

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org

AUGUST 2023

PROUDLY SERVING SENIORS 55 AND BETTER!



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Center

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Telehealth, and Transitional Care



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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

CLASSES	Date of First Class & Time/Duration	COST
<u>INPERSON CLASSES</u>		
Why Weight(s)? Class	Mondays at 8:15 AM	\$5.00
Tap Classes	Returns in September	\$5.00
Tai Ji Quan with Kate	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
Low Impact Class with Kate	Fridays at 8:30 AM	\$5.00
4S Class (Sit, Stretch, Streng	Fridays at 10:15 AM	FREE
Beg. Country Line Dancing	Fridays at 2:15 PM	FREE

UPCOMING IN PERSON CLASSES

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

Summer Watercolor– Tuesdays, August 1st, 15th, 22nd, and 29th, 10-12PM– Taught by Jeanette Green; In this 4-session Watercolor class, we will review some of the most important skills in handling watercolor painting. In Session 1 students will run washes, practice blending light to dark with various colors, and experiment with brush control. Session 2 will be all about learning to balance the value in a composition . In session 3, students will practice color mixing with opposites and complimentary hues. In Session 4, Students will create textures and learn unusual painting techniques. Cost for the 4-week session is \$40 for members. Limited Seat Capacity; Call (860)434-4127 to register. Payment due in advance. Supply List given upon sign up.

Fly Casting Class– Thursdays, September 7th, 14th, and 21st, 3 - 4 PM– Mark Lewchik is back to teach us all about fly casting! In this 3-week session, Mark will teach us about the basics on fly fish casting, with all the tips and tricks! Cost for this 3-week class is FREE for members, \$20 for non-members. Call (860)434-4127 to register for this incredible class!

“Improve Your Sketching Skills” Art Class– Tuesdays, September 19th and 26th, 10-12PM– Taught by Jeanette Green; If you want to learn how to draw or how to improve your sketching skills, this class is for you. We will cover several different methods to help you draw what you see and improve your accuracy. In the first session, students will quickly sketch a still-life subject. In part 2 of this session students will sketch the same subject but instead focus on the “negative” space around their subject to “see” their subject better. In the second session, the class will model line and value drawings of still-life objects. The instructor will demonstrate how to plan out the composition. Students will learn how to draw accurate cups, vases, bowls, and bottles using the ellipse method. We will also practice creating depth with contour lines and how to do size/angle comparisons and finally light and shade modeling. Cost for the 2-week session is \$20 for members. Limited Seat Capacity; Call (860)434-4127 to register. Payment due in advance. Supply List given upon sign up.

UPCOMING 2023 DAY TRIPS

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

Expect A Lot Of Walking

ON SALE NOW

September 12th- Ellis Island and Statue of Liberty Museum– Price \$116

September 26th– Salem & Marblehead, MA: Tour, Lunch, Shopping– Price \$135

October 5– Made in Vermont; Lunch and Country Shopping– Price: \$137

October 24th– Cranberry Bog Tour & Lunch at Mezza Luna– Price \$137

November 4th– A Taste of Italian New York: 3 Different Food “Hot Spots” to eat and shop!- Price \$147

November 16th– Newport Playhouse: Miracle on South Division Street; Lunch & Show– Price: \$115

December 2nd– Radio City Christmas Spectacular: The Rockettes– Price: \$238

December 14th– Stocking Stuffer Holiday Day Trip; MA– Shopping and Buffet Lunch!- Price \$140

Dear Members,

In June, the building expansion plan was approved through a referendum vote in Old Lyme! We are very excited about our upcoming renovation and expansion! As we begin this new Chapter there will be many changes, but one thing will remain the same, our commitment to you! Friday, September 29th will be our last day of classes and programs in this building as we prepare our building for the next stage.

Our classes and programs will take a hiatus from September 30th through October 15th as we transition our programs and staff to new locations. Our staff and/or volunteers will be on site to offer directional and logistical assistance at all of the various program locations. Please see your September newsletter for details of where your favorite programs will be held. I want to thank you in advance for your patience and understanding during this transition time. We will strive to make this transition as painless as possible and we hope you will continue to enjoy our many programs, groups, and services.

