

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-1605 x 240 & 241

www.seniorcenterct.org

DECEMBER 2023

PROUDLY SERVING SENIORS 55 AND BETTER!



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Ask about our
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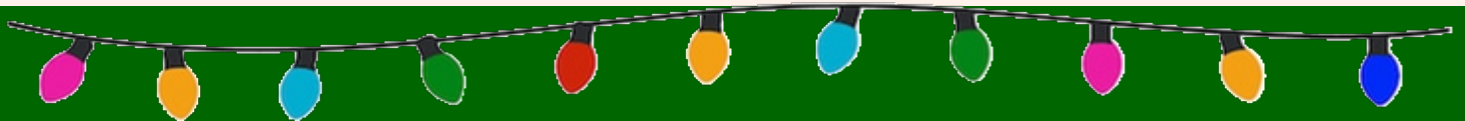
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of the Lower Valley

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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
Why Weight (s)? Class	Mondays at 8:30 AM	\$5.00
Tap Class	Mondays at 10:00 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
4S Class (Sit, Stretch, Strength & Song	Fridays at 10:15 AM	FREE
Beg. Country Line Dancing	Fridays at 2:15 PM	FREE

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!

UPCOMING LIFELONG LEARNING LECTURES & PERFORMANCES

FREE for members, \$10 for non-members

- January 3rd at 1 PM– **Mark Twain and the Supernatural with the Bowtie Historian**
- January 22nd at 1 PM– **The Assassination of Martin Luther King Jr.**
- February 7th at 1 PM– **Royal Assassinations with the Bowtie Historian**
- February 26th at 1 PM– **The Life of Amelia Earhart**
- March 25 at 1 PM– **The Kellogg Brothers**

SAVE THE DATES

Call (860)434-1605 Ext. 240 or 241 or Email seniorcenter@oldlyme-ct.gov to register

Old Lyme Town Band Holiday Concert– Friday, December 1st at 7 PM @ the Christ of King Church
Join us as we celebrate the Holiday season with a spectacular performance from the Old Lyme Town Band! Come and enjoy the band as we listen to classics and holiday favorites! This performance is free and open to all members!

Movie Monday: “White Christmas”- Monday, December 11th at 12:30 PM @ the Lyme Library Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Ellen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black! Join us for this FREE showing!



SAVE THE DATES

Call (860)434-1605 Ext. 240 or 241 or Email seniorcenter@oldlyme-ct.gov to register

Lyme Village Voices Performance— Tuesday, December 12th at 12:30PM @ the First Congregational Church of Old Lyme- Join us for this wonderful performance of holiday and show tunes! The cost for this performance is free for members, 55 years of age or better!

Present Wrapping Party-Wednesday, December 13th at 12:30PM @ the First Congregational Church of Old Lyme- Join us with your holiday spirit as we wrap holiday gifts! Bring 5-6 presents to wrap with our provided wrapping paper or have us wrap it for you; just in time for the holidays! This event is free for members, 55 years of age or better!

Holiday Luncheon and Entertainment with Joe Mac playing your favorite Holiday tunes and classic rock and roll music – Friday, December 15th at 12 PM @ the First Congregational Church of Old Lyme Join us for the festivities as we celebrate the upcoming holiday with good food and friends. To sign up for lunch this day, you MUST have an updated Form 5 on file with the Estuary AND call the Estuary at (860)388-1611 ext. 216 to reserve your lunch. Reservations MUST be made by Friday, December 8.

Yankee Swap Tuesday, December 19th at 12:30PM @ the First Congregational Church of Old Lyme- Come have fun with us as we hold our annual Yankee swap. Bring a wrapped present (around \$10) with you to the event, as we play a classic game of Yankee swap!

Veterans Holiday Breakfast Wednesday, December 20th at 9:45 AM @ Saint Ann's Church- This program is sponsored by the Old Lyme VFW and the Lymes' Senior Center. All Veterans are welcome to join us for fellowship and camaraderie. This December meeting, we will have a catered continental breakfast, including scrambled eggs, tater tots, cinnamon toast, sausage or ham, and of course, coffee and juice. **YOU MUST REGISTER BY DECEMBER 13TH** for this event, as we need to order food. Although we greatly appreciate the sacrifice that the spouses make as well, this is a **FREE VETERANS ONLY** event, pre-registration required. Call the Lymes' Senior Center staff at (860)434-1605 ext. 241 to register or for more information.

