Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127 www.seniorcenterct.org

JUNE 2022

PROUDLY SERVING SENIORS 55 AND BETTER!

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WE'LL HELP YOU STAY HEALTHY AT HOME

We Care Visiting Nurses of the Lower Valley

www.visitingnurses.org

Call us: 860-767-0186

Upcoming Classes- To Sign Up Call (860)434-4127 or email us at seniorcenter@oldlyme-ct.gov

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

CLASS	Date of First Class & Time/ Duration	COST
INPERSON CLASSES		
Tap Class 1 (MON)	Drop in and ongoing until 5/20 at 9:30am	$5.00
Tap Class 2 (MON)	Drop in and ongoing at 10:15am	$5.00
Sit n Be Fit (TUES)	Drop in & ongoing at 10:15am	FREE
Low Impact Class with Kate	Wed. Drop in and ongoing at 8:30am	$5.00
Move– Cardio, Strength, Balance	Thursday July 21, August 18	$5.00
Low Impact Class with Kate (FRI)	Drop in and ongoing at 8:30am	$5.00
Beg. Country Line Dancing (FRI)	Drop in and ongoing at 2:15pm	FREE

NEW IN-PERSON CLASSES– FIRST CLASS IS FREE

Tuesday- 9:00am ***NEW*** **Zumba**. This dance fitness class burns over 500 calories an hour, but more importantly is FUN! This class will be held once a month in summer to test interest and begin weekly starting in September. Class $5.00 a class. **Summer classes June 28th, July 26th, August 23rd.** Call (860)434-4127 to register.

Wednesday- 9:00am ***NEW*** **Yoga movement class** (Once a month in summer to test interest and weekly starting in September.) Class $5.00 **Summer classes June 15th, July 13th, August 10th.** Call (860)434-4127 to register.

Thursday– 9:00am ***NEW*** **Why Weight(s)? Class**- Led by Jessie $5.00 a class. This class will be focused on building more muscle. After 50 years of age, muscle tone begins to decline 15% each decade. Weights and body weight training help to develop stronger bones, boost metabolism, improve range of motion and endurance. This class is designed to work with these elements in increasing strength, flexibility and balance with focus on form and execution. We will work with compound exercises incorporating weights, body weight and increasing core strength. Please wear comfortable clothing, bring heavier weights (3-5lbs available at center) and a mat. (Once a month in summer to test interest then weekly starting in September.) Class $5.00 a class. **Summer classes June 23rd, July 21st, August 18th**. Call (860)434-4127 to register.

Friday– 10:15 am ***NEW*** **S-T-R-E-T-C-H Class with Mellisa**, this is a seated class where you will stretch and increase the flexibility in all your major muscle groups. The music will also make this class fun! This class will be held once a month in summer to test interest and begin weekly starting in September. **Summer classes June 17th, July 15th, August 19th**. Call (860)434-4127 to register. Class is free.

VIRTUAL CLASSES

LISTED ON CALENDAR with the letter (V)- call for links

Services (Call (860)434-4127 to schedule appointments)

Mini Pedicures	
Second Thurs. of the Month & Tues. of the same week	$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

Groups and CLUBS– COME JOIN US!!!

(Call (860)434-4127 to sign up)

· ***"Rogue Rollers" Bocce Club***– TUESDAYS 1:30-2:30pm, weather permitting
· *"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)

NEW The "Feelin' Korny" Corn Hole Club- Meets Wednesdays at 1:00pm. Call if you are interested. Newcomers are welcome. Our first get together will be on June 15th. We will be teaching the game and practicing on that day.

NEW "Free-For-All Fridays"- This is a great time to enjoy ALL of the outdoor games with other members. Bocce Ball, Croquet, Horseshoes, Corn Hole, etc. Pick and choose as you like! Meets Fridays at 1:00pm. Call if you are interested. Newcomers are welcome. Time may change to morning as summer days get hotter.

