

# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

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



## SEPTEMBER 2022

**PROUDLY SERVING SENIORS 55 AND BETTER!**

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## GET HELP AT HOME

We offer private, non-medical homecare services including:

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Transportation, Help Around the House

(Housekeeping and Meal Preparation), and More!



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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](mailto: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 until Sept 19th (no instr.)	FREE
Tap Classes (MON)	starting September 19th 9:30 & 10:15am	\$5.00
Zumba (TUES)	Tuesdays at 9:00am	\$5.00
Sit n Be Fit (TUES)	Tuesdays at 10:15am	FREE
Low Impact Class with Kate	Wednesdays at 8:30am	\$5.00
Yoga Movement Class (WED)	Wednesdays at 10:00am	\$5.00
Low Impact Class with Jessie (TH)	Thursdays at 10:15am	\$5.00
Why Weight(s)? Class (THURS)	Thursdays 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
4S Class (Sit, Stretch, Strength & Song)	Fridays at 10:15am	FREE

**Virtual Classes & Programs**

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

**PAINTING & SKETCHING CLASSES WITH JEANETTE GREEN**

ASK FOR MATERIAL LIST WHEN YOU SIGN UP

**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 & 17 - 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)

**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)

**NEW OIL PAINTING DEMO & ART CLASSES WITH TOM TORRENTI**

A free oil painting demonstration will be done by Artist Tom Torrenti on Tuesday, September 27th at 12:30pm. Come enjoy watching this talented oil painter. This demonstration is free. Call to reserve your seat at this free event.

If you are interested in taking his oil painting classes Tom will be holding them on Tuesdays in October from 12:30pm-3:30pm. Instructor Tom begins with a demo of a reference photo supplied by a student. Then he guides the class. A critique follows at 3:15pm. The cost of this 3 hour class is \$25.00 a class, payable in advance. Please call Tom at (475-441-0422) for more details, questions, to register, and for supply list. Tom is an elected member

of the Lyme Art Association and first exhibited there in 1969. A graduate of Paier College, Torrenti is an artist based in Westbrook, CT, with over 50 years of painting experience.



## 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 26th 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 Bandede-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 Bandede-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

## iPHONE PHOTOGRAPHY 3-PART WORKSHOP SERIES & EVENTS

Free for members (\$10 each for non-members)

*\*All workshops are taught by local photographer, Fred Verillo*

**September 7th 10:00am-Learn the Basics of iPhone photography** such as composition and subject matter as well as things like perspective & framing. Discuss techniques such as reflections, patterns, light, and shadow to create interesting and unique images.

**October 5th 10:00am-** Hands-on workshop where you will **learn how to use all the apps available on our iPhone to edit our favorite images.** Also learn how to use online photo developing services such as Walgreen's photo services or Mpix to quickly and inexpensively make photos.

**November 2nd 10:00am-** Hands-on workshop to learn **how to inexpensively mat and frame our best and favorite images** so that they are ready to hang or give as a gift.

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

**December 2nd from 4:30PM- 6:00PM Opening Reception** to be held at the Old Lyme Town Hall. Family, friends, community members, and senior center members welcome! Come support our talented photographers!

**December 1-30th-** "Take Your Best Shot Camera Club" will be exhibiting their framed photographs at Old Lyme Town Hall.

## iPHONE BASICS 2-PART SERIES

Free for members (\$10 for non-members)

*\*Taught by Nancy Meinke*

**Tuesday, October 11th 1pm-Learn the Basic iPhone functions;** how to make a call, load names and numbers, designate emergency contacts, how to use voice commands, learn how to send and receive text messages, use video calling, block phone numbers (like spam callers) etc.

**Friday, October 14th 1pm- 10 Apps that will Enhance your Life**

## DAY TRIPS- Flyers Available

*\*No refunds unless your ticket can be re-sold*

**Wed, Sept 21- Big E- "Connecticut Day" Trip** cost includes admission, motor coach transportation, driver gratuity. \$75.00 per person. Tickets on sale now.

