

# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371  
860-434-4127 [www.seniorcenterct.org](http://www.seniorcenterct.org)



## APRIL 2022

**PROUDLY SERVING SENIORS 55 AND BETTER!**

Take a Hike Thursday  
Hiking Group

Connecticut  
Waterways - A  
Celebration of our  
Coastline

Watercolor Classes

Introduction to  
Photography

Bus Trips

Celebration  
of Mothers &  
Grandmothers

NEW Exercise Classes

Former Whitehouse  
Butler Alan  
DeValerio  
presentation on his  
time in the White  
House

Joe Mac- 50's and  
60's Rock and Roll

Memorial Day  
Parade



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of the Lower Valley

[www.visitingnurses.org](http://www.visitingnurses.org)

# **NEW** Clubs & Groups beginning in April & May

## **NEW “Rogue Rollers” Bocce Club- First Meeting- Tuesday, April 5th from 1:30-2:30pm.**

Meets Tuesdays at 1:30pm starting in April. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to register. The first Tuesday (April 5th) we will be showing people how to play the game, or you can use this time brush up on your game and meet new people interested in this sport.

## **NEW “Totally Pitchin’” Horsesh-U (Horseshoe) Club-First Meeting- Fri, April 8th from**

**1-2pm.** Meets Fridays at 1:00pm starting in April. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to register. The first Friday (April 8th at 1:00pm) we will be showing people how to play the game, or you can use this time brush up on your game and meet new people interested in this sport.

## **NEW “Take a Hike Thursday” Hiking Group**

First Meeting- Thursday, April 14th at 9:30am at McColluch Family Open Space, Whippoorwill Rd, Old Lyme CT. For this first hike, members will meet at the parking lot on Whippoorwill Rd. We will walk the “Tree in the Gap Trail” green trail and the blue trail loop in the Lay Preserve and back. This beautiful property was once a horse farm. A highlight of the hike is Rook’s Meadow and Jimmy’s Pond. Meets the second Thursday of the month at 9:30-11:30ish starting in April. Join us for a refreshing morning walk led by Wendy Hill, Open Space Coordinator of Lyme and Vice President of the Lyme Land Trust. The walks are moderate unless noted. Bring a water bottle and dress for the weather. Reservations are required. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to make your reservation. All walks are 2.5 to 3 miles unless noted. Inclement weather cancels. May’s scheduled hike will be held on May 12th at Hartman Park in Lyme.

## **NEW “Take Your Best Shot” Camera Club- First Meeting- Wednesday, April 6th from**

**10:00-11:45am.** Meets the first Wednesday of the month starting in April. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to register. For the first two meetings we will be holding a free two-part INTRODUCTION TO PHOTOGRAPHY workshop. See next page for description. Reservations are required. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to make your reservation.

## **NEW “As the Page Turns Book Club- First Meeting– Friday, May 20th from 1-2pm.**

The first meeting will be at the Lymes’ Senior Center and the book selection will be The Midnight Library. Copies of the selected book are available at the Lyme Library circulation desk. Just ask a staff member about picking up a copy. This is a collaborative effort between the Lyme Library and the Lymes’ Senior Center and will be facilitated by Librarian Melissa Fournier. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to register. Club will meet the third Friday of the month alternating between the senior center and the library.

## **NEW “Early Morning Wordliners” Poetry Workshop and Group- First Meeting– Thursday, May 12th from 10:00– 11:30am.**

This group will start by having a 5-week poetry writing session with Old Lyme’s Poet Laureate, Dr. Roger Singer. This free class will meet May 12, 19, 26, June 2, and 9 from 10:00-11:30am. Please email me at [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) OR call (860) 434-4127 to register for both the poetry workshop and the poetry group. In his classes, you will learn from the examples of famous poets and their inspirations, and through the practice of your own writing as you may wish. Dr. Singer stresses that all verse is good and commendable. His goal is to make it simple and accessible for you to become more proficient in expressing your thoughts and way of seeing life in your own words. Dr. Singer says, “You need to write about what you feel, not what you think someone may want to hear.” His goal is simply to inspire you.

