

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-1605 x 240 & 241

www.seniorcenterct.org



JANUARY 2024

PROUDLY SERVING SENIORS 55 AND BETTER!

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Save the Dates
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of the Lower Valley

860-767-0186 | www.visitingnurses.org

Exercise Classes

To register, call (860)434-1605 ext. 241 or email seniorcenter@oldlyme-ct.gov
Must be a member to register; 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
Tai Ji Quan with Kate	Tuesdays/ Returns in Spring	\$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/Returns in Spring	\$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 Art Classes

Snow Scene in Acrylic

3 Classes: January 16th, 23rd, 30th

When: 1PM-2:30 PM; Tuesdays, January 16th, 23rd, and 30th

Where: Rogers Lake Clubhouse; 75 Rogers Lake Trail, Old Lyme

Cost: \$25 (cash or check-made out to Jeanette Green) and supplies (supply list received upon registration)

Acrylics are a beautiful medium to work in. More forgiving than watercolors and faster drying than oils, they are an ideal tool for producing many different effects. Learn how to mix and blend colors, keep your colors moist, create textures, glaze, using palette knives, correcting mistakes and so much more! In this class we will paint simple winter snow scenes from photos provided. If you have your own photo references, please bring them to class.

SAVE THE DATES

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

Mark Twain and the Supernatural– Wednesday, January 3rd at 1 PM @ the Old Lyme Town Hall- Known best today for his frank observations on society, Mark Twain also lived during the spiritualism craze in the United States. Throughout his life he took an interest in the spirit world through attending seances, palm readers, and meeting mediums. The cost to attend is FREE for members, \$10 for non-members, 55 years of age or better!

Movie Monday– “School of Rock”- Monday, January 8th at 1 PM @ the Lyme Library– Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates -- much to the consternation of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands! This event is free for members, 55 years of age or better!

SAVE THE DATES

Call (860)434-1605 Ext. 241 or Email seniorcenter@oldlyme-ct.gov to register
Veterans Coffeehouse– Wednesday, January 17th at 9:45 AM @ Old Lyme Town Hall (Big Meeting Room)- Meets the third Wednesday of the month, this program is sponsored by the Old Lyme VFW and the Lymes' Senior Center. All Veterans are welcome to join us for fellowship, camaraderie, and of course, breakfast refreshments! This program is free for all veterans in the community. Call the Lymes' Senior Center staff at (860)434-1605 ext. 241 to register or for more information.

Beginners Ballroom Dancing Workshop– Wednesday, January 17th at 10 AM @ the First Congregational Church of Old Lyme – Join us for an hour long workshop on the basics of ball room dancing! First Congregational Church's own Sexton, Sean McCarty, is bringing his talent and teaching skills to lead this course! Learn the basics of ballroom dancing, including the box step and basic tips and tricks. The cost for this workshop 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!

The Assassination of Martin Luther King Jr– Monday, January 22nd at 1 PM @ the Old Lyme Town Hall- Join us for this historical lecture. Presented by Mallory Howard, curator of the Mark Twain House. The Cost is free for members, \$10 for non-members, 55 years of age or better!

Annuity Presentation with Ed Prendergast– Wednesday, January 24th at 12:30 PM @ the First Congregational Church of OL- Join us in welcoming Ed Prendergast, who will be here to talk about what you need to know about annuities, the risks, rewards, and potential pitfalls. The cost is free for members, \$5 for non-members, 55 years of age or better!

Medicare Presentation– Tuesday, January 30th at 1 PM @ the Old Lyme Town Hall- Join us in welcoming David MacNiven, who will be here to give us a Medicare Seminar. 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! The cost is free for members, \$10 for non-members, 55 years of age or better!

