

# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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



## MARCH 2023

**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](mailto: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 &amp; Time/Duration</u> | <u>COST</u>   |
|--|--|---|
| <b><u>INPERSON CLASSES</u></b>               |  |   |
| Why Weight(s)? Class                         | Mondays at 8:15 AM                             | \$5.00  |
| Tap Classes                                  | Mondays at 9:30 & 10:15 AM                     | \$5.00  |
| <b>NEW</b> – Parade Practice                 | Mondays starting in April at 11AM              | FREE  |
| <b>NEW</b> - 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  |
| <b>NEW</b> - 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  |
| 4S Class (Sit, Stretch, Strength & Song)     | Fridays at 10:15 AM                            | FREE  |
| Beg. Country Line Dancing                    | Fridays at 2:15 PM                             | FREE  |
| <b><u>VIRTUAL CLASSES</u></b>                |  |   |
| Slow and Steady Yoga                         | Mon. & Fri. at 9 AM                            | See rates at <a href="http://lynnmccarthyoga.com">lynnmccarthyoga.com</a> |
| High Energy, Low Impact Dance                | Tues. & Thurs. at 9 AM                         | Monthly Pass \$20.00  |
| Chair Yoga for Pain                          | Wednesday at 9AM                               | See rates at <a href="http://lynnmccarthyoga.com">lynnmccarthyoga.com</a> |

### **UPCOMING ARTCLASSES**

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

**Wednesday, March 8th and 22nd at 1:00 PM**– Instructor Kristee will teach guests how to needlefelt 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.

**NEW Drawing Seascapes in Pencil (sketching)- Tuesdays, April 18th & 25th; 10 AM– 12PM**– Two week session: Learn how to draw a seascape with waves in pencil. Students will use photo references. Lesson will concentrate on composition and value. Cost: \$20 for the two-week session. Registration and payment due in advance. Supply list provided upon registration.

**NEW Close-Up Nature Abstractions in Pastel (Pastels)- Tuesdays, May 23rd & 30th; 10 AM– 12 PM**– Two week session: In the fashion of Georgia O’Keeffe and many other artists, students will compose and paint a colorful close-up view of a natural object. Photography references will be provided but you may provide your own if desired. Emphasis will be on texture, composition and color balance. Cost: \$20 for the two-week session. Registration and payment due in advance. Supply list provided upon registration.

### **UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES**

FREE for members, \$10 for non-members

- 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**

# SERVICES

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

| <u>Service</u>   | <u>Date/Time</u>    | <u>COST</u> |
|--|---------------------|-------------|
| Mini-Pedicure  | March 7th and 9th   | \$25.00     |
| Haircuts   | March 13th and 23rd | \$15.00     |
| Foot Clinic w/ Town Nurse (doesn't cut toenails)             | March by Appt.      | FREE        |
| Blood Pressure Clinic  | Daily, 11-1         | FREE        |
| Medicare Enrollment for People Turning 65 or New to Medicare | March by Appt.      | FREE        |
| <b>*NEW*</b> Manicures                                       | 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        |
| <b>*COMING IN APRIL*</b> Reiki Appointments                  | April 5 & 19        | FREE        |

# 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 the third Tuesday 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
- **Horseshoes–** March 22nd @ 1PM– Consensus meeting to determine weekly meet times
- **Bocce Ball–** March 28th @ 1:30PM– Consensus meeting to determine weekly meet times
- **\*NEW\* Darts–** 1st and 3rd Monday at 1:30 PM- Starting in April– Call if interested
- **\*NEW\* Badminton–** 2nd and 4th Wednesday at 1:30 PM– Starting in April– Call if interested

# 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. March’s meeting will be held at the Lyme Library and the book selection is “Little Paris Bookshop” by Nina George
- **“Take a Walk Wednesday” Walking Group–** 9:30 AM-Resumes in April. 2nd Wed. of month