# Upcoming Workshops

## **INTRODUCTION TO PHOTOGRAPHY 2-PART WORKSHOP** TAUGHT BY RICHARD SPEARRIN

Have you ever wanted to take better pictures?? Or wondered why your pictures are not always sharp. Or perhaps you are overwhelmed with all the adjustments of your camera?? The Lymes' Senior Center will host two classes to enable beginning photographers to start taking better pictures and enjoy using their cameras. The instructor is Richard Spearrin from Essex, a member of the CT Valley Camera Club Steering Committee. Mr. Spearrin started learning the successful elements of photography during his high school years working for a small CT newspaper. Most recently he has become very active in exhibiting at multiple area venues, arranging photo shoots for the camera club and mentoring beginning photographers.

- The first of the two sessions, "Principles of Photography", will concentrate on the understanding the basics of good photography: exposure, lighting, focus and composition. In addition, attendees will understand how to use their camera more effectively.
- The second session is titled "Fun Principles of Photography" and will discuss specific photographic activities such as capturing fireworks; making streams and waterfalls smoother; capturing light streaks; stopping action; and extreme close up.

Each session is scheduled for one hour and a half to accommodate questions and answers. And it does not matter if you use a smartphone, a point and shoot camera or a high-end adjustable camera. As Ansel Adams, renowned environmental photographer, said, "A camera did not make a great picture any more than a typewriter made a good novel". A good photograph is based on the heart, eye, and soul of the photographer. **Make sure you bring your camera with you.** So join us on April 6<sup>th</sup> and May 4<sup>th</sup> 10:15am-11:45am and learn to enjoy being a better photographer. **Reservations are required for this free workshop. Call (860)434-4127 or email [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) to sign up.**

**INTRODUCTION TO WATERCOLOR WORKSHOPS** An introduction to classic watercolor that covers the basics you need to paint your own watercolors. Students will learn about the materials, how to mix colors, color relationships, blend and control washes, create textures and how to plan out a painting. Sign up for all the sessions or choose the ones you need the most. Pre-registration and payments need to be received by the Thursday before the class. Checks can be written out to artist and instructor, Jeanette Green. **Call (860)434-4127 or email [sgould@oldlyme-ct.gov](mailto:sgould@oldlyme-ct.gov) to sign up.**

- Class 2 – April 4<sup>th</sup> and 11<sup>th</sup> (2 sessions, 4 hours) \$14. **Mixing and Understanding Color**  
Learn about color relationships. Create your own color wheel from 3 primary colors. Make a complementary color chart.
- Class 3 – May 2<sup>nd</sup>, 23<sup>rd</sup> (2 sessions, 4 hours) \$14. **Watercolor Textures and Techniques**  
See how to save the white of your paper and create textures. Use tape, wax resist, salt, alcohol, saran wrap, scraping and scratching, spattering, brushwork, etc. Students will watch a demo. then try the techniques out on their own.
- Class 4 – June 6<sup>th</sup> and 13<sup>th</sup> (2 sessions, 4 hours) \$14. **"The Process" Planning and completing your painting** How do you start a painting? What do you do next? How do I know when it's finished? These are some of the questions that students ask me all the time so I have written down the steps that I take in my painting process. Students will then paint a simple composition.

