

# Lymes' Senior Center



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

**March 2021**

**PROUDLY SERVING SENIORS 55 & BETTER!**



**Visiting Nurses**  
of the Lower Valley



**In need of nursing, therapies, or help with personal care?**

**WE'RE HERE FOR YOU**

*Our staff is trained in infection control and  
will help keep you safe at home.*

**Call us to get started:**

**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

Please Call (860) 434-4127 or email us at [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov) to register for our programs or for more information on becoming a member.

## **Upcoming Virtual Classes- To Sign Up email [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov)**

**MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK**

<b>CLASS</b>	<b>Date of First Class &amp; Time/ Duration</b>	<b>COST</b>
Country Line Dancing	(MON) March 29 <sup>th</sup> at 2:15pm/6 Week Session	FREE
Slow and Steady Yoga	Mondays 9:00-10:15am	\$7.00 a class
Low Impact/ High Energy Dance	Tues. & Thurs. 9:00am	\$20.00 a mo.
Sit n Be Fit	Tues. at 10:00am	FREE
Chair Yoga for Pain	Wednesdays 9:00-10:15am	\$7.00 a class
Tap Class	Wednesdays at 11:00am	FREE
Slow and Steady Yoga	Fridays 9:00-10:15am	\$7.00 a class

## **FREE American History Lecture Series with Jared Day, PHD**

**The Boiling Republic: The Coming of the Civil War, Part 2**

Friday, March 5<sup>th</sup> at 2:00pm

**The Boiling Republic: The Coming of the Civil War, Part 3**

Friday, April 9<sup>th</sup> at 2:00pm

**Ulysses Grant: Civil War General**

Friday, May 7<sup>th</sup> at 2:00pm

**Ulysses Grant: Reconstruction President**

Friday, June 4<sup>th</sup> at 2:00pm

## **FREE Current Events Lecture Series with Jared Day, PHD**

Energy Issues in America in the 21<sup>st</sup> Century

Friday, March 19<sup>th</sup> at 2:00pm

## **FREE Biography Lecture Series with Jared Day, PHD**

Ivan the Terrible and the Emergence of Russia

Friday, April 23 at 2:00pm

William Shakespeare and the Invention of English Literature

Friday, May 21 at 2:00pm

Mahatma Gandhi and the End of the British Empire

Friday, June 18 at 2:00pm

## **FREE Food Experience: Easy, Delicious Recipes to make at home**

Join us for some fun with Sue Beeman, MS, RDN. With a specialty in senior nutrition, she will be leading a virtual Cooking Experience on *Wednesday, March 24<sup>th</sup> at 1:00pm*. The recipes are a Salem Pasta Bake & Dark Chocolate Black Bean Brownies. If you wish, you can prepare it with her OR just watch the demonstration. These recipes are easy, quick, healthy, and fun! Please RSVP before Tuesday, March 16<sup>th</sup> by calling (860) 434-4127 ext. 1. Please see last month's newsletter for the recipes or ask us for it. A zoom link will be sent to you after you register.

## **Virtual Bingo**

In coordination with the East Lyme Senior Center, we will be offering Virtual Bingo every other Friday at 1:00pm **starting** on *Friday, March 5<sup>th</sup>*. To sign up, you need to call us at (860)434-4127 ext. 1 by Monday of

the week you wish to play AND pick up your Bingo Card from the Lymes' Senior Center on that Wednesday between 11-2pm. Other times can be arranged if there is a scheduling conflict with pick up times. You will then be sent the Zoom Code from East Lyme Senior Center who is facilitating this program. There is no cost to join us. Small prizes will be provided by both the East Lyme and Lymes' Senior Centers to game winners.

### **Would you like to pick up a word circle OR crossword puzzle book?**

We will be handing out Word Circle books and Crossword puzzle books on March 10<sup>th</sup> from 11-2pm. Register by calling ahead OR just show up. We will put aside those that register and will pass out books to others until we run out.

### **Do you need more books to read OR jigsaw puzzles to do?**

We continue to have a table set out in front of our building with jigsaw puzzles and books including large print books for you to borrow. Feel free to stop by anytime and help yourself. When you finish please kindly return it by putting it in the Returns Bin located under the table. If you are homebound and would like a puzzle or books please call us and we can provide home delivery.