NEW "Let's Get Craftin' "Craft Group- Our MEMBERSHIP is

full of talented crafters. ***If you have a craft you wish to share, please contact us at senior-center@oldlyme-ct.gov OR (860)434-4127 ext. 1 and let us know. This group will meet monthly TBD so we can enjoy the talents of our members and learn new crafts.

- Wet Felting Project with Kristee- learn how to make wool into felt and take home a small bag! Cost for materials will be $5.00, Classes will be limited to 10 people and are scheduled for October 18th and November 15th from 12-3pm
- Fall Floral Arrangements with Mary (made with paper flowers), bring your own vase. Learn how to make beautiful, simple flowers that go for $40.00 at craft fairs! Cost is $5.00 for members to cover the price of the materials

Classes & Workshops (Call (860)434-4127 to sign up)

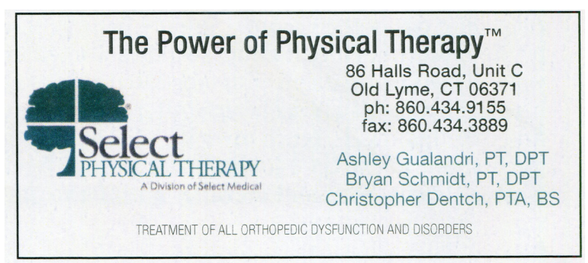
· June 6th and 13th 1-3pm (2 sessions, 4 hours) ($14)- "The Process" Planning and completing your watercolor painting

· June 15th at 1:00pm (FREE)—Scams and Fraud: Tips and Tricks to avoid being a target presented by Navy Federal Credit Union

July 22 1:00pm– Medicare Changes that Can Help– presented by John Pitarra from Senior Health Insurance

