

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org



SEPTEMBER 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**

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, Strength & Song)	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!

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 Senior Dance Party

Friday, September 15th from 12:30-3:00 PM

Cost: \$10 per person– Water and dessert provided; feel free to bring your own snacks and drinks

Dress in your western apparel and join us for this special afternoon of Country Line Dancing!

This is a senior center community event with multiple senior centers in attendance. We will gather the songs/dances being taught at the various centers and play as many of your favorites as possible! When needed, we will do a quick review of the dance steps before starting the music, so everyone can dance along to all the songs! Perfection and partners not needed, just come on over and have a great time while meeting new people!

Location: Dance Country CT in Riverside Mall @ 1666 CT-12 in Gales Ferry, CT

Day of Instructions:

Meet at the Lymes’ Senior Center at 11:30 AM to carpool

OR

Meet at 1666 CT-12 in Gales Ferry, CT, for 12:30 PM

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

LYMES' SENIOR CENTER

26 TOWN WOODS ROAD - OLD LYME

Serving Seniors 55 & Better

Call (860) 434-1605 EXT. 240 to register or for more information on becoming a member.

CHECK OUT OUR WEBSITE FOR UPCOMING NEWS & EVENTS

BELOW IS JUST A SMALL PORTION OF OUR EVENTS, CLUBS, TRIPS, AND CLASSES THAT ARE OFFERED PLEASE
CHECK OUT OUR WEBSITE FOR MORE INFORMATION

<http://seniorcenterct.org>


As of September 30th, we will no longer be using our building to make room for our expansion and renovation. Rest assured that our programming will go on! Starting Monday, October 16th our programs will resume in multiple locations. We can still be reached by phone at (860)434-1605 ext. 240 and by email at seniorcenter@oldlyme-ct.gov. We will have office hours starting October 16th, Monday- Friday from 2-3pm in the American Legion Room at the Old Lyme Town Hall. Although some locations are still being decided, the programs that have confirmed locations are listed below. Please know that staff and volunteers will be on site to help you find your way. I would like to thank all the various locations for their graciousness in our time of need. Without their hospitality and co-operation, our programs & services would be severely diminished. I would also like to thank our members for their flexibility and continued patience.