**Wed, October 5 - Covered Bridges/Cathedral of the Pines** includes a guided tour of Cathedral of the Pines, Lunch at the rustic Woodbound Inn (Entrée Choice in advance), & a guided driving tour of Covered Bridges. \$120.00 per person and you should expect some walking on this trip. Don't forget your cameras. Tickets on sale now.

(DAY TRIP ARE CONTINUED ON PAGE 6)

# September 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>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>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.</p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00 IP Why Weights? (\$) <b>1</b> 10:15 IP Low Impact with Jessie (\$) <b>1</b> 12:00 Lunch (\$3) Beef tips w gravy over egg noodles, green beans, tropical fruit 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)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>2</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>2</b> 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) 2:15 IP Country Line Dancing Class (F)</p>
<p><b>Closed Labor Day</b></p> <p><b>5</b></p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise 9:00 IP Zumba (\$) <b>6</b> 9:00-12:00 IP Mini Pedicures (\$25) 10:15 IP &amp; V Sit and Be Fit (F) 12:00 Lunch (\$3) Spaghetti w meatballs, cauliflower &amp; broccoli, garlic knot, chocolate pudding, fruit juice 12:00-1:00 IP Blood Pressure Clinic (F) 4:30 IP Rogue Rollers Bocce Club (F)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>7</b> 9:00 IP Yoga Movement (\$) <b>7</b> 9:00 V Chair Yoga for Pain 10:00 IP Take your Best Shot Photography Club-Simple basics of iPhone photography (F) 12:00 Lunch (\$3) Baked chicken w mushroom gravy, brown rice, broccoli, pineapple 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F) 1:00 Transatlantic Airships with Bowtie Historian (F)</p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00-12:00 IP Mini Pedicures (\$25) <b>8</b> 9:00 IP Why Weights? (\$) <b>8</b> 10:15 IP Low Impact with Jessie (\$) <b>8</b> 9:30 Take a Hike Thursday Hiking Group Gillette's Castle (F) 12:00 Lunch (\$3) Pulled pork sandwich, baked beans, coleslaw, potato chips, peaches 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)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>9</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>9</b> 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)</p>
<p>9:30-1:30 IP Haircuts with Laurie (\$) <b>12</b> 10:15 IP Tap Practice (no instructor) (F) 12:00-1:00 IP Blood Pressure Clinic (F) 1:00-3:00 IP Pastel painting class: Birds &amp; Butterflies (\$)</p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise 9:00 IP Zumba (\$) <b>13</b> 10:15 IP &amp; V Sit and Be Fit (F) 12:00 Lunch (\$3) Lasagna, Winter blend veg, garlic knot, fruit cocktail 12:00-1:00 IP Blood Pressure Clinic (F) 4:30 IP Rogue Rollers Bocce Club (F)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>14</b> 9:00 IP Yoga Movement (\$) <b>14</b> 9:00 V Chair Yoga for Pain 10:00 IP The "Knit-Wits" Knitting Circle (F) 12:00 Lunch (\$3) Cobb Salad, corn muffin, orange 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F)</p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00 Why Weights Class (\$) <b>15</b> 10:15 Low Impact with Jesse (\$) <b>15</b> 12:00-3:00 IP Foot Care w Gretchen (\$35) 12:00 Lunch (\$3) Salmon w pesto, roasted potatoes, carpri blend veg, mandarin oranges 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)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>16</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>16</b> 10:00 IP Art Workshop (F) 10:15 IP 45 Exercise Class (Sit, Stretch, Strenght, Song) with Melissa (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) 1:00 IP As the Page Turns Book Club at the Lymes Senior Center(F)call for book selection</p>
