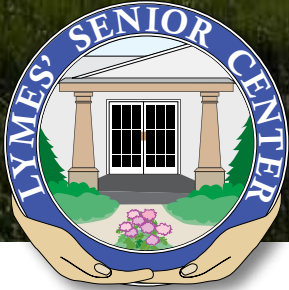


# Lymes' Senior Center

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



SEPTEMBER 2021

PROUDLY SERVING SENIORS 55 & BETTER!

Entertainment on  
the Lawn: Jerome  
Riley from the  
Platters

Tap Dancing  
Classes

Trip to Newport  
Playhouse  
& Cabaret  
Restaurant

Finding Joy in  
Everyday Life

Watercolor  
Classes

Crazy Horse  
& Westward  
Expansion

NEW  
Strengthening  
Class

Biographies with  
Jared Day

Movie: Wild Oats

Had a  
health  
setback?



**Let us help you get  
back on your feet!**

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



**Visiting Nurses**  
of the Lower Valley

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

**\*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**

**HERE AT THE LYMES' SENIOR CENTER WE WILL BE USING OUR CHECK IN SYSTEM.**

**EVERYONE WILL BE REQUIRED TO SIGN IN UPON ENTERING THE BUILDING.**

**IF YOU DO NOT HAVE A GREEN SCAN CARD PLEASE LET US KNOW AND WE CAN MAKE YOU ONE.**

**IF YOU PREFER WE CAN SEND YOU YOUR SCAN CODE VIA EMAIL AND YOU CAN SIGN IN USING A SMART PHONE.**

**YOU CAN ALSO SIGN IN USING YOUR PHONE NUMBER. THERE WILL BE STAFF TO ASSIST YOU.**

### **IN-PERSON TAP CLASSES WILL BEGIN SEPTEMBER 20TH**

**BETHANY HASLAM FROM THE DANCE STUDIO OF OLD LYME WILL BE TEACHING TWO CLASSES HERE AT THE SENIOR CENTER. ALL THOSE INTERESTED IN TAKING HER CLASS WILL NEED TO MAKE SURE THEIR MEMBERSHIP IS CURRENT. YOU CAN CALL US TO CHECK . THE CLASSES WILL BE WEEKLY INSTEAD OF THE PREVIOUS 6 WEEK SESSION. IT WILL BE LIMITED TO THOSE THAT REGISTER. ALSO DUE TO THE POPULARITY OF HER CLASSES AND OUR SPACE CONSTRAINTS WE ARE ASKING YOU TO SIGN UP FOR ONE CLASS ONLY.**

### **ENTERTAINMENT ON LAWN: JEROME RILEY**

**The Platters were one of the most successful vocal groups of the early Rock N' Roll era. In the 80s, Jerome Riley won a lead vocalist position with Herb Reed and the Platters. Now, Jerome keeps the music of the Platters alive by performing all their classic songs. He will be here entertaining us here in Old Lyme on Wednesday, September 29th at 1:00pm playing the original Platters hits as well as other hit music from the 50's, 60's, and 70's. TICKETS ARE REQUIRED FOR THIS FREE PERFORMANCE .**

**MOVIE COMEDY – WILD OATS**  
**WEDNESDAY, SEPTEMBER 22ND AT 12:30PM**

When a retired high school teacher Eva (Shirley McLaine) loses her husband, she mistakenly receives a \$5,000,000 check on her deceased husband's \$50,000 life insurance policy. Her friend Maddie (Jessica Lange), whose husband has just left her for a younger woman, convinces her to keep the money and they both depart to live it up at a resort on Gran Canaria, in the Canary Islands.

**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.

**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.

**Limited Palette Painting (Beginner Level)- Monday, September 30 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.

**\*\*\*\*\*We will be having two watercolor classes in October. October 4th & 25th from 1:00-3:00pm. Please call mid September to find out class topics. We will be asking class participants in August and September for their ideas and preferences. If you have an idea for a watercolor class subject please let us know.**

**Finding Joy in everyday life with Lynn –September 28th at 1:00pm**

Pre-registration is required.

Through the Pandemic many of us have had to endure sadness, loss, boredom, and anxiety. Join Lynn McCarthy as she helps us explore the "not-so-secret" secrets in finding joy in our everyday life.

This program is free. Call to register.

