

Lymes' Senior Center

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



AUGUST 2021

PROUDLY SERVING SENIORS 55 & BETTER!

Entertainment
on the Lawn

Movie- Walk
The Line- Story
of Johnny Cash

NEW Chair
Dancing

Money Smart
for Older
Adults

Lunch from
the Grill

Trips & Tours

Creating
Textures in
Watercolor

Learning
Palette
Painting



Brighter days are ahead!

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***PLEASE NOTE THAT YOU MUST PRE-REGISTER FOR ALL PROGRAMS AND GROUPS**

WALK IN'S WILL NOT BE ALLOWED.

PLEASE CALL (860)434-4127 TO SIGN UP FOR PROGRAMS AND EVENTS.

The Events and Program Calendar is on page 4 & 5.

If there is a V in front of the chosen activity that means it is VIRTUAL,

If there is an IP in front of the program it is an IN-PERSON PROGRAM.

MASKS ARE REQUIRED WHILE IN THE BUILDING

ENTERTAINMENT ON THE LAWN– WEDNESDAY, AUGUST 25th at 6:30pm

Audiences throughout New England recognize John Banker as the charismatic leader of the Riverboat Ramblers and Island Rhythm. John is also an engaging solo performer presenting interactive, specialty programs spiced with nostalgia, humor, showmanship and enlightenment. John's performance on Wednesday, August 25, 2021 will be an interactive salute to the closing days of Summer including Music for Island Vacations, Beach Parties and Patriotic Music. **TICKETS ARE REQUIRED FOR THIS FREE PERFORMANCE**

ENTERTAINMENT ON THE LAWN– WEDNESDAY, AUGUST 11th at 6:30pm.

Let's welcome back our favorite Big Band the **String of Pearls** for their final concert here this summer!

TICKETS ARE REQUIRED FOR THIS FREE PERFORMANCE

Lunch from the Grill (Lions Club Fundraiser) -

\$5.00 for members/ \$8.00 for non-members. - August 18th 12:00-12:30pm

Join us for a Boxed Lunch Day! Wednesday August 18th between 12:00-12:30pm. The LOL Lions Club will be offering a cookout menu. 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. Prices will be available when you call. Meal will include hot dogs, hamburger, or cheeseburger with condiments, chips and a soda or bottles water. As a thank you to all our wonderful members from the Board we will be charging \$5.00 for this meal valued at \$8.00.

ALL MEALS MUST BE ORDERED AND PAID FOR BY WEDNESDAY, AUGUST 11TH.

Money Smarts for Older Adults Part 1 and 2 August 10th and 17th at 1:00pm.

Topics to be discussed are Elder Financial Exploitation, Investment Fraud, Scams, Identity Theft, Medical Identity Theft, scams targeting homeowners and Veterans. All those registered will receive a resource guide put together by the Bureau of Consumer Financial Protection & the FDIC.

NEW Watercolor Classes

Please welcome Jeanette Green who has extensive teaching experience and has come highly recommended. She has taught at the Mystic Art Center, Norwich adult ed, Norwich Free Academy Sat. am children's classes, Colchester Adult ed, Griswold senior center, Gales Ferry Community center, Norwich senior center, the Artware store in Groton, Ledyard senior center and Lebanon senior center and has also taught private clients and various small groups. We will be holding 3 initial classes of different levels and each class will be open to members. Each class costs \$6.00, and you will need your own basic supplies. A list of needed supplies can be emailed to you upon request. Pre-registration is required, and space is limited so call soon! To give everyone a chance to join one of her classes, we will ask you to sign up for just one class. You can be put on a waitlist for the additional classes as well. We can call you about a week before the class if there is still space available.

Limited Palette Painting (Beginner Level)- Monday, August 23rd from 1:00-3:00pm

Paint a composition by only using 2 - 3 tube paints. By using a very limited selection of colors, the artist is forced to concentrate more on the tonal value (lights/ darks) of the composition. This produces a more unified, pleasing painting. I find this a valuable lesson for new painters.