-Your Friends at the Senior Center

August 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 Pink: Art/Craft Classes/Groups</p>	<p>8:45AM - Tai Ji Quan (\$) 10AM-Summer Watercolor Painting (\$40) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Baked Cod, Tartar Sauce, Roasted Red Potatoes, Spinach, Banana (\$3) 12:45PM-Cornhole (F) 1PM-We "Felt" Like It(F) 1PM-Setback Card Game (F) 4:30PM-Bocce (F)</p> <p style="text-align: right;">1</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- Hamburger, Potato Wedges, 3 Bean Salad, Juice, Ice Cream (\$3) 2:00PM-Reiki (\$*)</p> <p style="text-align: right;">2</p>	<p>9 AM- Why Weight(s)?(\$) 9AM- Manicures (\$15) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Baked Chicken, Mushroom Gravy, Brown Rice, Broccoli, Pineapple (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM-Duplicate Bridge (F) 12:30PM- Wii Bowling (F) 4PM- Opening reception for "Natural Beauty" All Welcome to Attend (F)</p> <p style="text-align: right;">3</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Horseshoes (F)</p> <p style="text-align: right;">4</p>
<p>8:15AM- Why Weight(s)? (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1:30PM-Darts (F)</p> <p style="text-align: right;">7</p>	<p>8:45AM - Tai Ji Quan (\$) 9AM- Pedicures (\$25) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Ham & Swiss Sandwich, Carrot Raisin Salad, Mandarin Oranges (\$3) 1PM-Setback Card Game (F) 4:30PM-Bocce (F)</p> <p style="text-align: right;">8</p>	<p>8:30AM- Low Impact Class (\$) 9:30AM-Take a Walk Wednesday Hiking Group (F) 10AM- Yoga Movement (\$) 10AM- The "Knit-Wits" Knitting Circle (F) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH-Mac & Cheese, Stewed Tomatoes and Zucchini, Tropical Fruit (\$3) 1PM-Techniques in Reflexology (F) 1:30PM- Badminton (F)</p> <p style="text-align: right;">9</p>	<p>9 AM- Why Weight(s)? (\$) 9AM- Pedicures (\$25) 10:15AM-Shades of Buble at Aqua Turf (Trip) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Meatloaf, Roasted Red Potatoes (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F)</p> <p style="text-align: right;">10</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Horseshoes (F) 2:15PM- Country Line Dancing (F)</p> <p style="text-align: right;">11</p>
<p>8:15AM- Why Weight(s)? (\$) 9AM- Haircuts (\$15) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1PM Movie Monday-"The Proposal"(F)</p> <p style="text-align: right;">14</p>	<p>8:45AM - Tai Ji Quan (\$) 10AM-Summer Watercolor Painting (\$40) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Swiss Steak, Country Gravy, Mashed Potatoes, Broccoli, Fruit Cocktail, Biscuit (\$3) 12:45PM-Cornhole (F) 1PM-AARP Safe Driving Course (\$20/\$25) 1PM-Setback Card Game (F) 4:30 Bocce (F)</p> <p style="text-align: right;">15</p>	<p>8:30AM- Low Impact Class (\$) 9:45AM-Veteran's Coffee Hour (F) 10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- Baked Tilapia, Rice Pilaf, Spring Veg Mix, Mandarin Orange (\$3) 12:30PM Ice Cream Social (F) 2:00PM-Reiki (\$*)</p> <p style="text-align: right;">16</p>	<p>9 AM- Why Weight(s)? (\$) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH -Sausage & Peppers Grinder, Mixed Veg, Fruit Cocktail (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F)</p> <p style="text-align: right;">17</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Horseshoes (F) 2:15PM- Country Line Dancing (F)</p> <p style="text-align: right;">18</p>
<p>8:15AM- Why Weight(s)? (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1PM-Board Meeting 1:30PM-Darts (F)</p> <p style="text-align: right;">21</p>	<p>8:45AM - Tai Ji Quan (\$) 10AM-Summer Watercolor Painting (\$40) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH-BBQ Chicken, Mac & Cheese, Spinach, Peaches (\$3) 1PM-Memorial Brick Garden Ceremony (F) 1PM-Setback Card Game (F) 4:30 Bocce (F)</p> <p style="text-align: right;">22</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Yoga Movement (\$) 10AM- The "Knit-Wits" Knitting Circle (F) 11AM-Blood Pressure Clinic (F) 12PM- LUNCH Taco Salad, Orange (\$3) 1:30PM- Badminton (F)</p> <p style="text-align: right;">23</p>	<p>7:45AM-Spirit of Boston Luncheon Cruise 9 AM- Why Weight(s)? (\$) 9AM- Haircuts (\$15) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Chicken Cutlet Sandwich, Potato Wedges, Coleslaw, Pineapple (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F)</p> <p style="text-align: right;">24</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Horseshoes (F) 2:15PM- Country Line Dancing (F)</p> <p style="text-align: right;">25</p>
<p>8:15AM- Why Weight(s)? (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1PM-The Life of Milton Hershey (F) 5PM-VFW Dinner & Meeting</p> <p style="text-align: right;">28</p>	<p>8:45AM - Tai Ji Quan (\$) 10AM-Summer Watercolor Painting (\$40) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH-Eggplant Parmesan, Tomato Sauce, Capri Blend Veg, Garlic Knot, Strawberry Shortcake(\$3) 1PM-Setback Card Game (F) 1PM-Outdoor Concert-Joe Mac & Friends (F) 4:30 Bocce (F)</p> <p style="text-align: right;">29</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Yoga Movement (\$) 10AM- The "Knit-Wits" Knitting Circle (F) 11AM-Blood Pressure Clinic (F) 12PM- BIRTHDAY LUNCH Roast Pork, Gravy, Mashed Potatoes, Green Beans, Apple Sauce, Fruit Juice, Birthday Cake (\$3) 1PM- New Medicare Savings Plan Guidelines & Limits Seminar(F)</p> <p style="text-align: right;">30</p>	<p>9 AM- Why Weight(s)? (\$) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- Beef Tips w Gravy, Egg Noodles, Green Beans, Tropical Fruit (\$3) 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F)</p> <p style="text-align: right;">31</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.</p>