<p>9:30 IP Tap with Bethany 1 (\$) <b>19</b> 10:15 IP Tap with Bethany 2 (\$) <b>19</b> 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP and V Lymes' Senior Center Board of Directors Meeting (F) 1:00-3:00 IP Pastel Painting Class: Birds &amp; Butterflies (\$)</p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise 9:00 IP Zumba (\$) <b>20</b> 10:15 IP &amp; V Sit and Be Fit (F) 12:00 Lunch (\$3) Baked chicken breast w sage maple cream sauce, herbed lentil pilaf, asparagus blend veg, brownie, fruit juice 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Fraud &amp; Elder Justice Line- presentation by CT Attorney General's Office (F) 4:30 IP Rogue Rollers Bocce Club (F)</p>	<p>8:15 Big E Trip (\$) <b>21</b> 8:30 IP Low Impact and Strength Train with Kate (\$) <b>21</b> 9:00 IP Yoga Movement (\$) <b>21</b> 9:00 V Chair Yoga for Pain 10:00 IP "Quilty Pleasures" Quilting Group (F) 12:00 Lunch (\$) Battered fish, french fries, coleslaw, baked beans, banana 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F) 1:00 Finding the Right Sr Living Solution w Doug Murphy (F)</p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00 Why Weights Class (\$) <b>22</b> 9:00-12:00 IP Haircuts w Carrie (\$15) <b>22</b> 10:15 Low Impact with Jesse (\$) <b>22</b> 12:00 Lunch (\$3) Meatloaf w gravy, mashed potatoes, carrot coins, blueberry apple crisp 12:30 IP Nickel, Nickel (13 Nickels) 12:30 IP Wii Bowling (F) 12:45 IP Duplicate Bridge (F) 5:30-7:00 Block Party at Groton Sr Center w food trucks &amp; music by Corvettes Doo-Wop Revue (\$10)-tickets need to be purchased</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>23</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>23</b> 10:00 IP Art Workshop (F) 10:15 IP 45 Exercise Class (Sit, Stretch, Strenght, Song) with Melissa (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)</p>
<p>9:30 IP Tap with Bethany 1 (\$) <b>26</b> 10:15 IP Tap with Bethany 2 (\$) <b>26</b> 12:00 IP Nonagenarian Birthday Luncheon Celebration Free for 90+ members (\$5 for other members &amp; family) registration due by 9/19/22 12:00-1:00 IP Blood Pressure Clinic (F) 5:00 VFW Meeting (F)</p>	<p>9:00 V High Energy, Low Impact Dance Class like Jazzercise 9:00 IP Zumba (\$) <b>27</b> 10:15 IP &amp; V Sit and Be Fit (F) 12:00 Lunch (\$3) Chicken Cordon Bleu, wild rice, beets, pears 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 IP Operation Cupcake (F) 4:30 IP Rogue Rollers Bocce Club (F)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>28</b> 9:00 IP Yoga Movement (\$) <b>28</b> 9:00 V Chair Yoga for Pain 10:00 IP "Girls Gone Scrappy" Scrapbooking Group (F) 10:00 Charity Knitting 12:00 Birthday Lunch (\$) Beef stew, peas &amp; carrots, biscuit, fruit juice, birthday cake 12:00-1:00 IP Blood Pressure Clinic (F) 1:00 Feeling Korny-Corn Hole Group (F)</p>	<p>9:00 V High Energy, Low Impact Dance Class (like Jazzercise) 9:00 Why Weights Class (\$) <b>29</b> 10:15 Low Impact with Jesse (\$) <b>29</b> 12:00 Lunch (\$3) Chicken parmesan over pasta, italain blend veg, garlic knot, pineapple 12:30 IP Nickel, Nickel (13 Nickels) 12:30 IP Wii Bowling (F) 12:45 IP Duplicate Bridge (F)</p>	<p>8:30 IP Low Impact and Strength Train with Kate (\$) <b>30</b> 9:00-10:15 V Slow and Steady Yoga (\$) <b>30</b> 10:00 IP Art Workshop (F) 10:15 IP 45 Exercise Class (Sit, Stretch, Strenght, Song) with Melissa (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)</p>