Creating Textures in Watercolor (Beginner or Intermediate Level)- Monday, August 30th from 1:00-3:00pm

Besides using your brush to apply color, an artist can use a variety of techniques to create texture, mask the white areas of paper, lift color or unify areas of the painting. By using these techniques sparingly, an artist can create visual interest. We will be using wax, salt, saran wrap, rubbing alcohol, soap, cut-up credit cards, blades, ink erasers, sponges, toothbrushes and masking fluid. A fun learning experience.

Creating Space and using Perspective (Intermediate Level)- Monday, September 13 from 1:00-3:00pm

There are many methods of creating the illusion of 3-D space on a 2-D surface. We will discuss and explore them then students will plan and start a painting that shows deep space. Several photo references may be used in the same painting.

Learning to Meditate... An Introduction with Lynn -August 24th at 1:00pm.

Pre-registration is required.

- Meditation can mean many different things to many different people. Perhaps an easier approach to start with is to clarify what meditation is *not*. It is not exclusive to one sector of society or a specific type of person or culture. It is not a religion. Meditation is open-ended, free, available to anyone, and offers great benefits.
- Far from being meant to empty your mind, meditation is really meant to connect you to the bigger picture – our inextricable connection to each other and everything. It's a beautiful practice that can enrich your life, bring you closer to others, yourself and improve your health.
- Why not see what benefits this practice can offer you? This class is intended to introduce meditation in a way that is accessible to everyone, so that you can explore this gratifying practice in a way that will nurture your life and connect you to others.

NEW Chair Dancing Class-starting August 12th at 10:00am

Dancing is not only a fun way to exercise, but it is also a great way to work not only your body, but also your mind. According to News Medical Life Sciences "Dancing improves brain function and boosts memory. Several studies have shown that dancing is linked to a reduced risk of dementia. In a study by researchers at the Albert Einstein College of Medicine, they found that dancing is associated with 76% reduced risk of dementia among the participants. Join us on Thursday mornings at 10:00am for this free program, pre-registration is required.