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SERVICES

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

<u>Service</u>	<u>Date/Time</u>	<u>COST</u>
Mini-Pedicure	Booking for October	\$25.00
Haircuts	August 14th and 24th	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	August by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Enrollment for People Turning 65 or New to Medicare	August by Appt.	FREE
Manicures	Booking for October	\$15.00
Foot Clinic w/Foot Care Associates (cuts toenails)	September 21st by Appt.	\$35.00
Hearing Clinic	November 27th by Appt.	FREE
Reiki Appointments (1st appt Free)	August 2nd and 16th	1st FREE/\$50

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
- **Cornhole**– Meets the first and third 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
- **Horseshoes**– Meets every Friday at 1 PM
- **Bocce Ball**– Meets every Tuesday at 4:30
- **Darts**– 1st and 3rd Monday at 1:30 PM– Call if interested
- **Badminton**– 2nd and 4th Wednesday at 1:30 PM- Call if interested
- **Setback (Card Game)**- Meets Tuesdays at 1 PM

GROUPS & CLUBS

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

- **The “Knit-Wits” Knitting Circle**– 10 AM- Meets the second and fourth Wednesday of the month
- ***NEW* Veteran’s Coffee Hour**– 9:45 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. Will return for September. September’s book selection can be found by calling the Lyme Library at (860)434-2272.
- **“Take a Walk Wednesday” Walking Group**– 9:30 AM-2nd Wednesday of the month
- **We “Felt” Like It**–1-3 PM–Felting art group. Meets the first Tuesday of the month.

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE for members, \$10 for non-members

- August 28th at 1 PM– **The Life of Milton Hersey**
- September 6th at 1 PM– **1904 St. Louis World’s Fair with the Bowtie Historian**
- September 25th at 1 PM– **Life of Amelia Earhart**

Upcoming 2024-2025 Cruises and Overnight Trips

Prices and Details Coming Soon

Costa Rica– March 21st-29th, 2024

Mackinac Island– Mid June 2024

Iceland- November 5th-11th, 2024

Croatia and Its Islands– April 22nd– May 3rd, 2025

Artist Wall: “Natural Beauty”

Join us on Thursday, August 3rd from 4-5 for the Artist Wall “Natural Beauty” Art Exhibit Reception. Come down for a fantastic time and view the artwork of our painters and photographers! A raffle will be held, and refreshments will be available for all our guests. For more information on the reception, or how to participate in future art exhibits, please call (860)434-4127.

