

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org

JULY 2022

PROUDLY SERVING SENIORS 55 AND BETTER!



Classes

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Clubs

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Calendar of
Events

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Upcoming
Events &
Lifelong
Learning
Lectures

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Summer
Sounds
Concert Series

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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

<u>CLASS</u>	<u>Date of First Class & Time/ Duration</u>	<u>COST</u>
<u>INPERSON CLASSES</u>		
Tap Summer Practice	Drop in through the summer (no instructor)	FREE
Zumba	July 26th & August 23rd at 9:00am	\$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
Yoga Movement Class	July 13th & August 10th at 10:00am	FREE
Move- Cardio, Strength, Balance	Thursday July 21, August 18 at 10:15am	\$5.00
Why Weight(s)? Class	July 21st & August 18th at 9:00am	\$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
S-T-R-E-T-C-H & Strength	July 15th & August 19th at 10:15am	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 July 26th, August 23rd.** Call (860)434-4127 to register.

Wednesday- 10:00am **NEW Yoga movement class** (Once a month in summer to test interest and weekly starting in September.) Class \$5.00 **Summer classes 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 July 21st, August 18th.** Call (860)434-4127 to register.

Friday- 10:15 am **NEW S-T-R-E-T-C-H & Strength 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! You will also use light weights or no weights for part of this class. This class will be held once a month in summer to test interest and begin weekly starting in September. **Summer classes July 15th, August 19th.** Call (860)434-4127 to register. Class is free.

ART CLASSES- ASK FOR MATERIAL LIST WHEN YOU SIGN UP

Painting Birds and Butterflies – August 8, 15 – Mondays 1-3pm – 2 weeks (\$14.00)

Working from photo references students will use these brilliantly colored creatures as the main subject in small sized paintings. Learning to paint clean and precise will be the lesson here.

Still Life of Summer Vegetables – September 12, 19- Mondays 1-3pm– 2 weeks (\$14.00)

Late summer gives us a bounty of colorful and interesting vegetables. Students will work from still life set ups of these to create close-up paintings. Lesson will concentrate on composition and contrast.

Floral Arrangements – October 3, 10 – Mondays 1-3pm - 2 weeks (\$14.00)

Students will paint from a still life of flowers set up in class. The approach will be loose, washy and more abstract than real. These will be fun and relaxing sessions. The lesson will center on color, value (dark/light) and composition.

Painting Water and Seascapes –NOVEMBER 7, 14 - Mondays 1-3pm– 2 weeks (\$14.00)

Learn how to paint different kinds of water including reflections, rain and water in motion. There will be a demonstration of each kind then students can practice those. The second week students will work on their own original painting with their choice of water featured in it.

Virtual Classes & Programs

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

Groups and CLUBS– COME JOIN US!!!

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

- **“Take Your Best Shot” Camera Club**– THE FIRST WEDNESDAY OF THE MONTH 10:00-11:45am

UPCOMING WORKSHOPS & EVENTS

August 3rd 10:00am-Photographing Light, Shadow, Reflections & Patterns

September 7th 10:00am-Editing and Taking pictures with iPhones 101

October 5th 10:00am– Photo Matting & Framing Basics

November 2nd 10:00am– Camera Club Members choosing to exhibit in December will bring in their pieces for advice on framing their pieces.

November 30th 10:00am– Hang Photography Exhibit at the OL Town Hall

December 1-30st-“Take Your Best Shot Camera Club” will be exhibiting their framed photographs at Old Lyme Town Hall.

- **“Rogue Rollers” Bocce Club**– TUESDAYS 1:30-2:30pm, weather permitting

- **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

- **“Totally Pitchin” Horsesh-U (Horseshoe) Club**-FRIDAYS 1-2pm, weather permitting

- **“Take a Hike Thursday” Hiking Group**- SECOND THURSDAY OF THE MONTH 9:30-11:30ish

UPCOMING HIKES

July 14 – Rocky Neck Beach. Rte 156, Niantic, CT. Meet at the parking lot on Rte i56 across from the KOA Campground, 271 Main St (Rte 156), about 0.5 mile east of the intersection with Four Mile River Rd. A beautiful walk along the salt marshes to the beach on Long Island Sound. Bring binoculars if you have them. 2.5 miles

August 11 – Watch Rock Preserve. Joel Road, Old Lyme. Meet at the parking lot. Walk along rocky outcroppings on the water with beautiful views of the salt marshes. Bring your binoculars. We will take our time. 1 mile.

