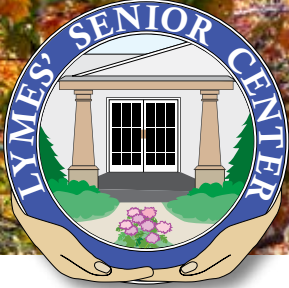


Lymes' Senior Center

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



OCTOBER 2021

PROUDLY SERVING SENIORS 55 & BETTER!

Flu Clinic

We Can Make a
Difference Walk-
a-Thon

Boxed Lunch Day

Annual Memorial
Garden Brick
Dedication

Halloween Car
Parade

Energy Assistance
Day

Medicare
Updates and
Changes

Holiday Card
Making Kit

Breathing and
Why it Matters

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

Halloween Costume & Car Parade

Friday, October 29th, 2021 1:00pm-2:00pm

HONK, SHOUT & WAVE!

Please email seniorcenter@oldlyme-ct.gov or call 860-434-1605 ext. 240 to sign up by 10/25/21

Decorate Your Car!

Wear a Costume!

Flanders Donuts & Cider

Experience our Halloween Parade from your car

Win a Gift Card for Best Costume or Decorated Car

Free event for members

Pictures will be taken and posted on Facebook

Winners will be decided by picture "likes" on Facebook

Pictures will be posted by October 31st and contest will run until 12pm on November 8th.

Breathing and Why it Matters

This in person lecture will be presented by Lynn McCarthy on October 19th at 1pm.

Call the senior center to register

Proper breathing

- * is the quickest way to calm the mind & body
- * minimizes the effects of Covid/Delta
- * manages the inflammation caused by cortisol
- * an increase longevity
- * and so many more health benefits

Humans having lost the ability to breathe properly is why we're suffering from a laundry list of maladies—snoring, sleep apnea, asthma, autoimmune disease, allergies, to name a few.

According to research, the ways in which we take in that air and exhale it is as important as what we eat, how much we exercise, or whatever genes we've inherited.

Sounds crazy, right? But this is exactly what neurologists, rhinologists, and pulmonologists working at some of the most prestigious research institutions are finding. Honing these skills can help us live longer and healthier lives.

Bocce Ball

While the weather is still nice, we will be playing Bocce Ball outside on Mondays at 9:30am. If you do not know how to play the game, we can teach you. Call (860)434-4127 to register.

In Person Services

Hair Cuts

Hairdresser Carrie Desposa will be doing Haircuts on Thursdays, October 28th between 9am-12pm. No walk in's will be welcome. Call (860)434-4127 ext. 1 to make an appointment. Masks are required and all safety protocols will be followed.


Blood Pressure Clinics and Nursing Appointments:

M-F 12-1pm. APPOINTMENTS ONLY. Call (860)434-7808 to make an appointment. Masks are required and all safety protocols will be followed.

Foot Care Clinics:

The first clinic is done by our town nurse, Denise Piersa, and is free of charge. During the foot care clinic she will be performing routine foot care services including assessing feet and legs, soaking feet, and sanding/filing of toenails. Cutting of toe nails can not be done at this clinic. Her next appointment times are available on Thursday, Oct. 21st starting at 12pm. Please call the nurse directly to schedule the appointment at (860)434-7808.

The second clinic is done by Gretchen O'Connor, RN from Foot Nurse Associates and she 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, November 18th appointments available between 12-3pm. Call (860)434-4127 ext. 1 to make an appointment. Cost of appointment is \$35.00.

A black silhouette of a person walking, facing right, with arms slightly bent and legs in mid-stride. The silhouette is centered and serves as a background for the text.

How would you like to Improve Your Health & Make a difference at the same time?

Join us for the “We Can Make a Difference Walk-A-Thon” for
Afghan refugees resettling in CT.

Currently 310+ Afghans will be settling in CT. It is 6,670 Miles from Old Lyme to Afghanistan.

Our goal is to reach Afghanistan “figuratively” through our steps and let those resettling in our state know that we care about them as a community.

This Walk-a-Thon differs from the usual ones because you will NOT be asked to raise money and participants will walk on their own and record their steps in a logbook that we will provide.

You will call in or email your step totals weekly.

Each participant is asked to donate \$5.00 when they sign up. If you are unable to donate but still want to participate just let us know.

The senior center will also be reaching out to local businesses to see if they wish to be a sponsor for \$50.00.

We are currently recruiting senior centers across the state to join us.

Each senior center (consisting of members and staff participants) will have a team.

We will Post the top 3 TEAM (per person average) each week and the overall senior center with the most number of steps for that week.

We will continue this until we reach our goal. At that point all money collected will be donated in the form of goods or monetarily to the resettling programs in Connecticut.

Please let us know when you sign up if you need a pedometer. You can also use your fit bit or smart phones to track your steps.

Call (860)434-4127 to sign up.

***We will have a Walk-A-Thon kickoff on Thursday,
October 14th at 10am. A rain date is set for Friday, October
15th at 10am.