# UPCOMING 2023 DAY TRIPS

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

**\*\*Expect A Lot Of Walking\*\***

## **ON SALE NOW**

**April 5th– Titanic Exhibit in NYC– Price: \$122.00**

**April 20th– Tea Lunch and Guided Tour of the Blithewold Mansion & Gardens– Price: \$130.00**

**May 23rd– Highline Trip & the Edge (Observation Deck)- Price: \$132.00**

**June 15th– Encore Boston Harbor Casino– Price \$86.00**

**July 6th– Theater By The Sea to see Beautiful: The Carole King Story (includes lunch)– Price \$155.00**

## **ON SALE APRIL 3RD**

**August 10th– Aqua Turf Lunch & Shades of Bubl  Show (Michael Bubl  Tribute)- Price \$ 122.00**

**August 24th- Spirit of Boston Luncheon Cruise around Boston Harbor & a Show!- Price \$158.00**

# March 2023

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <p><b>KEY</b><br/>           (\$): \$5 for members<br/>           (\$*): Prices Vary<br/>           (F): Free for members<br/>           (V): Virtual Class<br/>           Green: Exercise Class<br/>           Red: New Events<br/>           Purple: Special Events<br/>           Blue: Services<br/>           Pink: Art/Craft Classes/Groups</p>                            | <p><b>Lunch:</b> Every Tues., Wed., Thurs.<br/>           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.<br/> <b>Grab and Go:</b> 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.<br/> <b>Saturdays:</b> Yoga w/ Lynn at 8:30AM (\$*)</p> | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Chair Yoga for Pain (\$*)<br/>           10AM- Yoga Movement (\$)<br/>           10AM- Photography Camera Club (F)<br/>           11AM-Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Salisbury Steak w gravy, Mashed Potatoes, Green Beans, Vanilla Pudding, Fruit Juice (\$3)</b><br/>           1PM- <b>Lecture w/ Bow Tie Historian: The SS United States (F)</b></p>  | <p>9 AM- Why Weight(s)?(\$)<br/>           9AM- Manicures (\$15)<br/>           9AM(V)-High Energy, Low Impact Dance Class (\$*)<br/>           10:45 AM- Just Dance 50's &amp; 60's (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Baked Ziti, Cali Blend Veg, Bread Stick, Mandarin Oranges (\$3)</b><br/>           12:30PM- Nickel, Nickel (F)<br/>           12:30PM- Duplicate Bridge (F)<br/>           12:30PM- Wii Bowling (F)</p>            | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           10AM- Painting Workshop (F)<br/>           10:15AM- 4S Class (F)<br/>           10:45AM- Grab and Go Lunches (\$*)<br/>           11AM- Blood Pressure Clinic (F)<br/>           1PM- Cribbage (F)<br/>           1PM-Scrabble (F)<br/>           2:15PM- Country Line Dancing (F)</p> |
| <p>8:15AM- Why Weight(s)? (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           9:30AM- Tap Class 1 (\$)<br/>           10:15AM- Tap Class 2 (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12:30PM- Bridge (F)<br/>           To sign up for St Patrick's Day Luncheon call 860-388-1611 ext 216 by 11 am on March 10</p>                   | <p>8:45AM - NEW Tai Ji Quan (\$)<br/>           9AM(V)- High Energy, Low Impact Dance Class (\$*)<br/>           9AM- Pedicures (\$25)<br/>           10:15AM- Sit n Be Fit (F)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Beef Stew, Peas &amp; Carrots, Biscuit, Apple Crisp, Fruit Juice (\$3)</b><br/>           1PM- Naloxone Training</p>   | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Chair Yoga for Pain (\$*)<br/>           10AM- Yoga Movement (\$)<br/>           10AM- The "Knit-Wits" Knitting Circle (F)<br/>           11AM-Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Chicken Shawarma, Marinated Chicken, Herbed Rice, Mixed Veg, Pita Bread, Tzatziki Sauce, Fruit Juice, Lemon Pudding (\$3)</b><br/>           1PM - Needle Felting w Kristee</p>  | <p>9 AM- Why Weight(s)? (\$)<br/>           9AM(V)-High Energy, Low Impact Dance Class (\$*)<br/>           9AM- Pedicures (\$25)<br/>           10:45 AM- *NEW* Just Dance 50's &amp; 60's (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Fish &amp; Chips, Battered Fish, French Fries, oleSlaw, Banan (\$3)</b><br/>           12:30PM- Nickel, Nickel (F)<br/>           12:30PM- Duplicate Bridge (F)<br/>           12:30PM- Wii Bowling (F)</p> | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           10AM- Painting Workshop (F)<br/>           10:15AM- 4S Class (F)<br/>           10:45AM- Grab and Go Lunches (\$*)<br/>           11AM- Blood Pressure Clinic (F)<br/>           1PM- Cribbage (F)<br/>           1PM-Scrabble (F)<br/>           2:15PM- Country Line Dancing (F)</p> |
| <p>8:15AM- Why Weight(s)? (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           9AM- Haircuts (\$15)<br/>           9:30AM- Tap Class 1 (\$)<br/>           10:15AM- Tap Class 2 (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12:30PM- Bridge (F)<br/>           1PM Movie Monday-Jerry and Marge Go Large (F)</p>                         | <p>8:45AM - NEW Tai Ji Quan (\$)<br/>           9AM(V)- High Energy, Low Impact Dance Class (\$*)<br/>           10:15AM- Sit n Be Fit (F)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Chicken w/Gravy, Roasted Potatoes, Broccoli, Peaches (\$3)</b><br/>           1PM- Turning 65? What Do I Do? (F)</p>  | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Chair Yoga for Pain (\$*)<br/>           9:15AM- Veteran's Coffee Hour (F)<br/>           10AM- Yoga Movement (\$)<br/>           11AM-Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Taco Salad, Taco Meat, Corn, Beans &amp; Peppers, Lettuce, Shredded Carrot, Shredded Cheese, Orange (\$3)</b><br/>           12:30PM Lunch &amp; Learn-How Israel Observes Holocaust Mem. Day, Israel Mem. Day, Independence Day (F)</p> | <p>9 AM- Why Weight(s)? (\$)<br/>           9AM- Footcare w/Footcare Associates (\$35)<br/>           9AM(V)-High Energy, Low Impact Dance Class (\$*)<br/>           10:45 AM-Just Dance 50's &amp; 60's (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>NO LUNCH</b><br/>           12:30PM- Nickel, Nickel (F)<br/>           12:30PM- Duplicate Bridge (F)<br/>           12:30PM- Wii Bowling (F)</p>   | <p><b>All Classes Canceled</b><br/> <b>St. Patrick's Day Luncheon</b><br/>           12PM- Corned Beef, Cabbage, Potatoes, Carrots, Soda Bread, Chocolate Pudding, Fruit Juice (\$3)<br/>           1:15PM-The Gray School of Irish Dance Performance (F)</p>  |
