

Upcoming Classes- To Sign Up Call (860)434-1605 Ext. 240 or 241, 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 Class	Mondays at 10:00 AM	\$5.00
Tai Ji Quan with Kate	Returns in January	\$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	Returns in January	\$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)434-1605 Ext. 241!

DIY Paperback Book Holiday Trees Wednesday, December 6th at 10 AM @ the Old Lyme Town Hall- Come celebrate your holiday spirit with us as we create x-mas trees! Instructor Mary will be here to teach us how to make beautiful table top Christmas trees, perfect for decorating your house or giving as a gift for the holidays! Cost to members is two non-perishable food items/non-members three! Free for members, \$10 for non-members. Limited seat capacity, register ASAP!-

SAVE THE DATES

Call (860)434-1605 Ext. 241 or Email seniorcenter@oldlyme-ct.gov to register

Haddam Sustainability Committee: 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 First Congregational Church of Old Lyme- 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 First Congregational Church of Old Lyme- 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!

Movie Monday- "Where the Crawdads Sing"- Monday, November 13th at 1 PM @ the Old Lyme Town Hall- From the best-selling novel comes a captivating mystery. Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.

SPECIAL LUNCHEON Nov 14th at 12pm- @ the First Congregational Church of Old Lyme- Join us for this special luncheon put on by the Ladies Benevolent Society at the FCCOL. Due to sharing space at the church this will take the place of our regular lunch that day. Though the normal fee is \$5.00 The Senior Center will be collecting only \$3.00 from members who wish to eat that day and paying the additional money required. The Menu will be Chicken Cordon Bleu for lunch with a dessert buffet. Payment and sign up will be done through the Senior Center and will be due by Tuesday, November 7th. Payments need to be made in cash. Call (860)434-1605 ext. 241 if you have any questions or to sign up. At this special luncheon the LOLHS Select Singers will be performing a variety of familiar popular and jazz selections for all participants.

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.

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Are Medicare Calls Driving You Crazy?- Wednesday, November 15th at 12:30 @ the Congregational Church of Old Lyme- Join us in welcoming Dave MacNiven, who will be here to discuss what you can do if Medicare calls are driving you crazy, and if they are legitimate calls or if they violate FCC regulations and what you can do to stop them. Dave has been working in the health insurance industry since 2015 and has assisted hundreds of Medicare beneficiaries. Dave launched Nutmeg Insurance Advisors in 2021 to better serve the changing needs of his clients, their families and their businesses. He currently serves as a member of the Board of Directors for the Hamden Regional Chamber of Commerce, he is a member of the Hamden Regional and Midstate Chamber Alliance and on the membership committee for the Nutmeg State Networkers BNI. We hope you can make this informative presentation!

Thanksgiving Luncheon & Entertainer Victoria Rose- Friday, November 17th at 12 PM @ the Congregational Church of Old Lyme- Join us for our annual Thanksgiving Luncheon! To sign-up for lunch this day, you must have an updated form 5 on file AND reserve your seat by calling the Estuary, (860)388-1611 ext. 216, NO LATER than November 10th. Form 5's can be received by picking one up at the Estuary in Old Saybrook or the Old Lyme Senior Center staff located at the Old Lyme Town Hall. We are also able to email you a print-out form 5 upon request. Lunch this day will be: Roast Turkey with Gravy, Mashed Potatoes, Stuffing, Green Beans, Cranberry Sauce, Dinner Roll, and Pumpkin Pie. There will be special entertainment immediately following lunch at 12:30PM.

Musical Masterworks at Saint Anne's- Sunday, November 19th @ 2 PM @ Saint Ann's Church- The Lymes' Senior Center is co-presenting Musical 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. Decoda's virtuosic musicians will perform creative chamber music- including a world premiere written expressively for this program- drawing from a dynamic continuum of styles, eras and instrumentations. There will be a reception immediately following the performance. 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.

December Events (Descriptions in December Newsletter):

- December 12th at 12:30 @ First Congregational Church- **Lyme Village Voices Performance**
- December 13th at 12:30 @ First Congregational Church- **Present Wrapping Party**
- December 14th- **No Lunch**
- December 15th at 12:00 @ First Congregational Church- **Holiday Luncheon and Entertainment**
- December 19th at 12:30 @ First Congregational Church- **Yankee Swap** (Buy \$10 Gift to participate)
- December 20th at 9:45 @ Saint Ann's- **Veterans ONLY Breakfast** (sign up required by 12/13/23)
- December 20th at 12:30 @ First Congregational Church- **Ugly Sweater Contest**
- December 21st at 12:30 @ First Congregational Church- **LOL High School Select Singers**
- December 25th- Merry Christmas! **CLOSED; NO PROGRAMS**

SERVICES

SERVICES— Call (860)434-1605 Ext. 241 to Schedule Appointments

<u>Service</u>	<u>Date/Time</u>	<u>COST</u>
Mini-Pedicure	Booking for December	\$25.00
Haircuts	Nov. 13th & 20th by appt.	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	November by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Enrollment for People Turning 65 or New to Medicare	November by Appt.	FREE
Manicures	November 2nd by appt.	\$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)	Nov. 1st & 15th by Appt.	1st FREE/\$50
Reflexology/Foot Massage	December 4th by Appt.	\$40/30 min

GAMES

Please register by calling (860)434-1605 Ext. 240 or 241 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)434-1605 Ext. 240 or 241 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. November'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.
- **Arthritis Support Group—** 1-2:30 PM— Meets every other month. November's meeting is Wednesday, 11/08/23 from 1-2:30PM at the Old Lyme Town Hall.

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE for members. \$10 for non-members

- 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

ON SALE NOW

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 SOLD OUT WAIT LIST ONLY
December 14th— Stocking Stuffer Holiday Day Trip; MA— Shopping and Buffet Lunch!- Price \$140

IMPORTANT INFORMATION

****With the renovation transition, the best telephone number to use to reach the Senior Center Staff is (860)434-1605, Extension 240-Stephanie, Ext. 241— Caitlin.**

Using this number will provide a direct line and a way to leave a voice message if we are not able to answer. **

November 10th— CLOSED; NO PROGRAMS

November 16th— NO LUNCH

November 17th— Thanksgiving Luncheon and Entertainment. Must have Form5 on file and register for lunch through the Estuary (860)388-1611 ext.216 by November 10th.

November 23rd— HAPPY THANKSGIVING!!! CLOSED; NO PROGRAMS

November 24rd— CLOSED; NO PROGRAMS

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)?, Low Impact, Yoga Movement, Nickel, Nickel, 4S Class, Country Line Dancing

First Congregational Church (from the LSC):

LSC to 2 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 Ann'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)

Lyme Library (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 (F)

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, Cribbage

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

Old Lyme Library (from the LSC):

2 Library Lane, Old Lyme CT, 06371; 6 minutes; 3.2 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 2.3 miles.
- Continue on to Lyme Street for 0.5 miles
- Turn left on to Library Lane
- Take the first left into the Library complex.
- Arrive at the Old Lyme Library. It will be on your left. Parking lot is located right next to the building.
- Program that will be held here will be Duplicate Bridge.

Senior Center Staff Office:

American Legion Room in the Old Lyme Town Hall(2nd floor)

Office Hours:

2-3PM, Monday– Friday

Phone Number:

(860)434-1605

AND EXTENSION

240– Stephanie

241– Caitlin