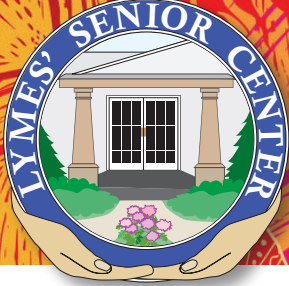


Lymes' Senior Center

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



FEBRUARY 2022

PROUDLY SERVING SENIORS 55 & BETTER!

VALENTINES DAY
Pick Up Parade

AARP DRIVE SAFETY
CLASS

HIRING HOME CARE
Do's & Don'ts

CT WATERS: A
Celebration of our
Coastline Waterways

N95 MASK
Distribution

MOVIE Comedy- Dirty
Rotten Scoundrels

BOX LUNCH of the
Month

TAKE A HIKE
Thursday Hiking
Group

THE "KNIT WITS"
Knitting Circle

"QUILTY" PLEASURES
Quilting Group



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

WE CAN HELP

Call us to get started:

860-767-0186



ON-GOING MONTHLY GROUPS

The “Knit-Wits” Knitting Circle– Meets once a month (the second Wednesday of the Month) next meeting Wednesday, February 9th 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 to sign up.

“Quilty” Pleasures Quilting Group– Meets once a month (the third Wednesday of the Month) next meeting February 16th at 10am. 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 to register. 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– Meets once a month (the fourth Wednesday of the Month) next meeting Wednesday, February 23rd at 10am. Please email me at sgould@oldlyme-ct.gov OR call (860) 434-4127 to register. 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 .

NEW OUTDOOR GROUPS THAT WILL START MEETING IN APRIL

The “Take a Hike Thursday” Hiking Group– Will meet once a month the second Thursday of the month at 9:30am, weather permitting led by Wendolyn Hill, Lyme Open Space Coordinator. Hikes will take place in Lyme and Old Lyme and surrounding areas. Places to be announced. Check next month’s newsletter for details. Please email sgould@oldlyme-ct.gov OR call (860)434-4127 to let us know you are interested. Hikes will be moderate.

The “Rogue Rollers” Bocce Ball Group- Will meet once a week starting April. Days and times to be announced. Call if you are interested.

The “Totally Pitchin’ HorseshU Club”- Will meet once a week starting April. Days and times to be announced. Call if you are interested.

In Person Services

Mini– Pedicures Second Thursday of the Month. 9am-12pm Call (860)434-4127 to sign up for a 30 minute appointment. 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 in-grown toenails. **Cost \$25.00.** YOU WILL NEED TO BRING A SMALL TOWEL AND A PAIR OF FLIP-FLOPS TO 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, March 21st appointments available between 12-3pm. Call (860)434-4127 ext. 1 to make an appointment. Cost of appointment is **\$35.00.**

Hair Cuts Fourth Thursday of the Month. 9am-12pm Call (860)434-4127 to sign up for an appointment. **Cost \$15.00**

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

Upcoming Events

Movie Comedy – The Proposal (2009) – Wednesday, March 9th at 1:00pm. Call to register.

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

Hiring Home Care Do's and Don'ts – Kellie Krauchick from FCP Live In Care will present an informal discussion on Tuesday, March 22nd at 1:00PM. Call to register and let us know whether you wish to participate in- person or virtually.

Boxed Lunch of the Month – Wednesday, March 30th at 12 pm– Coffee's Market Sandwich Wraps. 5.00 for members. Sign up and payment due by March 23rd.

Connecticut Waters: A Celebration of our Coastline and Waterways– Local Author Caryn Davis will discuss her photography book on Tuesday, April 5th at 1:00pm. Call to sign up and let us know if you would like to participate in-person or virtually. Books will be available to have the author sign after event.

