

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org

DECEMBER 2022

PROUDLY SERVING SENIORS 55 AND BETTER!



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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 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
Tai Chi with Kate	-coming soon!	TBD
Why Weight(s)? Class (THURS)	Thursdays at 9:00am	\$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
Yoga with Lynn	Saturdays at 8:30am	call for rates
<u>VIRTUAL CLASSES</u>		
Slow and Steady Yoga	Mondays 9:00am	see rates at lynnmccarthy.com
High Energy, Low Impact Dance Class	Tues. and Thurs. at 9:00am	monthly pass- \$20.00
Chair Yoga for Pain	Wed. at 9:00am	see rates at lynnmccarthy.com
Slow and Steady Yoga	Fri. at 9:00am	see rates at lynnmccarthy.com

Never Stop Learning !!

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE FOR MEMBERS/ \$10 for non-members 55 years of age & better

- 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**



- **Our Veteran's Day Dinner Dance with the String of Pearls was a lot of fun!**



- **A special thank you to our members of the “Knit Wits” Knitting Group for all your hard work knitting over 130 hats and dolls for the clients of Safe Futures! Your kindness was well appreciated!**

MEET AND GREET OUR NEW SENIOR CENTER ASSISTANT, CAITLIN PERKINS



My name is Caitlin Perkins. Being a lifelong resident of Southeastern Connecticut, I have a passion for this community and look forward to bringing my best to you! Outside of work, I love hanging out with my family and spending time outdoors as much as I can. I'm excited to be joining the Lymes' Senior Center family, and happy to be able to help and answer any questions you may have. I hope you get the chance to come down to the Senior Center and say hi- I'm looking forward to meeting you!

We will be holding a welcome reception Wednesday, December 7th at 1:00pm for Caitlin. Please come and join us!

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.

Thurs. Dec 1–Chicken w/Gravy, Roasted Potatoes, Broccoli, Apple Crisp

Tues. Dec 6–Chicken Stew, Peas & Carrots, Biscuit, Mandarin Oranges

Thurs. Dec 8–Salmon w/Cranberry Glaze, Roasted Potatoes, Vegetable Blend, Pineapple

Tues. Dec 13– Swiss Steak w/Tomato Gravy, Mashed Potatoes, Carrot Coins, Fruit Cocktail

Weds.. Dec 14--Herb Baked Chicken, Rice Pilaf, Sonoma Blend Vegetables, Peaches

Fri. Dec.16 CHRISTMAS LUNCHEON, Baked Ham, Sweet Potatoes, Green Bean Casserole, Spiced Pineapple, Christmas Cookies. SIGN UP REQUIRED BY

Tues. Dec 20--Fish & Chips, Baked Beans, Cole Slaw, Banana

Weds. Dec 21–Roast Pork w/Gravy, Mashed Potatoes, Cali Blend Vegetables, Apple Sauce, Oatmeal Raisin Cookie

Thurs. Dec 22– Eggplant Parmesan, Italian Blend Vegetables, Garlic Knot, Strawberry Short Cake

Tues. Dec 27–Chicken Cordon Bleu, Roasted Red Potatoes, Beets, Mandarin Oranges

Weds. Dec 28–**BirthDay Lunch**–Pot Roast w/Beef Gravy, Mashed Potatoes, Carrots, Fruit Juice, Birthday Cake

Thurs. Dec 29– Breaded Chicken, Florentine Sauce, Rice Pilaf, Scandinavian Veggies, Pears

*****Their will be NO lunch on December 7th or 15th!*****

IMPORTANT PLEASE READ

DECEMBER/ JANUARY CLOSINGS & LIMITED SCHEDULE

The Senior Center will be closing at noon on December 23rd and will be closed on December 26th for the Christmas Holiday. In addition, December 27th-30th, the center's hours of operation will be 10am-2pm . Please check with your exercise instructors to find out if they will be holding exercise class the week after Christmas as many of them are taking the week off.

If it snows or if snow is expected, please tune in to Channel 3 to see if we are closed or if we are closing early. It will be listed on the ticker at the bottom of your TV screen as "Lymes' Senior Center".

The Senior Center will also be closed Monday, January 2nd for the New Years Holiday & Monday, January 16th for Martin Luther King Jr Day!

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SERVICES

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

Mini Pedicures– December 6th & 8th by appointment	\$25.00
Haircuts-December 12th 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) Jan 19th 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 March 27th by appointment	FREE
*****COMING SOON– Reiki Appointments	

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**– Back in the spring
- **Horseshoes**– Back in the spring
- **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 twice a month (the second and fourth 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. **The “Take a Hike Thursday” Hiking Group**– Will resume in the spring
- **“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. December’s meeting will be held at the Lyme Library. Please **see pg 6 about December’s Book which is “The Geometry of Sisters” and special guest Author Luanne Rice will be here to join us.**
- **Painting Workshop**– Meets Fridays from 10:00am-12:00pm. Participants bring their own projects & enjoy working in the company of other artists.

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Attend a virtual meeting

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SAVE THE DATES

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

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.

Upcoming Lifelong Learning Lecture: The Roaring 20's– Wednesday, January 4th at 1:00pm with the Bow Tie Historian, Jason Scappaticci. The decade that brought us jazz, flappers, and crossword puzzles also brought us gangsters, prohibition, and presidential scandals and tragedy. The average American does not know how our modern society was affected by the great changes to America in the Roaring 20's.

Music with Tim Baffaro Join us as local resident and trumpeter presents a holiday music program for kids from “1 to 92”. His fun selection of songs that he will sing and play will have the audience tapping their toes and singing a long on Wednesday, December 14th at 1pm.

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. A funny musical performance from Coconuts Comedy Rocks will immediately follow the lunch.

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.

SAVE THE DATES (Continued)

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

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!

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How Israel's Innovations are helping the World—Lunch and Learn— Join us on Wednesday, January 11th at 12:00pm for an exciting opportunity to eat lunch with Uma (Age 16) and Omer (age 18), young Emissaries 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 12:30pm, Uma and Omer will be doing a interactive lecture on how Israel's technological innovations are helping the world. If you prefer to only attend the lecture, please pre-register by calling (860)434- 4127.

Amastad Story with Storyteller Adwoa Bandele-Asante performing La Amistad: A Fantastic, True to Life Journey of Sorrow, Unity & Triumph . January 18th at 1:00pm. This performance is free for members, \$10.00 for non-members.

Performance by Musical Entertainer, T-Bone Back by popular demand!!! A professional entertainer for over 40 years, T-Bone, blend of wit and his music will have us laughing, singing, clapping along, and even dancing within minute! Join us on January 25th at 1:00pm for this free performance.

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, 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 available.



Lymes' Senior Center

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