Mon.	Program	Start Date	Frequency	Time	Place
	Why Weights Class	Oct. 16th	Every Monday	8:30 AM	Rogers Lake Clubhouse
	Tap Class 1 & 2	Oct. 16th	Every Monday	9:30 & 10:15 AM	The Dance Studio of Old Lyme
	Blood Pressure Clinic	Oct. 16th	Every Monday	11:00-1:00 AM	OL Town Hall (Lobby)
Tues.	Program	Start Date	Frequency	Time	Place
	Tai Ji Quan	Oct. 17th	Every Tuesday	8:30 AM	Rogers Lake Clubhouse
	Sit and Be Fit	Oct. 17th	Every Tuesday	10:15 AM	First Congregational Church
	Lunch	Oct. 10th	Every Tuesday	12:00 PM	First Congregational Church
	Blood Pressure Clinic	Oct. 17th	Every Tuesday	11:00-1:00 PM	First Congregational Church
	Setback Card Game	Oct. 17th	Every Tuesday	1:00 PM	St. Anne's Church
	We "Felt" It	Nov. 7th	First Tuesday	1:00 PM	OL Town Hall (Mezzanine Conference Room)
	Pedicures	Nov. 7th	Tues. Before 2nd Thursday	10:30-2:00 PM	Lyme Library
Wed.	Program	Start Date	Frequency	Time	Place
	Low Impact	Oct. 18th	Every Wednesday	8:30 AM	Rogers Lake Clubhouse
	Yoga Movement	Oct. 18th	Every Wednesday	10:00 AM	Rogers Lake Clubhouse
	Veterans Coffeehouse	Oct. 18th	Third Wednesday	9:45 AM	St. Anne's Church
	Lunch	Oct. 10th	Every Wednesday	12:00 PM	First Congregational Church
	Reiki	Oct. 18th	1st and 3rd Wednesday	1:30-4:30 PM	Lyme Library
	Knit-Wits Knitting	Oct. 25th	2nd and 4th Wednesday	10:00-12:00 PM	OL Town Hall (Mezzanine Conference Room)
	Blood Pressure Clinic	Oct. 18th	Every Wednesday	11:00-1:00 PM	First Congregational Church
Thurs.	Program	Start Date	Frequency	Time	Place
	Why Weights Class	Oct. 19th	Every Thursday	8:30am	Rogers Lake Clubhouse
	Lunch	Oct. 19th	Every Thursday	12:00pm	Congregational Church
	Blood Pressure Clinic	Oct. 19th	Every Thursday	11:00-1:00pm	Congregational Church
	Nickel, Nickel	Oct. 19th	Every Thursday	1:00pm	Rogers Lake Clubhouse
	Duplicate Bridge	Oct. 19th	Every Thursday	12:30pm	St. Anne's Church
	Manicures	Nov. 2nd	1st Thursday	10:30-2:00pm	Lyme Library
	Pedicures	Nov. 9th	2nd Thursday	10:30-2:00pm	Lyme Library
	Foot Care Clinic	Nov. 16th	3rd Thurs. Every Other Month	10:30-4:00pm	Lyme Library
Fri.	Program	Start Date	Frequency	Time	Place
	Low Impact	Oct. 21st	Every Friday	8:30 AM	Rogers Lake Clubhouse
	Painting/Art Workshop	Oct. 21st	Every Friday	9:00-12:00 PM	St. Anne's Church (Room)
	4S Class	Oct. 21st	Every Friday	10:15 AM	Rogers Lake Clubhouse
	Blood Pressure Clinic	Oct. 21st	Every Friday	11:00-1:00 PM	OL Town Hall (Lobby)
	Line Dancing	Oct. 21st	Every Friday	2:15 PM	Rogers Lake Clubhouse
	Cribbage	Oct. 21st	Every Friday	1:00 PM	St. Anne's Church

