

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org

NOVEMBER 2022



PROUDLY SERVING SENIORS 55 AND BETTER!

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Visiting Nurses
of the Lower Valley

www.visitingnurses.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 & Time/ Duration</u>	<u>COST</u>
<u>INPERSON CLASSES</u>		
Tap Classes	Mondays 9:30 & 10:15am	\$5.00
Zumba	Tuesdays at 9:00am	\$5.00
Sit n Be Fit	Tuesdays at 10:15am	FREE
Low Impact Class with Kate	Wednesdays at 8:30am	\$5.00
Yoga Movement Class	Wednesdays at 10:00am	\$5.00
Why Weight(s)? Class (THURS)	Thursdays at 9:00am	\$5.00
Low Impact Class with Jessie	Thursdays at 10:15am	\$5.00
Low Impact Class with Kate	Fridays at 8:30am	\$5.00
4S Class (Sit, Stretch, Strength & Song)	Fridays at 10:15am	FREE
Beg. Country Line Dancing	Fridays at 2:15pm	FREE
<u>VIRTUAL CLASSES</u>		
Slow and Steady Yoga	Mondays 9:00am <i>see rates at lynnmccarthyoga.com</i>	
Sit n Be Fit	Tuesdays at 10:00am	FREE
High Energy, Low Impact Dance Class	Tues. and Thurs. at 9:00am	monthly pass- \$20.00
Chair Yoga for Pain	Wed. at 9:00am <i>see rates at lynnmccarthyoga.com</i>	

Never Stop Learning !!

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE FOR MEMBERS

- November 2nd at 1:00pm- **The 1964/65 NY World's Fair**
- November 9th at 1:00pm- **Harriet Tubman- A Woman with a Railroad**
- January 4th at 1:00pm- **The Roaring 20's**
- January 18th at 1:00pm- **The Amistad Story**
- February 1st at 1:00pm- **Failed Presidential Assassinations**
- March 1st at 1:00pm- **The SS United States: Fastest Ship in the World**
- April 5th at 1:00pm- **The Sinking of the Titanic**

90 & BETTER LUNCHEON



VETERANS' LUNCHEON 2022



- A special thank you to Hartford Healthcare Home Services and Solstice Senior Living who sponsored the beautiful cakes for our “90 & Better Luncheon” & our “Veterans’ Luncheon”!



LUNCHES

* Lunch reservations MUST be called into the Estuary at (860)388-1611 x216 by 11am the business day before. You can sign up for the whole month at a time or for a group of days. Lunch is served Tues– Thursday at 12pm. Meals are a \$3.00 donation that can be paid at the time of lunch. If you do not have \$3.00, no senior will be turned away for an inability to pay.

Tues Nov 1- Spaghetti w/Meatballs, Broccoli, Garlic Knot, Orange
Wed Nov 2-Baked Tilapia Sweet Potatoes, Spinach, Mandarin Oranges
Thurs Nov 3- Salisbury Steak w/Beef Gravy, Mashed Potatoes, Green Beans, Fruit Cocktail
Tues Nov 8-Beef Stew, Mixed Vegetables, Biscuit, Apple Crisp
Wed Nov 9- Chicken Stroganoff w/Mushroom Gravy, Egg Noodles, Brussel Sprouts, Spiced Apples
Thurs Nov 10- Stuffed Sole, Wild Rice, Creamed Spinach, Chocolate Pudding, Fruit Juice
Tues Nov 15 Chicken Stir Fry, Brown Rice, Oriental Blend Veg, Pineapple Bits
Wed Nov.16 Baked Chicken, Breast w/Sage Maple Cream Sauce, Spaghetti Squash, Herbed Lentil Pilaf, Asparagus Blend Veg, Pears.
Fri Nov 18 THANKSGIVING LUNCH-Roast Turkey & Gravy, Mashed Potatoes, Stuffing, Green Beans, Cranberry Sauce, Dinner Roll, Slice of Pumpkin Pie
Tues Nov 22– Stuffed Shells w/ Marinara Sauce, Italian Blend Vegetables, Mandarin Oranges
Wed Nov 23-Meatloaf w/Gravy. Mashed Potatoes, Carrot Coins, Peaches
Tues Nov 29– Baked BBQ Chicken, Rice Pilaf, Spinach, Peaches
Wed Nov 30-Birthday Lunch-Shepherd's Pie, Corn, Biscuit, Fruit Juice, Birthday Cake

Life in Israel—Lunch and Learn— Join us on Tuesday, November 8th at 12:00pm for an exciting opportunity to eat lunch with Uma (Age 16) and Omer (age 18), young Emis-saries from Israel. To sign up for lunch you should call (860)388-1611 x 216 and tell them you wish to sign up for the Old Lyme site for November 8th. Lunch reservations can be made up until 11am on Nov.7th. At 1:00pm, Uma and Omer will be doing a interactive lecture on Life in Israel from their perspective. This will be the first in a 3-part series. If you prefer to only attend the lecture, please pre-register by calling (860)434– 4127.