# September 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Calendar Key</b>            IP = In Person            V = Virtual            F = Free            \$ - \$5.00</p>	<p><b>All Programs NEED to be pre-registered for.</b>  <b>Call 860-434-4127 to sign up</b></p>	8:30 IP Low Impact and Strength Training with Kate (\$) <b>1</b> 9:00-10:15 V Chair Yoga for Pain (\$)	10:00 IP New Chair Dancing (F) <b>2</b> 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>3</b> 9:00-10:15 V Slow and Steady Yoga (\$) 10:30 IP Horseshoes (F) 2:00 V US History Lecture with Jared Day - Crazy Horse & Westward Expansion (F)
<p><b>CLOSED LABOR DAY</b></p> <p><b>6</b></p>	9:30 IP Bocce (F) <b>7</b> 10:00 IP Sit and Be Fit (F) 1:00 IP Giant Boggle (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>8</b> 9:00-10:15 V Chair Yoga for Pain (\$)	10:00 IP New Chair Dancing (F) <b>9</b> 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>10</b> 9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 10:30 IP Horseshoes (F)
9:00-10:15 V Slow and Steady Yoga (\$) <b>13</b> 9:15 IP Country Line Dancing Class (F) 12:30-3:00 IP Bridge (F) 1:00 IP Art Class Creating Space & Using Perspective (\$6)	9:30 IP Bocce (F) <b>14</b> 10:00 IP Sit and Be Fit (F) 1:00 IP Play Nines (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>15</b> 9:00-10:15 V Chair Yoga for Pain 12:00 IP Box Lunches (\$5)	7:45 NY Botanical Garden Trip (\$72) <b>16</b> 10:00 NEW IP New Chair Dancing (F) 11:30-3:30 IP Footcare Clinic with Foot RN Gretchen O'Connor (\$35) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>17</b> 9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 10:30 IP Horseshoes (F) 2:00 V Biographies with Jared Day - Regency King George IV of England (F)
9:00-10:15 V Slow and Steady Yoga (\$) <b>20</b> 9:15 IP Tap Class Beginner (\$) 10:15 IP Tap Class (\$) 12:30-3:00 IP Bridge (F) 1:00 IP & V Lymes' SC Board Meeting (F)	9:30 IP Bocce (F) <b>21</b> 10:00 IP Sit and Be Fit (F) 1:00 Yahtzee (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>22</b> 9:00-10:15 V Chair Yoga for Pain 12:30 IP Movie (Comedy) Wild Oats (F)	9:00-12:00 Haircuts with Carrie (\$) <b>23</b> 8:30 IP & V Strengthening Class with Lynn (see pg 6 for fee details) 10:00 IP Chair Dancing (F) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>24</b> 9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 10:30 IP Horseshoes (F) 2:15 IP Country Line Dancing Class (F)
9:00-10:15 V Slow and Steady Yoga (\$) <b>27</b> 9:15 IP Tap Class Beginner (\$) 10:15 IP Tap Class (\$) 12:30-3:00 IP Bridge (F) 1:00 -3:00 IP Art Class Limited Palette Painting (\$6)	9:30 IP Bocce (F) <b>28</b> 10:00 IP Sit and Be Fit (F) 1:00 IP Finding Joy in Everyday Life with Lynn McCarthy (F)	8:30 IP Low Impact and Strength Training with Kate (\$) <b>29</b> 9:00-10:15 V Chair Yoga for Pain 1:00 Entertainment on the Lawn - Jerome Riley from The Platters (F)	8:30 IP & V Strengthening Class with Lynn (see pg 6 for fee details) <b>30</b> 10:00 IP Chair Dancing (F) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F)	

## NEW CLASS

### Strengthening Your Way to

Less aches & pain

Enhanced mobility

Better balance

Injury prevention

Improved posture

Maintain bone density

Increased confidence, independence & longevity

**How?** First, we'll enter the world of strength training in a safe and mindful way, by beginning with the building blocks of joint preparation, mobility and strength.

This class will guide you through a variety of strength exercises using an assortment of approaches that will fit the needs of your body. For example, you will learn a variety of seated, standing and prone exercises designed to increase muscular strength, range of movement, balance and activity for daily living, using bands, body weight, and weights.

**Why?** Strength training can often help with imbalances created or perpetuated by repetitive movements and lack of movement. Strong muscles help protect the bones and connective tissues, maintaining bone health.

**When?** Starting September 23rd through October 28th Thursdays (6 weeks) and November 4<sup>th</sup> - December 16<sup>th</sup> (6 weeks) \$48 for 6 week sessions or \$90 for all 12 weeks. Class will be held at 8:30 am.

**Who?** Lynn McCarthy who holds an MS in Exercise Science and has taught exercise and Yoga and Cardiac Rehab for more than 30 years.

### Join us for a Boxed Lunch Day! Wednesday Sept. 15th at 12:00pm

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 20<sup>th</sup>. 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. Order and payment due by September 8th.

### JOIN US AND LEARN A NEW GAME OR PLAY AN OLD ONE !!

**GIANT BOGGLE (WORD GAME)—TUES., SEPT. 7TH AT 1:00PM**

**PLAY NINES (CARD GAME)- TUES., SEPT 14TH AT 1:00PM**

**YAHTZEE (DICE GAME)- TUES., SEPT 21ST AT 1:00PM**



## 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.

**\*\*Presentation about the British Landscapes trip will be held at the East Lyme Senior Center.\*\***

***Thu, September 14th at 1pm call (860)739-5859 to sign up for the presentation.***

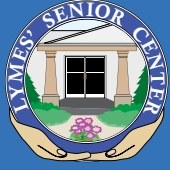
***Please call the Lymes' Senior Center at (860)434-4127 to sign up for the trip itself***

## DAY TRIPS

**Thu, Sep 16th** - If artistic expression is your thing, come see 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 has begun.



# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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