# April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>COLOR CODE</b> Green- Clubs Red- Services Blue- Special Events or Classes Purple- NEW CLASSES</p>	<p>LUNCHES WILL START BEING SERVED AT THE SENIOR CENTER ON APRIL 5TH. Call (860) 388-1611 by the day before at 11am to sign up for meals. You can sign up for multiple days at the same time. Meals will be served Tues., Wed., and Thurs. Grab and Go meals will continue to be offered.</p>	<p><b>Calendar Key</b> IP = In Person V = Virtual F = Free TS= Temporarily Suspended \$ = \$5.00</p>	<p>Masks are no longer required in the building if you are vaccinated, though they are still suggested. Masks MUST be worn if you are unvaccinated.</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>1</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>1</b> 10:00 IP Art Workshop (F) <b>1</b> 10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) <b>1</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>1</b> 2:15 IP Country Line Dancing Class (F) <b>1</b></p>
<p>9:30 IP Tap Class 1 (\$) <b>4</b> 10:15 IP Tap Class 2 (\$) <b>4</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>4</b> 12:30 IP Bridge (F) <b>4</b> 1:00-3:00 IP Art Class- Mixing &amp; Understanding Color Part 1 (\$14 for both April Classes) <b>4</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) <b>5</b> 10:00 IP &amp; V Sit and Be Fit (F) <b>5</b> 12:00 Lunch (\$3) Cheese Tortellini with pesto cream sauce, Italian blend veg., tropical fruit <b>5</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>5</b> 1:30 IP Rogue Rollers Bocce Club (F) <b>5</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>6</b> 9:00 V Chair Yoga for Pain <b>6</b> 10:00 Take Your Best Shot Camera Club (F) <b>6</b> 10:15 Intro to Photography Part 1 (F) <b>6</b> 12:00 Lunch (\$3) Baked chicken breast with maple cream sauce, herbed lentil pilaf, asparagus blend veg, chocolate chip cookie, fruit juice <b>6</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>6</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) <b>7</b> 10:00 IP and V Chair Dancing (F) <b>7</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>7</b> 12:00 Lunch (\$3) Shepherd's Pie, biscuit, pears <b>7</b> 12:30 IP Nickel, Nickel (13 Nickels) <b>7</b> 12:30 IP Wii Bowling (F) <b>7</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>8</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>8</b> 10:00 IP Art Workshop (F) <b>8</b> 10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) <b>8</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>8</b> 1:00 IP Totally Pitchin Horsesh-U-Club (F) <b>8</b> 2:15 IP Country Line Dancing Class (F) <b>8</b></p>
<p>9:30 IP Week Tap Class 1 (\$) <b>11</b> 10:15 IP Week Tap Class 2 (\$) <b>11</b> 11:00 IP Parade Practice <b>11</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>11</b> 12:30 IP Bridge (F) <b>11</b> 1:00-3:00 IP Art Class - Mixing &amp; Understanding Color Part 2 (\$14 for both April classes) <b>11</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise) <b>12</b> 9:00-12:00 IP Mini Pedicures (\$25) <b>12</b> 10:00 IP &amp; V Sit and Be Fit (F) <b>12</b> 12:00 Lunch (\$3) Meatloaf with gravy, roasted potato, carrot coins, peaches <b>12</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>12</b> 1:30 IP Rogue Rollers Bocce Club (F) <b>12</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>13</b> 9:00 V Chair Yoga for Pain <b>13</b> 10:00 IP The "Knit-Wits" Knitting Circle (F) <b>13</b> 12:00 Lunch (\$) Cobb Salad, Corn Muffin, Orange <b>13</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>13</b> 1:00 IP &amp; V CT Waters: A Celebration of our Coastline. (F) <b>13</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) <b>14</b> 9:00-12:00 IP Mini Pedicures (\$25) <b>14</b> 9:30 Take a Hike Thursday Hiking Group (F) <b>14</b> 10:15-11:15 NEW IP Move with Jesse (\$) <b>14</b> 12:00 Lunch (\$) Baked Salmon with Cranberry Glaze, Roasted Potatoes, Asparagus Blend, Pineapple <b>14</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>14</b> 12:30 IP Nickel, Nickel (13 Nickels) <b>14</b> 12:30 IP Wii Bowling (F) <b>14</b></p>	<p><b>CLOSED</b> <b>GOOD FRIDAY</b> <b>15</b></p>
<p>9:30 IP Tap Class 1 (F) <b>18</b> 10:15 IP Tap Class 2 (F) <b>18</b> 11:00 IP Parade Practice <b>18</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>18</b> 12:30 IP Bridge (F) <b>18</b> 1:00 IP and V Lymes' Senior Center Board of Directors Meeting (F) <b>18</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise) <b>19</b> 10:00 IP &amp; V Sit and Be Fit (F) <b>19</b> 12:00 Lunch (\$3) Roasted chicken with gravy, roasted potatoes, carrot coins, peaches <b>19</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>19</b> 1:30 IP Rogue Rollers Bocce Club (F) <b>19</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>20</b> 9:00 V Chair Yoga for Pain <b>20</b> 10:00 IP "Quilty Pleasures" Quilting Group (F) <b>20</b> 12:00 Lunch (\$) Eggplant Parmesan, Garden Salad, Garlic Knot, Orange <b>20</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>20</b> 1:15 Improver Dance Class (F) <b>20</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) <b>21</b> 9:00-12:00 IP Haircuts with Carrie(\$15) <b>21</b> 10:15-11:15 IP Move with Jesse (\$) <b>21</b> 12:00 Lunch (\$) White Chicken Chili, mixed vegetables, corn muffin, apple <b>21</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>21</b> 12:30 IP Nickel, Nickel (13 Nickels) <b>21</b> 12:30 IP Wii Bowling (F) <b>21</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (F) <b>22</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>22</b> 10:15 IP NEW High Energy, Low Impact Dance Class with Melissa (F) <b>22</b> 10:00 IP Art Workshop (F) <b>22</b> 10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) <b>22</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>22</b> 1:00 IP Totally Pitchin Horsesh-U-Club (F) <b>22</b> 2:15 IP Country Line Dancing Class (F) <b>22</b></p>
<p>9:30 IP Week Tap Class 1 (\$) <b>25</b> 10:15 IP Week Tap Class 2 (\$) <b>25</b> 11:00 IP Parade Practice <b>25</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>25</b> 12:30 IP Bridge (F) <b>25</b> 1:00 Operation Cupcake (F) <b>25</b> 5:00 VFW Meeting (F) <b>25</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise) <b>26</b> 10:00 IP &amp; V Sit and Be Fit (F) <b>26</b> 12:00 Lunch (\$3) Baked Cod, Roasted Potatoes, Green Beans, Mandarin Oranges <b>26</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>26</b> 1:30 IP Rogue Rollers Bocce Club (F) <b>26</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>27</b> 9:00 V Chair Yoga for Pain <b>27</b> 10:00 IP "Girls Gone Scrappy" Scrapbooking Group (F) <b>27</b> 12:00 Birthday Lunch (\$) Pot Roast with Beef Gravy, Mashed Potatoes, Carrot Coins, Birthday Cake, Fruit Juice <b>27</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>27</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) <b>28</b> 10:15-11:15 IP Move with Jesse (\$) <b>28</b> 12:00 Lunch (\$) Sausage &amp; Pepper Grinder, Mixed Vegetable, Orange <b>28</b> 12:00-1:00 IP Foot Care Clinic with Town Nurse (F) Call 860-434-7808 for an appointment <b>28</b> 12:30 IP Nickel, Nickel (13 Nickels) <b>28</b> 12:30 IP Wii Bowling (F) <b>28</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (F) <b>29</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>29</b> 10:15 IP High Energy, Low Impact Dance Class with Melissa (F) <b>29</b> 10:00 IP Art Workshop (F) <b>29</b> 10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) <b>29</b> 12:00-1:00 IP Blood Pressure Clinic (F) <b>29</b> 1:00 IP Totally Pitchin Horsesh-U-Club (F) <b>29</b> 2:15 IP Country Line Dancing Class (F) <b>29</b></p>