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15 V Slow and Steady Yoga (\$) 2	10:00 IP Sit and Be Fit (F) 3	9:00-10:15 V Chair Yoga for Pain 12:00 V Tap Class 4	 5	9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Low Impact and Strength Training with Kate (S) 2:00 V US History Experiments in Freedom - The US and Africa with Jared Day (F) 6
Starting In Person Programs Today - Registration and Masks Required 9:00-10:15 V Slow and Steady Yoga (\$) 9:15 IP Country Line Dancing Class (F) 9:30 IP Bocce Ball (F) 11:00-1:00 IP Blood Pressure Clinic (F) 12:30-3:00 IP Bridge 1:00 IP Rummy Cube (F)-We will teach you! 9	10:00 IP Sit and Be Fit (F) 11:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Money Smarts for Older Adults Part 1 covering minimizing POA abuse risk, investment fraud, scams, avoiding identity theft (F) 10	9:00-10:15 V Chair Yoga for Pain 11:00-1:00 IP Blood Pressure Clinic (F) 12:00 V Tap Class 12:30 IP Movie: Walk the Line -2005 Story of Johnny Cash (F) 6:30 IP Entertainment on the Lawn: String of Pearls (F) 7:00 V AARP presents Mediactive - How to participate in our digital world (F) 11	10:00 IP New Chair Dancing (F) 11:00-1:00 IP Blood Pressure Clinic (F) 12:30-3:00 IP Bridge 1:00 IP Nickel, Nickel (\$) 1:00 IP wii Bowling (F) 12	9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 11:00-1:00 IP Blood Pressure Clinic (F) 2:15 IP Intermediate Country Line Dance Class (F) (this is a one-off class) 13
9:00-10:15 V Slow and Steady Yoga (\$) 9:15 IP Country Line Dancing Class (F) 9:30 IP Bocce Ball (F) 11:00-1:00 IP Blood Pressure Clinic (F) 12:30-3:00 IP Bridge 1:00 IP Play Nines (F)-We will teach you! 16	9:30 IP Horseshoes (F) 10:00 IP Sit and Be Fit (F) 11:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Money Smarts for Older Adults Part 2 covering avoiding identity theft and medical identity theft, planning for unexpected events, scams that target veterans (F) 17	8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 11:00-1:00 IP Blood Pressure Clinic (F) 12:00 V Tap Class 12:00 IP Lunch from the Grill Lions Club Fundraiser 7:00 V AARP presents Wildlife Conservation with CT Beardsley Zoo (F) 18	10:00 NEW IP New Chair Dancing (F) 11:15-1:00 IP Footcare Clinic with Town Nurse Denise (F) call 860-434-7808 12:30-3:00 IP Bridge 1:00 IP Nickel, Nickel (\$) 1:00 IP wii Bowling (F) 19	9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 11:00-1:00 IP Blood Pressure Clinic (F) 2:00 IP and V Biographies: Hernan Cortez and Jared Day (F) 20
9:00-10:15 V Slow and Steady Yoga (\$) 9:15 IP Country Line Dancing Class (F) 9:30 IP Bocce Ball (F) 11:00-1:00 IP Blood Pressure Clinic (F) 12:30-3:00 IP Bridge 1:00 IP Limited Palette Painting (\$6) 23	9:30 IP Horseshoes (F) 10:00 IP Sit and Be Fit (F) 11:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Learning to Meditate with Lynn (F) 24	8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 11:00-1:00 IP Blood Pressure Clinic (F) 12:00 V Tap Class 6:30 IP Entertainment on the Lawn: John Banker (F) 25	9:00-12:00 Haircuts (\$10) 10:00 NEW IP New Chair Dancing (F) 11:00-1:00 IP Blood Pressure Clinic (F) 12:30-3:00 IP Bridge 1:00 IP Nickel, Nickel (\$) 1:00 IP wii Bowling (F) 26	9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 11:00-1:00 IP Blood Pressure Clinic (F) 27
9:15 IP Country Line Dancing Class (F) 9:30 IP Bocce Ball (F) 11:00-1:00 IP Blood Pressure Clinic (F) 12:30-3:00 IP Bridge 1:00 IP Creating Texture in Watercolor 5:00 IP Outside VFW Dinner and Meeting 30	9:30 IP Horseshoes (F) 10:00 IP Sit and Be Fit (F) 11:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Boggle-Large Board-we will teach you (F) 31	Calendar Key IP = In Person V = Virtual F = Free \$ - \$5.00	All Programs NEED to be pre-registered for. Call 860-434-4127 to sign up	

NEWS YOU CAN USE



ATTORNEY GENERAL TONG LAUNCHES ELDER JUSTICE HOTLINE

PRESS RELEASE(Hartford, CT) – Attorney General William Tong, Aging and Disabilities Commissioner Amy Porter, Consumer Protection Commissioner Michelle H. Seagull and the Coalition for Elder Justice in Connecticut today launched the Elder Justice Hotline-- a “one stop shop” for older adults in Connecticut in need of information, aid, and justice.

Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation. As a result, no one state agency can answer every question. The Consumer Assistance Unit of the Office of the Attorney General will staff the hotline and refer matters as appropriate to agencies across state government.

The hotline can be reached at 1-860-808-5555. Individuals may also access information about the hotline, resources, and an online complaint portal here: <https://portal.ct.gov/ag/elderhotline>

“If you have been the victim of a scam, or have been neglected, exploited or abused, we are here to help. It’s hard sometimes to know who to call, so we want to make it easy. The Elder Justice Hotline can answer your questions, connect you with trained investigators, and help you access aid, support and justice,” **said Attorney General Tong.**

“We are pleased this hotline will make it that much easier for older adults and their families to make connections that support their independence with dignity and respect,” **said** Aging and Disability Services Commissioner Amy Porter.

The Coalition for Elder Justice in Connecticut is a multi-disciplinary, statewide group of private and public stakeholders working together to prevent elder abuse and protect the rights, independence, security, and well-being of vulnerable elders.

