

Lymes' Senior Center

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



DECEMBER 2021

PROUDLY SERVING SENIORS 55 & BETTER!

Tree Trimming

Yankee Gift Swap

Old Lyme Town Band
Holiday Concert

LOL High School
Select Singers Holiday
Concert

De-stress and Enjoy
the Holidays with Ease

MOVIE COMEDY -
Christmas with the
Cranks

Emergency 101
Practical
Recommendations
for those Caring for
People with Dementia

Week of Giving-
Dec. 6-10

Box Lunch Day

Learn to Zoom Class-
Jan 19th



We'll help you stay safe at
HOME FOR THE HOLIDAYS



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of the Lower Valley

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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.

LYMES' SENIOR CENTER UPCOMING PROGRAMS

Tree Trimming

Please help us on Wednesday, December 8th at 12:30pm as we get into the holiday spirit by decorating the center's Christmas trees while listening to holiday music. We also will enjoy hot cocoa and Christmas Cookies on the porch or to go after we decorate our trees inside.

In Person Services

Hair Cuts

Hairdresser Carrie Desposa will be doing Haircuts on Thursday, December 23rd and January between 9am—12:00pm. 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, January 21st appointments available between 12-3pm. Call (860)434-4127 ext. 1 to make an appointment. Cost of appointment is \$35.00.

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.

*****Please note due to the senior center being closed on Friday 24th & 31st, GRAB AND GO WILL BE GIVEN OUT ON THURSDAY, DECEMBER 23RD AND 30TH FROM 10:45-11:15 INSTEAD OF FRIDAY.

LYMES' SENIOR CENTER PROGRAMS AND SERVICES

Monday	Tuesday	Wednesday
<p>Sunday, December 5th at 2:00 pm Special Virtual performance of the Old Lyme Town Band. Pre-register to get Zoom link. Not an in-person event.</p>	<p>Center closed Dec. 24th & 30th Limited Office Hours Dec. 27-30</p>	<p>8:30 IP Low Impact and Streng with Kate (\$) 9:00-10:15 V Chair Yoga for Pa 5:00 Lymes Senior Center Buil Meeting</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</p> <p style="text-align: right;">6</p>	<p>10:00 IP & V Sit and Be Fit (F) 1:00 IP De-stress and Enjoy the Holidays workshop with Lynn McCarthy (F)</p> <p style="text-align: right;">7</p>	<p>9:00-10:15 V Chair Yoga for Pa 10:00 V Masonicare The Top 10 Know about Hearing Loss & He agrove@masonicare.org to rec 12:30 IP Tree trimming</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 IP Movie: Comdedy: Christmas with the Krank(2004)</p> <p style="text-align: right;">13</p>	<p>10:00 IP & V Sit and Be Fit (F) 1:00 IP Rebroadcast of the Old Lyme Town Band Performance of Dec. 5th (F)</p> <p style="text-align: right;">14</p>	<p>8:30 IP Low Impact and Strengt 9:00-10:15 V Chair Yoga for Pa 12:00-12:30 Boxed Luncheon</p>
<p>9:00-10:15 V Slow and Steady Yoga (\$) 12:00 IP Bridge (F) 5:00 VFW Meeting</p> <p style="text-align: right;">20</p>	<p>10:00 IP & V Sit and Be Fit (F) 1:00 IP Yankee Gift Swap</p> <p style="text-align: right;">21</p>	<p>8:30 IP Low Impact and Strengt 9:00-10:15 V Chair Yoga for Pa 12:00 LOL Select Singers Live</p>
<p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p style="text-align: right;">27</p>	<p>10:00 IP & V Sit and Be Fit (F)</p> <p style="text-align: right;">28</p>	<p>8:30 IP Low Impact and Strengt 9:00-10:15 V Chair Yoga for Pa</p>

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Wednesday	Thursday	Friday
<p>Strength Training</p> <p>in</p> <p>ing Committee</p> <p>1</p>	<p>10:00 IP Walk A Thon Walking Group (F)</p> <p>10:00 V Masonicare presents Home Modifications for Independent Living. Email agrove@masonicare.org to receive Zoom link</p> <p>12:30 IP Nickel, Nickel (13 nickels)</p> <p>12:30IP wii Bowling (F)</p> <p>2</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Bocce (F)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>2:15 IP Country Line Dancing (F)</p> <p>3</p>
<p>in (\$)</p> <p>Things You Need to</p> <p>earing Aids. Email</p> <p>ive Zoom link</p> <p>8</p>	<p>10:00 IP Walk A Thon Walking Group (F)</p> <p>10:00 V Masonicare presents Orthopedic Spotlight- When should you see a spine surgeon. Email agrove@masonicare.org to receive Zoom link</p> <p>12:30 IP Nickel, Nickel (13 nickels)</p> <p>12:30IP wii Bowling (F)</p> <p>9</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Bocce (F)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>2:15 IP Country Line Dancing (F)</p> <p>10</p>
<p>h Training with Kate (\$)</p> <p>in</p> <p>to go (\$)</p> <p>15</p>	<p>10:00 IP Chair Dancing (F)</p> <p>12:00-1:00 IP Foot Care Clinic (F) call 860-434-7808 for appt</p> <p>1:2:3 IP Nickel, Nickel (13 nickels)</p> <p>12:30 IP wii Bowling (F)</p> <p>16</p>	<p>8:30 IP Low Impact and Strength Training with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Bocce (F)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>2:15 IP Country Line Dancing (F)</p> <p>17</p>
<p>h Training with Kate (\$)</p> <p>in</p> <p>Broadcast (F)</p> <p>22</p>	<p>9:00-11:30 IP Hair Cuts with Carrie (\$10)</p> <p>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>1:2:3 IP Nickel, Nickel (13 nickels)</p> <p>12:30 IP wii Bowling (F)</p> <p>23</p>	<p>CLOSED</p> <p>MERRY CHRISTMAS</p> <p>24</p>
<p>h Training with Kate (\$)</p> <p>n</p> <p>29</p>	<p>10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>30</p>	<p>CLOSED</p> <p>NEW YEAR'S DAY HOLIDAY</p> <p>31</p>

