

Lymes' Senior Center

26 Town Woods Road - Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org



FEBRUARY 2023

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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>CLASSES</u>	<u>Date of First Class & Time/Duration</u>	<u>COST</u>
<u>INPERSON CLASSES</u>		
Why Weight(s)? Class	Mondays at 8:15 AM	\$5.00
Tap Classes	Mondays at 9:30 & 10:15 AM	\$5.00
NEW- Tai Ji Quan with Kate	Starts March 7th/ Tuesdays at 8:45 AM	\$5.00
Sit n Be Fit	Tuesdays at 10:15 AM	FREE
Low Impact Class with Kate	Wednesdays at 8:30 AM	\$5.00
Yoga Movement Class	Wednesdays at 10:00 AM	\$5.00
Why Weight(s)? Class	Thursdays at 9:00 AM	\$5.00
NEW- Just Dance (to the 50's & 60's)	Thursdays at 10:45 AM	\$5.00
Low Impact Class with Kate	Fridays at 8:30 AM	\$5.00
45 Class (Sit, Stretch, Strength & Song)	Fridays at 10:15 AM	FREE
Beg. Country Line Dancing	Fridays at 2:15 PM	FREE
Yoga with Lynn	Saturdays at 8:30 AM	Call for rates
<u>VIRTUAL CLASSES</u>		
Slow and Steady Yoga	Mon. & Fri. at 9 AM	See rates at lynnmccarthyoga.com
High Energy, Low Impact Dance	Tues. & Thurs. at 9 AM	Monthly Pass \$20.00
Chair Yoga for Pain	Wednesday at 9AM	See rates at lynnmccarthyoga.com

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!

- Wednesday, February 1st at 10:15 AM— Instructor Fred Verillo will show participants a technique of hanging photographs without traditional frames. All participants should bring in a 5x7 photograph they wish to use. **Cost is FREE for members, \$5.00 for non-members.** Call to reserve your spot, space is limited.
- Wednesday, March 8th and 22nd at 1:00 PM— Instructor Kristee will teach guests how to needle-felt their pouches they made in the first class offered in October and January. **Cost for materials is \$5.00**, due to Kristee upon arrival. **Classes are limited to people that took the first class**, and participants are asked to **bring their pouches with them.** Call to reserve your spot.

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE for members, \$10 for non-members

- February 1st at 1 PM— **Failed Presidential Assassinations with the Bow Tie Historian**
- March 1st at 1 PM— **The SS United States: Fastest Ship in the World with the Bow Tie Historian**
- April 5th at 1 PM— **The Sinking of the Titanic with the Bow Tie Historian**
- April 19th at 1 PM— **A Human Face on World War 2 (told through a soldier's letters)**
- May 3rd at 1 PM— **The Sinking of the Lusitania with the Bow Tie Historian**
- June 7th at 1 PM— **The Lost City of NY's Demolished Landmarks with the Bow Tie Historian**

In response to the enthusiasm and creativity of our talented artists here at the center, we will be sponsoring rotating exhibits on our artist wall. We welcome all interested painters and photographers who wish to show their work. Sign up now to reserve a place and to receive guidelines for participation in our March show.

SERVICES

SERVICES– Call (860)434-4127 to Schedule Appointments

<u>Service</u>	<u>Date/Time</u>	<u>COST</u>
Mini-Pedicure	Feb 7th and 9th	\$25.00
Haircuts	Feb 13th and 23rd	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	February by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Enrollment for People Turning 65 or New to Medicare	Feb by Appt.	FREE
NEW Manicures (includes light cuticle work, filing, & paint)	March 2nd by Appt.	\$15.00
Foot Clinic w/Foot Care Associates (cuts toenails)	March 16th by Appt.	\$35.00
Hearing Clinic	March 27 by Appt.	FREE
Reiki Appointments	*COMING IN MARCH*	TBD