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## TRIPS (CONTINUED FROM PAGE 3)

**Thu., October 20 – Jack-O-Lantern Spooktacular** at Roger Williams Zoo. This years spectacular takes you through the last 150 years of music. Stroll or dance your way along the 1/4-mile trail, past thousands of intricately carved pumpkins displayed while listen to the soundtracks from 1860's through today. \$89.00 per person and you should expect lots of walking at a leisurely pace. Tickets on sale now.

**Wed., Nov. 16 – Shopping at Woodbury Commons**– Enjoy a day of Outlet shopping at Woodbury Common in Central Valley, NY (near West Point). Stroll through the charming colonial American style village and find 220 outlets from the world's leading designers. Enjoy lunch on your own at the Food Pavilion. Trip includes motor coach transportation and driver gratuity. \$55.00 per person. Tickets are on sale now.

**Sat., Dec. 3 – New York City on Own**– You will have plenty of time to enjoy the city, shop, see a show, or try out a new restaurant. The bus drop off points will be at the Metropolitan Museum of Art, Union Square Holiday Markets, Rockefeller Center, Times Square, Financial District & Battery Park. The bus will leave the city from Madison Ave/ 50th at 7pm. \$70.00 per person and you should expect lots of walking. Tickets are on sale now.

**Wed., Dec. 7 - Newport Playhouse Cabaret**– A Christmas for Carol Show– Price includes the show/ lunch, motorcoach transportation, and driver tip. \$105.00 per person. Tickets go on sale September 1st.

## Special Lunch Celebrations

**Nonagenarian Birthday Luncheon (90 YEARS OF AGE & BETTER)**- 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. Call (860)434-1605 to sign up.



**Annual Veteran's Appreciation Luncheon**– We will be holding our 7<sup>th</sup> Annual Veterans' Appreciation Luncheon will be held at the Lymes' Senior Center- 26 Town Woods Road Old Lyme CT. on Monday, October 3rd at 12:00pm. All Veterans are invited to attend this free luncheon. If spouses wish to attend the cost will be \$5.00 due at the time of sign up. Please call (860)434-1605 ext. 240 before September 28<sup>th</sup> if you are a Veteran and wish to attend!

**Halloween Pizza Party**– Join us for our annual **Halloween Celebration** on Monday, October 31<sup>st</sup> at 12:00pm. We will be serving free pizza slices, drinks with floating eyeballs, and a Spooky Desert when you arrive in costume. We will also have a spooky cake and will give away prizes for the best costume, the most original costume, & the funniest costume. Call (860)434-1605 ext. 240 to join in the fun!



## SAVE THE DATES

CALL (860)434-4127 ext. 1 or email [seniorcenter@oldlyme-ct.gov](mailto:seniorcenter@oldlyme-ct.gov) to register

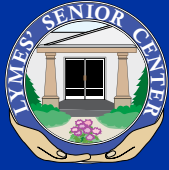
**Fraud & The Elder Justice Line Presentation** by the CT Office of the Attorney General– On, Tuesday, September 20th at 1:00pm . This is a must attend for Seniors to learn about how to protect themselves from, and get help when, being scammed and discriminated against.

**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 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.

**Do you wish you could get a better nights sleep?**– The Lymes' Senior center in collaboration with the OL VNA , will co-sponsor a new “Wellness Wednesday” program monthly . On Wednesday, October 19th at 1:00pm, Occupational Therapist & owner of Radiant Journey, Jennifer Hirschberg-Wise will be presenting a better sleep program. Sleep disturbances are so prevalent in our society that to be sleep deprived and functioning on stimulants is accepted as “normal” functioning. During this experiential 60-minute workshop, we will take a deeper look at the structure of sleep and how sleep disturbances diminish function and quality of life. Learn how to apply evidence-based principles of a sleep routine and other meditative practices to create a better sleeping environment and practices to promote more restful sleep and improve functioning.

**Annual Medicare Update, Changes, & New Benefits for 2023**– Health and Retirement Services is offering local seminars to review Medicare, how it can impact you and if you're getting all the benefits you should as things change annually. There's lots of information about Medicare in TV commercials, mailings and phone calls, it's so confusing and no one knows who to believe. Our goal is to provide clarity. We'll be discussing the plan changes and differences between Original Medicare, Medicare Supplements, Medicare Advantage plans and Prescription drug plans. On We'll update you on available state assistance and new qualifications for all tiers of the Medicare Saving Program. We'll also review how the Part D coverage gap or doughnut hole works and how the Insulin Saving program can impact your annual drug costs. We're able to answer questions on all the plans offered in the state. This event, which will be held on Friday, October 21st at 1:00pm, is being facilitated by Senior Health and Retirement Service, located in Madison CT.



# Lymes' Senior Center

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