Is your loved one safe at home?

We can help.
We offer private, non-medical homecare services including:
- Personal Care
- Dementia Care
- Concierge Services
- Respite Care
- Transportation
- Help Around the House
  (Housekeeping and Meal Preparation)

Lower Valley Care Advocates

860-767-2695  |  www.lowervalleycareadvocates.org
**Medicare Updates, Changes, and Benefits for 2022**

On 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. Call (860)434-4127 to register.

*Please note that a mistake was printed in last month’s newsletter saying MEDICARE ENROLLMENT was extended to January 15th. Medicare open enrollment is October 15th-Dec. 7th.*

**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 860-434-4127 to sign up.

**MOVIE COMEDY – I’ll See You In My Dreams (2015)**

Join us on Tuesday, November 30th at 1:00pm for the movie “I’ll See You In My Dreams”. In this vibrant, funny, and heartfelt film, a widow and former songstress discover that life can begin anew at any age. With the support of three loyal girlfriends (June Squibb, Rhea Perlman, and Mary Kay Place), Carol (Blythe Danner) decides to embrace the world, embarking on an unlikely friendship with her pool maintenance man (Martin Starr), pursuing a new love interest (Sam Elliott), and reconnecting with her daughter (Malin Akerman). **CALL (860) 434-4127 to register.**
**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 Friday morning at the Lymes’ Senior Center, 26 Town Woods Rd, Old Lyme, CT, from **10:45 to 11:15 am**. 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 Thursday before 11am.

**Walk-a-thon Walking Group**

Those that wish to walk with our walking group, please call (860)434-4127 to sign up. We will be walking Thursday November 4th and 18th at 10:00am around town woods park (weather permitting). Remember your pedometer!!

**Bocce Ball**

While the weather is still nice, we will be playing Bocce Ball outside on Fridays at 10:00 am. If you do not know how to play the game, we can teach you. Call (860)434-4127 to register.

**The Process of Watercolors—Part 1 and 2**

**November 1st and 8th from 1:00-3:00pm.**

**Instructor:** Jeanette Green

**Beginner/Intermediate Level**

Watercolor is a beautiful, transparent medium that takes planning and foresight to master. Using a reference photograph of a simple still life, students will plan out the stages of painting, then work on their composition. As they progress through the stages they will paint washes, build up darker shaded areas and use textures to complete their painting. All students will work from the same reference photo. In Part 2 students will finish the painting they started in Part 1. Limited space available. Call (860)434-4127 ext.1 to sign up. Cost is $12.00 for workshop. Prepayment is required.