September 8 – Gillette’s Castle State Park. Ferry Rd. (Rte 148) Lyme CT. Meet at the Hadlyme public boat ramp parking lot by the Chester-Hadlyme Ferry. (Note: For google maps, search for “Chester-Hadlyme Ferry”. Make sure GPS sends you to Ferry Road in Lyme, not Old Lyme. We will walk up a beautiful walkway to the Castle and explore the route that was once a narrow gauge train trail. Beautiful CT River views. 2.5 miles.

October 13 –John Lohman CT River Preserve. 33 Colt Lane, Old Lyme CT. Parking is along the road. A short steep incline opens to a beautiful expanse of meadow. We will walk along the mowed path to each our destination, Whale Rock, a spectacular outcropping with views of Lord Cove and the CT River. Bring your binoculars. 1.5 miles

November 10 – Brockway-Hawthorne Preserve. Brush Hill Road, Lyme CT. Meet at the Brush Hill Rd. parking lot. We will walk to the Selden Cemetery and back past beautiful natural and manmade stone features. About 2.5 miles

July 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.	COLOR CODE Green- Clubs Red- Services Blue- Special Events or Classes Purple- NEW CLASSES		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 Fridays (F) 1
Closed Independence Day Holiday 4	9:00 V High Energy, Low Impact Dance Class like Jazzercise) 10:15 IP & V Sit and Be Fit (F) 12:00 Lunch (\$3) Baked Tilapia, roasted potatoes, spring veg mix, mandarin oranges 12:00-1:00 IP Blood Pressure Clinic (F) 1:30 IP Rogue Rollers Bocce Club (F) 5	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) Salisbury steak, mashed potatoes, green beans, fruit cocktail 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F) 6	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:30 Take a Hike Thursday Hiking Group (F) 10:00-11:30 IP Early Morning Wordliners Poetry Group (F) 12:00 Lunch (\$3) Penne bolognese, winter blend veg, bread stick, pineapple bits 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (13 Nickels) / IP Wii Bowling (F) 12:45 IP Duplicate Bridge (F) 6:30 IP Free Ice Cream 7:00 IP String of Pearls Outdoor Concert (F) Bring your own chair 7	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 Fridays (F) 8
10:00 IP Tap Practice (no instructor) (F) 11:00-2:00 IP Covid Vaccine/Booster Walk-in clinic (F) 12:00-1:00 IP Blood Pressure Clinic (F) 11	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) Chicken stir fry, brown rice, oriental veg, strawberry shortcake 12:00-1:00 IP Blood Pressure Clinic (F) 1:30 IP Rogue Rollers Bocce Club (F) 12	8:00 Charles River Boat Cruise & Cheesecake Factory Lunch Trip (\$) 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 (\$) BBQ chicken, mac & cheese, spinach, peaches 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F) 13	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00-12:00 IP Mini Pedicures (\$25) 12:00 Lunch (\$3) Shepherd's pie, corn, biscuit, fruit cocktail 12:00-1:00 IP Blood Pressure Clinic (F) 12:30 IP Nickel, Nickel (13 Nickels) 12:30 IP Wii Bowling (F) 12:45 IP Duplicate Bridge (F) 6:30 IP Free Ice Cream 7:00 Corvettes Doo Wop Revue Outdoor Concert (F) 14	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) 10:15 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 Senior Center (F) call for book selection 2:15 IP Country Line Dancing Class (F) 15
10:00 IP Tap Practice (no instructor) (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP and V Lymes' Senior Center Board of Directors Meeting (F) 18	9:00 V High Energy, Low Impact Dance Class like Jazzercise) 10:00 IP & V Sit and Be Fit (F) 12:00 Lunch (\$3) Pulled pork sandwich, baked beans, coleslaw, peach crisp 12:00-1:00 IP Blood Pressure Clinic (F) 1:30 IP Rogue Rollers Bocce Club (F) 19	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 (\$) Herb baked chicken, mashed potatoes, capri blend veg, mandarin oranges 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 A Caregivers Emotional Journey (F) 1:00 Feeling Korny-Corn Hole Group (F) 20	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00 Why Weights Class (\$) 9:00-12:00 IP Haircuts with Carrie (\$15) 10:15 Move with Jesse (\$) 12:00 Lunch (\$3) Roasted turkey w/gravy, mashed potato, peas & carrots, fruited jello 12:30 IP Nickel, Nickel (13 Nickels) 12:30 IP Wii Bowling (F) 12:45 IP Duplicate Bridge (F) 6:00 Lions Club Cookout-Food for sale 7:00 The Cartells Outdoor Concert (F) Bring your own chair 21	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 Medicare Changes Seminar (F) 1:00 Totally Pitchin Horseshoe Club (F) 1:00 IP Free for All Club (F) 2:15 IP Country Line Dancing Class (F) 22
10:00 IP Tap Practice (no instructor) (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Operation Cupcake (F) 5:00 VFW Meeting (F) 25	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) Chicken Caesar salad, corn muffin, orange 12:00-1:00 IP Blood Pressure Clinic (F) 1:30 IP Rogue Rollers Bocce Club (F) 26	8:30 IP Low Impact and Strength Train with Kate (\$) 9:00 V Chair Yoga for Pain 8:45 Whale Watch Boat Trip (\$) 12:00 Birthday Lunch (\$) Cheese lasagna, catalina blend veg, garlic knot, fruit juice, birthday cake 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F) 27	9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 12:00 Lunch (\$3) Fish & chips, coleslaw, baked beans, banana 12:00-1:00 IP Blood Pressure Clinic (F) 12:00-3:00 IP Foot Care with Gretchen (\$35) 12:30 IP Nickel, Nickel (13 Nickels) 12:30 IP Wii Bowling (F) 12:45 IP Duplicate Bridge (F) 6:30 IP Free Ice Cream 7:00 Rock Solid Alibi Outdoor Concert (F) Bring your own chair 28	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) 2:15 IP Country Line Dancing Class (F) 29

