

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-4127

www.seniorcenterct.org

OCTOBER 2023

PROUDLY SERVING SENIORS 55 AND BETTER!



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Visiting Nurses
of the Lower Valley

www.visitingnurses.org

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
INPERSON CLASSES		
Why Weight(s)? Class	Mondays at 8:30 AM	\$5.00
Tap Classes	Mondays at 9:30 & 10:15	\$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 8:30 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!

DIY Decorative Book Pumpkins– Tuesday, October 17th @ 1 PM; Town Hall ; Come join us with your creative fall spirit! Instructor Mary will teach us how to make decorative pumpkins from paperback books! These beautiful and creative pumpkins are a perfect for display, and add an incredible fall touch to any space. Participants are asked to bring a sharp pair of scissors, and a glue gun if they have it! Cost for this class is FREE for members, \$10 for non-members. Please call to register as we have limited seat capacity.

SAVE THE DATES

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

FREE GIVEAWAY DAY– Tuesday and Wednesday, October 10th and 11th from 10-2 PM @ the Lymes' Senior Center– We're clearing house! The Lymes' Senior Center is hosting a give away day for our members to come down and claim any left over furniture and other useable items that we will not be taking with us during the move. If you've seen something in the center, it may be up for grabs! This will be a first come, first claim basis.

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!

Fall Medicare Seminar– Thursday, October 19th at 1 PM @ the OL Town Hall- Senior Health and Retirement Services is offering on-site seminars to review 2024 Medicare and Medicaid changes and updates. Our goal is to provide clarity which will allow you to understand your options and ensure you make the best decisions during the annual enrollment period. We can check 2024 prescription drug costs and see if there's any tier changes to your plan. We'll also check if your plan has any network provider changes that impact you. Also the differences between Original Medicare, Medicare Supplements, Medicare Advantage plans and Prescription drug plans will be covered. We'll update you on available state assistance programs and qualifications for all tiers of the Medicare Saving Program. We'll update you on how recent legislation impacts Medicare prescription drug cost over the next five years. We're able to answer questions on all the plans offered in the state and how they're changing next year.

Flu Shot Clinic– Saturday, October 21st from 10 AM– 1 PM @ the Lyme-Old Lyme Middle School. The flu shots being provided are the normal dose flu shot (not the high dose). This is being done as a drive-thru service at the middle school.

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. To sign up for lunch, you must have a Form 5 on file, and you must call to register with the Estuary, at least the day before by 11 AM. Lunch reservations can only be made by calling the Estuary at (860)388-1611 ext. 216.

SAVE THE DATES

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

Presentation From Select Physical Therapy– Thursday, October 26th at 12:30 PM @ 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.

Halloween Luncheon Celebration– Tuesday, October 31st at 12 PM @ the Congregational Church– Come help us celebrate Halloween while enjoying lunch! The first 30 people that sign-up for lunch AND come in costume get lunch for FREE! To sign-up for lunch, you must have a Form 5 on file AND call the Estuary at (860)388-1611 ext. 216, a least by the day before by 11 AM. We will be having a costume contest, with multiple prizes being awarded to those who dress up for our event. The prizes will be for different categories, so get creative! We will also be providing a special spook cake to help us complete our Halloween celebration!

Sustainable Practices Someone Can Do In Their Own Home and Life– Thursday, November 2nd at 12:30 PM @ the Congregational Church– Join us in welcoming Teresa Resnick, who will be here to discuss the ways we can personally help the environment. This discussion will include topics such as composting, textile collection, recycling, reusing, educating others, avoiding touch-toss-throw away, creating new uses for old things, and other sustainability topics.

New Horizons Band Performance– Tuesday, November 7th at 12:45 @ the Congregational Church– Join us as The New Horizon's Band of the Community Music School performs various marches, show tunes, classics, and seasonal music for us. This all-Seniors band is a reminder to us, that you are never too old to pick up an instrument. This free event will be held after lunch at the First Congregational Church.

Benefits of Foot Massage– Thursday, November 9th at 12:30PM @ the Congregational Church–Join us in welcoming Teresa Resnick, Licensed Massage Therapist and Certified Reflexologist, who will be here to discuss the benefits of foot massage! Her discussion on massage will include all the benefits of massage from assisting with joint mobility, relaxing the muscles, and creating a sense of wellbeing. The cost is FREE for members! We hope you can join us!

AARP Safe Driving Course– Tuesday, November 14th, 12:45-5 PM @ the Lyme Library– 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.

