

# Lymes' Senior Center

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

*November 2020*



**PROUDLY SERVING SENIORS 55 & BETTER!**



*We'll help you stay*  
**SAFE FOR THE HOLIDAYS**



**Visiting Nurses**  
of the Lower Valley

Skilled Nursing, Physical, Occupational & Speech  
Therapy, Social Work, Home Health Aides,  
Telehealth and Transitional Care

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



**LYMES' SENIOR CENTER**  
**PHOTO SCAVENGER HUNT LIST**

**Bird                      Squirrel                      Bird Feeder**

**Something specifically CT.**

**Beautiful Tree                      Sunrise or sunset**

**Something specifically fall**

**River, Lake or Ocean                      Bridge**

**Something your favorite color**

**Barn      Colored Leaves      Stone wall**

**Pet or Animal                      Something Historic**

**Diner                      Farm**

**Something that makes you smile**

**email your pictures to [seniorcenter-ct.gov](mailto:seniorcenter-ct.gov)**



## **COME GET IN THE HOLIDAY CHEER WITH US!!**

Join us for a fun afternoon Wednesday, December 9<sup>th</sup> at 12:45pm (Snowdate: Thursday, December 10<sup>th</sup> at 12:45pm) for a Yankee Swap and Ugly Sweater Contest. Limited to 14 cars. Register early to ensure your spot. Each participant will drop off their wrapped gift (worth approx. \$10.00) to the attendee and park their car in the designated spot. For safety, all cars will be 6 feet apart and all participants will be required to wear a mask. For those of you who are not familiar with a Yankee Swap, here is what you need to know to participate. Everyone wanting to participate brings a wrapped gift worth \$10.00. If you would like to participate, but can't afford a gift, please call (860)434-1605 ext. 240 and let us know. Be creative, it should be a gift that others would like to own. When you bring your gift, you will pick a number, 1 through however many people. The more people that come the "funner" it is! The first person picks a gift and unwraps it. Then the second person picks a gift or takes the one that the first person picked. If the second person chooses the first person's gift, the first person picks another gift and unwraps it. The game continues until the last person picks a gift.

In addition, pictures will be taken of all members that wear an ugly sweater that day and will be posted for people to vote on which they like the most. If you can't make the Yankee Swap, but still wish to enter the Ugly Sweater Contest, call us at (860)434-1605 ext. 240 to set up a time (before that day) to have your picture taken outside to be entered. The winner will be awarded a \$50.00 Gift Certificate from Flanders' Fish Market in East Lyme CT. A special thank you to Flanders' Fish Market for sponsoring the Ugly Sweater Contest!!

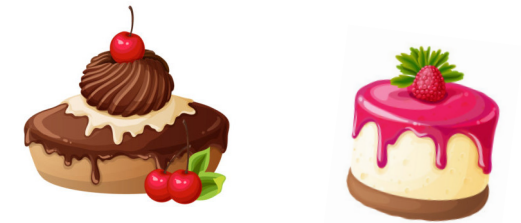
### **As the weather turns colder here is a short list of ideas of things to do**

- **Read a great Book-** If you need a new book feel free to visit our reading/ puzzle table we have in front of our building 24/7. Borrow and return as you wish
- **Challenge yourself with a puzzle-** Also found on our outdoor table
- **Knit or Crochet a scarf or blanket.** Video instructions can be found at <https://www.bing.com/videos/search?q=crocheting&docid=608039117463552730&mid=5F6BFBC70F5CB5D84A525F6BFBC70F5CB-5D84A52&view=detail&FORM=VIRE>
- <https://www.bing.com/videos/search?q=crochet+a+blanket&docid=607997731061108537&mid=D44E-B19ACE44400106F1D44EB19ACE44400106F1&view=detail&FORM=VIRE>
- **Find a great walk.** ...listed below are places that have paved or obstacle free paths and places that you can social distance....have you tried Harkness Park in Waterford, Rocky Neck Park in East Lyme, Bluff Point in Groton Connecticut OR State of CT DEEP Dock off of Ferry Road in Old Lyme, Niantic Board Walk (1 way), Fenwick Causeway starting at Saybrook Inn and Spa in Old Saybrook.
- **Photographing Nature-** you can start with taking our Scavenger Hunt Challenge on page 2. We will be posting them online.
- **Scrap Booking-** Do you have loose photo's that you never put in books? What a great time to go through them and organize them by dates or subjects.
- **Call a friend and catch up**
- **Enjoy some of our Zoom virtual programs.** ...If you are not currently getting our emails and wish to please let us know!! If you do not know how to use Zoom please reach out to us at the Senior Center and we can walk you through it!

