Hours: Monday through Thursday 10 AM - 4 PM. Deliveries and curbside pickup available.

### **Seifert and Hogan Attorneys at Law:**

Open Monday - Friday by appointment only. Phone: (860) 434-2097

## SKILLED TRADES

### **Gardner Landscapes:**

Operating normally.

### **Generators On Demand:**

Open Mon-Fri by phone call only, emergency services available. Phone number: (860) 434-2608

### **Lew the Plumber:**

If you need help please call (860) 434-5862.

### **Machnik Brothers:**

Operating normally.

### **Sicuranza Electric:**

Operating normally.

### **Shoreline Overhead Door:**

Operating Hours: 8 AM - 5 PM Mon through Fri (24 hr. Emerg. Service) (860) 434-1179

### **Speirs Plumbing:**

Operating normally. Phone Number: (860) 434-7386

### **Zelek Electric:**

Operating normally.

## VETERINARIANS

### **Clark Veterinary Hospital:**

(860) 434-1763 In order to serve you in the safest, most efficient way, they ask that you please call their office when you arrive to their parking lot to check in for your appointment or to drop off or pick up your pet.

### **Coastal Valley Veterinary Services (Mobile):**

(860) 867-6367 Minimizing in-person contact by using tele-medicine (virtual appointments). In-person appointments require social distancing.

### **Old Lyme Veterinary Hospital:**

Please call ahead to arrange your appointment: (860) 434-8387.

Your technician will meet you at the front door or your car to admit or discharge your pet.

## RESTAURANTS

**Andy's Deli & Market**-19 Halls Rd. Old Lyme 860-434-8499 Take Out: Yes Delivery: No

**Anley's Restaurant** 284 Shoreline Rd., Old Lyme 860-434-3282

Take Out: Yes Delivery: Yes through DoorDash

**The Bee & Thistle Inn** 100 Lyme St., Old Lyme 860-434-1667

Take Out: Yes *Curbside pickup* Delivery: No

**Dunkin Donuts** 83 Halls Rd., Old Lyme 860-434-0448

Take Out: Yes Delivery: No

**Coffees Country Market** 169 Boston Post Rd., Old Lyme 860-434-1877

Take Out: Yes Delivery: Yes

**Best Way Convenience Store** 281 Shore Road, Old Lyme 860-598-9295

Take Out: Yes Delivery: No

**Flanders Fish Market** 22 Chesterfield Rd., East Lyme 860-739-8836

Take Out: Yes Delivery: Yes (delivery ends at 7:30 pm)

**Hadlyme Country Market** 1 Ferry Road, Hadlyme 860-526-3188

Take Out: Yes Delivery: No

**The Hideaway** 19 Halls Rd. Old Lyme 860-434-1455

Take Out: Yes Delivery: No

**Hong Kong 2** 19 Halls Rd., Old Lyme 860-434-3788

Take Out: Yes Delivery: Yes

**Illiano's Grill** 228 Flanders Rd., Niantic 860-739-7017

Take Out: Yes Delivery: Yes

**Kokomo's Restaurant** 88 Hartford Avenue, Old Lyme 860-390-6403

Take Out: Yes Delivery: Yes

**La Belle Aurore** 75 Pennsylvania Ave., Niantic 860-739-6767

Take Out: Yes Delivery: Yes

**The Lyme Tavern Sports Bar and Restaurant** 229 West Main St., Niantic 860-739-5631

Take Out: Yes Delivery: Yes

**Rebeka** 135 Boston Post Rd., East Lyme 860-691-1155

Take Out: Yes Delivery: No

**Rustic Cafe** 516 Boston Post Road, East Lyme 860-691-0477

Take Out: Yes Delivery: Yes, free local delivery

**Scarpetta Pizzeria** 163 Boston Post Road, Old Lyme 860-390-6278

Take Out: Yes Delivery: Yes

**The Shack** 324 Flanders Rd., East Lyme 860-739-8898

Take Out: Yes Curbside delivery available. Delivery: No

**Scott's Meats & Deli** 299 Flanders Rd., East Lyme 860-739-9999

Take Out: Yes Delivery: No

**The Spice Club** 239 Main St., Niantic 860-451-8121

Take Out: Yes Delivery: Yes

**Teddy's Old Lyme Pizza Palace** 264 Shore Road, Old Lyme 860-434-1517

Take Out: Yes Curbside pickup available. Delivery: No

**Village Pizza and Grille Restaurant** 53 West Main St., Niantic 860-691-1000

Take Out: Yes Delivery: No

**Subway** 68 Halls Rd., Old Lyme 860-434-4286

Take Out: Yes Delivery: Yes for 3 or more sandwiches



# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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Deep River, CT

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