| <p>8:15AM- Why Weight(s)? (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           9:30AM- Tap Class 1 (\$)<br/>           10:15AM- Tap Class 2 (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12:30PM- Bridge (F)<br/>           1PM SC Board Meeting(F)-all welcome to attend</p>   | <p>8:45AM - NEW Tai Ji Quan (\$)<br/>           9AM(V)- High Energy, Low Impact Dance Class (\$*)<br/>           10:15AM- Sit n Be Fit (F)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Beef Tips w/Gravy, Mashed Potatoes, Green Beans, Tropical Fruit (\$3)</b><br/>           12:45PM- Indoor Cornhole (F)</p>   | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Chair Yoga for Pain (\$*)<br/>           10AM- Yoga Movement (\$)<br/>           10AM- The "Knit-Wits" Knitting Circle (F)<br/>           11AM-Blood Pressure Clinic (F)<br/>           12PM- Baked Cod w/ Lemon Sauce, Rice Pilaf, Broccoli, Pineapple (\$3)<br/>           1PM - Needle Felting w Kristee<br/>           1PM- Horseshoe Meeting to establish consensus of weekly meeting times (F)</p>                                | <p>9 AM- Why Weight(s)? (\$)<br/>           9AM(V)-High Energy, Low Impact Dance Class (\$*)<br/>           9AM- Haircuts (\$15)<br/>           10:45 AM- Just Dance 50's &amp; 60's (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Chicken Corn Chowder, Garden Salad, Bread Stick, Mandarin Oranges (\$3)</b><br/>           12:30PM- Nickel, Nickel (F)<br/>           12:30PM- Duplicate Bridge (F)<br/>           12:30PM- Wii Bowling (F)</p>    | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           10AM- Painting Workshop (F)<br/>           10:15AM- 4S Class (F)<br/>           10:45AM- Grab and Go Lunches (\$*)<br/>           11AM- Blood Pressure Clinic (F)<br/>           1PM- Cribbage (F)<br/>           2:15PM- Country Line Dancing (F)</p>                                 |
| <p>8:15AM- Why Weight(s)? (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           9:30AM- Tap Class 1 (\$)<br/>           10:15AM- Tap Class 2 (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12-3PM- Hearing Clinic (F)<br/>           12-2PM- Art Drop Off<br/>           12:30PM- Bridge (F)<br/>           5PM- VFW Meeting/Dinner (F)</p> | <p>8:45AM - NEW Tai Ji Quan (\$)<br/>           9AM(V)- High Energy, Low Impact Dance Class (\$*)<br/>           10:15AM- Sit n Be Fit (F)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Breaded Tilapia, Sweet Potatoes, Spinach, Mandarin Oranges (\$3)</b><br/>           12-2PM-Art Drop Off (F)<br/>           1:30PM- Bocce Meeting to establish consensus of weekly meeting times<br/>           1-5PM AARP Safe Driving (\$)</p>   | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Chair Yoga for Pain (\$*)<br/>           10AM- Yoga Movement (\$)<br/>           10AM- The "Knit-Wits" Knitting Circle (F)<br/>           11AM-Blood Pressure Clinic (F)<br/>           12PM- <b>BIRTHDAY LUNCHEON- Corned Beef Hash, Roasted Potatoes, Asparagus Blend Veg, Apple Sauce, Birthday Cake (\$3)</b><br/>           1PM- Jose Paulo Performance (F)</p>  | <p>9 AM- Why Weight(s)? (\$)<br/>           9AM(V)-High Energy, Low Impact Dance Class (\$*)<br/>           9AM- Haircuts (\$15)<br/>           10:45 AM- Just Dance 50's &amp; 60's (\$)<br/>           11AM- Blood Pressure Clinic (F)<br/>           12PM-<b>LUNCH- Swiss Steak, Tomato Gravy, Mashed Potatoes, Brussel Sprouts, Pears (\$3)</b><br/>           12:30PM- Nickel, Nickel (F)<br/>           12:30PM- Duplicate Bridge (F)<br/>           12:30PM- Wii Bowling (F)</p>   | <p>8:30AM- Low Impact Class (\$)<br/>           9AM(V)- Slow and Steady Yoga (\$*)<br/>           10AM- Painting Workshop (F)<br/>           10:15AM- 4S Class (F)<br/>           10:45AM- Grab and Go Lunches (\$*)<br/>           11AM- Blood Pressure Clinic (F)<br/>           1PM- Cribbage (F)<br/>           2:15PM- Country Line Dancing (F)</p>                                 |