**In Person Services**

**Hair Cuts**

Hairdresser Carrie Desposa will be doing Haircuts on Thursday, November 18th between 9am – 11:30am. 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 toenails cannot be done at this clinic. Her next appointment times are available on Thursday, December 16th 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 $35.00.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:15 V Slow and Steady Yoga ($)</td>
<td><strong>ELECTION DAY</strong></td>
<td>8:30 IP Functional Chair Fitness, Strength Training &amp; Fun ($)</td>
<td>8:30 IP Low Impact and Strength Training with Kate ($)</td>
<td><strong>CLOSED</strong></td>
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<tr>
<td>9:30 IP Tap Class ($)</td>
<td>10:00 IP Sit and Be Fit (F)</td>
<td>9:00-10:15 V Chair Yoga for Pain</td>
<td>9:00-10:15 V Slow and Steady Yoga ($)</td>
<td><strong>VETERAN’S DAY</strong></td>
</tr>
<tr>
<td>10:15 IP Tap Class ($)</td>
<td>1:00 IP The Process of Watercolor Part 1 (S6)</td>
<td>10:00 IP Walk A Thon Walking Group (F)</td>
<td>10:00 IP Bocce (F)</td>
<td><strong>Thank you to all that have served</strong></td>
</tr>
<tr>
<td>1:00 IP The Process of Watercolor Part 2 (S6)</td>
<td><strong>CLOSED</strong></td>
<td>12:30 IP Nickel, Nickel (13 nickels)</td>
<td>10:00 IP Art Workshop (F)</td>
<td><strong>THANKSGIVING</strong></td>
</tr>
<tr>
<td>9:00-10:15 V Slow and Steady Yoga ($)</td>
<td><strong>9:30 Shoreline Artists’ Workshop (F)</strong></td>
<td>12:30 IP Wii Bowling (F)</td>
<td>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</td>
<td><strong>CLOSED</strong></td>
</tr>
<tr>
<td>9:30 IP Tap Class ($)</td>
<td>10:00 IP Sit and Be Fit (F)</td>
<td>8:30 IP Low Impact and Strength Training with Kate ($)</td>
<td>8:30 IP Low Impact and Strength Training with Kate ($)</td>
<td>All Programs NEED to be pre-registered for. Call 860-434-4127 to sign up</td>
</tr>
<tr>
<td>10:15 IP Tap Class ($)</td>
<td>1:00 IP Play Nines (F)</td>
<td>9:00-10:15 V Chair Yoga for Pain ($)</td>
<td>8:00-10:15 V Slow and Steady Yoga ($)</td>
<td><strong>November 2021</strong></td>
</tr>
<tr>
<td>12:30 IP Bridge</td>
<td>8:00 Medicare Changes for 2022 (F)</td>
<td>11:00-2 Holiday Card Kit Pick Up - Preregistration required (F)</td>
<td>10:00 IP Art Workshop (F)</td>
<td>9:00-10:15 V Slow and Steady Yoga ($)</td>
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<tr>
<td>1:00 IP The Process of Watercolor Part 2 (S6)</td>
<td>10:00 IP &amp; V Sit and Be Fit (F)</td>
<td>9:00-10:15 V Chair Yoga for Pain</td>
<td>10:00 IP Art Workshop (F)</td>
<td>10:00 IP Art Workshop (F)</td>
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<tr>
<td>12:00 IP Bridge (F)</td>
<td>1:00 Medicare Changes for 2022 (F)</td>
<td>10:00 IP Chair Dancing (F)</td>
<td>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</td>
<td>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</td>
</tr>
<tr>
<td>1:00 IP SC Board Meeting</td>
<td><strong>11:00-2 Holiday Card Kit Pick Up - Preregistration required (F)</strong></td>
<td>11:30-3:00 IP Foot Care Clinic w/ Gretchen ($35)</td>
<td><strong>11:30-3:00 IP Foot Care Clinic w/ Gretchen ($35)</strong></td>
<td><strong>11:30-3:00 IP Foot Care Clinic w/ Gretchen ($35)</strong></td>
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<tr>
<td><strong>11/8</strong></td>
<td>1:23 IP Nickel, Nickel (13 nickels)</td>
<td>1:23 IP Nickel, Nickel (13 nickels)</td>
<td><strong>12:00 8 Week Intermediate Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
</tr>
<tr>
<td>12:00 IP Bridge (F)</td>
<td>12:30 IP Wii Bowling (F)</td>
<td>10:00 IP Chair Dancing (F)</td>
<td><strong>12:00 8 Week Intermediate Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
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<tr>
<td><strong>11/15</strong></td>
<td><strong>19</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Intermediate Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
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<tr>
<td><strong>11/22</strong></td>
<td><strong>22</strong></td>
<td><strong>12:00 8 Week Intermediate Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
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<tr>
<td><strong>11/29</strong></td>
<td><strong>29</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
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<tr>
<td><strong>12/6</strong></td>
<td><strong>30</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
<td><strong>12:00 8 Week Beginner Tap Class ($32) SUR</strong></td>
</tr>
</tbody>
</table>

**Calendar Key**
- **IP** = In Person
- **V** = Virtual
- **F** = Free
- $ = $5.00

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**November 2021 Calendar**

- **ELECTION DAY**
- **9:30 IP Bridge (F)**
- **9:15 IP Tap Class ($)**
- **1:00 IP The Process of Watercolor Part 1 (S6)**
- **10:00 IP & V Sit and Be Fit (F)**
- **8:30 IP Low Impact and Strength Training with Kate ($)**
- **9:00-10:15 V Chair Yoga for Pain**
- **8:30 IP Low Impact and Strength Training with Kate ($)**
- **10:00 IP Walk A Thon Walking Group (F)**
- **12:30 IP Nickel, Nickel (13 nickels)**
- **12:30 IP Wii Bowling (F)**
- **8:30 IP Low Impact and Strength Training with Kate ($)**
- **9:00-10:15 V Chair Yoga for Pain ($)**
- **10:00 IP Walk A Thon Walking Group (F)**
- **12:30 IP Nickel, Nickel (13 nickels)**
- **12:30 IP Wii Bowling (F)**
- **8:30 IP Low Impact and Strength Training with Kate ($)**
- **9:00-10:15 V Slow and Steady Yoga ($)**
- **10:00 IP Bocce (F)**
- **10:00 IP Art Workshop (F)**
- **10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)**
- **2:15 IP Country Line Dancing (F)**

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**Lunches**
- **Lunches are a $3.00 donation for seniors 60+**
- **Sign Up Required (F) = Free**