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# Upcoming Classes- To Sign Up Call (860)434-4127

MUST BE A MEMBER TO SIGN UP - ALL CLASSES MEET ONCE A WEEK

CLASS	Date of First Class & Time/ Duration	COST
<b>INPERSON CLASSES</b>		
Tap Class 1 (MON)	Drop in and ongoing at 9:30am	\$5.00
Tap Class 2 (MON)	Drop in and ongoing at 10:15am	\$5.00
Parade Dance Practice (MON)	April 11th-May23rd at 10:15am	FREE
Sit n Be Fit (TUES)	Drop in & ongoing at 10:00am	FREE
Improver Country Dance Class (WED)	Wednesday, April 20th at 1:15pm	FREE
Low Impact Class with Kate (WED)	Drop in and ongoing at 8:30am	\$5.00
Chair Dancing (THURS)	Thursday, April 7th at 10:00am	FREE
<b>Move- Cardio, Strength, Balance (Thurs)</b>	<b>Drop in and ongoing at 10:15am (starts Apr 14th)</b>	<b>\$5.00</b>
Low Impact Class with Kate (FRI)	Drop in and ongoing at 8:30am	\$5.00
<b>Low Imp/High Energy Dance Fit (FRI)</b>	<b>Drop in and ongoing at 10:15am (starts Apr 22nd)</b>	<b>\$5.00</b>
Beg. Country Line Dancing (FRI)	Drop in and ongoing at 2:15pm	FREE