### **Vaccine Information**

I hope that all of you 65+ have been able to get the Covid-19 Vaccine. If you wish to have the vaccine, but are having trouble setting up an appointment, feel free to reach out to us for help.

**Grab and Go Lunches** are available through the Estuary Council. Five delicious and nutritious frozen meals per person are available for contact-less pick up every Tuesday morning at the Lymes' Senior Center, 26 Town Woods Rd, Old Lyme, CT, from 11:00 am to 12:00 pm. The meals will be placed in your trunk or back seat. You can place a check there as well for payment. All appropriate Covid-19 precautions are taken while handling the meals. Suggested donation is \$15.00 for 5 meals, however if you cannot afford it, you are not required to pay. To get more information or to order the meals, call 860-388-1611. Meals MUST be ordered by the Friday before at 11am.

### **Nonperishable Groceries**

If you are finding yourself in need of food please reach out to the Senior Center and we can provide you a bag of nonperishable groceries. Call (860)434-4127 to set up an appointment to pick it up.

\*\*\*\*\***65 Additional Free Virtual Programs/ Lectures/ Classes** are offered monthly to our members through a Connecticut Senior Center Exchange. For more information on participating in these please email us at [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov)

### **Craft Kits- Painted Kindness Rocks**

Have you ever stumbled upon a colorful, hand-painted rock that has been painted in bright colors or has an uplifting message written on it? You may have just found a kindness rock! Rock painting or rock art is a trend that has picked up popularity in recent years. Whether you're an artist who is looking for a new art project or someone who wants to share a positive message with others, painting rocks might be for you.~This painted rock, sometimes called a kindness stone, is simply a rock that someone has decorated with an inspirational message. They can be any size or shape, as big or small as you like! The point of this stone painting is to sprinkle positivity around your community. Once you create one, the idea is to leave it somewhere for another person to find and enjoy. As we all know, sometimes a simple message of love and compassion can spark joy and brighten someone's entire day.~If you would like to paint some rocks with us, we will be handing out craft kit materials, including rocks, on Wednesday, April 7<sup>th</sup> between 11-2pm for all that register. Limited to 30 kits, please call (860)434-4127 to register. Free of charge and open to all members.

# Springtime

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

Buzzing Caterpillar Tadpole Trees Umbrella  
 Worms Twigs Tulips Sunny Raincoat  
 Puddles Outdoors Nest Nature Ladybug  
 Kite Golf Growing Robin Daffodils  
 Chirping Buds Bloom Allergies

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

**Your Hosts,**  
**The Caramantes**

(860) 434-1455                      In the Courtyard  
 (860) 434-1854                      Old Lyme Shopping Center  
 (860) 434-3335                      (860) 434-5186 fax  
 Old Lyme, CT 06371 (Exit 70 off I-95)

**Advertisi**  
**Con**  
**860-76**



# St. Patrick's Day Word Search




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

trifolium    tradition    snake    shillelagh    rainbow  
 potofgold    stpatrick    magic    luck    leprechaun    legend  
 irish    ireland    holiday    hibernian    harp    goodluck  
 gold    gaelic    green    emerald    dublin    donneybrook  
 clover    celtic    celebrate    brogue    blarney    banshee  
 bagpipe

**Use 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



**Select**  
 PHYSICAL THERAPY  
 A Division of Select Medical

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

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS



## Detailed flyers available.

Registration begins on the dates noted. Register as soon as you can. Payments will be made directly to the Tour Company arranging the trip.

**Jun 6 - 14, 2021** - 9 day adventure in the **Painted Canyons of the West**. 11 meals. *Other dates available later in the year.* Call us with your interest. Enjoy the beauty of the west. Depart from NYC. \$3529 double occupancy, \$4429 single occupancy, \$3479 triple occupancy. Trip insurance strongly encouraged for an additional \$299pp. Flyer available online at <https://gateway.gocollette.com/link/1043894>