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**Classes & Events**
- **Italics**
- **Special Programs**
- **Trips**
- **Local: 860-434-1611 • Toll Free: 800-835-3077**

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**Contact**

- **Advertise Here**
- **860-767-9087**

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**Fridays**
- **12/3**
- **12/10**
- **12/17**
- **12/24**
- **12/31**

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**Saturday Drop In Yoga Class**

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**Calendar Key**

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**Fax:** 860.434.3889

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**CarePartners Medical Advantage**

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**Select Physical Therapy**

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**The Power of Physical Therapy™**

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**86 Halls Road, Unit C**

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**929 Boston Post Road**

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**Old Lyme, CT**

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**Fax: 860.395.0016**

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**Old Saybrook, CT**

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**Local: 860-434-1611 • Toll Free: 800-835-3077**

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**Ashley Guanzetti, PT, DPT Bryan Schmidt, PT, DPT Christopher Dietrich, PTA, BIS**

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**TREATMENT OF ALL ORTHOPEDIC CONDITIONS AND INJURIES**
LIVE Virtual and In Person Lyme-Old Lyme Select Singers Holiday Concert

Wednesday, December 22nd at 12:00pm

Join us for a wonderful holiday event as the LOL High School Select Singers perform holiday tunes and jazz numbers. Pre-registration is required. A zoom link will be sent to all members that wish to watch it from their home. In addition we will be showing this LIVE STREAMED event on our movie screen for those without internet access. Call (860)434-4127 to pre-register for this event. Please make sure to indicate whether you will enjoy it here or at your own home.

Old Lyme Town Band Holiday Concert

IN PERSON AND VIRTUAL CONCERT

On Sunday, December 5th at 2:00pm the Old Lyme Town Band Holiday Concert will be LIVE STREAMED and members with internet access will be able to enjoy this program live from home. No in-person audience will be allowed. On Tuesday, December 14th at 1:00pm we will re-broadcast this concert here at the senior center on our large movie screen for folks to come and see!! Pre-registration is required. Please call 860-434-4127 and let us know if you wish to join us for the December 5th (online) OR December 14th (in person) taped event.

How to De-stress and Enjoy the Holidays with Ease

Tap into the Healing Power of Your Body—the Vagus Nerve

Join us on Tuesday, December 7th at 1:00pm.

Lynn McCarthy, MS, TIYT, E-RYT will be offering practices and proven ways to hack into your body’s wisdom and guide you through the holidays and every day with ease. Discussions, demonstrations, and an opportunity to try out methods that will serve your needs and make your holidays less stress and more joyous. Pre-registration is required. This free event will be held in person and virtually. Please let us know which way you wish to attend when registering.

Yankee Gift Swap

Tuesday, December 21st at 1:00pm we will be having enjoying a Yankee Swap. For those of you who are not familiar with this, here is what you need to know to participate. Everyone wanting to participate brings a wrapped gift worth $5.00. Be creative, it should be a gift that others would like to own. When you bring your gift, you will pick a number. 1 through however many people. The more people that come the “funner” it is! The first person picks a gift and unwraps it. Then the second person picks a gift or takes the one that the first person picked. If the second person chooses the first person’s gift, the first person picks another gift and unwraps it. The game continues until the last person picks a gift. Please call (860)434-4127 to register.
LYMES’ SENIOR CENTER CARES

TOYS FOR TOTS

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the community in which the campaign is conducted.

The Lymes’ Senior Center will begin the collection November 1st and collect until December 14th. If you would like to help make the Christmas for a local boy or girl happier, please drop off a new unwrapped toy to the Lymes’ Senior Center during the hours of 9am-3pm Monday-Friday until December 14th.

“We Can Make a Difference” Walk-a-thon Update

I am excited to say that we currently have 58 senior center members on Team Old Lyme. In addition, Trumbull and Weatherfield Senior Centers have joined us in our effort to raise money to help in the effort to resettle the 310+ Afghan refugees into Connecticut.

A special thank you to our 2 business sponsors thus far;

Audiology Concierge &
Senior Health & Retirement Services

Also a special thank you to all walkers that have donated and are helping us reach our goal!!

We will be tracking our steps through the winter in hopes of “walking to Afghanistan” through our steps (6,671 miles). So please feel free to join us! Call (860)434-4127 to sign up. Step log sheets will be provided and pedometers are available if you need one.
Lymes’ Senior Center
26 Town Woods Road • Old Lyme, CT 06371

Proudly serving seniors 55 & better

Is this your go-to word?

We Make House Calls

(203)668-0169