**\*\*\*All IN-PERSON EXERCISE CLASSES WILL BE FREE THE WEEK OF APRIL 18th - 22nd. PLEASE TAKE ADVANTAGE OF IT AND TRY A NEW CLASS. MAKE SURE TO CALL AND RESERVE A SPOT. WE WILL ALSO BE FILMING A VIDEO FOOTAGE THIS WEEK SO YOU MAY BE A STAR IN OUR INFORMATIONAL MARKETING VIDEO.**

## VIRTUAL CLASSES

Slow and Steady Yoga (MON)	<a href="https://lynnmccarthyoga.com/copy-of-rates-registration">https://lynnmccarthyoga.com/copy-of-rates-registration</a>	
Sit n Be Fit (TUES)	Drop in & ongoing at 10:00am	FREE
High Energy, Low Impact Dance (TU)	Drop in & ongoing at 9:00am	monthly pass- \$20.00
Chair Yoga for Pain (WED)	<a href="https://lynnmccarthyoga.com/copy-of-rates-registration">https://lynnmccarthyoga.com/copy-of-rates-registration</a>	
Chair Dancing (THURS)	Thursday, April 7 at 10:00am	FREE
High Energy, Low Impact Dance (TH)	Drop in & ongoing at 9:00am	monthly pass- \$20.00
Slow and Steady Yoga (FRI)	<a href="https://lynnmccarthyoga.com/copy-of-rates-registration">https://lynnmccarthyoga.com/copy-of-rates-registration</a>	

## SERVICES (CALL (860)434-4127 TO SCHEDULE APPOINTMENTS)

### Mini Pedicures

Second Tuesday and Thursday of the Month \$25.00

### Haircuts

Third Thursday of the Month \$15.00

### Foot Clinic with Town Nurse

Every other month- the fourth Thursday of the month (does not cut toenails) FREE

### Foot Clinic with RN from Foot Care Associates

Every other month- the fourth Thursday of the month (alternating months with town nurse)- Cuts Toenails \$35.00

### Blood Pressure Clinic

Daily (Mon-Fri) from 12:00 -1:00pm FREE

### Medicare Enrollment Help

For people turning 65 or new to Medicare- Set up by app. FREE

## BUS TRIPS (FLYERS AVAILABLE) - ON SALE NOW

- May 2nd, 2022- Newport Playhouse – Carol Burnett Show & Cabaret at the Windham Hotel. \$105.00 per person. This includes the bus, driver tip and show/dinner. Checks can be made out to the Lymes' Senior Center. On Sale NOW.
- May 26th, 2022- Rockwell Museum/ Red Lion Inn Trip- \$140.00 includes bus, driver tip, lunch, tour guide, and museum entrance fee. Checks can be made out to the Lymes' Senior Center. On Sale NOW
- June 17, 2022- Newport Flower Show- \$82.00 includes bus, driver tip, and admission into the flower show. Free time for lunch on your own and shopping at the Wharf area. On Sale NOW
- July 13, 2022– Charles Riverboat Cruise & Cheesecake Factory Lunch- \$127.00 includes bus, driver tip, lunch at the famous Cheesecake Factory including dessert, and narrated cruise along the Charleston River with views of Boston & Cambridge. On Sale May 2nd
- July 27, 2022– Boston Whale Watch– \$126.00 includes whale watch, bus, driver tip, & tour guide. Free time at Quincy Market for shopping , restaurants, and browsing. On sale May 2nd

## **- SAVE THE DATES - CALL (860)434-4127 ext. 1 to register**

Local Published writer and photographer, Caryn Davis whose images & articles have appeared in the NY Times, Lonely Planet, Travel + Leisure, Town & Country, and Connecticut Magazine will be here to present her book **CT Waters: A Celebration of our Coastline** on **Wednesday, April 13<sup>th</sup> at 1:00pm**. This book is part travel guide and takes readers on a nautical journey exploring the ways we use our waterways and shores for industry, education, and recreation. From boat builders to antique, power, and sailing vessels, to lobster shacks, the fishing industries, historic ferries, nautical arts, light-houses and islands, charter boats, maritime festivals and celebrations, and more, this book showcases how these waterways have shaped our culture as a state. Books will be available for signing at the end of this event.

