

# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127 [www.seniorcenterct.org](http://www.seniorcenterct.org)



## MAY 2022



**PROUDLY SERVING SENIORS 55 AND BETTER!**

**Summer Concert  
Series Lineup**

*Page 6*

**Upcoming  
Events**

*Page 7*

**Calendar**

*Page 4-5*

**Groups and  
Clubs**

*Page 3*

**Classes &  
Workshops**

*Page 2*

**Bus Trips**

*Page 3*

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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

<b>CLASS</b>	<b>Date of First Class &amp; Time/ Duration</b>	<b>COST</b>
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## INPERSON CLASSES

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-May 23rd at 10:15am	FREE
Sit n Be Fit (TUES)	Drop in & ongoing at 10:00am	FREE
Low Impact Class with Kate	Wed. Drop in and ongoing at 8:30am	\$5.00
Move- Cardio, Strength, Balance	Thursdays Drop in and ongoing at 10:15	\$5.00
Low Impact Class with Kate (FRI)	Drop in and ongoing at 8:30am	\$5.00
Low Imp/High Energy Dance Fit	Fri. Drop in and ongoing at 10:15am	\$5.00
Beg. Country Line Dancing (FRI)	Drop in and ongoing at 2:15pm	FREE

## 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)	Tuesdays Drop in & ongoing at 10:00am	FREE
High Energy, Low Impact Dance Tues	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>	
High Energy, Low Impact Dance Thurs.	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 FREE  
(does not cut toenails)

### Foot Clinic with RN from Foot Care Associates

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

### 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

Workshops and classes (Call (860)434-4127 to sign up)

- May 2<sup>nd</sup>, 23<sup>rd</sup> 1-3pm (2 sessions, 4 hours) (\$14)- Watercolor Textures and Techniques
- June 6<sup>th</sup> and 13<sup>th</sup> 1-3pm (2 sessions, 4 hours) (\$14)- "The Process" Planning and completing your watercolor painting
- May 4th 10:15-11:45am (FREE)- Fun Principles of Photography
- June 15th at 1:00pm (FREE)-Scams and Fraud: Tips and Tricks to avoid being a target
- July 20th at 1:00pm FREE- A Caregivers Emotional Journey FREE
- August 23rd 1:00-5:00pm (\$20.00/\$25.00) AARP Safe Driving Class
- September 7th 10:00am (FREE) Tips for Taking Great iPhone Pictures and Editing them

## **Groups and CLUBS** (Call (860)434-4127 to sign up)

- *"Rogue Rollers" Bocce Club*– TUESDAYS 1:30-2:30pm, weather permitting
- *"Early Morning Wordliners" Poetry Workshop and Group* – First Meeting– Thursday, May 12th from 10–11:30am
- *"Take Your Best Shot" Camera Club*– THE FIRST WEDNESDAY OF THE MONTH 10:00-11:45am
- *The "Knit Wits" Knitting Circle*– SECOND WEDNESDAY OF THE MONTH 10:00-11:45am
- *"Quilty" Pleasures Quilting Group*- THIRD WEDNESDAY OF THE MONTH 10:00-11:45am
- *"Girls (and Boys) Gone Scrappy" Scrapbooking & Paper Craft Group*– FORTH WEDNESDAY OF THE MONTH 10:00 - 11:45am
- *"Take a Hike Thursday" Hiking Group*- SECOND THURSDAY OF THE MONTH 9:30-11:30ish
- *"Totally Pitchin'" Horsesh-U (Horseshoe) Club*-FRIDAYS 1-2pm, weather permitting
- *As the Page Turns Book Club*- THE THIRD FRIDAY OF THE MONTH 1-2pm. (ALTERNATING SITES)

## **BUS TRIPS** (FLYERS AVAILABLE) - 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
- August 17, 2022– Providence Italian Style Tour- \$130.00 includes lunch, a behind the scene bakery tour, bus, tour guide, tip and gondola ride. Lots of walking. On Sale May 16th.