Music Masterworks at Saint Anne's– Sunday, November 19th @ 3 PM @ Saint Anne's Church– The Lymes' Senior Center is co-presenting Music Masterworks with Saint Anne's Church! Join us as we enjoy a performance by an ensemble called Decoda, an affiliate ensemble of Carnegie Hall. Their engaging creative programs and workshops were so well received and made such an impact on the community that the Musical Masterworks' Board of Directors voted unanimously to make this in-depth Community Engagement Program a part of MM's mission. This is a performance you won't want to miss!

Makeup For Mature Women– Tuesday, November 21st from 12:30-2:30 @ the Lyme Library–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.

Fall Medicare Seminar– Tuesday, November 28th at 1 PM @ the OL Town Hall– Senior Health and Retirement Services is offering on-site seminars to review 2024 Medicare and Medicaid changes and updates. Our goal is to provide clarity which will allow you to understand your options and ensure you make the best decisions during the annual enrollment period. We can check 2024 prescription drug costs and see if there's any tier changes to your plan. We'll also check if your plan has any network provider changes that impact you. Also the differences between Original Medicare, Medicare Supplements, Medicare Advantage plans and Prescription drug plans will be covered. We'll update you on available state assistance programs and qualifications for all tiers of the Medicare Saving Program. We'll update you on how recent legislation impacts Medicare prescription drug cost over the next five years. We're able to answer questions on all the plans offered in the state and how they're changing next year.

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
- - - - - 2	N O 3	P R O G R A M S 4	- - - - - 5	- - - - - 6
- - - - - 9	N O 10	P R O G R A M S 11	- - - - - 12	- - - - - 13
8:30AM- Why Weight(s)? (\$) (RL) 9AM- Haircuts (\$15)(LL) 9:30AM-Tap Class 1 (\$) (DS) 10:15AM-Tap Class 2 (\$) (DS) 11AM- Blood Pressure Clinic (F) (TH) 12:30PM- Bridge (F) (TH) 2-3:00PM Office Hours (TH) 16	8:45AM - Tai Ji Quan (\$) (RL) 10:15AM- Sit n Be Fit (F) (FC) 11AM- Blood Pressure Clinic (F) (FC) 12PM- LUNCH - Eggplant Parmesan, Italian Blend Veg, Garlic Knot, Tropical Fruit (\$3) (FC) 12:30PM Personal Safety w/Johnny Cody (FC) 1PM-Setback Card Game (F) (SA) 1PM-DIY Decorative Pumpkin Craft (TH) 2-3:00PM Office Hours (TH) 17	8:30AM- Low Impact Class (\$) (RL) 9:45AM-Veteran's Coffee Hour (F)(SA) 10AM- Yoga Movement (\$) (RL) 11AM-Blood Pressure Clinic (F)(FC) 12PM- LUNCH - Beef Stroganoff over Buttered Noodles, Brussel Sprouts, Bread Pudding, Fruit Juice(\$3) (FC) 1PM Mark Twain and the Supernatural (TH) 1:30PM-Reiki (\$) (LL) 2-3:00PM Office Hours (TH) 18	8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (F)(FC) 12PM- LUNCH - Herb Baked Chicken, Rice Pilaf, Sonoma Blend Veg, Peaches (\$3)(FC) 12:30PM- Nickel, Nickel (F)(RL) 12:30PM- Duplicate Bridge (F)(SA) 1PM- Medicare Seminar (TH) 2-3:00PM Office Hours (TH) 19	8:30AM- Low Impact Class (\$) (RL) 10AM- Painting Workshop (F)(SA) 10:15AM- 4S Class (F)(RL) 11AM- Blood Pressure Clinic (F)(LTH) 1PM-"As the Page Turns" Book Club (F)(LL) 1PM- Cribbage (F)(SA) 2:15PM Country Line Dancing (RL) 2-3:00PM Office Hours (TH) 20
8:30AM- Why Weight(s)? (\$) (RL) 9:30AM-Tap Class 1 (\$) (DS) 10:15AM-Tap Class 2 (\$) (DS) 10:30AM Pedicures (\$25)(LL) 11AM- Blood Pressure Clinic (F)(TH) 12:30PM- Bridge (F)(TH) 1PM-The History of Halloween(TH) 2-3:00PM Office Hours (TH) 23	8:00AM Cranberry Bog Trip P/U East Lyme 8:45AM - Tai Ji Quan (\$) (RL) 10:15AM- Sit n Be Fit (F)(FC) 11AM- Blood Pressure Clinic (F)(FC) 12PM- LUNCH -Shepherd's Pie, Corn, Biscuit, Fruit Cocktail (\$3)(FC) 1PM-Setback Card Game (F)(SA) 2-3:00PM Office Hours (TH) 24	8:30AM- Low Impact Class (\$) (RL) 10AM- Yoga Movement (\$) (RL) 10AM The Knit Wits Knitting Circle (TH) 11AM-Blood Pressure Clinic (F)(FC) 12PM- BIRTHDAY LUNCH - Pot Roast w Beef Gravy, Mashed Potatoes, Green Beans, Fruit Juice, Birthday Cake (\$3) (FC) 12:30PM Blaise Tramazzo Performance (FC) 2-3:00PM Office Hours (TH) 25	9 AM- Why Weight(s)? (\$) (RL) 11AM- Blood Pressure Clinic (F)(FC) 10:30AM-Pedicures (\$25)(LL) 12PM- LUNCH -Chicken Stew, Peas and Carrots, Biscuit, Mandarin Oranges(\$3)(FC) 12:30PM- Duplicate Bridge (F)(SA) 12:30PM- Select Physical Therapy Shoulder Pain/ Rotator Cuff Presentation(F)(FC) 2-3:00PM Office Hours (TH) 26	8:30AM- Low Impact Class (\$) (RL) 10AM- Painting Workshop (F)(SA) 10:15AM- 4S Class (F)(RL) 11AM- Blood Pressure Clinic (F)(LTH) 1PM- Cribbage (F) 2:15PM- Country Line Dancing (F)(RL) 2-3:00PM Office Hours (TH) 27
8:30AM- Why Weight(s) (\$) (RL) 9:30AM-Tap Class 1 (\$) (DS) 10:15AM-Tap Class 2 (\$) (DS) 10:30AM Pedicures (\$25)(LL) 11AM- Blood Pressure Clinic (F)(TH) 12:30PM- Bridge (F)(TH) 2-3:00PM Office Hours (TH) 30	8:45AM - Tai Ji Quan (\$) (RL) 10:15AM- Sit n Be Fit (F)(FC) 11AM- Blood Pressure Clinic (F)(FC) 12PM- HALLOWEEN LUNCH -Baked Chicken, Linguini w Pumpkin Cream Sauce, Broccoli, Chocolate Pudding, Fruit Juice(\$3) (FC) 1PM-Setback Card Game (F)(SA) 2-3:00PM Office Hours (TH) 2-3:00PM Office Hours (TH) 31	LOCATION KEY RL-Roger's Lake Clubhouse LL-Lyme Library DS-Dance Studio of Old Lyme TH-Old Lyme Town Hall FC-First Congregational Church SA-Saint Anne's Church LTH-Lyme Town Hall	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	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. 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.