GAMES

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

- **Bridge-** Meets Mondays at 12:30PM– Currently accepting alternates
- ***NEW* Indoor Cornhole–** Meets 3rd Tuesday of the month at 12:45PM
- **Nickel, Nickel (Card Game)-** Meets Thursdays at 12:30 PM– Bring 13 Nickels
- **Wii Bowling–** Meets Thursdays at 12:30PM
- **Duplicate Bridge–** Meets Thursdays at 12:30PM– open to newcomers
- **Cribbage–** Meets Fridays at 1PM
- **Scrabble–** Meets Fridays at 1PM
- **Bocce Ball–** Back in the Spring
- **Horseshoes–** Back in the Spring

GROUPS & CLUBS

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

- **“Take Your Best Shot” Camera Club–** 10 AM- Meets the first Wednesday of the month
- **The “Knit-Wits” Knitting Circle–** 10 AM- Meets the second and fourth Wednesday of the month
- ***NEW* Veteran’s Coffee Hour–** 9:15 AM- Meets the third Wednesday of the month
- **Painting/ Art Workshop–** 10 AM-12 PM- Meets every Friday
- **“As the Page Turns” Book Club–** 1PM- Meets the third Friday of the month. February’s meeting will be held at the Lyme Library and the book selection is “Kate Remembered” by A. Scott Berg
- **“Take a Hike” Hiking Group–** Will resume in the Spring

UPCOMING 2023 DAY TRIPS

Flyers available at the Lymes’ Senior Center, Payment Due upon Sign-Up

- **April 5th– Titanic Exhibit in NYC–** Price: \$122.00 Tickets on sale now - a lot of walking
- **April 20th– Tea Lunch & Guided Tour of the Blithewold Mansion & Gardens–** Price: \$130.00– Tickets on sale now– a lot of walking
- **May 23rd– Highline Trip & the Edge (Observation Deck)-** Price: \$132.00 Tickets on sale now—a lot of walking

More Details available in March newsletter for June Trips which are currently being planned –

**Theater By The Sea -Beautiful: The Carole King Story Musical &
A Connecticut River Cruise– Tickets go on sale March 1st for June trips**