**\*\*\*IF YOU WOULD LIKE TO JOIN OUR OVER 85 ZOOM LECTURES, PROGRAMS, AND EXERCISE CLASSES MONTHLY, PLEASE PROVIDE US WITH YOUR EMAIL SO WE CAN SUBSCRIBE YOU FOR OUR WEEKLY EMAILS. CALL (860)434-1605 EXT. 240 or EMAIL US AT SENIORCENTER@OLDLYME-CT.GOV**



# Grab & Go Dessert Fun at the Senior Center



**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)

**Advertise Here**  
**Contact**  
**860-767-9087**

**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  
 TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

## Number One Songs from 1950-1969

(See if you can match the song with the artist)

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1. White Christmas (1950)
  2. Come on-a My House (1951)
  3. Unforgettable (1952)
  4. You, You, You (1953)
  5. That's Amoré (1954)
  6. Rock Around the Clock (1955)
  7. Hound Dog/ Don't Be Cruel (1956)
  8. Love Letters in the Sand (1957)
  9. It's All In the Game (1958)
  10. Mack The Knife
  11. Theme from "A Summer Place" (1960)
  12. Tossin' and Turrin' (1961)
  13. Twist (1962)
  14. Sugar Shack (1963)
  15. I Want To Hold Your Hand (1964)
  16. Satisfaction (1965)
  17. Ballads of the Green Berets (1966)
  18. To Sir With Love (1967)
  19. Hey Jude (1968)
  20. Aquarius (1969)
- A. Beatles
  - B. Simon & Garfunkel
  - C. Nat King Cole
  - D. Tommy Edwards
  - E. Elvis Presley
  - F. Bobby Darin (1959)
  - G. Dean Martin
  - H. Bing Crosby
  - I. Pat Boone
  - J. Chubby Checker
  - K. Bill Haley & His Comets
  - L. Bobby Lewis
  - M. Ssgt. Barry Sadler
  - N. Jimmy Gilmer & Fireballs
  - O. Rollingstones
  - P. Ames Brothers
  - Q. Percy Faith Orchestra
  - R. Rosemary Clooney
  - S. Lulu
  - T. Beatles

**the answers you need, resources you can trust.**

We serve 56 towns and 2 tribal nations of Eastern Connecticut and manage state and federally funded programs related to Aging and Disability, like the Senior Nutrition Program. We would love to hear how these programs have an impact on your life!

## Live your life Well: Preventing and Managing Chronic Disease

According to the Centers for Disease Control, half of all Americans live with at least one chronic disease, like heart disease, cancer, stroke, or diabetes. Along with others such as obesity, arthritis, Alzheimer's, epilepsy and tooth decay, these are the leading causes of death and disability in America. Chronic diseases are conditions that require ongoing medical attention or limit activities of daily living or both. Most chronic diseases are caused by choices we make such as: tobacco use and exposure to secondhand smoke, poor quality nutrition, lack of physical activity and excessive alcohol use.



What we eat and how much we move, has a significant role in preventing and managing most chronic diseases. Eat MORE fruits and vegetables. Use "healthy" fats in moderation: such as nuts, avocados, olives and salmon and choose WHOLE grains in bread, cereal, brown rice, whole wheat pasta, oats, rye and barley. Decrease sugary beverages such as soda or juice. Senior Nutrition Programs such as Home Delivered and Congregate Café



Meals are a great way to start eating better since they follow the Dietary Guidelines for Americans.

**Local Fruits and Vegetables are in Season! \$\$ Senior Farmer Market Vouchers still available for people age 60+ with limited income and who have not received them yet this year. Program ends 10/30/20. Contact Senior Resources**

### JOIN US FOR FREE INFORMATIVE PROGRAMS BY PHONE (712) 775-7031, Meeting ID 797-253-419



**Coffee, Tea and SMP: 2<sup>nd</sup> Friday each month, 9-10am (11/13, 12/11) Sip your favorite morning beverage while we discuss current issues about Medicare, Open Enrollment and concerns for Fraud and Abuse.**



**What's on the Menu?: 3<sup>rd</sup> Monday each month, 1-2pm (11/16, 12/21) Chat with a Registered Dietitian about healthy living, discuss the Dietary Guidelines for Americans, Senior Nutrition Program menus and other current topics.**



**Ongoing enrollment for LiveWell Programs via conference calls! Be a part of this amazing evidence based and highly effective 6-week Free program for Chronic Disease Self-Management. Call Lori R at 860-887-3561 X 127 to sign up.**



# 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



## Struggling to HEAR in our Covid-19 world?

Social distancing... 6 feet plus a mask...  
You're not alone – we CAN help!

Call **203-668-0619**  
for a home visit to have  
your hearing evaluated,  
and let us help you hear  
your loved ones again.



EMPOWERING LIVES THROUGH BETTER HEARING  
[www.audiologyconcierge.com](http://www.audiologyconcierge.com)