

# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

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

## AUGUST 2022

**PROUDLY SERVING SENIORS 55 AND BETTER!**



**Classes**

**Pg 2**

**Groups &  
Workshops**

**Pg 3**

**Calendar of  
Events**

**Pg 4 & 5**

**Upcoming  
Events**

**Pg 6 & 7**

**Trips & Tours**

**Pg 7**



## **GET HELP AT HOME**

We offer private, non-medical homecare services including:

Personal Care, Concierge Services, Respite Care,

Transportation, Help Around the House

(Housekeeping and Meal Preparation), and More!



Lower Valley  
**Care Advocates**

**860-767-2695 | [www.lowervalleycareadvocates.org](http://www.lowervalleycareadvocates.org)**

**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 &amp; Time/ Duration</u>	<u>COST</u>
<b><u>INPERSON CLASSES</u></b>		
Tap Summer Practice (MON)	10:15 drop in through the summer(no instructor)	FREE
Zumba (TUES)	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 (WED)	August 10th at 10:00am	FREE
Move– Cardio, Strength, Balance	Thursday August 18 at 10:15am	\$5.00
Why Weight(s)? Class (THURS)	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	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. Remaining **summer class August 23<sup>rd</sup>**. 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 Remaining **Summer class August 10<sup>th</sup>**. 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. Remaining **summer class August 18<sup>th</sup>**. 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. Remaining **summer class August 19<sup>th</sup>**. Call (860)434-4127 to register. Class is free.

**ART CLASSES WITH JEANETTE GREEN**

**Floral Arrangements in Watercolor August 8 & 15 - Mondays 1-3pm - 2 weeks**

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. Cost (\$20.00 for two week session– sign up and payment due in advance)

**Painting Birds and Butterflies in Watercolor September 12 & 19 - Mondays 1-3pm – 2 weeks**

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. Cost (\$20.00 for two week session– sign up and payment due in advance)

**Still Life of Autumn Vegetables in Pastel October 3 & 10 - Mondays 1-3pm– 2 weeks**

Autumn gives us a bounty of colorful and interesting vegetables. Students will work from still life set ups of these to create pastel paintings. Lesson will concentrate on composition, contrast and mixing colors. Cost (\$20.00 for two-week session– sign up and payment due in advance, \$30.00 for non-members 55 years of age and better). Cost (\$20.00 for two week session– sign up and payment due in advance)

**Drawing Seascapes in Pencil (Sketching) November 7 & 14 - Mondays 1-3pm– 2 weeks**

Learn how to draw a seascape with waves in pencil. Students will use photo references. Lesson will concentrate on composition and value. Cost (\$20.00 for two week session– sign up and payment due in advance)



## 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 CAMERA 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

- **“As the Page Turns Book Club**:-THIRD FRIDAY OF THE MONTH 1:00-2:00PM , location alternates monthly between Lymes’ Senior Center & Lyme Public Library