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Lunches are being served at the Senior Center Tuesday, Wednesday and Thursday. 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. Grab and Go meals will continue to be offered.	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.	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00** V Chair Yoga for Pain **10:00** IP Take Your Best Shot Camera Club (F) **12:00** Lunch ($3) Shepherd's Pie, corn, biscuit, pears **12:00-1:00** IP Blood Pressure Clinic (F) **1**	**9:00** V High Energy, Low Impact Dance Class (like Jazzercise) **10:00-11:30** 5-week IP Early Morning Wordliners Poetry Group (F) **12:00-1:00** IP Blood Pressure Clinic (F) **12:00** Lunch ($3) Tuna sandwich on croissant, carrot raisin salad, potato chips, banana **12:30** IP Nickel, Nickel (13 Nickels) **12:30** IP Wii Bowling (F) **12:45** IP Bridge (F)-All are welcome to come **2**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00-10:15** V Slow and Steady Yoga ($) **10:00** IP Art Workshop (F) **10:45-11:15** IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** Totally Pitchin Horseshoe Club (F) **1:00** IP Free for All Club (F)-choose horseshoes, bocce ball or cornhole games **3**
9:30 IP Tap Class 1 ($) **10:15** IP Tap Class 2 ($) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00-3:00** IP Art Class-The Process-Planning & Completing your Painting ($14) **6**	**9:00** V High Energy, Low Impact Dance Class like Jazzercise) **9:00-12:00** IP Mini Pedicures ($25) **10:00** IP & V Sit and Be Fit (F) **12:00** Lunch ($3) Baked cod w/lemon, roasted potato, green beans, mandarin oranges **12:00-1:00** IP Blood Pressure Clinic (F) **1:30** IP Rogue Rollers Bocce Club (F) **7**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00** V Chair Yoga for Pain **10:00** IP The "Knit-Wits" Knitting Circle (F) **12:00** Lunch ($3)Penne bolognese, winter blend vegetables, garlic knot, fruited jello **12:00-1:00** IP Blood Pressure Clinic (F) **8**	**9:00** V High Energy, Low Impact Dance Class (like Jazzercise) **9:00-12:00** IP Mini Pedicures ($25) **9:30** Take a Hike Thursday Hiking Group (F) **10:00-11:30** 5-week IP Early Morning Wordliners Poetry Group (F) **12:00** Lunch ($3) BBQ Chicken, Mac & Cheese, spinach, tropical fruit **12:00-1:00** IP Blood Pressure Clinic (F) **12:30** IP Nickel, Nickel (13 Nickels) **12:30** IP Wii Bowling (F) **9**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00-10:15** V Slow and Steady Yoga ($) **10:00** IP Art Workshop (F) **10:45-11:15** IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** Totally Pitchin Horseshoe Club (F) **1:00** IP Free for All Club (F)-choose horseshoes, bocce ball or cornhole games **10**
12:00 Father's Day Cookout **1:00** LOL Middle School Jazz Cats Band Outside Concert (F) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00-3:00** IP Art Class-The Process-Planning & Completing your Painting ($14) **13**	**9:00** V High Energy, Low Impact Dance Class like Jazzercise) **10:00** IP & V Sit and Be Fit (F) **12:00** Lunch ($3) Chicken divan, brown rice, broccoli, fruit cocktail **12:00-1:00** IP Blood Pressure Clinic (F) **1:30** IP Rogue Rollers Bocce Club (F) **14**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00** IP Yoga Movement ($) **9:00** V Chair Yoga for Pain **10:00** IP "Quilty Pleasures" Quilting Group (F) 12:00 Lunch ($) Pork roast w gravy, sweet potato, brussel sprouts, apple sauce, oatmeal raisin cookie **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** IP Latest Frauds & Scams-How to protect yourself (F)**15**	**9:00** V High Energy, Low Impact Dance Class (like Jazzercise) **9:00-12:00** IP Haircuts with Carrie($15) **12:00** Lunch ($3) Chicken pesto pasta, spring veg, tropical fruit **12:00-1:00** IP Blood Pressure Clinic (F) **12:30** IP Nickel, Nickel (13 Nickels) **12:30** IP Wii Bowling (F) **7:00** String of Pearls Outdoor Concert (F) **16**	**8:30** IP Low Impact and Strength Train with Kate ($) **8:30** Newport Flower Show Bus Trip ($) **9:00-10:15** V Slow and Steady Yoga ($) **10:00** IP Art Workshop (F) **10:15** IP Stretch Class with Melissa ($) **10:45-11:15** IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** Totally Pitchin Horseshoe Club (F) **1:00** IP Free for All Club (F) **1:00** IP As the Page Turns Book Club **at the Lyme Public Library (F)** **2:15** IP Country Line Dancing Class (F) **17**
9:30 IP Tap Class 1 (F) **10:15** IP Tap Class 2 (F) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** IP and V Lymes'Senior Center Board of Directors Meeting (F) **20**	**9:00** V High Energy, Low Impact Dance Class like Jazzercise) **10:00** IP & V Sit and Be Fit (F) **12:00** Lunch ($3)Swedish meatballs over egg noodles w beef gravy, peas, sauteed apples **12:00-1:00** IP Blood Pressure Clinic (F) **1:30** IP Rogue Rollers Bocce Club (F) **21**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00** V Chair Yoga for Pain **10:00** IP "Girls Gone Scrappy" Scrapbooking Group (F) **12:00** Lunch ($) Chicken caesar salad, corn muffin, orange **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** CT Coastal Waterways Program (F) **22**	**9:00** V High Energy, Low Impact Dance Class (like Jazzercise) **9:00** Why Weights Class ($) **12:00** Lunch ($3) Beef tips w gravy, mashed potatoes, broccoli, vanilla pudding, fruit juice **12:00-1:00** IP Town NurseFoot Care Clinic call 860-434-7808 for appt (F) **12:30** IP Nickel, Nickel (13 Nickels) **12:30** IP Wii Bowling (F) **23**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00-10:15** V Slow and Steady Yoga ($) **10:00** IP Art Workshop (F) **10:45-11:15** IP Grab and Go Lunch pickup (Call 860-388-1611 to sign up) **12:00-1:00** IP Blood Pressure Clinic (F) **1:00** Totally Pitchin Horseshoe Club (F) **1:00** IP Free for All Club (F) **24**
12:00-1:00 IP Blood Pressure Clinic (F) **1:00** Operation Cupcake (F) **5:00** VFW Meeting (F) **27**	**9:00** V High Energy, Low Impact Dance Class like Jazzercise) **9:00** IP Zumba ($) **10:00** IP & V Sit and Be Fit (F) **12:00** Lunch ($3) Fish & chips, cole slaw, baked beans, banana **12:00-1:00** IP Blood Pressure Clinic (F) **1:30** IP Rogue Rollers Bocce Club (F) **28**	**8:30** IP Low Impact and Strength Train with Kate ($) **9:00** V Chair Yoga for Pain **12:00** Birthday Lunch ($) Chicken cordon bleu, roasted red potatoes, beets, fruit juice, birthday cake **12:00-1:00** IP Blood Pressure Clinic (F) **6:00** IP Outdoor Concert-Waterford Community Band (F) **Concert Rain date 6/30** **29**	**9:00** V High Energy, Low Impact Dance Class (like Jazzercise) **12:00** Lunch ($3)Swiss steak w/tomato gravy, mashed potatoes, broccoli, vanilla pudding, fruit juice **12:00-1:00** IP Blood Pressure Clinic (F) **12:30** IP Nickel, Nickel (13 Nickels) **12:30** IP Wii Bowling (F) **6:00** Concert Rain date **30**	**COLOR CODE** Green- Clubs Red- Services Blue- Special Events or Classes Purple- NEW CLASSES



