

Lymes' Senior Center

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



JANUARY 2022

PROUDLY SERVING SENIORS 55 & BETTER!

"Knit" Wits
Knitting Group

"Quilty" Pleasures
Quilting Group

"Girls Gone Scrappy"
Scrapbooking &
Paper Craft Group

Movie Comedy:
The Other Woman

Box Lunch of the
Month

Recognizing the
Signs of a heart
attack & a stroke

AARP Safe Driving
Class

Improving the
Dementia Care Giver
Experience

Movie Comedy:
Dirty Rotten
Scoundrel



In need of nursing, therapies, or help with personal care?

**LET US HELP YOU STAY
SAFE AT HOME THIS WINTER**

Call us to get started:

860-767-0186



In Person Services

NEW MINI- PEDICURES COMING IN FEBRUARY

Starting in February Christine DeBiasi, professional pedicurist for over 30 years, will be accepting appointments for mini-pedicures. This includes Epson salt, soothing soapy foot bath, trim and filing of nails, light sugar scrub, foot massage and polish. Her specialty is taking care of painful ingrown toenails. This 30 minute treatment costs \$20.00. She will be taking appointments here at the center the 2nd Thursdays of the the month (FEBRUARY 10TH & MARCH 10TH) from 9am-12pm. Please call (860)434-4127 ext. 1 to sign up.

Hair Cuts– Fourth Thursday of the Month. 9am-12pm Call (860)434-4127 to sign up for an appointment.

Blood Pressure Clinics and Nursing Appointments M-F 12-1pm. APPOINTMENTS ONLY. Call (860)434-7808 to make an appointment.

Foot Care Clinics Third Thursday every month

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, February 17th 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**.

Upcoming Events

Movie Comedy– Dirty Rotten Scoundrel (1988) – Wednesday, February 16th at 1:00pm. Call to register. (860) 434-4127

Boxed Lunch of the Month– Tuesday, February 22nd at 12 pm– Fish & Chips with Drink from Flanders Fish Market. 5.00 for members. Sign up and payment due by February 15th. Call (860) 434-4127.

AARP Smart Driver Course – Monday, March 14th from 1-5pm. This in person class cost \$20.00 members/ \$25.00 non-members. Call to register (860) 434-4127.

NEW GROUPS THAT WILL START MEETING IN JANUARY



The “Knit-Wits” Knitting Circle– Will meet once a month (the second Wednesday of the Month) starting Wednesday, January 12th at 10am. This will be a group with mixed levels. It will be a chance to knit together with others, learning ideas off each other and just enjoying the camaraderie. Please email me at sgould@oldlyme-ct.gov OR call (860)434-4127 and let us know if you can attend our kickoff get together January 12th at 10am. Feel free to bring some of your finished projects to share with the group and any you want to work on during this get-together.

“Quilty” Pleasures Quilting Group– Will meet once a month (the third Wednesday of the Month) starting on January 19th at 10am. If you are interested please let me know. My thought is that it could be a group of people that would come together to work on their individual projects. You would need to bring your own sewing machine although we MAY have one for people to share if needed. This group would give people a chance to share your quilting passion, borrow ideas off each other and even in the future could look at hire guest instructors for a specific project if that is what the group wants. Please email me at sgould@oldlyme-ct.gov OR call (860)434-4127 and let us know if you can attend our kickoff get together January 19th at 10am. Feel free to bring some of your finished projects to share with the group and any you want to work on during this get-together.



“Girls Gone Scrappy” Scrapbooking & Papercraft Group– Will meet once a month (the fourth Wednesday of the Month) starting Wednesday, January 26th at 10am. Please email me at sgould@oldlyme-ct.gov OR call (860)434-4127 and let us know if you can attend our kickoff get-together January 26th at 10am. Bring your own consumable supplies (ink, paper, glue sticks or whatever you like to use) and reusable supplies (like stamps) to share during our get-together. This will be a great time to get ideas from others and get our creative juices flowing as well .

January 2022


Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:15 V Slow and Steady Yoga 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Old Sled Part 1 ART CLASS (\$14) 3	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) 4	8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 12:00-1:00 IP Blood Pressure Clinic (F) 5	9:00 V High Energy, Low Impact Dance Class 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (F) 12:30IP wii Bowling (F) 6	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) 10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up) 12:00-1:00 IP Blood Pressure Clinic (F) 2:15 IP Country Line Dancing (F) 7
9:00-10:15 V Slow and Steady Yoga 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Old Sled Part 2 ART CLASS (\$14) 10	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) 11	8:30 IP Low Impact & Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 11:00 IP The "Knit-Wits" Knitting Circle (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Recognize the Signs (F) 12	9:00 V High Energy, Low Impact Dance Class 10:00 Chair Dancing Class (F) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (F) 12:30IP wii Bowling (F) 13	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) 10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up) 12:00-1:00 IP Blood Pressure Clinic (F) 2:15 IP Country Line Dancing (F) 14
CLOSED MARTIN LUTHER KING DAY 17	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 10:00 V The Road of Livability (F) 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) 3:00 IP & V Improving the Dementia Caregiver 18	8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 10:00 IP "Quilty Pleasures" Quilting Club (F) 12:00 IP Boxed Lunch (\$) 19	9:00-12:00 IP Haircuts with Carrie (\$10) 9:00 V High Energy, Low Impact Dance Class 10:00 Chair Dancing Class (F) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (F) 12:30IP wii Bowling (F) 20	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) 10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up) 12:00-1:00 IP Blood Pressure Clinic (F) 2:15 IP Country Line Dancing (F) 21
9:00-10:15 V Slow and Steady Yoga 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP & V Lymes' Senior Center Board of Directors Meeting (F) 24	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Movie Comedy: The Other Woman (2014)(F) 25	8:30 IP Low Impact and Strength Training with Kate (\$) 9:00-10:15 V Chair Yoga for Pain 10:00 IP "Girls Gone Scrappy" Scrapbooking and Papercraft Group (F) 12:00-1:00 IP Blood Pressure Clinic (F) 26	9:00 V High Energy, Low Impact Dance Class 10:00 V Intro to Zen Tangle (F) 11:30-3:00 IP Foot Care Clinic with Gretchen (\$35) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (F) 12:30IP wii Bowling (F) 27	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) 10:45-11:15 Grab and Go Lunch pickup (Call 860-388-1611 to sign up) 12:00-1:00 IP Blood Pressure Clinic (F) 2:15 IP Country Line Dancing (F) 28
9:00-10:15 V Slow and Steady Yoga 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:30 IP Learn how to play a new card game "Play Nines" 1:00 IP Play Nines Card Game (F) 31		Calendar Key IP = In Person V = Virtual F = Free \$ - \$5.00		