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 ph: 860.434.9155
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Ashley Gualandri, PT, DPT
 Bryan Schmidt, PT, DPT
 Christopher Dentch, PTA, BS

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

**Join us for a Boxed Lunch Day!- Open to ALL Members
Wednesday, December 15th 12:00 -12:30 pm**

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 December 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.

Emergency 101

Please join us on Wednesday, January 12th at 1:00pm as local EMTs, Doug Lo Presti and Colleen Atkinson provide an informative and practical presentation on what you can do to recognize and react to common medical concerns. They will discuss when/why to call 911, how you can help us get to you, what to do before we arrive and how to recognize and help someone potentially having a stroke, heart attack or a bleeding emergency. Doug and Colleen will give you tips and answer any specific questions you may have about the 911 system.

Practical Recommendations for those Caring for People with Dementia

Join Robin Ely, RN, DNP on Tuesday, January 18th at 3:00pm as she explains strategies you can use to improve your caregiving experience for you and the person you are caring for. During the presentation Robin will answer questions you have about caregiving and the challenges you face. Robin is the owner and founder of Mind Matters, a daycare for adults with dementia. Pre-registration is required. Call (860)434-4127 to register.

MOVIE COMEDY - Christmas with the Cranks (2004)

Join us on Monday, December 13th at 1:00pm for the movie "Christmas with the Cranks" Luther (Tim Allen) and Nora (Jamie Lee Curtis) Krank decide to skip Christmas and spend the money on a cruise when their daughter, Blair, departs for Peru. Now they must face their neighbors, the neighborhood decorating contest, carolers, and charity collectors. But when their daughter, Blair, calls on Christmas Eve and says she's coming home for Christmas, they must put on a real holiday rush when they have 12 hours to get Christmas set up for Blair and her fiancé, Enrique. CALL (860) 434-4127 to register.

LYMES° SENIOR CENTER PROGRAMS

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

We currently have 60 Members of the Lymes’ Senior Center participating in our “We Can Make a Difference” Walk-A-Thon to benefit the Afghan Refugee Resettlement in Connecticut. In addition, Tolland Senior Center has 29 members participating as well. We have raised over \$600.00 so far for this cause. We would like to thank **Audiology Concierge** and **Senior Health & Retirement Services** for sponsoring this event and to all the walkers that continue to walk every week in support of this. We are 2/3rds of the way toward meeting our goal of “walking to Afghanistan” (6671 Miles) in our step count! This walk-a-thon has not only helped us make a difference for others, but it also has inspired us to stay active through the winter months and make a difference in our health!

We will be walking on Thursday, December 2nd and 9th at 10:00am, weather permitting. Please call if you would like to join us!

Outside Books and Puzzles Lending Library

We continue to offer jigsaw puzzles and books including large print books for you to borrow in front of our building 24/7 . Feel free to stop by anytime and help yourself. The board of directors purchased a plastic shed to hold them in which we have set to the right of the front doors. When you finish with them please kindly put them in the return plastic storage container located to the right side of the plastic book/ puzzle plastic shed. If you are homebound and would like a puzzles or books please call us and we can provide home delivery.

*In addition, could you please sign them out on the clipboard hanging in shed so we can track the usage of this wonderful resource? Thank You!!

Week of Giving Dec. 6-10th

The Lymes’ Senior center is again collecting unwrapped toys for the Toys for Tots Program. Due to Covid ,Toys for Tots did not collect toys last year. This made their organization extremely low on gifts for our local boys and girls in need. On December 14th, representatives from Toys for Tots will be here to pick up whatever we have collected. We hope to inspire our members to donate an unwrapped toy during our week of giving (December 6-10) between the hours of 9am-3pm. Thank you for all of you that have already dropped off a gift and thank you to all those that are planning to!

The Old Sled – Part 1 and 2 January 3rd and 10th from 1:00 to 3:00pm.

Instructor : Jeanette Green
Beginner/Intermediate Level

Building on the previous lesson, students will sketch & paint a winter scene with one or more antique sleds in the painting from a photo reference. Planning out the stages of painting from the background to the foreground will be the first step. Then composition and creativity will be the key lesson here as students will have different choices for the background, subject, and color. The class will work on this painting for two sessions. Limited space available. Call (860)434-4127 ext.1



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