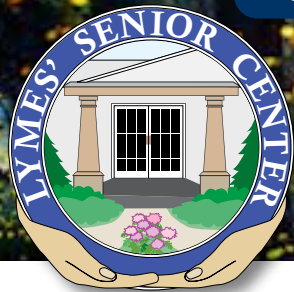


Lymes' Senior Center

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



JUNE 2021

PROUDLY SERVING SENIORS 55 & BETTER!

Outdoor Classes

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Virtual Classes

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S'mores Recipe

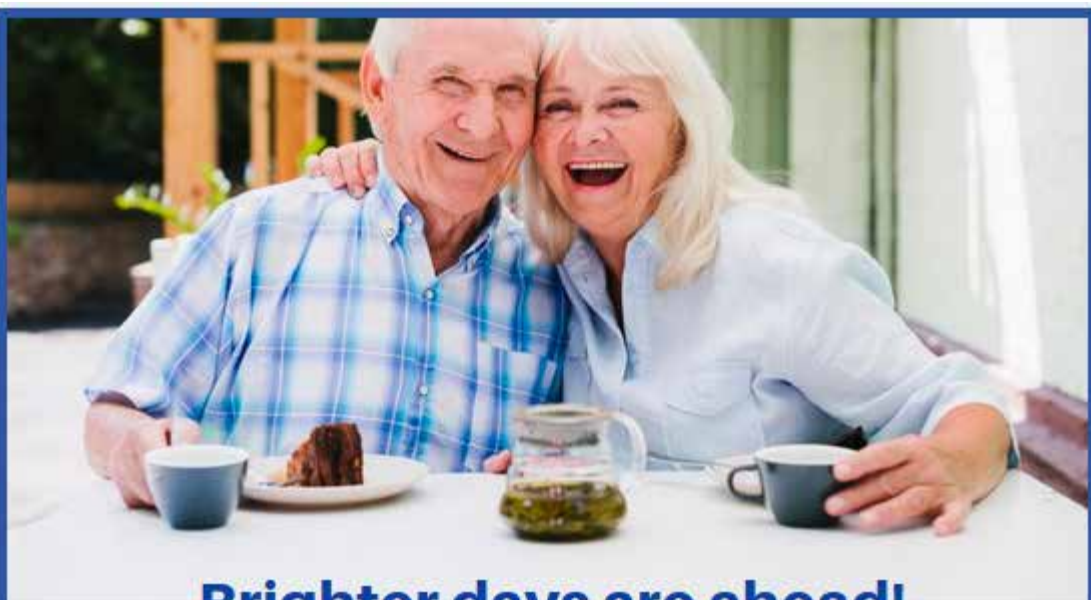
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Day Trip

Page 6

Scramble

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Brighter days are ahead!

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Visiting Nurses
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OUTDOOR

In Person Classes, Services, and Program Schedule

(PRE-REGISTRATION REQUIRED)

CALL (860)434-4127 EXT 1 Max of 12 People per class

<u>Program</u>	<u>Day of the Week and Time</u>	<u>Price</u>
Country Line Dancing Class <ul style="list-style-type: none">This 1-hour class is a fun way to give both your mind and body a workout.	Mondays at 9:15am	FREE
Morning Yoga with Laura <ul style="list-style-type: none">Greet the day with stretching and breathing. Challenge yourself with guided meditation.	Tuesdays at 10:00am	\$5.00
Sit and Be Fit with Laura <ul style="list-style-type: none">Seated 1 hour fitness class for all levels. Improve your stamina and strengthen muscles from your toes to your nose.	Tuesdays at 10:00am	FREE
NEW Low Impact Aerobics & Strength Training <ul style="list-style-type: none">This 1-hour class is a combination of aerobics and strength training. Very similar to Kathy O'Neil's (who retired) class.	Wednesdays at 9:15am	\$5.00
ART WORKSHOPS <ul style="list-style-type: none">Come bring your own art supplies to paint or draw with other artists either under the trees or under our tent. Artists will be socially distanced.	Tuesdays and Fridays 12:30-2:30pm	FREE

OUTDOOR ENTERTAINMENT SCHEDULE MEMBER ONLY EVENTS

(PRE-REGISTRATION REQUIRED) CALL (860)434-4127 EXT 1

Maximum of 37 People Pods (Only 2 people per pod) – Those that register will pick up a ticket the week before. Only those with tickets will be admitted. – Although tickets are required.... the tickets are free!