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## SAVE THE DATE- MARCH

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

### **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.

**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 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 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 17<sup>th</sup> 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 3<sup>rd</sup>. The meal costs \$3.00 for all members 60 and over and can be paid on the 17<sup>th</sup>.

**The Gray School of Irish Dance** will perform for us on Friday, March 17<sup>th</sup> 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.

**\*\*VERY SPECIAL THANK YOU\*\***

**Reynolds Subaru**

**\*\* for the \$2,000 donation to benefit our Seniors in Need Program\*\***

**&**

**Lyme-Old Lyme Lions Club**

**\*\*Donation to benefit our future program endeavors\*\***

# SAVE THE DATES- APRIL

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

**Parade Practice**– On Monday, April 3rd at 11 Am, the Lymes' Senior Center will be starting the Parade Practice for the Memorial Day Parade. We will be meeting every Monday at 11 AM thereafter. Please call the Lymes' Senior Center to sign up.

**Boxed Lunch Wraps from Coffey's**– Monday, April 3rd at 12 PM. A choice of a turkey club wrap (w/ turkey, bacon, lettuce, tomato, and mayo on a plain wrap), a smoked ham wrap (w/smoked ham, swiss cheese, roasted red peppers, red onion, green lettuce, mayo and Dijon mustard), or a tuna wrap (w/ provolone cheese, lettuce and tomatoes). All sandwiches come with a bag of chips and a bottle of water. The cost for this boxed lunch is \$5.00 for members, &7.50 for non-members. Lunches can be taken to go or eaten in our dining room. All orders and payments will be due by March 27th.

**Upcoming Lifelong Learning Lecture: The Sinking of the Titanic**– Wednesday, April 5th at 1:00PM with the Bow Tie Historian, Jason Scappaticci. For over 100 years the details of this maritime disaster have fascinated the public. She has been the subject of multiple movies, songs, cookbooks, novels, and a Broadway musical. This lecture goes into her creation, design, interior decoration, and her final, and only, voyage.

**Movie Monday– Top Gun: Maverick**– On Monday, April 10th at 12:45, the Lymes' Senior Center will be having a showing of the movie Top Gun: Maverick. After thirty years, Maverick is still pushing the envelope as a top naval aviator, but must confront ghosts of his past when he leads TOP GUN's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it. Join us for this free showing!

**Makeup For Mature Women**– On Tuesday, April 11th at 12:30 PM– the Lymes' Senior Center will be hosting a two-hour workshop with a professional makeup artist. In this workshop, you will learn how to create a makeup style that compliments your features. You will explore products, tools, and must haves for your makeup collection. This workshop will include “hands on” demonstrations. Please bring your makeup and brushes with you to the program! Cost is \$10 for members, \$15 for non-members. Limited capacity available, priority seating to members.

**Women In Photography: Featuring Vivian Maier**– on Wednesday, April 12th at 1 PM with facilitator Fred Verillo. Who is Vivian Maier? Now considered one of the 20th century's greatest street photographers, Vivian Maier was a mysterious nanny who secretly took over 100,000 photographs that went unseen during her lifetime. Maier's strange and riveting life and art are revealed through never-before-seen photographs, films, and interview with dozens who thought they knew her. A discussion will be held following the “Finding Vivian Maier” documentary.

**A Human Face of World War 2**– Wednesday, April 19th at 1 PM with Storyteller Arnie Pritchard . Arnie will bring guests the story of his father's time as a soldier in World War II. Pritchard inherited the papers and letters found in a trunk after his father Tony Pritchard died and he pieced together into a story his father's experience in the front lines in Europe. This event is free for all members, we hope you can join us for this fascinating story!

**Lunch & Learn: With Financial Advisor Ed Prendergast**- Join us on Monday, April 24th at 12:00PM with Financial Advisor, Ed Prendergast. Ed will be here with Janney Montgomery Scott to discuss current interest rates, including FDIC insured deposits, CD's, money market and US treasuries. The talk will include how inflation impacts savings and spending. There will be an opportunity for individuals to ask questions. Lunch will include salad, garlic bread, and lasagna! To register for this lunch event, call (860)434-4127. Reservations for this lunch and event must be made by April 17th.

**Musical Entertainer Jen DiSapio**– Wednesday, April 26th at 1 PM with That's Heavenly Entertainment! A professional musician and entertainer with 35+ years of experience, she is a solo performer that does lively, energetic, and interactive shows! It's her passion to be able to bring joy, happiness, laughter, wonderful memories, and lots of smiles to her audiences. This performance is free for all members, \$10.00 for non-members, age 55 or better.

## Lymes' Senior Center Artist Wall

Please be advised that there is a limited number of spaces per show but we will do our best to accommodate all submissions. Unless stated otherwise, members are limited to one piece per show. Interested artists MUST fill out a submission form available at the Lymes' Senior Center.

**Art Drop Off: Monday, March 27th and Tuesday, March 28th**

**\*\*Opening Reception: Thursday, April 6th from 4-5 PM\*\***



# Lymes' Senior Center

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