- SAVE THE DATES - CALL (860)434-4127 ext. 1 or email seniorcenter@oldlyme-ct.gov to register

Father's Day Cookout on Monday, June 13th at 12:00pm. FREE FOR ALL MALE MEMBERS!! We will be serving Hot Dogs, Hamburgers, and Cheeseburgers with chips and water. ***Pre-sign up is required.***
For all other members it will be $5.00 (lunch will be supplemented by the board of directors). **Pre-signup and payment required.** 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!

String of Pearls Band will be performing in an outdoor concert at the Lymes' Senior Center grounds on Thursday, June 16th at 7:00pm. Please come and enjoy the sounds of the Big Bands. Tips will be accepted but not expected.

CT Waters: A Celebration of our Coastline -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, June 22nd at 1:00pm.** Books will be available for signing at the end of this event.

A **Waterford Community Band Concert** will be held out on the lawn on Wednesday, June 29th at 6:30pm. All are welcome to attend. Please bring your own lawn chairs. Raindate will be Thursday, June 30th at the same time.

July 11th- FREE Walk in Covid Vaccine Clinic 11am-2pm at the Lymes' Senior Center- 26 Town Woods Road Old Lyme

Only the Moderna vaccine will be available at these clinics, for individuals 18 years or older who need a 1st or 2nd dose (primary series) or are eligible for a 1st or 2nd booster dose.
The following groups are eligible for a 1st booster shot at this clinic:
individuals 18 years of age and older who have completed a primary series of a mRNA COVID-19 vaccine (Moderna or Pfizer) ***and*** *it has been at least 5 months since completion of primary series.*
individuals 18 years of age and older who have had a primary dose of Johnson COVID-19 vaccine ***and*** *it has been at least 2 months and would like a mRNA booster*
The following groups are eligible for a 2nd booster shot at this clinic:
individuals 50 years of age and older who have received a first booster dose of any authorized or approved COVID-19 vaccine, ***and*** *it has been at least 4 months since first booster dose*
The clinic is free and open to the public. No appointment, insurance, or ID is necessary. Please bring your CDC vaccination card. Please call 860-434-4127 or email seniorcenter@oldlyme-ct.gov for more information.

A Caregivers Emotional Journey On, Wednesday July 20, 2022, at 1:00pm Mattthew Borrelli will read poems from his poetry book that will take the audience though the shared experiences of caring for a loved one with dementia. His storytelling will engage the audience and act as a therapeutic tool for all to express their similar feelings. His evolution to understanding of dementia will be evident as he reads from his poetry book entitled "JOURNEY OF A POET AND HIS MUSE" Please call 860-434-4127 or email seniorcenter@oldlyme-ct.gov to register or for more information on this free program. This program will be available virtually as well as in person.