### UPCOMING HIKES

**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 Coult 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

# August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 IP Summer Tap Practice (no instructor) (F)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p style="text-align: right;"><b>1</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>10:15 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Chicken Cordon Bleu, wild rice, beets, pears</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F)</p> <p style="text-align: right;"><b>2</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 Take Your Best Shot Photography Group</p> <p>10:15 IP Photography Class: Light, Shadow, Reflections &amp; Patterns (F)</p> <p>12:00 Lunch (\$3) Cheese stuffed shells, Italian blend veg, mandarin oranges</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Feeling Korny-Corn Hole Group (F)</p> <p style="text-align: right;"><b>3</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>12:00 Lunch (\$3) Orange chicken, brown rice, oriental veg, pineapple</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 Duplicate Bridge (F)</p> <p>6:00 IP Lions Club Cook Out- food for sale</p> <p>7:00 IP Take Two &amp; Call Me in the Morning Outdoor Concert (F) Bring your own chair</p> <p style="text-align: right;"><b>4</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>10:45-11:15 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 Totally Pitchin Horseshoe Club (F)</p> <p>1:00 IP Free for All Fridays (F)</p> <p>2:15 IP Country Line Dancing Class (F)</p> <p style="text-align: right;"><b>5</b></p>
<p>9:30-1:30 IP Haircuts with Laurie (\$)</p> <p>10:00 IP Summer Tap Practice (no instructor) (F)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00-3:00 IP Watercolor Class 2-part Session Painting Floral Arrangements in Watercolor (\$20/session)</p> <p style="text-align: right;"><b>8</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>10:15 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Cobb Salad, corn muffin, orange</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F)</p> <p style="text-align: right;"><b>9</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00 IP Yoga Movement (\$)</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) Meatloaf, roasted red potatoes, capri blend veg, blueberry apple crisp</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Feeling Korny-Corn Hole Group (F)</p> <p style="text-align: right;"><b>10</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 Watch Rock Preserve (F)</p> <p>12:00 Lunch (\$3) Mac &amp; cheese, stewed tomatoes, zucchini, tropical fruit</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>12:30 IP Nickel, Nickel (13 Nickels) / IP Wii Bowling (F)</p> <p>12:45 IP Duplicate Bridge (F)</p> <p style="text-align: right;"><b>11</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>10:45-11:15 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 Totally Pitchin Horseshoe Club (F)</p> <p>1:00 IP Free for All Fridays (F)</p> <p>2:15 IP Country Line Dancing Class (F)</p> <p style="text-align: right;"><b>12</b></p>
<p>10:00 IP Summer Tap Practice (no instructor) (F)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00-3:00 IP Watercolor Class 2-part Session Painting Floral Arrangements in Watercolor (\$20/session)</p> <p style="text-align: right;"><b>15</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>10:15 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Eggplant Parmesan, capri blend veg, glaric knot, strawberry short cake</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F)</p> <p style="text-align: right;"><b>16</b></p>	<p>8:00 Providence-Italian Style Trip (\$)</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) Baked cod, Roasted red potato, spinach, banana</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Feeling Korny-Corn Hole Group (F)</p> <p style="text-align: right;"><b>17</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>9:00 Why Weights Class (\$)</p> <p>9:00-12:00 IP Haircuts with Carrie (\$15)</p> <p>10:15 Move with Jesse (\$)</p> <p>12:00 Lunch (\$3) Roast pork w gravy, mashed sweet potato, green beans, apple sauce</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 Duplicate Bridge (F)</p> <p style="text-align: right;"><b>18</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 Stretch 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>1:00 Totally Pitchin Horseshoe Club (F)</p> <p>1:00 IP Free for All Club (F)</p> <p>1:00 IP As the Page Turns Book Club at the Lyme Public Library (F) call for book selection</p> <p>2:15 IP Country Line Dancing Class (F)</p> <p style="text-align: right;"><b>19</b></p>
<p>10:00 IP Tap Practice (no instructor) (F)</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)</p> <p>5:00 VFW Meeting (F)</p> <p style="text-align: right;"><b>22</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>9:00 IP Zumba (\$)</p> <p>10:15 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Herb baked chicken w gravy, roasted red potato, brussels sprouts, watermelon</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00-5:00 AARP Safe Driving Course, (\$20 members, \$25 non-members)</p> <p>1:30 IP Rogue Rollers Bocce Club (F)</p> <p style="text-align: right;"><b>23</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 Lunch (\$3) Penne pasta w bolognese sauce, winter blend veg, bread stick, pears</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Feeling Korny-Corn Hole Group (F)</p> <p style="text-align: right;"><b>24</b></p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise)</p> <p>12:00 Lunch (\$3) Chicken cutlet sandwich w honey mustard, lettuce &amp; tomato, potato wedges, coleslaw, pineapple</p> <p>12:00 VNA Foot Care Clinic (F)</p> <p>12:30 IP Nickel, Nickel (13 Nickels)</p> <p>12:30 IP Wii Bowling (F)</p> <p>12:45 IP Duplicate Bridge (F)</p> <p style="text-align: right;"><b>25</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>10:45-11:15 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 Totally Pitchin Horseshoe Club (F)</p> <p>1:00 IP Free for All Club (F)</p> <p>2:15 IP Country Line Dancing Class (F)</p> <p style="text-align: right;"><b>26</b></p>
<p>10:00 IP Tap Practice (no instructor) (F)</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p style="text-align: right;"><b>29</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise)</p> <p>10:015 IP &amp; V Sit and Be Fit (F)</p> <p>12:00 Lunch (\$3) Baked tilapia, rice pilaf, spring veg mix, tropical fruit</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:30 IP Rogue Rollers Bocce Club (F)</p> <p style="text-align: right;"><b>30</b></p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$)</p> <p>9:00 V Chair Yoga for Pain</p> <p>12:00 Birthday Lunch (\$3) BBQ chicken, mac &amp; cheese, spinach, fruit juice, birthday cake</p> <p>12:00-1:00 IP Blood Pressure Clinic (F)</p> <p>1:00 Feeling Korny-Corn Hole Group (F)</p> <p style="text-align: right;"><b>31</b></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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**- SAVE THE DATES - CALL (860)434-4127 ext. 1 or email seniorcenter@oldlyme-ct.gov to register**

**Take Two & Call Me in the Morning Band-** An outdoor concert on, Thursday, August 4th at 7 pm. The Lions Club will be selling hot dogs and hamburgers and the proceeds will benefit their scholarship program. members. Bring your chairs, blankets, & dancing shoes!