Holiday Boxed Lunch- Mon., Nov 14th at 12:00pm—\$5.00 for members/ \$8.00 for non-members. The sandwich choices will be a Chicken Waldorf Sandwich (chicken, mayo, cranberry, and walnuts) or a Thanksgiving Sandwich (turkey, stuffing, cranberry, and mayo). Money and signup are due by Monday, November 7th. All sandwiches come with chips and a bottled water. Lunches can be eaten in our dining room, or you can take it to go. Call (860)434-4127 ext.1 to make your reservation.

Thanksgiving Lunch and 50's & 60's Rock n Roll— Friday, November 18th at 12:00pm. Cost for the meal is a \$3.00 donation. To sign up for the lunch, please call (860)388-1611 x 216 before November 11th and reserve your spot at the Old Lyme Site. Join us for Joe Mac and Friends immediately following lunch.

Holiday Lunch and Entertainment— Friday, December 16th at 12:00pm. Cost for the meal is a \$3.00 donation. To sign up for the lunch, please call (860)388-1611 x 216 before December 8th and reserve your spot at the Old Lyme Site. Entertainment (to be announced) will immediately follow the lunch.

The Power of Physical Therapy™



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SERVICES

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

Mini Pedicures– November 8th & 10th by appointment	\$25.00
Haircuts–November 7th and 23rd by appointment	\$15.00
Foot Clinic with Town Nurse (does not cut toenails) -Dec by appointment	FREE
Foot Clinic with Foot Care Associates– (Cuts Toenails) Nov. 17 by app.	\$35.00
Blood Pressure Clinic Daily (Mon-Fri) from 12:00 -1:00pm– no app. needed	FREE
Medicare Enrollment Help For people turning 65 or new to Medicare by app.	FREE
Hearing Clinic November 28th by appointment	FREE

GAMES

***Please register by calling (860)434-4127 if it your first time joining a game**

- **Nickel, Nickel (Card Game)**– Meets Thursdays at 12:30pm– Bring 13 Nickels
- **Bridge**– Meets Mondays and Thursdays at 12:30pm– Monday’s group is open for tables of four and is currently accepting alternates, Thursday’s group is Duplicate Bridge and is open to newcomers.
- **Wii Bowling**– Meets Thursdays at 12:30pm– This is a fun video game bowling experience with hearty, but fun competition
- **Bocce Ball**– Meets Tuesdays at 4:30pm
- **Horseshoes**– Meets Fridays at 1pm
- **Cribbage**– Meets Fridays at 1pm
- **Scrabble**– Meets Fridays at 1pm

GROUPS & CLUBS

***Please register by calling (860)434-4127 if it is your first time joining a group or club**

- **The “Knit-Wits” Knitting Circle**– Meets once a month (the second Wednesday of the Month) at 10am. This will be a mixed ability level group. It will be a chance to knit together with others, learning from each other, sharing ideas or just enjoy the camaraderie of a shared love of knitting and crocheting.
- **“Take Your Best Shot” Camera Club- Meets** once a month (the first Wednesday of the month) at 10am. Please email me at sgould@oldlyme-ct.gov OR call (860) 434-4127 to register. See upcoming workshops on page 4.
- **The “Take a Hike Thursday” Hiking Group**– Will meet once a month the second Thursday of the month at 9:30am, weather permitting led by Wendolyn Hill, Lyme Open Space Coordinator. Hikes will take place in Lyme and Old Lyme and surrounding areas. Places to be announced. Hikes will be moderate. Listed locations on page
- **“As the Page Turns Book Club”**- Meets once a month (the third Friday of the Month) at 1pm. This is a collaborative effort between the Lyme Library and the Lymes’ Senior Center and will be facilitated by Librarian Melissa Fournier. The books will be chosen at the meetings. Club will meet the third Friday of the month alternating between the senior center and the library. November’s and December’s meeting will be held at the Lyme Library. Please call the Lyme Library for book selection in November and **see pg 7 about December’s Book which is “The Geometry of Sisters” and special guest Author Luanne Rice will be here to join us.**

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SAVE THE DATES

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

Upcoming Lifelong Learning Lecture: The 1964/65 NY World's Fair November 2nd at 1:00pm with the Bow Tie Historian, Jason Scappaticci. Fondly remembered today by many who grew up in the tri-state area, the 1964/65 New York World's Fair attracted 50 million visitors, and it wasn't even an officially sanctioned world's fair. This lecture is free for members (\$10 each for non-members). Call to pre-register.

