

# Lymes' Senior Center



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

## January 2021

PROUDLY SERVING SENIORS 55 & BETTER!



Lower Valley  
**Care Advocates**

We offer private, non-medical homecare services including:

- Personal Care
- Dementia Care
- Concierge Services
- Respite Care
- Transportation
- Help Around the House (Housekeeping and Meal Preparation)

*We follow CDC guidelines for COVID-19 Protection*

**860-767-2695** | [www.lowervalleycareadvocates.org](http://www.lowervalleycareadvocates.org)

# January Word Search

S L Q U K S D R A Z Z I L B T P H  
D L L V C N H W L L O T X O O R E  
A L T S U O N O W P U V B L S E T  
F A H K N W L N L X S O A F N T A  
S B T S K M S S E C G R R I O N N  
Q W U O I O M Q A G B E A G W I R  
T O W I J B S R A E E P K A F W E  
O N T O G I F N A Z Q B M S L U B  
F S E E R L I R E K Z B S K A I I  
T I A W K I O C L Y J Q E A K R H  
N V R S F N G O I G I W T W E X C  
C P C E R G A Y C C W P A B V V Q  
H T F P P U T L Z I L Q K O N Q Z  
I A C K J L J T B F U E S O R V X  
L S J R E T A E W S V V E T K O Q  
L F F S P J X C Q P G L C S U G Q  
Y S F F U M R A E T E U I C O L D

Snowmobiling      Winter      Igloo      Boots  
Snowflake      Polar Bear      Fireplace      Chilly  
Hibernate      Sweater      Snowball      Scarf  
Icicle      Snow      Toboggan      Ice Skates  
Freeze      Earmuffs      Cold      Blizzard  
Blanket

## DEAR MEMBERS,

Happy New Year!!! I can hardly believe that we have just finished 2020. I hope that the new year brings you renewed hope and that we will be able to get together again soon. I am so encouraged that vaccines are starting to be given. It feels like the light at the end of a very long tunnel. Many folks will set a New Year Resolution. May I suggest this year that you set a resolution to be kind to yourself. This past year has been so trying for so many, and the isolation we have all felt has felt overwhelming at times. Try to find something that makes you happy every day. It may be making a cup of tea in your favorite tea cup or mug, soaking in a salt bath, taking a walk, calling a friend or family member, splurging on a piece of chocolate, meditating, reading a good book or magazine, looking through an old photo album, listening to your favorite music, crafting, watching a funny movie, etc. I challenge you to find that thing or things that make you happy!

Best regards,

*Stephanie Gould*



## UPCOMING CRAFT KITS

In February, we will be putting together free craft kits for you to make your own cards. Materials and directions for 3 cards will be included. One will be Just a Note card, one a birthday card, and the third will be a Thinking of you card. The materials provided will give you the opportunity to make your own homemade card with a professional look. **Kits are limited to 20 people.** Please call and sign up if you are interested. Card kits will be available for pickup on Wednesday, February 3<sup>rd</sup> from 11-2pm. Delivery is available for any homebound members, just let us know when you sign up. Call 860-434-1605 ext. 240 to sign up.

## MOST MEMBERSHIPS WILL EXPIRE JANUARY 1<sup>ST</sup>

Please renew your membership ASAP to guarantee uninterrupted delivery of your newsletter. You can send \$5.00 for members residing in Old Lyme and Lyme OR \$10.00 for out of town members to Lymes' Senior Center – 26 Town Woods Road – Old Lyme CT 06371. You can also drop it into our Black Lock Box located to the left of our front doors! Thank you for your continued support!!