“This is another important tool in the toolbox for state agencies to work together to protect consumers from age-based discrimination in the workplace, scams and frauds targeting older adults, elder abuse, neglect, and exploitation,” **said DCP Commissioner Michelle H. Seagull.**

Reports of suspected abuse, neglect, or exploitation received through the Hotline will be referred to the

Protective Services for the Elderly program of the Department of Social Services. DSS social workers investigate reports of elder maltreatment and neglect (including self-neglect) and intervene with services and connections to community partners.

“Unfortunately, older adults are especially vulnerable to serious maltreatment, including physical, emotional and even sexual abuse, along with neglect and financial exploitation,” **said Dr. Deidre S. Gifford, Department of Social Services Commissioner and Department of Public Health Acting Commissioner.** “Our Protective Services social workers help adults 60 and older by investigating allegations and providing or arranging for services to alleviate and prevent further maltreatment. We also provide conservator of person and estate services when vulnerable older adults have no one to care for them or their interests. We thank Attorney General Tong and his staff for launching the Elder Justice Hotline, which promises to be an important contact point and resource for Connecticut’s older adults and their families and advocates.”

“This hotline will help law enforcement, as well as family and friends, protect our most targeted and vulnerable population. Our older populations sometimes have difficulty and fear when they are trying to report that they are a victim. This will be a tremendous help,” **said Department of Emergency Services and Public Protection Commissioner James Rovella.**

The Office of the Attorney General and the Coalition for Elder Justice in Connecticut have partnered with the following state agencies and organizations to support the hotline:

- CT Department of Banking
- CT Department of Consumer Protection
- CT Department of Mental Health and Addiction Services
- CT Department of Public Health
- CT Department of Social Services - Protective Services for the Elderly
- CT Long-Term Care Ombudsman
- CT Police Training Academy
- CT Department of Emergency Services and Public Protection
- State Unit on Aging, Department of Aging and Disability Services



Trip planning for 2022 is beginning.
What's caught your fancy? Send us your suggestions.

DAY TRIPS

Thu, Sep 16th - If artistic expression is your thing, come see the exhibit that is currently running at the New York Botanical Gardens - **Kusama: Cosmic Nature**. You'll explore the Gardens and marvel at Yayoi Kasama's out of this world art work sprinkled within the property. Lunch will be on your own on Arthur Avenue with some time to explore the shops. Trip fee is \$72pp. A lot of walking. Registration has begun. Bus capacity is limited. **Wait List only at this time.**

Tue, Oct 5th - Join us for the coolest Van Gogh art exhibit you will ever see - **Van Gogh, The Immersive Experience**. This exhibit is so cool they have not yet announced where it will be held but it is definitely in the city of Boston. Lunch will be on your own at the Quincy Market. Trip fee is \$112. A lot of walking. Registration has begun. Bus capacity is limited. **Wait List only at this time.**

Thu, Dec 9th - Come see the World Premiere of this hilarious Christmas Comic Farce - **"A Christmas for Carol"** with us at the Newport Playhouse & Cabaret Restaurant. A staff-served buffet with a variety of hot entrees, salads, veggies, dessert, fruit and beverages is included. Trip fee is \$110. Minimal walking. Bus capacity is limited Registration begins Aug 2nd. **NEW!!**

OVERNIGHT TRIPS

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 triple occupancy.

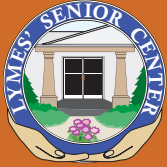
Mar 27 - Apr 5, 2022 - 10 day tour of the **British Landscapes**. 12 meals. See Wales, Scotland, and end the trip in London. Depart from NYC. \$2998pp double occupancy, \$3598pp single occupancy, and \$2968pp triple occupancy. Trip insurance strongly encouraged for an additional \$399.

****Join us for a presentation about the British Landscapes trip held at the East Lyme Senior Center.****

Thu, September 14th at 1pm.

Please call (860)739-5859 to attend the presentation.

Please sign up for trips by calling (860)434-4127 ext. 1 or stop in the Lymes' Senior Center



Lymes' Senior Center

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