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 7th, 14th, & 28th

**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 7th 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 14th at 7:00pm- The Corvettes Doo Wop Revue- 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 21st 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 28th 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.

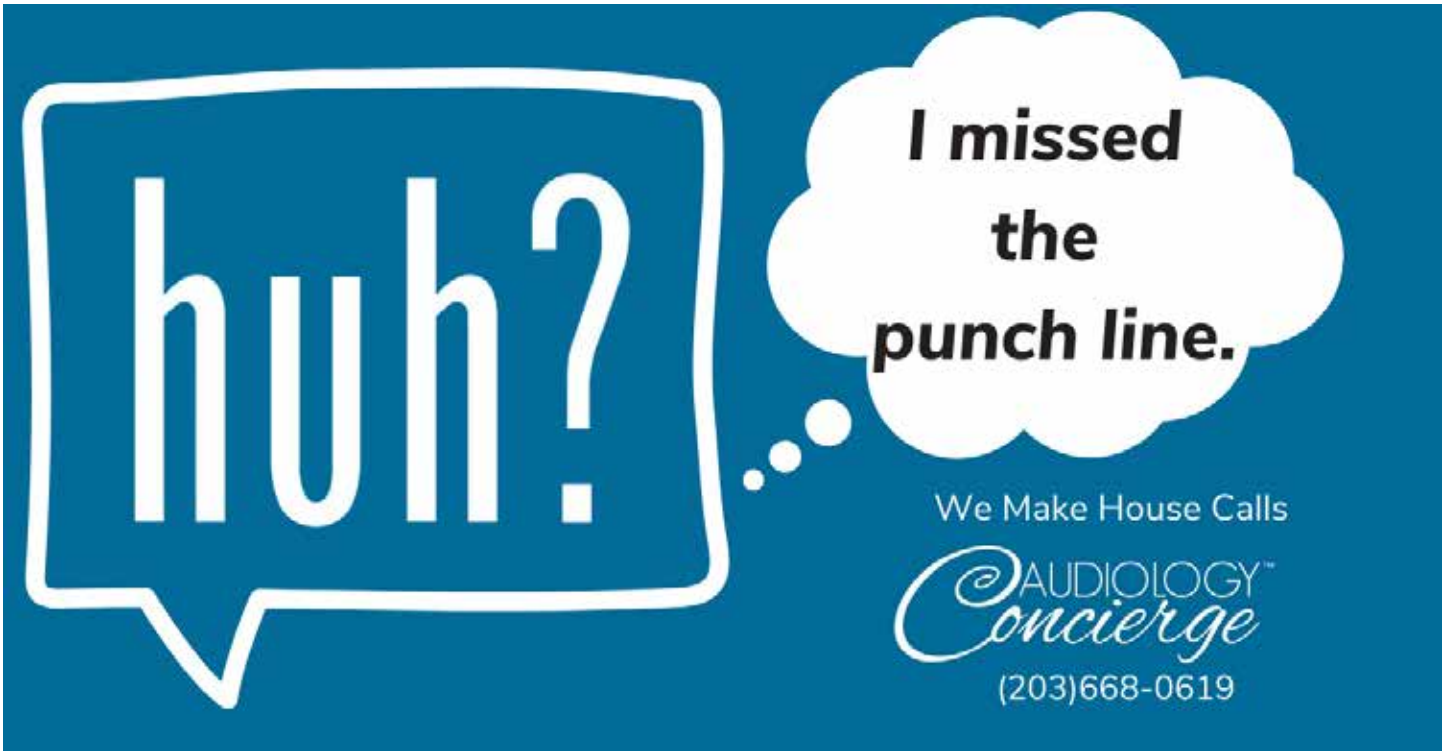
August 4th at 7:00pm- Take Two and Call Me In The Morning

(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 21st and August 4th, 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.

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

PRSRT STD
U.S. Postage
PAID
Permit No. 155
Deep River, CT

Proudly serving seniors 55 & better