# UGLY SWEAT



## 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)

## Advertisi

## Con

## 860-76

# Ugly Christmas Sweater Contest



Call Us Here  
Contact  
7-9087

## 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

Monday	Tuesday	Wednesday
<p><b>1:00 PM</b> Cooking with Lindsey from ShopRite Register by emailing Diana. <a href="mailto:patterson@glastonburyct.gov">patterson@glastonburyct.gov</a></p> <p style="text-align: right;"><b>4</b></p>	<p><b>12:30PM</b> New Year Celebration w/ The Elderly Bros Register by emailing Diana. <a href="mailto:patterson@glastonburyct.gov">patterson@glastonburyct.gov</a> by Dec. 29.</p> <p style="text-align: right;"><b>5</b></p>	
	<p><b>12PM</b> How to Go in the Ice &amp; Snow by AAA to register email: <a href="mailto:shermanseniorcenter@gmail.com">shermanseniorcenter@gmail.com</a>  <b>7-8:30 pm</b> Principles of Photography, Part 1. To register email Richard Sperrin at <a href="mailto:wrspearrin@yahoo.com">wrspearrin@yahoo.com</a></p> <p style="text-align: right;"><b>11</b></p>	<p><b>1:30 pm</b> Health Screenings for Hartford HealthCare, call 1-855-442-4373 to register  <b>6:00pm</b> How to Become a Bet via Zoom. Call 203-272-8286 <a href="http://cheshirect.org">cheshirect.org</a> to register</p>
		<p><b>2:30PM</b> Name that Tune and Register by emailing Diana. <a href="mailto:patterson@glastonburyct.gov">glastonburyct.gov</a></p> <p style="text-align: right;"><b>18</b></p>
<p><b>2:00 pm</b> Driving &amp; Dementia, by Hartford HealthCare, call 1-855-442-4373 to register</p> <p style="text-align: right;"><b>25</b></p>	<p><b>7-8:30 pm</b> Principles of Photography, Part 2. To register email Richard Sperrin at <a href="mailto:wrspearrin@yahoo.com">wrspearrin@yahoo.com</a></p> <p style="text-align: right;"><b>26</b></p>	



Monday	Thursday	Friday
		<p style="text-align: center;"><b>Happy New Year!</b></p> <p style="text-align: right;"><b>1</b></p>
<p style="text-align: right;"><b>6</b></p>	<p><b>10:30am</b> Chronic Back Pain Webinar Registration is required, to join the Zoom, call 1-855-442-4373 or go to <a href="http://www.HartfordHealthCare.org/VirtualClasses">www.HartfordHealthCare.org/VirtualClasses</a> to</p> <p style="text-align: right;"><b>7</b></p>	<p><b>2:00 PM</b> US History Lecture with Jared Day- Mexican American War Part 3, to register email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a></p> <p style="text-align: right;"><b>8</b></p>
<p>for Older Adults by 1-855-442-4373 to After Caregiver Join or email <a href="mailto:Igravel@">Igravel@</a></p> <p style="text-align: right;"><b>13</b></p>	<p><b>2:00 pm</b> Navigating the What Ifs in your Golden Years, by Hartford Health Care, call 1-855-442-4373 to register <b>7-8:30pm</b> Climate Change &amp; You Presented by Patricia Sisson, to register email <a href="mailto:programreg@lymepl.org">programreg@lymepl.org</a></p> <p style="text-align: right;"><b>14</b></p>	<p><b>1:15pm</b> Community Yoga via Zoom. Call 203-272-8286 or email <a href="mailto:Igravel@cheshirect.org">Igravel@cheshirect.org</a> to register</p> <p style="text-align: right;"><b>15</b></p>
<p>and Sing a Long <a href="mailto:patterson@">patterson@</a></p> <p style="text-align: right;"><b>20</b></p>		<p><b>12:00PM</b> Glastonbury Treble Choir. Register by emailing <a href="mailto:Diana.patterson@glastonburyct.gov">Diana.patterson@glastonburyct.gov</a> <b>2:00 PM</b> Current Events Lecture with Jared Day- America and Korea, to register email <a href="mailto:seniorcenter@oldlyme-ct.gov">seniorcenter@oldlyme-ct.gov</a></p> <p style="text-align: right;"><b>21</b></p>
<p style="text-align: right;"><b>27</b></p>	<p><b>10:00 am</b> Understanding Sepsis, by Hartford HealthCare, call 1-855-442-4373 to register</p> <p style="text-align: right;"><b>28</b></p>	<p><b>2:00 PM</b> Sing a Long with Dr. Uke Register by emailing <a href="mailto:Diana.patterson@glastonburyct.gov">Diana.patterson@glastonburyct.gov</a></p> <p style="text-align: right;"><b>29</b></p>

**1/23**  
**2-3:00 pm** Raptors of CT presented by Joe Attwater, to register email, [programreg@lymepl.org](mailto:programreg@lymepl.org)



# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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

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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.

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*Concierge*

EMPOWERING LIVES THROUGH BETTER HEARING

[www.audiologyconcierge.com](http://www.audiologyconcierge.com)