September 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>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>			<p>8:30AM- Low Impact Class (\$) 10AM- Painting Workshop (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 1PM- Cribbage (F) 1PM-Horseshoes (F)</p> <p>1</p>
<p>Center Closed in observation of Labor Day</p> <p>4</p>	<p>8:45AM - Tai Ji Quan (\$) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Salmon w Cranberry Glaze, Roasted Red Potatoes, Capri Blend Veg, Mandarin Oranges (\$3)</u> 12:45PM-Cornhole (F) 1PM-We "Felt" Like It(F) 1PM-Setback Card Game (F) 4:30PM-Bocce (F)</p> <p>5</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- <u>Chicken Caesar Salad, Corn Muffin, Orange (\$3)</u> 2:00PM-Reiki (\$*) 1PM-1904 St. Louis World's Fair (F)</p> <p>6</p>	<p>9 AM- Why Weight(s)?(\$) 9AM- Manicures (\$15) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Shepherd's Pie, Biscuit, Pear Crisp (\$3)</u> 12:30PM- Nickel, Nickel (F) 12:30PM-Duplicate Bridge (F) 12:30PM- Wii Bowling (F) 3PM- Fly Casting (F)</p> <p>7</p>	<p>8:30AM- Low Impact Class (\$) 9AM-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-Horseshoes (F) 2:15PM- Country Line Dancing (F)</p> <p>8</p>
<p>8:15AM- Why Weight(s)? (\$) 9AM- Haircuts (\$15) 9:30AM-Tap Class 1 (\$) 10:15AM-Tap Class 2 (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1PM Movie Monday A Man Called Otto(F)</p> <p>11</p>	<p>6:30AM-Ellis Island Trip (PU East Lyme) 8:45AM - Tai Ji Quan (\$) 9AM- Pedicures (\$25) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Lasagna, Winter Blend Veg, Garlic Knot, Fruit Cocktail (\$3)</u> 1PM-Setback Card Game (F) 1PM-History of the Florence Griswold & Artist Colony F) 4:30PM-Bocce (F)</p> <p>12</p>	<p>8:30AM- Low Impact Class (\$) 10AM- Yoga Movement (\$) 10AM- The "Knit-Wits" Knitting Circle (F) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- <u>Spaghetti w Meatballs, Cauliflower and Broccoli, Garlic Knot, Chocolate Pudding, Fruit Juice(\$3)</u> 1PM-Tips for Decreasing Back Pain(F) 1:30PM- Badminton (F)</p> <p>13</p>	<p>9 AM- Why Weight(s)? (\$) 9AM-High Energy, Low Impact Dance Class (\$*) 9AM- Pedicures (\$25) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Pulled Pork Sandwich, Baked Beans, Coleslaw, Potato Chips, Peaches (\$3)</u> 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F) 3PM- Fly Casting (F)</p> <p>14</p>	<p>8:30AM- Low Impact Class (\$) 9AM-Slow and Steady Yoga (\$*) 10AM- Painting Workshop (F) 10:15AM- 4S Class (F) 10:45AM- Grab and Go Lunches (\$*) 11AM- Blood Pressure Clinic (F) 11:30AM-Country Line Dancing Trip 1PM-"As the Page Turns" Book Club (F) 1PM- Cribbage (F) 1PM-Horseshoes (F)</p> <p>15</p>
<p>8:15AM- Why Weight(s)? (\$) 9:30AM-Tap Class 1 (\$) 10:15AM-Tap Class 2 (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1:30PM-Darts (F)</p> <p>18</p>	<p>8:45AM - Tai Ji Quan (\$) 10AM-Sketching Art Class (\$20) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Baked Chicken Breast, Sage Maple Cream Sauce, Herbed Lentil Pilaf, Asparagus Blend Veg, Tropical Fruit (\$3)</u> 12:45PM-Corn Hole (F) 1PM-Arthritis Support Group(F) 1PM-Setback Card Game (F) 4:30 Bocce (F)</p> <p>19</p>	<p>8:30AM- Low Impact Class (\$) 9:45AM-Veteran's Coffee Hour (F) 10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic (F) 12PM-LUNCH- <u>Roast Turkey wGravy, Mashed Potatoes, Peas and Carrots, Cranberry Sauce, Apple Sauce, Chocolate Chip Cookie(\$3)</u> 12:00PM-Reiki (\$*)</p> <p>20</p>	<p>9 AM- Why Weight(s)? (\$) 9AM-Footcare wFootcare Associates (\$35) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH -<u>Baked Chicken, Mushroom Gravy, Brown Rice, Broccoli, Pineapple(\$3)</u> 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F) 3PM- Fly Casting (F)</p> <p>21</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>22</p>
<p>8:15AM- Why Weight(s)? (\$) 9:30AM-Tap Class 1 (\$) 10:15AM-Tap Class 2 (\$) 11AM- Blood Pressure Clinic (F) 12:30PM- Bridge (F) 1PM-The Life of Amelia Earhart (F) 5PM-VFW Dinner & Meeting</p> <p>25</p>	<p>7:30AM-Salem & Marblehead Trip 8:45AM - Tai Ji Quan (\$) 10AM-Sketching Art Class (\$20) 10:15AM- Sit n Be Fit (F) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Chicken Cordon Bleu, Wild Rice, Beets, Pears(\$3)</u> 1PM-Setback Card Game (F) 1PM-Protect Your Nestegg with Ed Predergast (F) 4:30 Bocce (F)</p> <p>26</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 <u>Beef Stew, Peas and Carrots, Biscuit, Fruit Juice, Birthday Cake (\$3)</u> 1PM- Victoria Rose Performance(F) 1:30PM- Badminton (F)</p> <p>27</p>	<p>9 AM- Why Weight(s)? (\$) 9AM- Haircuts (\$15) 11AM- Blood Pressure Clinic (F) 12PM-LUNCH- <u>Battered Fish, French Fries, Cole-slaw, Baked Beans, Banana (\$3)</u> 12:30PM- Nickel, Nickel (F) 12:30PM- Duplicate Bridge (F) 12:30PM- Wii Bowling (F)</p> <p>28</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>29</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	September 11th and 28th	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	September by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Enrollment for People Turning 65 or New to Medicare	September 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)	September 6th and 20th	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
- **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. 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.
- **Arthritis Support Group-** 1-2:30 PM— Meets every other month. September's Meeting is 9/19