SAVE THE DATES

Call (860)434-4127 or Email seniorcenter@oldlyme-ct.gov to register

Techniques in Understanding Reflexology on Hands, Feet, and Ears in Order to Promote Better Health Through Self-Care– Wednesday, August 9th at 1 PM– Reflexologist Rebecca Posner will be here to demonstrate how individuals can perform self reflexology on hands, feet, and ears, in order to promote better health

Movie Monday- “The Proposal”- Monday, August 14th at 1 PM- Faced with deportation to her native Canada, high-powered book editor Margaret Tate (Sandra Bullock) says she's engaged to marry Andrew Paxton (Ryan Reynolds), her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps.

AARP Safe Driving Class– Tuesday, August 15th from 1-5 PM- The Lymes’ Senior Center will be hosting AARP Safe Driving Class on Tuesday, August 15th 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 (860)434-4127 to register.

Ice Cream Social– Wednesday, August 16th at 12:30 PM– Come celebrate summer by enjoying an ice cream social with us! FREE for members! Please call to register!

Memorial Garden Ceremony– Tuesday, August 22nd at 1 PM- Our annual brick dedication will be held on **Tuesday, August 22nd at 1 PM with a rain date being August 23rd at 1 PM.** All are welcome to attend. Please call to register. Refreshments will be served. Honored in this year’s dedication will be Beryl Lake, Maggie Taylor, Donna Burke, Martha Ames, Annie Griffith (B), Ethel Chatkin, Gerry Jacobson, Marion D. King, Janet Funke, Mary Stanton, Altabella Pflomm, and Justin Bogucki

Joe Mac Concert– Wednesday, August 29th at 1 PM– Joe Mac is BACK! Join us as we welcome back singer Joe Mac and friends, as they entertain us with rock and roll from the 50’s and 60’s. This concert will be outdoors so make sure to bring a lawn chair or blanket! Feel free to bring your dancing shoes as well!

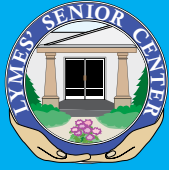
New Medicare Savings Program (MSP) Guidelines and Limits Seminar- Wednesday, August 30th at 1 PM– Join us in welcoming John Pitarra Jr. from Senior Health and Retirement Services, who will be here to update us on the new MSP guidelines and limits. John and his team are knowledgeable about all things Medicare and will be able to answer any questions you may bring. If you need help with ACA, Access Health CT, or Husky, this seminar will benefit you.

Tips For Decreasing Back Pain– Wednesday, September 13th at 1 PM– In Line Physical Therapy owner, Sharon Hallahan, will be here to help with what a lot of us struggle with– back pain! Learning about spine health and the methods to improve it are critical to a healthy and comfortable life; Sharon will be here to discuss the tricks and tricks on how to decrease back pain!

Arthritis Support Group– Tuesday, September 19th at 1 PM– Led by Kathleen Maynard, RN. This is a kick-off meeting to start our arthritis support group. Join us for arthritis education, support, and friendship.

“Protect Your Nest Egg” With Ed Prendergast: - Tuesday, September 26th at 1 PM– Ed will be back to discuss strategies and ideas around how folks can protect assets as they age. We will discuss how important an attorney and financial advisor can be in strategizing how to protect and retain assets. We will discuss death taxes as well as long term care costs and how inflation has and will impact the costs. If you would like to join us for this talk, you must RSVP for this talk by Friday, September 22nd, as we are serving apple pie and ice cream and need to know how many people we are expecting.

Singer Victoria Rose Performance– Wednesday, September 27th at 1 PM– Enjoy the singing sensation, Victoria Rose, who will be here to serenade us! Come join us while we listen to showtunes, and the popular music of the 50’s, 60’s and 70’s! From the Drifters to Brenda Lee, Victoria will bring a repertoire that has something for everyone to enjoy!



Lymes' Senior Center

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Old Lyme Visiting Nurse Association



Back-to-school is almost here!

*Make sure your students are
up-to-date with their vaccinations.*

*This is also a great time for everyone
to schedule:*

Physical exams

Vision exams

Dental appointments

Annual flu shots



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August is National Immunization Awareness Month