*Members should bring their own chairs for the shows. Members may also want to bring a chair umbrella or hat for day shows.

LOL Middle School Jazz Cats- Wednesday June 9th at 1:00pm

TICKETS AND PRE-REGISTRATION REQUIRED BEFORE JUNE 7th

ENTERTAINER JOE MAC (Singer)- 50's and 60's Rock n Roll Wednesday, June 16th at 1:00pm

TICKETS AND PRE-REGISTRATION REQUIRED BEFORE JUNE 9th (Rain Date June 17th same time)

ENTERTAINERS STRING OF PEARLS (Outdoor Informal Rehearsal Concert)- Swing Band

TICKETS AND PRE-REGISTRATION REQUIRED BEFORE 5/5/21, 6/16/21, & 7/7/21 respectively

Wednesday, June 30th 6:30-8:30pm

Wednesday, July 14th 6:30-8:30pm

In Person Services (Held outside on back porch OR under Tent)

Hair Dresser: Hair Dresser Carrie Desposa will be doing Haircuts on Thursdays, June 24th, and July 29th between 9am-12pm. APPOINTMENTS ONLY Will be held on the Porch. Call (860)434-4127 ext. 1 to make an appointment. No walk in's will be welcome. Masks are required and all safety protocols will be followed. If you arrive early, please remain in your car until it is your scheduled time.

Blood Pressure Clinics and Nursing Appointments: M-F 11-12pm APPOINTMENTS ONLY. Will be held on the Porch. Call (860)434-7808 to make an appointment. No walk in's will be welcome. Masks are required and all safety protocols will be followed. If you arrive early, please remain in your car until it is your scheduled time.

Foot Care Clinic: Cost is: \$35.00. Gretchen O'Connor, RN from Foot Nurse Associates will be accepting appointments for routine foot care services including assessing feet and legs, gentle cleaning, clipping, and sanding/filing of toenails to reduce length and thickness on Thursday, June 17th, July 15th, from 12-3pm. All appointments will be held on the Porch. No walk in's will be welcome. Masks are required and all safety protocols will be followed. If you arrive early, please remain in your car until it is your scheduled time. Call (860)434-4127 ext. 1 to make an appointment.

NEW FUN "TO GO" OR IN PERSON LUNCH

Join us for a Boxed Lunch Day! Wednesday July 28th 12:00-12:30pm

We will be ordering boxed lunches from Subway to include a 6-inch cold sub, a bag of chips, a cookie, and a bottle of water. Sub options are cold cut combo (Bologna, Salomi, and turkey), Ham, Turkey, Tuna, BMT (Peperoni, Ham & Salomi), Ham & Turkey, Spicy (Peperoni and Salomi) and Veggie Delight. You will also be able to pick out veggies (lettuce, tomatoes, spinach, cucumbers, pickles, olives, hot peppers, banana peppers, sweet peppers, red onion, green peppers), type of cheese (provolone, American, swiss, pepper jack) and sauces (chipotle, honey mustard, ranch, Caesar, buffalo, parmesan, vinaigrette, sweet onion, BBQ, mayo, mustard), and bread (Italian, Herb and Cheese, Wheat). All orders and payments will be due by July 20th. As a thank you to all our wonderful members from the Board we will be charging \$5.00 for this meal valued at \$8.50. Meals can be ordered to pick up drive thru style OR you can reserve a place to eat under our tent. All those wishing to eat under the tent will need to let us know at the time they place the order. Tent eating will be limited to 12 Pods and no more than 2 people can sit together in a pod. Tables will be socially distanced at 6+ feet apart from one another.

Look in next month newsletter for details about an
August Boxed Lunch Day!

Restroom Update

Starting June 15th there will be 2 bathroom options.

- 1) There is a handicap porta potty which is locked nightly & checked daily for cleanliness.
- 2) Indoor bathrooms. Please see rules below for this option
 - Indoor bathrooms will only be available when center staff is on site and available to unlock doors. Please ring doorbell. Only one person (or one person & a caregiver) will be allowed in the building at a time. Masks and temperature checks are required.

