

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-1605 x 240 & 241

www.seniorcenterct.org

FEBRUARY 2024

PROUDLY SERVING SENIORS 55 AND BETTER!



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Social Work, Home Health Aides, Telehealth,
and Transitional Care



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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	Day & Time/Duration	COST
Why Weight (s)? Class	Mondays at 8:30 AM	\$5.00
Tap Class	Mondays at 10:00 AM	\$5.00
Tai Chi with Alex	Tuesdays at 8:30 AM/ Starts Feb 27th	\$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 & Craft Classes

Valentine's Day Bracelets

When: Tuesday, February 13th
Time: 1-3 PM

Where: Old Lyme Town Hall, 52 Lyme Street, Old Lyme

Cost: 2 non-perishable foods for members, 3 non-perishable foods for non-members
Love is in the air; join us as we make Valentines Day Gifts! Come create a set of fun and beautiful bracelets for yourself, or to gift someone, just in time for Valentines Day! Please bring scissors and craft glue with you to the program; all other materials will be provided to you. Limited capacity; priority seating goes to current members; register by calling (860)434-1605 ext. 241

Spring Paper Rose Wreaths

When: Wednesday, March 20th
Time: 1—3 PM

Where: Old Lyme Town Hall; 52 Lyme Street, Old Lyme

Cost: 2 non-perishable foods for members, 3 non-perishable foods for non-members
Join us in welcoming spring, with these DIY Spring Paper Rose Wreaths. Instructor Mary will be here to show us how to make these gorgeous wreaths, just in time for Spring! Limited capacity; priority goes to current members; register by calling (860)434-1605, ext. 241!

Floral Lei Crown Workshop

When: Tuesday, April 2nd
Time: 1-3 PM

Where: Lyme Library, 482 Hamburg Road, Lyme

Cost: \$20 for members, includes materials

In this 2 hour workshop, participants will learn the art and craft of woven floral crowns, lei po'o, originating in Hawai'i to celebrate the wearer and bask in natural beauty. You will also learn the history of lei, selecting plants and a pattern, and weaving technique. Limited capacity; priority goes to current members; register by calling (860)434-1605, ext. 241!

Are You Tired Of Getting Mail? Go Electronic!

Instead of having our monthly newsletter mailed to your house, have it emailed to you monthly instead! To opt out of receiving mail, please call or email Caitlin at (860)434-1605 ext. 241 or cperkins@oldlyme-ct.gov, and indicate that you would like to go paperless! Anyone who decides to go paperless will automatically be put into a gift card raffle! The drawing will take place March 1st, 2024 for the paperless raffle, so please let us know ASAP if you'd like to make the switch!

New Senior Center Office Location
Lower Level of the Old Lyme Town Hall

SAVE THE DATES

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

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.

Beginners Ballroom Dancing Workshop- Wednesday, February 14th 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!

Valentine's Day Social Hour- Wednesday, February 14th at 11 AM @ the First Congregational Church of Old Lyme- Love is in the air! Join us at the FCCOL to help celebrate Valentine's Day with goodies and refreshments! Since our building is closed for renovations, we've all been a little detached. This is a wonderful opportunity for us to get together and re-connect with our community and friends! This event is free for all of our members, and we hope to see you there!

Victoria Rose as Marilyn Monroe **New Date**- Thursday, February 15th 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 themed 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 14th 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.

Take A Walk Wednesday- Wednesday, February 21st at 9:30 AM @ Rocky Neck Beach- Our monthly walks with Wendy are back! This month we will be walking at Rocky Neck Beach. Meet at the parking lot on Rte 156 across from the KOA Campground, 271 Main St (Rte 156), about 0.5 mile east of the intersection with Four Mile River Rd. A beautiful walk through forest and along the salt marshes to the beach on Long Island Sound. Bring binoculars if you have them. 2.5 miles is the walk distance. We hope you can join us!

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!

***FREE* Tai Chi with Alex Culligan** - Tuesday, February 27th at 8:30 AM @ Rogers Lake Clubhouse- Join us as we start a new Tai Chi program! Instructor Alex will be leading this class, and he is bringing plenty of experience and expertise to the Lymes' Senior Center! Research shows that practicing tai chi can improve balance, stability, and flexibility in older people, including those with Parkinson's disease. Practiced regularly, it can also help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia. On Tuesday, February 27th, we will be **offering the first class of Tai Chi for free**, so any interested members can come try it out! Please call (860)434-1605 ext. 241 to register for this class! Starting in March, we will be offering Tai Chi in 4-week sessions. The cost for a 4-week session would be \$30 for members. Payments for these sessions will be made to the Lymes' Senior Center; payments can be dropped off or mailed to the Old Lyme Town Hall or brought to the first class. Please call (860)434-1605 ext. 241 if you would like to register for March's 4-week session.