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY (\$) : \$5 for members (\$*) : Prices Vary (F) : Free for members (V) : Virtual Class Green: Exercise Class Red: New Events Purple: Special Events Blue: Services</p>		<p>8:30AM- Low Impact Class (\$) 9AM(V)- Chair Yoga for Pain (\$*) 10AM- Yoga Movement (\$) 10:15AM- Photography Reimagined (F) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- Cheese Lasagna, Winter Blend Veg, Garlic Knot, Peach Crisp (\$3) 1PM- Lecture w/ Bow Tie Historian: Failed Presidential Assassinations (F) 1</p>	<p>9 AM- Why Weight(s)? (\$) 9AM(V)-High Energy, Low Impact Dance Class (\$*) 10:45 AM- *NEW* Just Dance 50's & 60's (\$) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Pork Roast w/ Gravy, Mashed Potatoes, Sonoma Blend Veg, Apple Sauce, Oatmeal Raisin Cookie (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 2 12:30PM- Wii Bowling (F)</p>	<p>8:30AM- Low Impact Class (\$) 9AM(V)- Slow and Steady Yoga (\$*) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Scrabble (F) 3 2:15PM- Country Line Dancing (F)</p>
<p>8:15AM- Why Weight(s)? (\$) 9AM(V)- Slow and Steady Yoga (\$*) 9:30AM- Tap Class 1 (\$) 10:15AM- Tap Class 2 (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 6</p>	<p>9AM(V)- High Energy, Low Impact Dance Class (\$*) 9AM- Pedicures (\$25) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Swiss Steak w/ Tomato Gravy, Mashed Potatoes, Capri Blend Veg, Fruit Cocktail (\$3) 7</p>	<p>8:30AM- Low Impact Class (\$) 9AM(V)- Chair Yoga for Pain (\$*) 10AM- Yoga Movement (\$) 10AM- The "Knit-Wits" Knitting Circle (F) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- Baked Chicken w/ Gravy, Mashed Potatoes, Brussel Sprouts, Fruited Jell-O (\$3) 8</p>	<p>9 AM- Why Weight(s)? (\$) 9AM(V)-High Energy, Low Impact Dance Class (\$*) 9AM- Pedicures (\$25) 10:45 AM- *NEW* Just Dance 50's & 60's (\$) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Shepard's Pie, Corn, Biscuit, Mandarin Oranges (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 9 12:30PM- Wii Bowling (F)</p>	<p>8:30AM- Low Impact Class (\$) 9AM(V)- Slow and Steady Yoga (\$*) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Scrabble (F) 10 2:15PM- Country Line Dancing (F)</p>
<p>8:15AM- Why Weight(s)? (\$) 9AM(V)- Slow and Steady Yoga (\$*) 9AM- Haircuts (\$15) 9:30AM- Tap Class 1 (\$) 10:15AM- Tap Class 2 (\$) 11AM- Blood Pressure Clinic (F) 12PM- Boxed Lunch Lasagna (\$5) 12:30PM- Bridge (F) 13</p>	<p>VALENTINE'S DAY 9AM(V)- High Energy, Low Impact Dance Class (\$*) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Stuffed Sole, Wild Rice, Spinach, Fruit Juice, Sugar Cookie (\$3) 1PM- Mass-Conn-Fusion Jazz Duo (F) 14</p>	<p>8:30AM- Low Impact Class (\$) 9AM(V)- Chair Yoga for Pain (\$*) 9:15AM- *NEW* Veteran's Coffee Hour (F) 10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- Pot Roast w/ Beef Gravy, Potatoes, Carrots, Spiced Apples (\$3) 15</p>	<p>9 AM- Why Weight(s)? (\$) 9AM(V)-High Energy, Low Impact Dance Class (\$*) 10:45 AM- *NEW* Just Dance 50's & 60's (\$) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Baked Chicken, Rice Pilaf, Broccoli, Pears (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 16 12:30PM- Wii Bowling (F)</p>	<p>8:30AM- Low Impact Class (\$) 9AM(V)- Slow and Steady Yoga (\$*) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- "As the Page Turns" Book Club (Lyme Library) (F) 1PM- Cribbage (F) 1PM-Scrabble (F) 17 2:15PM- Country Line Dancing (F)</p>
<p>CENTER CLOSED IN OBSERVATION OF PRESIDENT'S DAY 20</p>	<p>9AM(V)- High Energy, Low Impact Dance Class (\$*) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Chicken Divan, Roasted Potatoes, Sonoma Blend Veg, Pears (\$3) 12:45PM- *NEW* Indoor Cornhole (F) 21</p>	<p>BIRTHDAY LUNCHEON 8:30AM- Low Impact Class (\$) 9AM(V)- Chair Yoga for Pain (\$*) 10AM- Yoga Movement (\$) 10AM- The "Knit-Wits" Knitting Circle (F) 11AM-Blood Pressure Clinic (F) 12PM- BIRTHDAY LUNCHEON- Baked Cod w/ Lemon Sauce, Rice Pilaf, Broccoli, Fruit Juice, Birthday Cake (\$3) 1PM- Bill Benson Performance (F) 22</p>	<p>9 AM- Why Weight(s)? (\$) 9AM(V)-High Energy, Low Impact Dance Class (\$*) 9AM- Haircuts (\$15) 10:45 AM- *NEW* Just Dance 50's & 60's (\$) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Meatloaf w/ Gravy, Mashed Potatoes, Carrot Coins, Peaches (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 23 12:30PM- Wii Bowling (F)</p>	<p>8:30AM- Low Impact Class (\$) 9AM(V)- Slow and Steady Yoga (\$*) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Scrabble (F) 24 2:15PM- Country Line Dancing (F)</p>
<p>8:15AM- Why Weight(s)? (\$) 9AM(V)- Slow and Steady Yoga (\$*) 9:30AM- Tap Class 1 (\$) 10:15AM- Tap Class 2 (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 27</p>	<p>9AM(V)- High Energy, Low Impact Dance Class (\$*) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Macaroni & Cheese, Stewed Tomatoes & Zucchini, Tropical Fruit (\$3) 28</p>		<p>Lunch: Every Tues., Wed., Thurs. Reservations must be called into the Estuary at (860)388-1611 Ext. 216 by 11AM the day before to sign up for the Lymes' site location. You can sign-up for the whole month at a time or for a group of days.</p>	<p>Grab and Go: Pick up on Fridays between 10:45-11:15am. Must be called into the Estuary at (860) 388-1611 ext. 216 by 11 AM the day before to sign-up for the Lymes' site location. Saturdays: Yoga w/ Lynn at 8:30AM (\$*)</p>