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Ashley Gualandri, PT, DPT
 Bryan Schmidt, PT, DPT
 Christopher Dentch, PTA, BS

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

WEEKLY IN -PERSON EXERCISE CLASSES

Monday– 9:30 am and 10:15 am Tap Classes with Bethany Haslam from the Dance Studio in Old Lyme. Pre-registration is required. Call (860)434-4127 to register. \$5.00 a class.

Tuesday– 10:00 am Sit and Be Fit. Led by Laura Kokoska Pre-registration is required. Call (860)434-4127 to register. Class is free.

Wednesday– 8:30 am Low Impact Class with Kate Perez. Pre-registration is required. Call (860)434-4127 to register. \$5.00 a class.

Thursday– 10:00 am (Once a month) Chair Dancing. Please check calendar for specific date. Pre-registration is required. Call (860)434-4127 to register. Class is free.

Friday– 8:30 am Low Impact Class with Kate Perez. Pre-registration is required. Call (860)434-4127 to register. \$5.00 a class.

Friday– 1:00 pm (Once a month) Improver Country Line Dance Class. This class is designed for Seniors who have either line danced before OR have taken the 2:15pm class. Please check calendar for specific date. Pre-registration is required. Call (860)434-4127 to register. Class is free.

Friday-2:30 pm Country Line Dance Class. All levels from beginner to advanced. Pre-registration is required. Call (860)434-4127 to register. Class is free.

WEEKLY VIRTUAL EXERCISE CLASSES

Monday– 9:00 am Slow & Steady Yoga with Lynn, please see the registration site for the cost of the full session or the cost per class, to register: <https://www.lynnmccarthyoga.com/copy-of-rates-registration>

Tuesday– 9:00 am High Energy, Low Impact Dance Class (like Jazzercise) with Mellisa. Call (860)434-4127 to register. Once registered and paid a link will be sent. Tuesday/Thursday class cost \$20.00 a month for unlimited classes.

Tuesday– 10:00 am Sit and Be Fit. Led by Laura Kokoska Pre-registration is required. Call (860)434-4127 to register. Class is free. Once registered, a link will be sent.

Wednesday- 9:00 am Chair Yoga for Pain with Lynn, please see the registration site for the cost of the full session or the cost per class, to register: <https://www.lynnmccarthyoga.com/copy-of-rates-registration>

Thursday– 9:00 am High Energy, Low Impact Dance Class (like Jazzercise) with Mellisa. Call (860)434-4127 to register. Once registered and paid a link will be sent. Tuesday/Thursday class cost \$20.00 a month for unlimited classes.

Friday– 9:00 am Slow & Steady Yoga with Lynn, please see the registration site for the cost of the full session or the cost per class, to register: <https://www.lynnmccarthyoga.com/copy-of-rates-registration>

LYMES° SENIOR CENTER EXERCISE CLASSES

**Join us for a Boxed Lunch Day!- Open to ALL Members
Wednesday, January 19th from 12:00 -12:30 pm**

We will be getting our box lunch from *Sapore Italiana Pizzeria* on Wednesday, January 19th where you will have a choice of two slices of pizza. Bottled water will be included. The pizza choices will be SICILIAN PAN PIZZA slice which is a deep dish square pizza slice with a thick crust, special red sauce, mozzarella, and fresh basil, a BBQ CHICKEN PIZZA slice with white mozzarella, BBQ sauce, chicken, and red onions, OR a PEPPER AND ONION PIZZA slice. You can mix and match! \$5.00 for this meal for all members/ \$7.50 for non-members.

Sign up and money due by January 12th.

Symptoms to look for...

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. They will give you tips and answer any specific questions you may have about the 911 system. Call (860) 434-4127 to register.

**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.

TUESDAY, JANUARY 25th at 1pm MOVIE COMEDY - THE OTHER WOMAN (2014)

In New York, the successful lawyer Carly Whitten is in love with her handsome boyfriend Mark King and she expects to introduce him to her father Frank. However Mark tells her that he needs to travel to his house in Connecticut since his housemaid has just reported a plumbing problem in the basement and he need to fix it. Carly decides to travel to meet him without previous notice and she finds that Mark is married with Kate King. Carly returns to New York and on the next morning, Kate visits her at her job to get information about her relationship with her husband. They conclude that he is a cheater and befriend each other. Soon they learn that Mark has a younger girlfriend, Amber, and they befriend her. The trio decides to team-up and plot revenge against Mark. CALL (860) 434-4127 to register.



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