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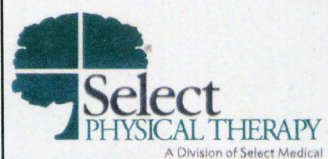
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TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS



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

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 Matthew Borrelli will read poems from his poetry book that will take the audience through 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 and in person.

AARP Driver Safety Class On, Tuesday, August 23rd from 1-5pm. Cost is \$20.00 for AARP Members/ \$25.00 for non-members. Checks Only. Call to pre-register.

A Rockin' Block Party (Regional Event)- Music Provided by the Corvettes Doo Wop Revue On, Thursday, September 22nd 23rd from 5-7:30pm we will be having an outdoor dance party. Food trucks will be available or you can bring your own dinner. But bring your own chairs. This will be held at the Groton Senior Center- 102 Newtown Road. Carpooling is strongly suggested and there will be transportation available for an additional fee. Cost is \$10.00 and tickets are limited. Tickets go on sale August 1st.

Upcoming Lifelong Learning Lectures & Performances- Free for members (\$10 each for non-members)

September 7th at 1:00pm-**Transatlantic Airships** with the Bow Tie Historian

October 5th at 1:00pm- **The Connecticut Witch Trials** with the Bow Tie Historian

November 2nd at 1:00pm- **The 1964/65 NY World's Fair** with the Bow Tie Historian

November 9th at 1:00pm- **Harriet Tubman- A Woman with a Railroad**- A one woman show stage with Abwao Bandele-Asante

January 4th at 1:00pm- **The Roaring 20's** with the Bow Tie Historian

January 18th at 1:00pm- **The Amistad Story**- A one woman show with Abwao Bandele-Asante

February 1st at 1:00pm- **Failed Presidential Assassinations** with the Bow Tie Historian

March 1st at 1:00pm-**The SS United States: Fastest Ship in the World** with the Bow Tie Historian

April 5th at 1:00pm- **The Sinking of the Titanic** with the Bow Tie Historian

Come and enjoy a summer evening at the
Lymes' Senior Center
 26 Town Woods Road, Old Lyme

Summer Sounds.

Thursday Nights at 7 pm

All ages are welcome

Bring chairs, blankets, dinner, etc.
 The performances will be held on the lawn
 (Cancellations on our FaceBook page if weather is inclement)

**We will be serving ice cream outside before the concert at 6:30 on
 July 7, 14 and 28**

Lions Club Cookout at 6 pm July 21 and August 4
 (Proceeds go to the Lions Club Scholarship Fund)



July 7
 String of Pearls



July 14
 The Corvettes
 Doo Wop Revue



July 21
 The Cartells Band



July 28
 Rock Solid Alibi



August 4
 Take Two and
 Call Me in the
 Morning

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Lymes' Senior Center

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