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE for members, \$10 for non-members

- September 6th at 1 PM— **1904 St. Louis World's Fair with the Bowtie Historian**
- September 25th at 1 PM— **Life of Amelia Earhart**
- October 18th at 1 PM— **Mark Twain and the Super Natural with the Bowtie Historian**
- October 23rd at 1 PM— **The History of Halloween**
- November 1st at 1 PM— **The Sinking of the Andrea Doria with the Bowtie Historian**
- November 27th at 1 PM— **The Life of Ulysses S. Grant**
- January 22nd at 1 PM— **The Assassination of Martin Luther King Jr.**

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

SAVE THE DATES

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

Movie Monday– “A Man Called Otto”- Monday, September 11th at 1 PM- Based on the comical and moving New York Times bestseller, A Man Called Otto tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbors. When a lively young family moves in next door, he meets his match in quick-witted and very pregnant Marisol, leading to an unexpected friendship that will turn his world upside-down. This showing is free for members!

Screening of: “Once Upon a Time in Old Lyme”- The History of the Florence Griswold House and the Old Lyme Artist Colony – Tuesday, September 12th @ 1 PM– Join us for a short video and discussion, led by Florence Griswold Docent, Fred Verillo. The cost is free for members, \$10 for non-members.

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!

Personal Safety With Johnny Cody– Tuesday, October 17th at 12:30 PM @ the Congregational Church– Join us in welcoming senior center and community member Johnny Cody on Tuesday, October 25th at 12:30, immediately following lunch. Johnny is a retired NCIS Agent who has also worked alongside the FBI. He will be here to teach us tips and tricks to help keep us safe. If you’ve ever wanted to learn more about how to protect yourself, and personal safety, this is a program you don’t want to miss!

Blaise Tramazzo Performing Songs From the American Songbook– Wednesday, October 25th at 12:30 PM @ the Congregational Church– Join us for a musical afternoon, listening to the classics from the American Songbook! Come for lunch at 12 and stay for the music at 12:30. This event will be held at the Congregational Church immediately following lunch.

Presentation From Select Physical Therapy– Thursday, October 26th at 12:30 @ the Congregational Church– Join us in welcoming Brooke and Chris from Select Physical Therapy in Old Lyme! They will be giving an interactive presentation focused on shoulder pain and the rotator cuff.

AARP Safe Driving Course– Tuesday, November 14th, 12:45-5 PM– Location TBD– We will be hosting the AARP Safe Driving Course. Cost is \$20 for AARP members, and \$25 for non-AARP members. Checks made payable to AARP are the ONLY FORM OF PAYMENT ACCEPTED.

Makeup For Mature Women– Tuesday, November 21st from 12:30-2:30– Location TBD–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.

Proudly serving seniors 55 & better



Lymes' Senior Center

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Know the Warning Signs:

- Aggressive behavior
- Dramatic mood swings
- Impulsive or reckless behavior
- Withdrawal from friends, family, and community
 - Increased alcohol or drug use

For Help call 211 in CT or 988 for National Lifeline

September is National Suicide Prevention and Awareness Month