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UPCOMING 2023 CRUISES & OVERNIGHTS

June 18-25, 2023- 8 Day/ 7 Night Escorted Bermuda Cruise Prices start at \$1299.00 plus taxes and fees. Flyers available. Included is roundtrip transportation from Connecticut to New Jersey Pier, 7 Nights onboard the beautiful Summit, all meals onboard, daily activities, Ship Shop Cocktail Party & Professional Ship Shop Escort throughout cruise. If you are interested you should sign up and pay your deposit ASAP as space is going fast. Call The Ship Shop at 1-800-243-1630. Please let them know that you are signing up through the Lymes' Senior Center.

August 28- September 4, 2023- Discover California Dreamin': Monterey Yosemite & Napa with Optional 2- Night San Francisco Post Tour Extension Prices are \$3,279 per person for double occupancy rooms. Singles and triples and also available. Flyers available. Price includes round trip air from NY, Air taxes and fees, hotel transfers, group transportation to/from airport, 12 meals, & hotel accommodation. Cancellation Waiver and Insurance of \$349.00 per person and any airline baggage fees are not included. This rate is only good until February 28th, rates may change after that. Call the Lymes' Senior Center for more information.

October 7th- 15th, 2023- Northern Italy and Its Lakes Prices are \$3,399 per person double occupancy rooms. Singles and triples are also available. Flyers available. Price includes round trip air from NY, Air taxes and fees, hotel transfers, group transportation to/from airport, 11 meals, & hotel accommodations. Cancellation Waiver and Insurance of \$449.00 per person are not included. This rate is only good until April 8th, rates may change after that. Call the Lymes' Senior Center for more information. An informational trip presentation will be held on March 16th at 1:00pm at the East Lyme Senior Center. Please call (860) 739-5859 to attend the co-sponsored presentation, but call (860)434-4127 to sign up for the trip or with any questions.

SAVE THE DATES

CALL (860)434-4127 ext. 1 or email seniorcenter@oldlyme-ct.gov to register
Upcoming Lifelong Learning Lecture: Failed Presidential Assassinations-

Wednesday, February 1st at 1:00pm with the Bow Tie Historian, Jason Scappaticci. Many presidents throughout American history have been the target of an assassin's bullet. This lecture will explore some of the more famous attempts on the life of the President of the United States as well as the two lesser known successful assassinations of Garfield and McKinley.

Boxed Lunch Lasagna- Mon., February 13th at 12:00pm-\$5.00 for members/ \$8.00 for nonmembers. Lunch includes a piece of lasagna & a bottle of 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. One piece per person. Money and reservation due by Feb.6th.

Valentine's Day Celebration with Mass-Conn-Fusion Jazz Duo- Tues., February 14th at 1:00pm. This Jazz Duo combines the beautiful music of the Cello and the Saxophone. Come join us for this free musical performance.