A Woman with a Railroad. Re-enactment of Harriet Tubman—Join us on Wednesday, November 9th at 1:00pm for a free performance of The Life of Harriet Tubman performed by Adwoa Bandele-Asante. Through the story of Harriet Tubman's struggle for freedom from slavery and inclusion as an American citizen, learners will understand how faith, courage and commitment inspired this great woman warrior, healer and builder of the 20th century.

A Big Band Dinner Dance with the String of Pearls Join us on Thursday, November 10th from 5:00-7:30pm for a dinner/dance featuring the Big Band String of Pearls. Dinner will be at 5:00pm and dancing will begin at 6:00pm. Tickets need to be purchased in advance. Ticket price is \$10.00 and includes Caesar Salad, Cheese Lasagna, Garlic Bread, and soda/water and a ticket to the show! Call (860)434-4127 for more information.

Wellness Wednesday Signs and Risks of Heart attacks and Stroke & An Action Plan if this happens to you or your loved one— Nov 16th at 1pm. Please pre-register for this event. November's program and refreshments are sponsored by the Lower Valley Care Advocates.

Tree Trimming & Christmas Cookies— On Tuesday, November 29th at 12:45pm., please join us as we get into the spirit of the season! We will be trimming the trees in the senior center, listening to festive music, and enjoying some holiday refreshments. Cookies for this event are sponsored by Sweitzer Income Planning,

Photography Opening Reception at the Old Lyme Town Hall— Friday, December 2nd from 4:30-6:00pm. Come support all of our photographers at an opening reception. Refreshments will be served.

Old Lyme Town Band Holiday Concert Join us on Sunday, December 11th at 2:00pm. as the Old Lyme Town Band will be at the Lymes' Senior Center to perform their Holiday Concert. All our welcome to attend!! Come get into the holiday spirit with us. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive! Refreshments will be served after the concert.

Music with Tim Baffaro Join us as local resident and trumpeter presents a fun selection of novelty songs, funny songs, and other songs you know on Wednesday, December 14th at 1pm.

SAVE THE DATES (Continued)

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

AS THE PAGE TURNS Book Club with special guest, Luanne Rice- Friday, December 16th at 1pm at the Lyme Library. Please call the Library to register the phone number is (860)434-2272. Luanne will discuss her writing process and her inspiration for writing "The Geometry of Sisters" .

Yankee Swap on Tuesday, December 20th at 1pm we will be having enjoying a Yankee Swap. For those of you who are not familiar with this, here is what you need to know to participate. Everyone wanting to participate brings a wrapped gift worth \$10.00. Be creative, it should be a gift that others would like to own. When you bring your gift you will pick a number. 1 through however many people. The more people that come the "funner" it is! The first person picks a gift and unwraps it. Then the second person picks a gift or takes the one that the first-person picks. If the second person chooses the first persons gift, the first person picks another gift and unwraps it. The game continues on until the last person picks a gift.

LOL High School Select Singers will be here on Thursday, December 22nd at 1:00pm as part of their District Carol Tour. Come join us for this fun and festive event.

UPCOMING CRAFT CLASSES-

Please reserve your spot for any of these classes by calling (860)434-4127!

Grab your friends and join us for some crafting fun!



- Tuesday, November 15th from 12-3pm. Instructor Kristee will teach guests how to make felt from wool. Everyone will bring home a small bag made from this felt. **Cost for materials will be \$5.00** and will be due to Kristee upon arrival, Classes will be limited to 10 people so please RSVP early.

- Tuesday, November 22nd at 1:00pm. Instructor Mary will teach you how to make beautiful stars. (see picture) These stars are beautiful to hang in your house or give as gifts. **Cost is FREE** for members, \$5.00 for non-members. Call to reserve your spot, limited space available. If you have a glue gun, please bring it with you, if not we will have a few to share.



- Tuesday, December 6th at 1:00pm. Instructor Mary will teach you how to make decorative holiday trees (see picture) These trees are beautiful to display in your house or give as gifts. **Cost is FREE** for members, \$5.00 for non-members. Call to reserve your spot, limited space available. If you have a glue gun, please bring it with you, if not we will have a few to share.



- Tuesday, December 13th at 1:00pm. Crafting with Hydrangeas taught by instructor Elaine. She will demo different things you can make with dried hydrangea flowers. Many would make great decorations and gifts. **Cost is FREE** for members, \$5.00 for non-members. Call to reserve your spot, limited space.



Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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