Ugly Sweater Contest— Wednesday, December 20th at 12:30PM @ the First Congregational Church of Old Lyme- Come join in the festivities! Wear your ugliest holiday sweater and you may win a prize! This festive event is FREE for members, 55 years of age or better!

LOL High School Select Singers Performance— Thursday, December 21st at 12:30PM @ the First Congregational Church of Old Lyme Come and join us as we listen to this fantastic and talented group of young performers. This performance is free for members, 55 years of age or better!

Movie Monday- "What Happens Later"- Monday, January 8th at 1 PM @ The Lyme Library Two ex lovers, Bill (David Duchovny) and Willa (Meg Ryan) get snowed in at a regional airport overnight. Indefinitely delayed, Willa, a magical thinker, and Bill, a catastrophic one, find themselves just as attracted to and annoyed by one another as they did decades earlier. But as they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is mere coincidence, or something more enchanted. This event is free for members, 55 years of age or better!

Crystal Sound Healing— Wednesday, January 17th at 1 PM @ Lyme Library—Join us in welcoming Priscilla Gale, who will be here to present and demonstrate the impact that sound has on our bodies and how it can help us in healing ourselves. "If given the opportunity, the body is genetically pre-programmed to be a self-healing instrument, holding within our bones, blood, emotional and ethic bodies the harmonious vibrational memory that is the organizational patterning for perfect health. When we seek that direct connection of our own individual vibration so as to resonate in concert with the symphonic resonances of the Universe, we transform our personal experiences and begin the journey of healing as we come into balance and harmony with our highest purpose. Priscilla's dedication and powerful commitment, meets each individual person and their needs right where they are." This event is free for members, 55 years of age or better!

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 OL SA-Saint Anne's Church OLL-Old Lyme Library</p>	<p>KEY 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>Also remember lunches will be held at the First Congregational Church in Old Lyme.</p>		<p>10AM- Painting Workshop(SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic ((LL) 1PM- Cribbage (TH) 2:15PM Country Line Dancing (RL) 2-3:00PM Office Hours (TH) 7:00PM-Old Lyme Town Band Performance @ Christ of King Church</p> <p style="text-align: right;">1</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 10:00AM-Tap Class (DS) 10AM-Reflexology/Foot Massage (LL) (\$40/30Min) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 2-3:00PM Office Hours (TH)</p> <p style="text-align: right;">4</p>	<p>10:15AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Chicken Stew, Peas and Carrots, Biscuit, Mandarin Oranges (\$3) (FC) 1PM-We Felt Like It (TH) 1PM-Setback Card Game (SA) 2-3:00PM Office Hours (TH)</p> <p style="text-align: right;">5</p>	<p style="text-align: center;">NO LUNCH</p> <p>8:30AM- Low Impact Class (\$) (RL) 10AM- DIY Xmas Tree Decoration (TH) 11AM-Blood Pressure Clinic (FC) 1:30PM-Reiki (\$) (LL) 2-3 PM Office Hours (TH)</p> <p style="text-align: right;">6</p>	<p>8:30AM- Why Weight(s)\$(RL) 10:30AM-Manicures (\$15)(LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Salmon/Cranberry Glaze, Roasted Potatoes, Veg Blend, Pineapple (\$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3 PM Office Hours (TH)</p> <p style="text-align: right;">7</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11Am-Deadline to sign up for HOLIDAY LUNCHEON by calling the Estuary at 860-388-1611x 216 1PM- Cribbage (TH) 2:15PM Country Line Dancing (RL) 2-3:00PM Office Hours (TH)</p> <p style="text-align: right;">8</p>
<p>8:30AM- Why Weight(s)? \$(RL) 9AM- Haircuts(\$15)(LL) 10AM-Tap Class(DS) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 1PM-Movie Monday "White Christmas" (LL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">11</p>	<p>10:15AM- Sit n Be Fit (FC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Swiss Steak w Tomato Gravy, Mashed Potatoes, Carrots, Fruit Cocktail (\$3) (FC) 12:30PM Lyme Village Voices (FC) 1PM-We Felt Like It (TH) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">12</p>	<p>8:30AM- Low Impact Class (\$) (RL) 10AM- Yoga Movement \$(RL) 10AM-The Knit-Wits Knitting Circle (OLL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Meatloaf, Gravy, Mashed Potatoes, Carrots, Peaches (\$3) (FC) 12:30PM Present Wrapping (FC) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">13</p>	<p style="text-align: center;">NO LUNCH</p> <p>8:30AM- Why Weight(s)\$(RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">14</p>	<p>11AM- Blood Pressure Clinic (LL) 12PM-CHRISTMAS LUNCHEON-Baked Ham, Sweet Potatoes, Green Bean Casserole, Spiced Pineapple, Christmas Cookies (FC) \$3 12:45PM - Joe Mac Concert (FC) 1PM-"As the Page Turns" Book Club (LL)</p> <p style="text-align: right;">15</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 9AM- Haircuts(\$15)(LL) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">18</p>	<p>10:15AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Spaghetti w/Meatballs, Marinara Sauce, Broccoli, Garlic Knot, Orange (\$3)(FC) 12:30PM- Yankee Swap (FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">19</p>	<p>8:30AM- Low Impact Class (\$) (RL) 9:45AM-Veteran's Coffee Hour (SA) 10AM- Yoga Movement \$(RL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Chicken Stroganoff, Chicken and Mushroom Gravy, Egg Noodles, Brussel Sprouts, Apple (\$3) (FC) 12:30PM -Ugly Sweater Contest (FC) 1:30PM-Reiki (\$) (LL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">20</p>	<p>8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Roast Pork w/Apple Cider Glaze, Mashed Potatoes, Cali Blend Veg, Apple Sauce, Oatmeal Raisin Cookie, \$3)(FC) 12:30PM- Duplicate Bridge (OLL) 12:30PM-Select Singers Performance (FC) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">21</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</p> <p style="text-align: right;">22</p>
<p style="text-align: center;">CHRISTMAS NO PROGRAMS</p> <p style="text-align: right;">25</p>	<p>11AM- Blood Pressure Clinic(FC) 12PM-LUNCH-Fish, French Fries, Baked Beans, Cole Slaw, Banana(\$3) (FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">26</p>	<p>8:30AM- Low Impact Class (\$) (RL) 10AM The Knit Wits Knitting Circle (OLL) 11AM-Blood Pressure Clinic (FC) 12PM-BIRTHDAY LUNCH- Pot Roast w/Beef Gravy, Mashed Potatoes, Carrots, Birthday Cake, Fruit Juice (\$3) (FC) 2-3:00PM Office Hours (TH)</p> <p style="text-align: right;">27</p>	<p>11AM- Blood Pressure Clinic (FC) 10:30AM-Pedicures (\$25)(LL) 12PM-LUNCH -Breaded Chicken w/Florentine Sauce, Rice Pilaf, Scandinavian Veg, Pears (\$3) (FC) 12:30PM- Duplicate Bridge (OLL) 1PM-Nickel Nickel (RL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">28</p>	<p>10AM- Painting Workshop (SA) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">29</p>