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div>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</div> <div>KEY Green: Exercise Class Red: New Events Purple: Special Events Blue: Services Pink: Art/Craft Classes/Groups</div>	<div>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.</div>		<div>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Stuffed Cabbage, Casserole, Carrot Coins, Peachs (\$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3 PM Office Hours (TH)</div> <div>1</div>	<div>10AM- Painting Workshop(SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic ((LL) 1PM- Cribbage (TH) 2-3:00PM Office Hours (TH) 2:15PM-Country Line Dancing (RL)</div> <div>2</div>
<div>8:30AM- Why Weight(s)? (\$)(RL) 10AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 2-3PM Office Hours (TH)</div> <div>5</div>	<div>10:30AM- Sit n Be Fit (FC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Chicken Stir Fry, Brown Rice, Oriental Veg, Tropical Fruit (\$3) (FC) 1PM-Painting in Acrylic (RL) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</div> <div>6</div>	<div>8:30AM- Low Impact Class (\$)(RL) 10AM- Yoga Movement (\$)(RL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Swedish Meatballs, Beef Gravy, Egg Noodles, Peas, Sauteed Apples (\$3) (FC) 1PM Royal Assassinations (TH) 2-3PM Office Hours (TH)</div> <div>7</div>	<div>8:30AM- Why Weight(s) (RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Meatloaf w/Gravy, Mashed Potatoes, Carrot Coins, Strawberry Shortcake (\$3)(FC) 12:30PM - Duplicate Bridge (TH) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</div> <div>8</div>	<div>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</div> <div>9</div>
<div>8:30AM- Why Weight(s)? (\$)(RL) 9AM-Haircuts (\$15) (LL) 10:00AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 1PM-Movie Monday "How to Lose a Guy in 10 Days" (LL) 2-3PM Office Hours (TH)</div> <div>12</div>	<div>10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Macaroni & Cheese, Stewed Tomatoes & Zucchini, Mandarin Oranges (\$3) (FC) 1PM-Valentines Bracelets Craft (TH) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</div> <div>13</div>	<div>8:30AM- Low Impact Class (\$)(RL) 10AM- Yoga Movement (\$)(RL) 10 AM-Ballroom Dancing Workshop (FC) 10AM-The Knit-Wits Knitting Circle (OLL) 11AM-Blood Pressure Clinic (FC) 11AM-Valentine's Day Social (FC) 12PM-LUNCH- Stuffed Sole, Wild Rice, Spinach, Fruit Juice, Sugar Cookie (\$3) (FC) 1:30PM - Reiki (LL) 2-3PM Office Hours (TH)</div> <div>14</div>	<div>8:30AM- Why Weight(s) (RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Chicken Stew, Peas & Carrots, Biscuit, Pineapple \$3)(FC) 12:30PM-Victoria Rose as Marilyn Monroe (FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</div> <div>15</div>	<div>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) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</div> <div>16</div>
<div>~ CLOSED ~ PRESIDENT'S DAY</div> <div>19</div>	<div>10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Chicken Divan, Roasted Potatoes, Sonoma Blend Veg, Pears (\$3)(FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</div> <div>20</div>	<div>8:30AM- Low Impact Class (\$)(RL) 9:45AM-Veteran's Coffee Hour (SA) 10AM- Yoga Movement (\$)(RL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Chili, Mixed Veg, Corn Muffin, Apple (\$3) (FC) 1PM -Be Red Cross Ready: Emergency and Fire Preparedness (TH) 2-3PM Office Hours (TH)</div> <div>21</div>	<div>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Fish & Chips: Breaded Fish, French Fries, Baked Beans, Cole Slaw, Banana \$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</div> <div>22</div>	<div>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</div> <div>23</div>
<div>8:30AM- Why Weight(s)? (\$)(RL) 9AM-Haircuts (\$15) (LL) 10AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 1PM-The Life of Amelia Earhart (TH) 2-3PM Office Hours (TH)</div> <div>26</div>	<div>8:30AM-Tai Chi (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Swiss Steak, Tomato Gravy, Mashed Potatoes, Capri Blend Veg, Fruit Cocktail (\$3)(FC) 1PM- Crystal Sound Healing (LL) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</div> <div>27</div>	<div>8:30AM- Low Impact Class (\$)(RL) 10AM- Yoga Movement (\$)(RL) 10AM-The Knit Wits Knitting Circle (OLL) 11AM-Blood Pressure Clinic (FC) 12PM-BIRTHDAY LUNCH- Cheese Lasagna, Winter Blend Veg, Bread Stick, Fruit Cocktail, Fruit Juice, Birthday Cake (\$3) (FC) 1PM- Stop the Bleed (TH) 1:30PM-Reiki (LL) 2-3:00PM Office Hours (TH)</div> <div>28</div>	<div>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Chicken Cordon Bleu, Roasted Red Potatoes, Beets, Pears \$3)(FC) 12:30PM- Duplicate Bridge (TH) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</div> <div>29</div>	

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SAVE THE DATES

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

Crystal Sound Healing– Tuesday, February 27th 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!