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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 December	\$25.00
Haircuts	October 16th by appt.	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	October by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Enrollment for People Turning 65 or New to Medicare	October by Appt.	FREE
Manicures	Booking for November	\$15.00
Foot Clinic w/Foot Care Associates (cuts toenails)	November 16th by Appt.	\$35.00
Hearing Clinic	November 27th by Appt.	FREE
Reiki Appointments (1st appt Free)	October 18th by Appt.	1st FREE/\$50
Reflexology/Foot Massage	December 4th by Appt.	\$40/30 min

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
- **Nickel, Nickel (Card Game)-** Meets Thursdays at 12:30 PM— Bring 13 Nickels
- **Duplicate Bridge—** Meets Thursdays at 12:30PM— open to newcomers
- **Cribbage—** Meets Fridays at 1PM
- **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. October’s book selection can be found by calling the Lyme Library at (860)434-2272.
- **We “Felt” Like It—** 1-3 PM— Felting art group. Meets the first Tuesday of the month. Returns in November.
- **Arthritis Support Group—** 1-2:30 PM— Meets every other month. October’s meeting is Monday, 10/16/23 at 6 PM at the Pheobe Griffin Noyes Library in Old Lyme.

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE for members, \$10 for non-members

- 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 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

UPCOMING 2023 DAY TRIPS

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

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

ON SALE NOW

- 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

Directions To Our New Locations For Programs From the Lymes' Senior Center

Rogers Lake Clubhouse (from the LSC):

LSC to 75 Rogers Lake Trail, Old Lyme, CT 06371; 2 Minutes; 0.5 miles

- Turn right out of the LSC Complex
- Head southeast on Town Woods Rd. Go for 390 ft.
- Turn left onto Rogers Lake Trl. Go for 0.4 mi.
- Turn right onto Birch Trl. Go for 157 ft.
- Arrive at Rogers Lake Clubhouse
- **Programs held here will be: Why Weight(s)?, Tai Ji Quan, Low Impact, Yoga Movement, Nickel, Nickel, 4S Class, Country Line Dancing**

First Congregational Church (from the LSC):

LSC to 5 Ferry Road, Old Lyme, CT 06371 (On the corner of Lyme St. and Ferry Rd); 6 minutes; 3.5 miles

- Turn right out of the LSC Complex
- Continue through stop sign towards Boston Post Rd (US-1).
- Turn right onto Boston Post Rd
- Continue onto Boston Post Rd for 2 miles.
- Continue onto Lyme Street. Go for 1.2 miles. You will pass under an overpass and the OL town hall.
- Arrive at the First Congregational Church.
- **Programs held here will be: Lunches, Blood Pressure Clinic (T, W, TH), Sit N' Be Fit, Presentations**

Saint Anne's Church (from the LSC):

82 Shore Road, Old Lyme, CT 06371; 8 Minutes; 4.8 miles

- Turn right out of the LSC Complex
- Continue through stop sign towards Boston Post Rd (US-1).
- Turn right onto Boston Post Road. Continue on this road for 2 miles
- Continue on Lyme Street for 1.2 miles. You will pass under an overpass and the Old Lyme Town Hall.
- Continue on McCurdy Road for ~1 mile.
- Turn left onto Shore Road (CT-156). Continue for 0.5 miles.
- Arrive at St. Anne's Church. It will be on your left.
- **Programs held here will be: Setback, Veterans Coffee House, Duplicate Bridge, Art Workshop (F), Cribbage**

Lyme Library or Lyme Town Hall (next door to each other) (from the LSC):

482 Hamburg Road, Lyme, CT 06371; 12 minutes; 7.6 miles

- Turn right out of the LSC Complex
- Continue through stop sign towards Boston Post Rd (US-1).
- Turn right onto Boston Post Rd. Continue for 0.5 miles.
- Turn right onto Sill Lane. Continue for ~1 mile.
- Turn right onto Saunders Hollow Road. Continue for 1 mile.
- Turn right onto Neck Road (CT-156). Continue for ~5 miles.
- Arrive at the Lyme Library. It will be on your left.
- **Programs held here will be: Haircuts, Reiki, Book Club, Pedicures, Manicures, Blood Pressure Clinic (alternates Fridays between LL and LTH)**

Old Lyme Town Hall (from the LSC):

52 Lyme Street, Old Lyme, CT 06371; 5 minutes; 3.1 miles

- Turn right out of the LSC Complex
- Continue through stop sign towards Boston Post Rd (US-1).
- Turn right onto Boston Post Rd. Continue for 2 miles.
- Continue onto Lyme Street. Continue for ~ 1 mile. You will pass under an underpass.
- Arrive at the Old Lyme Town Hall. It will be on your right. Parking is in the back or along the street.
- **Programs held here will be: Office Hours (M-F, 2-3), Blood Pressure Clinic (M), Bridge, Lectures**

The Dance Center of Old Lyme (Dance Studio) (from the LSC):

19 Halls Rd #106, Old Lyme, CT 06371; 5 minutes; 3.1 miles

- Turn right out of the LSC Complex
- Continue through stop sign towards Boston Post Rd (US-1).
- Turn right onto Boston Post Rd. Continue for 2 miles.
- Continue onto Lyme Street for 0.4 miles.
- Turn right onto Halls Road (US-1 S), right before the overpass. Continue for 0.4 miles.
- Turn right into the business complex.
- Arrive at the Dance Center of Old Lyme
- **Programs held here will be: Tap Class 1 and 2**

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Lymes' Senior Center

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Old Lyme Visiting Nurse Association

Some Things to Do:

- *Schedule your annual mammogram now and encourage your friends and family to do the same.*
- *Comfort a friend who is experiencing treatment---visit with them; grocery shop; prepare meals.*
- *Donate clothing or items to a cancer care center.*
- *Support the work of breast cancer advocacy organizations.*



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*The OLVNA is a proud supporter of the
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Foundation Walk.*

Contact us at:
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October is Breast Cancer Awareness Month