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED HAPPY NEW YEAR 1	10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Cheese Stuffed Shells, Tomato Sauce, Winter Blend Veg, Pineapple (\$3) (FC) 1PM-We Felt Like It (TH) 1PM-Setback Card Game (SA) 2-3:00PM Office Hours (TH) 2	8:30AM- Low Impact Class (\$) (RL) 10AM- Yoga Movement (\$) (RL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Roasted Chicken, Mushroom Gravy, Rice Pilaf, Green Beans, Tropical Fruit (\$3) (FC) 1PM Mark Twain and the Supernatural (TH) 2-3PM Office Hours (TH) 3	8:30AM- Why Weight(s) (\$) (RL) 10:30AM-Manicures (\$15) (LL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Chii, Mixed Veg, Corn Muffin, Apple (\$3) (FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3 PM Office Hours (TH) 4	10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic ((LL) 1PM- Cribbage (TH) 2-3:00PM Office Hours (TH) 5
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 "School of Rock" (LL) 2-3PM Office Hours (TH) 8	10:30AM- Sit n Be Fit (FC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - American Chop Suey, Elbow Noodles, Bolognese Sauce, Mixed Veg, Cornbread Muffin, Mandarin Oranges (\$3) (FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 9	8:30AM- Low Impact Class (\$) (RL) 10AM- Yoga Movement (\$) (RL) 10AM-The Knit-Wits Knitting Circle (OLL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Beef Tips, Beef Gravy, Mashed Potatoes, Green Beans, Fruit Cocktail (\$3) (FC) 1:30PM - Reiki (LL) 2-3PM Office Hours (TH) 10	8:30AM- Why Weight(s) (\$) (RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Pork Roast, Apple Sage Stuffing, Sweet Potatoes, Brussel Sprouts, Apple Sauce, Oatmeal Raisin Cookie (\$3) (FC) 12:30PM - Duplicate Bridge (TH) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH) 11	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) 12
CLOSED MLK JR. DAY 15	10:30AM- Sit n Be Fit (FC) 10AM-Reflexology/Foot Massage (\$40/30 min) (LL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Salmon, Cranberry Glaze, Roasted Potatoes, Veggie Blend, Pineapple (\$3) (FC) 1PM - Painting in Acrylic (RL) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 16	8:30AM- Low Impact Class (\$) (RL) 9:45AM-Veteran's Coffee Hour (TH) 10AM-Ballroom Dancing Workshop (FC) 10AM- Yoga Movement (\$) (RL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Panko Crusted Lemon Chicken, Brown Rice, Cali Blend Veg, Pears (\$3) (FC) 1PM -Crystal Sound Healing (LL) 2-3PM Office Hours (TH) 17	8:30AM- Why Weight(s) (\$) (RL) 10:30AM- Footcare w/ Gretchen (\$35) (LL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Baked Ziti, Cali Glend Veg, Bread Stick, Mandarin Oranges (\$3) (FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH) 18	10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 1PM- As the Page Turns Book Club (LL) 2:15PM Country Line Dancing (RL) 2-3:00PM Office Hours (TH) 19
8:30AM- Why Weight(s)? (\$) (RL) 9AM-Haircuts w/Carrie (\$15) (LL) 10:00AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 1PM-The Assassination of MLK Jr. (TH) 2-3PM Office Hours (TH) 22	10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Chicken Divan, Rice Pilaf, Sonoma Blend Veg, Pears (\$3) (FC) 1PM - Painting in Acrylic (RL) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 23	8:30AM- Low Impact Class (\$) (RL) 10AM- Yoga Movement (\$) (RL) 10AM-The Knit Wits Knitting Circle (OLL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Beef Stew, Peas, Carrots, Biscuit, Apple Crisp (\$3) (FC) 12:30PM-Annuities: What You Need to Know Presentation (FC) 1:30PM - Reiki (LL) 2-3PM Office Hours (TH) 24	8:30AM- Why Weight(s) (\$) (RL) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Baked Cod, Lemon Sauce, Roasted Potatoes, Sonoma Blend Veg, Pineapple (\$3) (FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH) 25	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) 26
8:30AM- Why Weight(s)? (\$) (RL) 10AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12PM-Hearing Clinic (LL) 12:30PM- Bridge (TH) 2-3PM Office Hours (TH) 29	10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM- LUNCH - Swiss Steak, Tomato Gravy, Mashed Potatoes, Carrot Coins, Fruit Cocktail (\$3) (FC) 1PM- Medicare Presentation (TH) 1PM - Painting in Acrylic (RL) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 30	8:30AM- Low Impact Class (\$) (RL) 10AM- Yoga Movement (\$) (RL) 11AM- Blood Pressure Clinic (FC) 12PM- BIRTHDAY LUNCH - Chicken Parmesan, Penne Noodles, Italian Blend Veg, Garlic Knot, Birthday Cake, Fruit Juice (\$3) (FC) 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 OL SA-Saint Anne's Church OLL-Old Lyme Library KEY 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. Also remember lunches will be held at the First Congregational Church in Old Lyme.

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

TREATMENT OF ALL ORTHOPEDIC DYSFUNCTION AND DISORDERS

SAVE THE DATES

Royal Assassinations with the Bow Tie Historian– Wednesday, February 7th at 1PM @ the Old Lyme Town Hall– Join us in welcoming Jason Scappatucci, the Bow Tie Historian, who will be here to present to us this fantastic historical lecture! Cost is free for members, \$10 for non-members, 55 years of age or better!