**FREE IN-PERSON EXERCISE CLASSES THE WEEK OF APRIL 18th - 22nd. PLEASE TAKE ADVANTAGE OF IT AND TRY A NEW CLASS. MAKE SURE TO CALL AND RESERVE A SPOT.**

**Operation Cupcake** is designed so that no senior is left behind. **On Monday, April 25<sup>th</sup> at 1:00pm** we will be delivering cupcakes and other such treats to those seniors that are more apt to feel the effects of isolation. If you would like to be one of our kindness volunteers that help make their day a little brighter by delivering a cupcake, please call or email us to sign up. Also if you know a particular senior that suffers from isolation please let us know that as well. This program is being funded through the first year by a generous donor.

**Former White House butler** Alan DeValerio is going to give you the inside details about all the preparations involved in White House entertaining and stories about the first families on **Tuesday, May 3<sup>rd</sup> at 1:00pm**. This will be available both in person and virtual. When you sign up please signify whether you will be joining us virtually or in-person. Weather permitting this will be held outdoors so please bring your lawn chair.

### **Mothers Day Week Long Celebration of Women (Week of May 9<sup>th</sup>– May 13<sup>th</sup>)**

**Pamper Yourself Week** - Brought to you by the collaborative effort of Lymes' Senior Center, Lyme Library, and the Old Lyme Phebe-Griffith Noyes Library

#### **Monday, May 9<sup>th</sup> at 1:00pm**

- ◆ Cupcake Drive Thru for Mothers and Grandmothers held at the Lymes' Senior Center call (860)434-4127 ext. 1 to register (Members Only for this Event)- register by May 2nd

#### **Tuesday, May 10<sup>th</sup> at 1:00pm**

- ◆ Flower Arranging Workshop held at the OL Library call (860)434-1684 to register

#### **Wednesday, May 11<sup>th</sup> at 1:00pm**

- ◆ Make your own organic lotion bars craft at the Lyme Library call (860)434-2272 to register

#### **Friday, May 13<sup>th</sup> at 1:00pm**

- ◆ Make your own lavender bath bomb craft at the Lymes' Senior Center call Lymes' Senior Center to register

**Joe Mac is Back!!!**- Join us on **Tuesday, May 17<sup>th</sup> at 1:00pm** (Rain date: Wednesday, May 18<sup>th</sup> same time) as we welcome back Singer Joe Mac and Friends as they entertain us with Rock and Roll from the 50's and 60's. This concert will be outdoors so make sure and bring a lawn chair. Feel free to bring your dancing shoes as well!

**Tuesday, May 24<sup>th</sup> at 1:00pm Decoding Medicare: How to Navigate** with Choices Counselor Susan Beeman. This will be offered in-person and virtually please signify which when you register.

**Old Lyme Town Band Summer Concert- Wednesday, May 25<sup>th</sup> at 6:00pm** (Rain date: Thursday, May 26<sup>th</sup> same time) Concert will be held outside so don't forget your lawn chair! Feel free to make a night of it and bring your dinner if you would like!

**Memorial Day Parade Participation**– The Lymes' Senior Center would like to dance in the upcoming Old Lyme Parade on Monday, May 30<sup>th</sup>. If you are interested in joining us please call us (860) 434-1605 ext. 240 or email us at [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov). We will be having Bethany Haslam from the Dance Studio of Old Lyme choreographing the dance and we will be practicing it April 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> and May 2<sup>nd</sup>, 9<sup>th</sup> and 23<sup>rd</sup> right after tap class at 11:00am. This is open to everyone and the dance will not be complicated as we will be moving forward at the same time. We will send you a video of the dance after you sign up so you can practice at home as well if you would like. **It would be great if you can make at least 2 rehearsals and May 23<sup>rd</sup> attendance is required. We will be having our dress rehearsal and handing out T-shirts on that day! Monday, May 30<sup>th</sup> the parade is from 10am-11am.**



# Lymes' Senior Center

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