# May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00 Newport Playhouse Cabaret Trip (\$105)</p> <p>9:30 IP Tap Class 1 (\$)</p> <p>10:15 IP Tap Class 2 (\$)</p> <p>11:00 IP Parade Practice</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00-3:00 IP Art Class- Watercolor Textures &amp; techniques Part 1 (\$14 for both May classes) <b>2</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>10:00 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Spaghetti w meatballs, marinara sauce, cauliflower &amp; broccoli, garlic knot, orange</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 IP V Former White House Butler Alan DeValerio Presentation (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F) <b>3</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00 V Chair Yoga for Pain</p> <p>10:00 Take Your Best Shot Camera Club (F)</p> <p>10:15 IP Fun Principles of Photography (F)</p> <p>11:00-12:00 Covid-19 Vaccine Clinic (F)-Walk-ins ONLY no appt. needed (Moderna)-please bring vaccine card</p> <p>12:00 Lunch (\$3) Baked chicken florentine, rice pilaf, broccoli, pears</p> <p>12:00-1:00 IP Blood Pressure Clinic (F) <b>4</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>10:15 IP NEW Move with Jessie (\$)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>12:00 Lunch (\$3) Mexican lasagna, mixed vegetables, rice pudding, fruit juice</p> <p>12:30 IP Nickel, Nickel (13 Nickels)</p> <p>12:30 IP Wii Bowling (F)</p> <p>12:45 IP Bridge (F)-All are welcome to come <b>5</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:15 IP NEW High energy, low impact Dance Class with Melissa (\$)</p> <p>10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>2:15 IP Country Line Dancing Class (F) <b>6</b></p>
<p>9:30 IP Tap Class 1 (\$)</p> <p>10:15 IP Tap Class 2 (\$)</p> <p>11:00 IP Parade Practice</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Cupcake Parade for Mothers &amp; Grandmothers (F)</p> <p>Mothers Day Week celebrating Women Programs in Pink*** <b>9</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>9:00-12:00 IP Mini Pedicures (\$25)</p> <p>10:00 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Chicken Divan, brown rice, broccoli, pears</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Flower Arranging at the OL Library. Call 860-434-1684 to register (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F) <b>10</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00 V Chair Yoga for Pain</p> <p>10:00 IP The "Knit-Wits" Knitting Circle (F)</p> <p>12:00 Lunch (\$3) Baked salmon w cucumber &amp; dill, lentil &amp; rice pilaf, asparagus blend, tropical fruit</p> <p>1:00 Make your own organic lotion bars (F) at the Lyme Public Library <b>11</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>9:00-12:00 IP Mini Pedicures (\$25)</p> <p>9:30 Take a Hike Thursday Hiking Group (F)</p> <p>10:00-11:30 5-week IP Early Morning Wordliners Poetry Group (F)</p> <p>10:15-11:15 IP Move with Jesse (\$)</p> <p>12:00 Lunch (\$3) Chicken Pesto Pasta, spring blend veg, orange</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>12:30 IP Nickel, Nickel (13 Nickels)</p> <p>12:30 IP Wii Bowling (F)</p> <p>12:45 IP Bridge (F)-All are welcome to come <b>12</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:00 IP Totally Pitchin Horseshoe Club</p> <p>10:15 IP High energy, low impact Dance Class w Melissa (\$)</p> <p>10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 IP Make your own lavender bath bomb (F) at Lymes Senior Center</p> <p>2:15 IP Country Line Dancing Class (F) <b>13</b></p>