Movie Monday: "How To Lose A Guy In 10 Days"– Monday, February 12th at 1 PM @ the Lyme Library–An advice columnist, Andie Anderson (Kate Hudson), tries pushing the boundaries of what she can write about in her new piece about how to get a man to leave you in 10 days. Her editor, Lana (Bebe Neuwirth), loves it, and Andie goes off to find a man she can use for the experiment. Enter executive Ben Berry (Matthew McConaughey), who is so confident in his romantic prowess that he thinks he can make any woman fall in love with him in 10 days. When Andie and Ben meet, their plans backfire.

Victoria Rose as Marilyn Monroe– Wednesday, February 14th at 12:30 PM @ the First Congregational Church of Old Lyme– Join us in welcoming Victoria Rose... or should we say, Marilyn Monroe, who will be here to serenade us with her soothing vocals and stunning visuals. Get ready for a Valentine's Day performance that you won't want to miss! Come for lunch and stay for the show! To sign-up for lunch this day, call the Estuary at (860)388-1611 ext. 216 by February 13th at 11 AM (you can call it in sooner) and have an updated Form 5 on file. Form 5's can be picked up or emailed to you upon request. The cost is free for members, \$10 for non-members, 55 years of age or better!

Veterans Coffeehouse– Wednesday, February 21st at 9:45 AM @ Saint Ann's Church– Meets the third Wednesday of the month, this program is sponsored by the Old Lyme VFW and the Lymes' Senior Center. All Veterans are welcome to join us for fellowship, camaraderie, and of course, breakfast refreshments! This program is free for all veterans in the community. Call the Lymes' Senior Center staff at (860)434-1605 ext. 241 to register or for more information.

Be Red Cross Ready: Emergency and Fire Preparedness– Wednesday, February 21st at 1 PM @ the Old Lyme Town Hall– Everyone knows the Red Cross helps people during emergencies. But you may not know that it's also part of our mission to help you help yourself! Becoming "Red Cross Ready" for an emergency means following our simple steps in advance to ensure you can weather a crisis safely and comfortably. Being prepared may not prevent a disaster, but it will give you confidence to meet the challenge! Join us for this life-education class and learn how to prepare for a variety of circumstances. Limited space available; the cost is free for members, 55 years of age or better!

The Life of Amelia Earhart with Mallory Howard– Monday, February 26th at 1 PM @ the Old Lyme Town Hall– Although her life was cut tragically short, Amelia Earhart was ultimately a triumph in a male dominated field. We will take a dive into her personal life as well as her accomplishments in the air and on the ground. We will also look at the news regarding the latest claims of discovering what truly happened to her after she perished. It is an exciting, interesting, and bittersweet exploration of the famous aviatrix and why she is still revered and remembered today. The cost is free for members, \$10 for non-members, 55 years of age or better!

Stop the Bleed– Wednesday, February 28th at 1 PM @ the Old Lyme Town Hall– Join us in welcoming Doug Lo Presti and Colleen Atkinson, who will be here to teach us how to Stop The Bleed! In this life-education class, you will recognize life-threatening bleeding and how to intervene effectively. Limited space available; the cost is free for members, 55 years of age or better!

SERVICES

To schedule a service, please call (860)434-1605 ext. 241 or email cperkins@oldlyme-ct.gov

Service	Date/Time	Cost
Mini-Pedicure	January 9th & 11th by appt.	\$25.00
Haircuts	January 8th & 22nd by appt.	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	January by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Choices Counseling	January by Appt.	FREE
Manicures	January 4th 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)	January 10th & 24th by appt.	\$50 1st FREE
Reflexology/Foot Massage	March 4th & 25th	\$40/30 min

Games

Call (860)434-1605 Ext. 241 to register if it is your first time joining a game

Bridge- Meets Mondays at 12:45PM– 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 Thursdays at 12:30PM– open to newcomers
 Cribbage– Meets Fridays at 1PM

Upcoming Lectures

FREE for members, \$10 for non-members

January 3rd at 1 PM: Mark Twain and the Supernatural
 January 22nd at 1 PM: The Assassination of Martin Luther King Jr.
 February 7th at 1 PM: Royal Assassinations
 February 26th at 1 PM: The Life of Amelia Earhart
 March 6th at 1 PM: Topic TBD with the Bow Tie Historian
 March 25th at 1 PM: The Kellogg Brothers

Upcoming 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



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Cough Syrup Expectorant	Tweezers



For More Information call: 860-434-7808

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