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; please register ASAP; the cost is free for members, 55 years of age or better!

Movie Monday: “Some Like It Hot”– Monday, March 11th at 1 PM @ the Lyme Library– Join us for this free showing of “Some Like It Hot”! Starring Tony Curtis, Jack Lemmon and Marilyn Monroe! “After witnessing a Mafia murder, slick saxophone player Joe (Tony Curtis) and his long-suffering buddy, Jerry (Jack Lemmon), improvise a quick plan to escape from Chicago with their lives. Disguising themselves as women, they join an all-female jazz band and hop a train bound for sunny Florida. While Joe pretends to be a millionaire to win the band’s sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in”

Crystal Singing Bowl Workshop– Tuesday, March 12th at 1 PM @ the Lyme Library- Join us in welcoming back Priscilla Gale, from the Crystal Bowl Healing program last month! This month, Priscilla is back to give us a workshop on the well-received crystal bowl healing program. Priscilla went into detail about how impactful sound is on our bodies, and how it can help us heal if used correctly. In this workshop, Priscilla will instruct and demonstrate how we as individuals can use crystal bowls on ourselves to help aide us in healing. She will teach us how to properly use the crystal bowls, and how we can receive the healing benefits from them. The cost for this workshop is free for members, \$10 for non-members, 55 years of age or better! Limited Capacity; priority seating goes to current members.

Special Luncheon– Tuesday, March 12th at 12 PM @ 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 Marbella over buttered egg noodles with a side of steamed greens beans. There will be a homemade dessert for lunch as well! Payment and sign up will be done through the Senior Center and will be due by Thursday, March 7th. Payments need to be made in cash. Mail-in your money and reservation to the Lymes’ Senior Center at the Old Lyme Town Hall or drop it off to us! Call (860)434-1605 ext. 241 if you have any questions or to sign up. There will be entertainment immediately following the luncheon at the First Congregational Church.

More Upcoming Events

Beginners Ballroom Dancing Workshop– Wednesday, March 13th at 10 AM @ the First Congregational Church of Old Lyme

Saint Patrick’s Day Luncheon– Friday, March 15th at 12 PM @ the First Congregational Church of Old Lyme– *Register by March 7th by calling (860)388-1611, ext. 216*

Veterans Coffeehouse– Wednesday, March 20th at 9:45 AM @ Saint Ann’s Church

SERVICES

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

Service	Date/Time	Cost
Mini-Pedicure	Booking for March	\$25.00
Haircuts	February 12th & 26th by appt.	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	February by Appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Choices Counseling	February by Appt.	FREE
Manicures	March 7th by appt.	\$15.00
Foot Clinic w/Foot Care Associates (cuts toenails)	March 21st by appt.	\$35.00
Hearing Clinic	Spring Date TBD	FREE
Reiki Appointments	February 14th & 28th 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

February 7th at 1 PM: Royal Assassinations
 February 26th at 1 PM: The Life of Amelia Earhart
 March 6th at 1 PM: History of the Original Pennsylvania Railroad Station in NY
 March 25th at 1 PM: The Kellogg Brothers
 April 3rd at 1 PM: Americas Deadliest Night Club Disasters with the Bow Tie Historian
 April 22nd at 1 PM: Topic TBD with Mallory Howard

Upcoming Day Trips, Cruises and Overnight Trips

Prices and Details Coming Soon

Day Trips:

Cruises/Overnights:

The Orchid Show– New York Botanical Garden

Tuesday, April 16th
 Botanical Garden, Eating, Shopping
 \$120 per person

Lighthouse Cruise– Narragansett, RI

Wednesday, July 24th
 Cruise, Buffet Brunch, Shopping
 \$139 per person

Mackinac Island

Mid June 2024

Iceland

November 5th-11th, 2024

Croatia and Its Islands

April 22nd– May 3rd, 2025

Keep A Look Out For...

Horseshoes, Bocce and Pickleball

-Starting in the Spring-

Lymes' Senior Center Building Updates

-March Newsletter-

Proudly serving seniors 55 & better



Lymes' Senior Center

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Old Lyme Visiting Nurse Association

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Build Muscle

Sleep More

Get Active

Screen for Diabetes

Eat Smart

Stop Smoking

Maintain a Healthy Weight

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Numbers*

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February is American Heart Month!



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