<p>9:30 IP Tap Class 1 (\$)</p> <p>10:15 IP Tap Class 2 (\$)</p> <p>11:00 IP Parade Practice</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 IP and V Lymes' Senior Center Board of Directors Meeting (F) <b>16</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>10:00 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Salisbury Stek, gravy, mashed potatoes, green beans, fruit cocktail</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 IP Outdoor Concert with Joe Mac. (F) Rain date 5/18</p> <p>1:30 IP Rogue Rollers Bocce Club (F) <b>17</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00 V Chair Yoga for Pain</p> <p>10:00 IP "Quilty Pleasures" Quilting Group (F)</p> <p>12:00 Lunch (\$3) Cheese lasagna, broccoli, garlic knot, mandarin oranges</p> <p>12:00-1:00 IP Blood Pressure Clinic (F) <b>18</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>10:00-11:30 5-week IP Early Morning Wordliners Poetry Group (F)</p> <p>10:15-11:15 IP Move with Jesse (\$)</p> <p>11:30-3:00 IP Haircuts with Carrie (\$15)</p> <p>12:00 Lunch (\$3) Sausage, sauce w onions and peppers, penne pasta, mixed veg, tropical fruit</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>12:30 IP Nickel, Nickel (13 Nickels)</p> <p>12:30 IP Wii Bowling (F)</p> <p>12:45 IP Bridge (F)-All are welcome to come <b>19</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:00 IP Totally Pitchin Horseshoe Club</p> <p>10:15 IP High energy, low impact Dance Class w Melissa (\$)</p> <p>10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 IP As the Page Turners Book Club at the Lymes' Senior Center (F)</p> <p>2:15 IP Country Line Dancing Class (F) <b>20</b></p>
<p>9:30 IP Tap Class 1 (F)</p> <p>10:15 IP Tap Class 2 (F)</p> <p>11:00 IP Parade Practice</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00-3:00 IP Art Class- Watercolor Textures &amp; techniques Part 1 (\$14 for both May classes)</p> <p>5:00 VFW Meeting (F) <b>23</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>10:00 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Battered fish, french fries, coleslaw, baked beans, banana</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F) <b>24</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00 V Chair Yoga for Pain</p> <p>10:00 IP "Girls Gone Scrappy" Scrapbooking Group (F)</p> <p>12:00 Birthday Lunch (\$3) Roast Turkey, gravy, mashed potatoes, peas and carrots, cranberry sauce, birthday cake</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>6:00 IP Outside Concert-Old Lyme Town Band (F)</p> <p>Concert Rain date 5/26 at 6 <b>25</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>10:00-11:30 5-week IP Early Morning Wordliners Poetry Group (F)</p> <p>10:15-11:15 IP Move with Jesse (\$)</p> <p>11:30-3:00 Foot Care Clinic with Gretchen (\$35)</p> <p>12:00 Lunch (\$3) Chicken Parmesan, penne pasta, broccoli, mandarin oranges</p> <p>12:30 IP Nickel, Nickel (13 Nickels)</p> <p>12:30 IP Wii Bowling (F)</p> <p>12:45 IP Bridge (F)-All are welcome to come <b>26</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00-10:15 V Slow and Steady Yoga (\$)</p> <p>10:00 IP Art Workshop (F)</p> <p>10:00 IP Totally Pitchin Horseshoe Club</p> <p>10:15 IP High energy, low impact Dance Class w Melissa (\$)</p> <p>10:45-11:15 IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F) <b>27</b></p>
<p>Remembering all the heroic men and women who gave the ultimate sacrifice for their country and our freedom.</p> <p>Come see us dancing in the Old Lyme Parade!</p> <p>10 am Lyme Street</p> <p>CLOSED for Memorial Day <b>30</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>10:00 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Hot dog, potato wedges, 3 bean salad, apple</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Operation Cupcake</p> <p>1:30 IP Rogue Rollers Bocce Club (F) <b>31</b></p>	<p>LUNCHES WILL START BEING SERVED AT THE SENIOR CENTER ON APRIL 5TH. Call (860) 388-1611 x 216 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>Masks are no longer required in the building if you are vaccinated, though they are still suggested.</p> <p>Masks MUST be worn if you are unvaccinated.</p>	<p><b>COLOR CODE</b></p> <p>Green- Clubs</p> <p>Red- Services</p> <p>Blue- Special Events or Classes</p> <p>Purple- NEW CLASSES</p>