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	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	8:30 IP Low Impact and Strength Training with Kate (\$) 2 9:00 V Chair Yoga for Pain 12:00-1:00 IP Blood Pressure Clinic (F)	9:00 V High Energy, Low Impact Dance Class 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (TS) 12:30 IP wii Bowling (TS) 3	8:30 IP Low Impact and Strength Training with Kate (\$) 4 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)
9:00-10:15 V Slow and Steady Yoga (\$) 7 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 Bridge (TS)	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 8 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Improver Dance Class (F)	8:30 IP Low Impact & Strength Training with Kate (\$) 9 9:00 V Chair Yoga for Pain 10:00 IP The "Knit-Wits" Knitting Circle (F) 12:00-1:00 IP Blood Pressure Clinic (F)	9:00 V High Energy, Low Impact Dance Class 10 9:00-12:00 IP Mini Pedicures (\$25) Full 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (TS) 12:30 IP wii Bowling (TS)	8:30 IP Low Impact and Strength Training with Kate (\$) 11 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)
9:00-10:15 V Slow and Steady Yoga (\$) 14 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 Bridge (TS) 1:00-2:00 IP Valentine's Day "Show Your Heart" Pick Up Parade (F)	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 15 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) *Money due for box lunches	8:30 IP Low Impact and Strength Training with Kate (\$) 16 9:00 V Chair Yoga for Pain 10:00 IP "Quilty Pleasures" Quilting Club (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Movie Comedy: Dirty Rotten Scoundrels (1988) (F)	9:00 V High Energy, Low Impact Dance Class 17 10:00 IP Chair Dancing Class (F) 12:00-1:00 IP Foot Care Clinic with Town Nurse (F)- Call 860-434-7808 for appt 12:30 IP Nickel, Nickel (TS) 12:30 IP wii Bowling (TS)	8:30 IP Low Impact and Strength Training with Kate (\$) 18 9:00-10:15 V Slow and Steady Yoga (\$) 10:00 IP Art Workshop (F) 10:00 V AARP The Con Artist Play Book (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)
CLOSED PRESIDENT'S DAY 21	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 22 10:00 IP & V Sit and Be Fit (F) 12:00-1:00 IP Blood Pressure Clinic (F) 12:00 IP Boxed Lunch Pick Up - Flander's Market Fish & Chips (\$)	8:30 IP Low Impact and Strength Training with Kate (\$) 23 9:00 V Chair Yoga for Pain 10:00 IP "Girls Gone Scrappy" Scrapbooking & Papercrafting Group (F) 12:00-1:00 IP Blood Pressure Clinic (F)	9:00 V High Energy, Low Impact Dance Class 24 9:00-12:00 IP Haircuts with Carrie (\$15) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (TS) 12:30 IP wii Bowling (TS) 1:00 V Know the Symptoms (F) Rescheduled from January	8:30 IP Low Impact and Strength Training with Kate (\$) 25 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)
9:00-10:15 V Slow and Steady Yoga 28 9:30 IP Tap Class (\$) 10:15 IP Tap Class (\$) 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 Bridge (TS) 1:00 V Lymes' Senior Center Board of Directors Meeting (F)		Calendar Key IP = In Person V = Virtual F = Free TS = Temporarily Suspended \$ = \$5.00		

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

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

Show Us Your Heart

**Valentine's Day Drive Thru Pick Up Parade...
Join us Monday, February 14th Between 1-2pm**

**Would LOVE to see you join us! Sport your favorite heart!!
Call (860)434-4127 to pre-register.**

**Looking forward to providing those in attendance with a
"Sweet Treat" and other helpful goodies!!**

FREE COVID Test Kit available for those that are considered vulnerable

The Lymes' Senior Center has a limited amount of test kits available for those considered vulnerable. The state has required this delivery be designated for vulnerable populations. They define vulnerable populations as: "persons living in congregate housing and persons who have physical, mental, intellectual or other developmental disabilities that are unable to seek out testing kits on their own." Please call the Senior Center at (860)434-4127 to arrange to pick a kit up if you fall in any of those categories OR if you are homebound let us know and we can have one delivered.

WEDNESDAY, FEBRUARY 16th at 1pm MOVIE COMEDY - DIRTY ROTTEN SCOUNDRELS (1988)

"Dirty Rotten Scoundrels" centers on two con men living on the French Riviera. Lawrence Jamieson played by Michael Caine, makes his lavish living by talking rich ladies out of their money. Freddy Benson played by Steve Martin, more humbly swindles women by wakening their compassion with fabricated stories about his grandmother's failing health. After meeting on a train, they attempt to work together only to find that this small French town isn't big enough for the two of them. They agree on a settlement: the first one to extract \$50,000 from a young female target, heiress Janet Colgate, played by Glenne Headly, wins and the other must leave town. CALL (860) 434-4127 to register.

FREE N95 Masks are available for all Seniors

We will be offering N95 Masks to all of our members.

Distribution of masks will take place on Tuesday, February 15th between 1-2pm. Two masks per person will be given.

Please call ahead of time at (860)434-4127 so we can make sure we have enough for everyone that wants them.

Join us for a Boxed Lunch Day Tuesday, February 22nd at 12:00 pm

We will be getting our Box Lunch of the Month from *Flanders Fish Market* on Tuesday, February 22nd. Fish and Chips which comes with fish, French fries, coleslaw and tarter sauce will be available for pick up. We will also be including bottled water OR soda with your order. We will have Coke, Diet Coke and Root beer available.

Please let us know your preferred drink when you sign up. Cost is \$5.00 for all members/ \$7.50 for non-members. Sign up and money are due by Tuesday, February 15th.

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.

Tuesday– 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.

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-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>

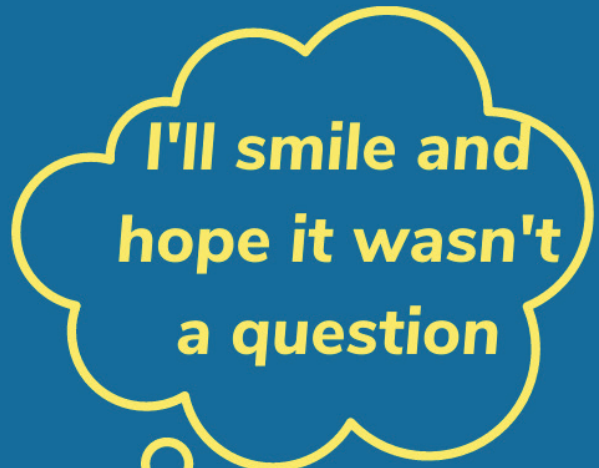


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