Performance by Bill Benson- A Connecticut based singer-songwriter who performs music as a messenger of love, hope and passion. He conveys his message through inspiring lyrics and heart-felt vocals in the styles of folk, country, and soft rock. Bill leverages the deep, brassy timbre of his vocals to convey emotion and draw listeners into his songs, evoking a mood that pulls you into the moment and offers retreat from life's day to day chaos. Join us on February 22nd at 1:00 PM for this free performance.

Upcoming Lifelong Learning Lecture: The SS United States: Fastest Ship in the World- Wednesday, March 1st at 1:00pm with the Bow Tie Historian, Jason Scappaticci. The use of the Queen Elizabeth and Queen Mary in the Second World War to ferry troops around the globe is thought to have shortened the length of the war. After the war the United States decided they needed a fleet of big liners in case there should be another major conflict. The S.S. United States was the only one built. She was the pride of America in the 1950s and 60s and a symbol of America's industrial might. After a successful career she was abruptly pulled from service. Today she sits rusting in Philadelphia. The story of her creation and career is a fascinating piece of twentieth century history.

Naloxone Training- The Lymes Senior Center will be hosting the Ledge Light Health District for a Naloxone Training on Tuesday, March 7th at 1:00pm, which will be open to the public. "The opioid overdose epidemic has been ongoing in America, including in Southeastern Connecticut. You can reverse an overdose if you have naloxone with you and know how to use it. Join navigators from Ledge Light Health District in a free naloxone training. "You never know when you might need to save someone's life." Please call the Lymes' Senior Center at the number above to register for this free program.

SAVE THE DATES

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

Movie Day- Jerry and Marge Go Large- Join us on Monday, March 13th at 1:00 PM for a FREE movie day! The showing is the 2022 movie, Jerry and Marge Go Large, based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

Turning 65.....What do I do? Join Licensed Agents, Cari and Sam Sweitzer, on Tuesday, March 14th at 1:00 PM for this educational event so that you can get a better understanding of what you are entitled to and what your options are for additional coverage. There is no cost or obligation to attend. Come with questions about the benefits and drawbacks of advantage plans, supplements, prescription drug plans, and traditional Medicare. Refreshments will be served.

How Israel observes the Holocaust Memorial Day, Israel's Memorial Day, and celebrate their Independence Day—Lunch and Learn- Join us on Wednesday, March 15th at 12:00pm for an exciting opportunity to eat lunch with Uma (Age 16) and Omer (age 18), young Emisaries 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 March 15th. Lunch reservations can be made up until 11am on March 14th. At 12:30pm, Uma and Omer will be doing an interactive lecture sharing how and why they observe the holidays mentioned above and shed new light on these topics. If you prefer to only attend the lecture, please pre-register by calling (860)434- 4127.

St Patrick's Day Luncheon will be held on Friday, March 17th at 12pm. Corn beef and cabbage, potatoes, as well as soda bread and dessert will be served. Reservations need to be made by calling (860) 388-1611 ext. 216 before 10:45am on Tuesday, March 3rd. The meal costs \$3.00 for all members 60 and over and can be paid on the 17th.

The Gray School of Irish Dance will perform for us on Friday, March 17th at 1:15pm with a variety of Irish Dances including soft and hard shoe dances. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional), and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes.

AARP Safe Driving Class- The Lymes Senior Center will be hosting AARP Safe Driving Class on Tuesday, March 28th from 1:00 to 5:00 pm. Cost is \$20.00 for AARP members and \$25.00 for non-AARP members. Checks payable to AARP are the only payment that is accepted. Please call to register.

Entertainer Jose Paulo— Back by popular demand on Wednesday, March 29th at 1:00pm! His voice will mesmerize you and his personality will charm you. Jose is very versatile and that permits him to sing all styles of music in English, Portuguese, Spanish, Italian and French. He continues to amaze audiences everywhere. José Paulo resides in Newington, CT and is a native of Rio de Janeiro, Brazil. This program is free for all members, \$10.00 for non-members 55 years of age or better.



Lymes' Senior Center

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