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Come and enjoy a summer evening at the Lymes' Senior Center grounds . 26 Town Woods Road for "Summer Sounds" - a FIVE-week musical series.  
(THURSDAY NIGHTS!!)

**ALL AGES ARE WELCOME!!!**

\*\*\*\*We will be serving ice cream outside to all concert goers before the concert at 6:30pm on July 7<sup>th</sup>, 14<sup>th</sup>, & 28<sup>th</sup>

*\*Bring your chairs, blankets, dinner, dancing shoes, etc. the performances will be held out on the lawn. Cancelations will be put on our Facebook page if the weather is inclement.*

**July 7<sup>th</sup> at 7:00pm- The String of Pearls Big Band-** The Best of Big Band Swing and The Great American Songbook! This 17-member band has been delighting dancers and listeners since the early 80's across Connecticut!



**July 14<sup>th</sup> at 7:00pm- The Corvettes Doo Wop Re-**

**vue-** We welcome back Boston's finest Premier

National Touring Doo Wop Band. From New Hampshire

to New Orleans and Virginia to Vegas, The Corvettes perform the great music of the Doo Wop era with a fresh new energy. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all out a Doo Wop Celebration!

**July 21<sup>st</sup> at 7:00pm- The Cartells Band-** We welcome back one of the leading local bands! This 5-person band will be packing the dance floor! Playing Jazz, Swing, Motown, R&B and Rock n Roll!



**July 28<sup>th</sup> at 7:00pm- Rock Solid Alibi**

**(50's, 60's, & 70's)-** Cherry picking from the 1960s, 1970s, 1980s and 1990s, Rock Solid Alibi plays primo cuts from The Allman Brothers, The Cars, Eric Clapton, ZZ Top, Joe Jackson, The Ramones and John Cougar Mellencamp to name just a few.



**August 4<sup>th</sup> at 7:00pm- Take Two and Call Me In The Morning**

(Local group comprised of physicians and health care providers. This person band specializes in vocally driven classic rock songs from the 60's to the 2000's) They play music from the Beatles, Stones, Petty, Bowie, NRBQ, Fleetwood Mac, Billy Joel, the Who, Pretenders, Kinks, Grateful Dead and Elle King just to name a few.)



**Don't feel like cooking before the concert?** On July 21<sup>st</sup> and August 4<sup>th</sup>. the Lions Club will have a cookout at 6pm. Hot dogs, hamburgers, cheeseburgers, drinks, and chips will be available for purchase on the Lymes' Senior Center grounds. Proceeds go to the Lions Club Scholarship Fund.

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

**MONTH OF MAY– Lymes’ Senior Center Artists will be exhibiting their wonderful works at the Old Lyme Town Hall. Join us in admiring their talents and check out their beautiful paintings which will be showcased in the lobby by the meeting hall.**

**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 3rd 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.

Wednesday, May 4th 11-2pm Walk in Covid-19 Moderna Vaccine Clinic hosted by the Ledge Light Health District & the Old Lyme VNA. No appointment necessary. Bring your vaccine record card with you. No residency required.

**Mothers Day Week Long Celebration of Women (Week of May 9th– May 13th)**

**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!

**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–** The Lymes’ Senior Center will have members dancing in the Memorial Day Parade. Please come out for the parade and show your support on Monday, May 30<sup>th</sup> at 10am as members dance down Lyme Street!

**Father’s Day Cookout will be held on Monday, June 13<sup>th</sup> at 12:00pm. *Pre-sign up is required.* ALL MALE MEMBERS ARE FREE. For all other members it will be \$5.00 (lunch will be supplemented by the board of directors). If you wish to come and are not a member, it will be full price. The Lions Club will be hosting it proceeds will go to their scholarship fund. Immediately following at 1:00pm we will celebrate our “FATHERS” by listening to the very talented LOL Jazz Cats Middle School Jazz Band. Make sure to bring your lawn chairs for this outdoor event!**



# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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