FREE (VIRTUAL) Biography Lecture Series with Jared Day, PHD

Mahatma Gandhi and the End of the British Empire	Friday, June 18 at 2:00pm
Genghis Khan	Friday, July 16 th at 2:00pm
Hernan Cortes	Friday, Aug.20 th at 2:00pm
Regency King: King George IV of England	Friday, Sept.17 th at 2:00pm

*******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 programs, please email us at seniorcenter@oldlyme-ct.gov

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 puzzles or books please call us and we can provide home delivery.


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 truck 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.

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Old Lyme, CT 06371
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fax: 860.434.3889



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

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

S'mores, S'mores Galore

S'mores (Smores) Pudding Bars

(From 5 items or less recipe)

S'mores are a favorite. And, this version doesn't require the fire! These pudding bars are a decadent treat that also provides calcium and vitamin D.

To cut back on the sugar and calories, you can skip the marshmallows and still enjoy the deliciousness of chocolate with graham crackers! And, if you want a fruity version of this classic, try Strawberry S'mores.



Makes: 12 Servings

Ingredients

- 1 ½ cup cold low-fat milk
- 1 package (4 servings) instant chocolate pudding
- 1 container (8oz) frozen whipped topping, thawed
- 14 graham crackers

Optional: 1 cup miniature marshmallows

Instructions

1. In a large bowl, whisk together milk and pudding mix until well combined. Stir in whipped topping and marshmallows.
2. In a 9 x 13 inch glass baking dish, lay out half the graham crackers. Spread pudding mixture evenly over graham crackers. Top with remaining graham crackers, forming sandwiches, and lightly press together.
3. Freeze for 4-6 hours, then cut into individual squares and wrap each one individually; return to freezer until ready to serve.

Note: These will keep for up to 2 weeks in the freezer.

Nutrition Information*

Serving Size: 1 bar
Calories: 140
Total Fat: 3.5g
Saturated Fat: 1.5g
Protein: 2g
Sodium: 240mg
Carbohydrates: 26g
Added Sugar: 4g
Fiber: 0g

First Day Trip of the Season

Tuesday, Oct. 5 Van Gogh - The Immersive Experience- Cost \$112.00.

The experience is rich in content. Take an awe-inspiring journey into the incomparable universe of Van Gogh, one of the greatest artistic geniuses of the 19th century. Explore his life, his work, and his secrets as never before through cutting-edge 360 degree digital projections, a one-of-a-kind virtual reality experience, and a uniquely atmospheric light and sound show. This impactful experience has already thrilled visitors in Italy, Belgium, and the UK. Become completely immersed in the works of art around you, and feel in reality as you dive deep into the world created by Van Gogh's brush stroke. This trip will also include a trip to Quincy Market for shopping and grabbing a bite to eat at one of the many eateries. Limited seats available. Tickets already on sale. Please call the senior center for more information.

Summer Time Unscramble

1. ELRTAV _____
2. SIINCPC _____
3. SDNA _____
4. FNU _____
5. TEUISOD _____
6. ARLLUEBM _____
7. CSENEUSRN _____
8. OLOP _____
9. HBECA _____
10. SGBU _____
11. NIGMMSWI _____
12. NFAS _____
13. ICPLSSPEO _____
14. MOENDLAE _____
15. OBGNITA _____
16. SIREKOWRF _____
17. SUNBNUR _____
18. EATH _____
19. LADNSA _____
20. RAOEENWTML _____
21. OCTUSOKO _____
22. OAAVTICN _____
23. SHNGFII _____
24. BQB _____
25. ORMSES _____
26. APCNIGM _____

1.travel,2.picnics,3.sand,4.fun,5.outside,6.umbrella,7.sunscreen,8.pool,9.beach,10.bugs,11.swimming,12.fans,13.popsicles,14.lemonade,15.boating,16.fireworks,17.sunburn,18.heat,19.sandals,20.watermelon,21.cookouts,22.vacation,23.fishing,24.BBQ,25.smores,26.camping



Lymes' Senior Center

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