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Ashley Gualandri, PT, DPT
Bryan Schmidt, PT, DPT
Christopher Dentch, PTA, BS

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS



SERVICES

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

<u>Service</u>	<u>Date/Time</u>	<u>COST</u>
Mini-Pedicure	Dec.12th & 14th by appt.	\$25.00
Haircuts	Dec.11th & 18th by appt.	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	December by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Enrollment for People Turning 65 or New to Medicare	December by Appt.	FREE
Manicures	December 7th by appt.	\$15.00
Foot Clinic w/Foot Care Associates (cuts toenails)	January 18th by Appt.	\$35.00
Hearing Clinic	January 29th by Appt.	FREE
Reiki Appointments (1st appt Free)	Dec. 6th & 20th 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

Setback (Card Game)- Meets Tuesdays at 1 PM

Nickel, Nickel (Card Game)- Meets Thursdays at 1 PM— Bring 13 Nickels

Duplicate Bridge— Meets the 1st, 3rd, and 4th Thursdays at 12:30PM— open to newcomers

Cribbage— Meets Fridays at 1PM

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.

*December'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— Next meeting is in the Spring of 2024.

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. **

Book & Puzzle Shed

Now in the back of the Old Lyme Town Hall, located at 52 Lyme Street, Old Lyme, CT 06371. Come at your leisure to pick up new books and puzzles from the shed and also return them when you're done!

IMPORTANT DECEMBER DATES

December 6th— NO LUNCH

December 8th— Deadline to sign-up for Holiday Luncheon on the 15th

December 14th— NO LUNCH

December 15th— Holiday Luncheon and Entertainment

December 25th— CLOSED; NO PROGRAMS; HAPPY HOLIDAYS!

December 26th-29th: No Exercise Classes EXCEPT Wednesday's 8:30 AM Low Impact Class

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 (Fridays), Movies

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.
- Programs held here will be Duplicate Bridge., and

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



Lymes' Senior Center

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Good Health to All in the New Year!