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calendar Key IP = In Person V = Virtual F = Free \$ - \$5.00</p>	<p>All Programs NEED to be pre-registered for. Call 860-434-4127 to sign up</p>		<p>DRIVE THRU FLU SHOTS WILL BE GIVEN ON SATURDAY, OCTOBER 16 AT THE LOL MIDDLE SCHOOL FROM 9 AM-1 PM. See newsletter for more information</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 1 9:00-10:15 V Slow and Steady Yoga (\$) 10:00 Art Workshop (F) 10:30 IP Horseshoes (F) 2:15 IP Country Line Dancing (F)</p>
<p>9:00-10:15 V Slow and Steady Yoga (\$) 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00 IP Bridge (F) 1:00-3:00 IP Painting Watercolor Washes and Skies-Part 1 (\$12 for session) 5:30 IP Yoga Basics (outside) (\$15 drop in rate call for session rate) 4</p>	<p>9:30 IP Bocce (F) 10:00 IP & V Sit and Be Fit (F) 1:00 IP Play Nines (F) 5</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain (\$) 5:30 Yoga Basics (outside) 6</p>	<p>7:00 IP Van Gogh Experience Trip to Boston 9:00 IP & V Strengthening Your Way with Lynn (F) 12:00 IP Bridge (F) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F) 7</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 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 (F) 8</p>
<p>9:00-10:15 V Slow and Steady Yoga (\$) 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00 IP Bridge (F) 5:30 IP Yoga Basics (outside) (\$15 drop in rate call for session rate) 11</p>	<p>9:30 IP Bocce (F) 10:00 IP & V Sit and Be Fit (F) 12:30 IP Movie Comedy (F) <i>Cool Runnings</i>. 4 Jamaican bobsledders dream of competing in the Winter Olympics, despite never having seen snow. Based on a true story! 12</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 12:00 IP Box Lunches (\$5) 5:30 Yoga Basics (outside) 13</p>	<p>9:00 IP & V Strengthening Your Way with Lynn (F) 10:00 IP Make a Difference Walk-a-Thon kickoff (\$5 suggested donation) 12:00 IP Bridge (F) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F) 14</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 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 (F) 15</p>
<p>9:00-10:15 V Slow and Steady Yoga (\$) 9:15 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:30-3:00 IP Bridge (F) 1:00 IP & V Lymes' SC Board Meeting (F) 5:30 IP Yoga Basics (outside) 18</p>	<p>9:30 IP Bocce (F) 10:00 IP & V Sit and Be Fit (F) 1:00 Breath Lecture with Lynn McCarthy 19</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 10:00-2:00 IP Energy Assistance Day-call for appt 10-12 IP Medicare Choices. Appts available 5:30 Yoga Basics (outside) 20</p>	<p>9:00 IP & V Strengthening Your Way with Lynn (F) 10:00 IP Chair Dancing (F) 12:00 IP Bridge (F) 12:00 IP VNA Footcare Clinic (F) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F) 21</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 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 (F) 22</p>
<p>9:00-10:15 V Slow and Steady Yoga (\$) 9:15 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00 IP Bridge (F) 1:00-3:00 IP Painting Watercolor Washes and Skies-Part 2 (\$12 for session) 5:30 IP Yoga Basics (outside) 25</p>	<p>9:30 IP Bocce (F) 10:00 IP & V Sit and Be Fit (F) 1:00 IP Prep for Memorial Garden Ceremony 26</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 10-12 IP Medicare Choices. Appts available 1:00 IP Memorial Garden Brick Ceremony 5:30 IP Yoga Basics (outside) 27</p>	<p>9:00 IP & V Strengthening Your Way with Lynn (F) 9:00-12:00 IP Hair Cuts (\$10) 10:00 IP Chair Dancing (F) 12:00 IP Bridge (F) 1:00 IP Nickel, Nickel (13 nickels) 1:00 IP wii Bowling (F) 28</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$) 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 (F) 29</p>



Join us for a Boxed Lunch Day! Wednesday, October 13th at 12:00pm

We will be ordering wraps from Coffees Market. Box lunch day will consist of a ½ wrap, chips and a bottled water. There will be three wrap choices. A tuna wrap with tuna, provolone cheese, lettuce, and tomato on a sun dried tomato wrap, A turkey club wrap with turkey, bacon, lettuce, tomato, and mayo on a plain wrap, and a smoked ham wrap with smoked ham, Swiss cheese, roasted red peppers, red onion, green lettuce with mayo and Dijon mustard. All orders and payments will be due by October 8th. As a thank you to all our wonderful members from the Senior Center Board we will be charging \$5.00 for this meal for all members/ \$7.50 for non-members.

Holiday Card making kit

In November, we will be putting together free craft kits for you to make your own cards. Materials and directions for 3 cards will be included. 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, November 17th 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.