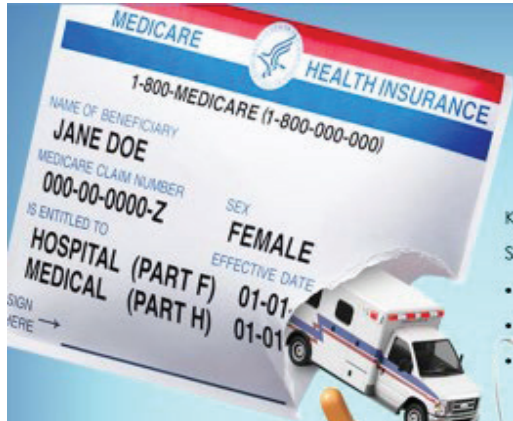
**Aug 27 - Sep 3, 2021** - 8 day **Alaskan Cruise** onboard the Celebrity Solstice. Airfare is included. See the wonders of Alaska from the comfort of a cruise ship. Depart from T.F. Green Airport in Providence, RI. Prices start at \$2668pp. *If you're interested we can email you the link to view the details of the trip and even to register on line!*

**Sep 8-17, 2021** - 10 day **Shades of Ireland**. 13 meals. Explore Ireland. Depart from NYC. \$3629pp double occupancy, \$4329pp single occupancy, or \$3599pp triple occupancy. Trip insurance strongly encouraged for an additional \$399pp. *You have until June 1st to cancel and get a full refund!!* Flyer available online at [gateway.gocollette.com/link/1044125](https://gateway.gocollette.com/link/1044125)

**Oct 6-8, 2021** - 3 days/2 nights in Lancaster, PA to see "**Queen Esther**" at **The Sight and Sound Theatre**. Visit the Appalachian Brewing Co., Kitchen Kettle Village, and the Mount Hope Estate and Winery as well as see the fabulous production of "Queen Esther". \$565pp double occupancy, \$715pp single occupancy, or \$515pp trip occupancy.

**Oct 4- 12, 2021** - 9 day trip to **Tropical Costa Rica**. 14 meals. Depart from NYC. \$2229 double occupancy, \$2429 single occupancy, \$2199 triple occupancy. Trip insurance strongly encouraged for an additional \$399pp. Trip Flyer available online at <https://gateway.gocollette.com/link/1021473>

*New offering!!* **Mar 27 - Apr 5th, 2022** - 10 day tour of the **British Landscapes**. 12 meals. See Scotland, Wales, and England. HIGHLIGHTS... Edinburgh Castle, Choices on Tour, York, Chester, Llangollen, Wales, Stratford-upon-Avon, Oxford, London. Depart NYC. Double \$2,998; Single \$3,598; Triple \$2,968. Trip insurance strongly encouraged for an additional \$399pp. Trip Flyer available online at <https://gateway.gocollette.com/link/1051001>



## Join us! FREE New-to-Medicare Virtual Presentation

Know your Medicare options - Choose a date & time that works for you!

Session includes:

- Enrollment—know when to enroll to avoid penalties
- Medicare options
- Make Medicare affordable—Medicare financial assistance programs

March 2, 2021		5:00 p.m.
April 6, 2021		10:00 a.m.
May 4, 2021		2:00 p.m.
June 1, 2021		5:00 p.m.

Registration is required!

Visit [www.seniorresourcesec.org](http://www.seniorresourcesec.org)



This project was supported, in part by grant number 90SAPG0068-01-00, from the US Administration for Community Living, Department of Health and Human Services, Washington DC 2001. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



## Join us! Medicare Savings Program and the Low Income Subsidy Program - How to make Medicare Premiums and prescription drugs more affordable!

This **FREE** presentation is provided by a Certified CHOICES Counselor from Senior Resources Agency on Aging. No insurance will be sold.

**Session Includes:**

- Overview of Medicare Premiums
- Overview of the Medicare Savings Program
- Overview of the Low Income Subsidy
- How it helps to reduce the cost of medications
- How it helps you pay Medicare health Premiums
- Medicare Preventive Services

March 3, 2021		5:00 p.m.
April 7, 2021		10:00 a.m.
May 5, 2021		2:00 p.m.
June 2, 2021		5:00 p.m.

Registration is required!

Visit [www.seniorresourcesec.org](http://www.seniorresourcesec.org)



This project was supported, in part by grant number 90SAPG0068-01-00, from the US Administration for Community Living, Department of Health and Human Services, Washington DC 2001. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.



# 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

*CO*AUDIOLOGY™  
*Concierge*

## STRUGGLING TO HEAR WITH A MASK?

Call today for an in-home or office  
hearing evaluation  
203-668-0619