**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.

**Upcoming Lifelong Learning Lecture: Transatlantic Airships-** September 7th at 1:00pm with the Bow Tie Historian Jason Scappaticci. Most people are familiar with one airship, the Hindenburg, and only because of its tragic ending that was caught on film. Prior to this catastrophic accident though the world experienced an airship craze and competition between countries that pushed companies to design larger and more luxurious airships. **This lecture is free for members (\$10 each for non-members).** Call to pre-register

**Fraud & The Elder Justice Line Presentation by the CT Office of the Attorney General-** On, Tuesday, September 20th at 1:00pm . This is a must attend for Seniors to learn about how to protect themselves from, and get help when, being scammed and discriminated against.

**Finding the Right Senior Living Solution-** On, Wednesday, September 21st at 1:00pm, Doug Murphy of Century Senior Referrals LLC will be here to present and answer questions about the types of assisted living options, understanding how it can help, choosing the right community, researching the costs, making a plan on how to pay for care, talking to your family about it, logistics, and the move in experience. Doug will also be available to answer all questions after the presentation. This is an informational presentation only. Please 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.

**Nonagenarian Birthday Luncheon-** On, Monday, September 26th at 12:00pm. All are welcome to attend. Members 90 and Better will be free and asked to arrive at 11:30am for pictures. Guests and other members do not need to arrive until 12:00pm unless traveling with the nonagenarian. All other members & guests will be \$5.00 a person. This luncheon will be held outside, weather permitting. All those wishing to attend should register and pay before September 12th.

**A Free Oil Painting Demo will be done by Artist Tom Torrentti-** On, Tuesday, September 27th at 12:30pm. Come enjoy watching this talented oil painter. This demonstration is free. If you are interested in taking his classes we will be holding them on Tuesdays in October from 12:30pm-3:30pm. Tom is an elected member of the Lyme Art Association and first exhibited there in 1969. A graduate of Paier College, Torrentti is an artist based in Westbrook, CT, with over 50 years of painting experience. Call to reserve your seat at this free event.

## **Trips and Tours**

### **DAY TRIPS**

#### **Wednesday, August 17 – Providence Italian Style**

Enjoy a walking tour of Providence showcasing the Italian connection. A delectable Italian style lunch on Federal Hill followed by a Venetian Gondola ride. Trip fee \$130 per person. Lots of walking. Registration now open.

#### **Mark your calendars. Details to Follow**

Wed, October 5 – Covered Bridges/Cathedral of the Pines

Thu., October 20 – Jack-O-Lantern Spooktacular at Roger Williams Zoo

Wed., Nov. 16 – Shopping at Woodbury Commons

Sat., Dec. 3 – New York City on Own

Wed., Dec. 7 – Newport Playhouse – A Christmas Carol

### **OVERNIGHT TOURS**

**Aug. 26 – Sep. 2, 2022 – 8-day Alaskan Cruise** on board The Celebrity Solstice. Airfare included. See the wonders of Alaska from the comfort of a cruise ship. Depart from T. F. Green Airport in Providence, RI. Prices start at \$2,501pp not including trip insurance. If you're interested, we can email you the link to view the details of the trip and even to register online. This trip is a definite go so if you are interested book now!

**Oct. 6 – Oct. 15, 2022 – 10 Day Shades of Ireland.** Visit to Dublin, Blarney Castle, Kilkenny, Waterford Ring of Kerry, and the Cliffs of Moher. Trip includes 13 meals, transportation and transfers. Cost is \$3,699pp double occupancy. Trip insurance strongly encouraged for additional \$399pp.

**“NEW” Oct. 26 – 28, 2022 – 3-day Lancaster, PA Sight & Sound** Presentation of their brand-new show “DAVID”. 2 nights, 4 meals and sight-seeing. \$585pp double occupancy. Trip insurance encouraged.

### **Coming Soon for 2023**

Spain & Portugal – 12 Day Tour – April 15, 2023

California Dreaming – 8 Day Tour - August 22, 2023

Northern Italy and Its Lakes – 9 Day Tour – October 2023



# Lymes' Senior Center

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