Lymes' Senior Center

Annual Memorial Garden Brick Dedication

Our annual brick dedication will be held on Wednesday, October 27th with a rain date of the 28th at 1:00pm. All are welcome. Please call to register. Refreshments will be served. Honored in this year's dedication will be Mary Miles(B), Pat Roser (B), Roger Heap, Arthur Cohen, Dale Plumleigh, Margaret A. Smith, George Kinser, Doug Maynard, John Friday, and Richard Sagan.

Medicare Annual Open Enrollment

Medicare beneficiaries are strongly encouraged to reevaluate their Medicare coverage during Medicare's Annual Open Enrollment which begins October 15th and has been extended until January 15th. Do You need help understanding your Medicare coverage, healthcare options, prescription drug benefits, supplemental medigap policies, etc.? On October 20th and 27th we will have Choices Counselor, Susan Beeman here to help you. Appointments start at 10:00am and they last 1 hour. Please call (860)434-4127 to make your appointment today!



FLU CLINIC

The Old Lyme Visiting Nurse Association will host a drive thru Flu Clinic on Saturday, October 16th from 9am-1pm at the LOL Middle School. Residents 18 and over with proof of residency (Lyme or Old Lyme) will be eligible. No appointments are necessary. Shots will be given on a first come first served basis. Please note they are only giving the regular flu shot, no high dose shots will be available at this clinic.

LYMES' SENIOR CENTER PROGRAMS

Grab and Go Lunches

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 11am.

The Connecticut Energy Assistance Program (CEAP)

This is open to all Connecticut residents that qualify. For residents 60 and over of Lyme and Old Lyme we will have an **Energy Assistance Day on Wednesday, August 20th from 10-2pm. Please call the Senior Center to set up appointment (860) 434-4127** if you qualify. The CEAP is designed for those households, homeowners, and renters, whose annual income falls at or below 60% of the state median income. \$36, 171/ year for a 1-person household; \$47, 301/ year for a 2-person household. A person who participates or has family members who participate in certain other benefit programs, such as SNAP, SSI, TANF, automatically meets the eligibility requirement. Applicants are required to document their income for the four weeks prior to the date on the application. Income includes but is not limited to social security and veterans' benefits, pensions, dividends, annuity distributions, interest, gross rental income, estate or trust income, gross wages, unemployment compensation, workers' compensation, self-employment income, alimony, etc. You will need a heating bill (in your name) at the time of the appointment. For out-of-town members please call your town, TVCCA or 211 for information on where to get help applying. In addition, you will need an Eversource bill and your lease or mortgage if you have one.

Join our Wednesday and/or Friday 8:30am Low Impact Class

Kate Perez is a new addition to our instructor staff. In May she started teaching our Wednesday morning class and due to the popularity of the class we are adding a Friday morning class as well. Kate has been a full time, professional fitness instructor and personal trainer for 20 years. Her goal is to help participants reach their goals by providing classes that are safe and effective but also fun. "First and foremost, fitness needs to be fun to be effective. If it isn't fun no one will want to come back. Movement is the key to longevity and a happy life, so you need to make sure it is always fun while still reaching the goal of being challenging and effective."

Class Description: *Lo Impact Aerobics* - A super fun, full body workout for all fitness levels that combines 30 mins. of moderately paced, easy to follow cardio aerobics sequences designed to elevate the heart rate and keep you moving. We finish up with 15 to 20 minutes of work using a combination of weights, bands, balls and chairs to target strength, balance and functional movements that mimic daily life. This class includes many different modifications and options for low impact or higher impact work dependent upon the individual's desire to be challenged. No matter your fitness level or your goals this class is super fun and will leave you smiling and feeling accomplished! **Come try your first class free!** Preregistration is required. Call (860)434-4127 ext. 1 to sign up. Classes are open to all members. Please note that masks are required.

Medicare Annual Open Enrollment

Medicare beneficiaries are strongly encouraged to reevaluate their Medicare coverage during Medicare's Annual Open Enrollment which begins October 15th and has been extended until January 15th. Do You need help understanding your Medicare coverage, healthcare options, prescription drug benefits, supplemental medigap policies, etc.? On October 20th and 27th we will have Choices Counselor, Susan Beeman here to help you. Appointments start at 10:00am and they last 1 hour. Please call (860)434-4127 to make your appointment today!

Medicare Updates, Changes, and Benefits for 2022

On October 12th and November 16th, at 1:00pm we will be offering an in person educational event to review Medicare and how it can impact you and if you're getting all the benefits you qualify for. We'll be discussing the difference between Original Medicare, Medicare Supplements, Medicare Advantage and Prescription drug plans. The state assistance qualifications for the Medicare Saving Program will be covered and who fits into which tier. We'll also review how the Part D coverage gap or doughnut hole works and how the Insulin Saving program can impact your annual drug cost. This event is being facilitated by Senior Health and Retirement Service, located in Clinton CT. Call (860)434-4127 to register.



Lymes' Senior Center

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