

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

860-434-1605 x 240 & 241

www.seniorcenterct.org

APRIL 2024



PROUDLY SERVING SENIORS 55 AND BETTER!

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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	Session Price Varies
Sit n Be Fit	Tuesdays at 10:15 AM	FREE
Yoga Movement Class	Wednesdays at 10:00 AM	\$5.00
Why Weight (s)? Class	Thursdays at 8:30 AM	\$5.00
Beginner Pickleball	Thursdays at 1 PM	FREE
4S Class (Sit, Stretch, Strength & Song)	Fridays at 10:15 AM	FREE
Beg. Country Line Dancing	Fridays at 2:15 PM	FREE

Upcoming Craft & Hobby Classes

To register, call (860)434-1605 ext. 241 or email seniorcenter@oldlyme-ct.gov

Floral Lei Crown Workshop

When: Tuesday, April 2nd; 1—3 PM

Where: Lyme Library, 482 Hamburg Road

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 members

Intermediate Watercolor Class

When: Tuesdays, April 2nd, 9th, 16th, 23rd, 30th (5 classes); 11:30 AM—1:30 PM

Where: Rogers Lake Clubhouse; 75 Rogers Lake Trail

Cost: \$60 for members

There will be two sessions of painting lessons and three sessions painting scenes chosen by the student. We will cover improving composition, controlling lights and darks, creating textures and discovering the spontaneous excitement of painting in watercolor.

Freshwater Fly-Tying

When: Thursdays, April 4th, 11th, 18th, 25th, 2024; 3- 4:30 PM

Where: Lyme Library, 482 Hamburg Road, Lyme

Cost: Free for members \$25 for non-members

Learn the art of creating freshwater fly fishing ties; taught by Mark Lewchik. . If you have your own vice, please let us know when you sign-up as seat capacity is limited to the amount of vices we have to share.

Decoupage Shells

When: Wednesday, April 10th; 1—3 PM

Where: Old Lyme Town Hall

Cost: \$5 for members, \$10 for non-members

Create your very own decoupage shells during this arts & crafts class with Mary! Decoupage is all about creating paper cutouts, gluing them to a surface, and then applying varnish to create a hand-painted or stenciled look- something you commonly see at farmers markets or craft fairs that often sell for a high price. With this class, you'll learn how to create your own!

Farmer's Market Bag Craft w/ Mary

When: Tuesday, May 7th; 1—3 PM

Where: Old Lyme Town Hall

Cost: 2 non-perishable food items for members

Join us for another round of a fun and fantastic craft class, held by Mary. This month we will be turning your old t-shirts into a no-sew, upcycled Farmer's Market Bag. Bring several of your worn out t-shirts, a ruler and scissors to class! Make sure to register as soon as possible, as her craft classes fill up quick!

Fly-Casting

When: Thursdays, May 2nd, 9th, 16th, 23rd, 30th, 2024; 3-4:30 PM

Where: Lyme Library; 482 Hamburg Road, Lyme

Cost: Free for members, \$25 for non-members

Mark Lewchik is back to teach us all about fly casting! In this 5-week session, Mark will teach us about the basics on fly fish casting, with all the tips and tricks!

APRIL SAVE THE DATES

Call (860)434-1605 Ext. 241 or Email seniorcenter@oldlyme-ct.gov to register Tai Chi with Alex (April Session)- Tuesdays, April 2nd, 9th, 18th, 23rd, 30th at 8:30 AM @ Rogers Lake Clubhouse- Join us as we start a new Tai Chi program!

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. We are offering this program in monthly sessions. To register for a session please call (860)434-1605 ext. 241; payments can be cash or check, and can be brought the first class of each monthly session. April's 5-week session is \$38, for members, May's 4-week session is \$30 for members.

Beginner Pickleball- Thursday (April 4th, 11th, 18th, 25th) at 1 PM @ Cross Lane Park- Learn how to play America's fastest growing sport- Pickleball! Learn the basics of pickleball with Caitlin; everything from serving to scoring and basic game play! You can bring your own paddle, or we have a couple paddles to share. The cost is free for members, 55 years of age or better!

Parade Practice- Fridays (April 5th, 12th, 19th, 26th) at 1:15 @ Rogers Lake Clubhouse- For Memorial Day Parade, led by Stephanie, all are welcome to join, no dancing experience needed. This group will meet every Friday at 1:15 PM at Rogers Lake Clubhouse up until the Memorial Day Parade.

Movie Monday: "Chicago"- Monday, April 8th at 1 PM @ the Lyme Library- "Nightclub sensation Velma (Catherine Zeta-Jones) murders her philandering husband, and Chicago's slickest lawyer, Billy Flynn (Richard Gere), is set to defend her. But when Roxie (Renée Zellweger) also winds up in prison, Billy takes on her case as well -- turning her into a media circus of headlines. Neither woman will be outdone in their fight against each other and the public for fame and celebrity." The cost is free for members!

Special Luncheon- Tuesday, April 9th at 12 PM @ the First Cong. Church OL- 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. The menu for this lunch will be *****! The cost for lunch is \$3; Payment and sign up will be done through the Senior Center and will be due by Tuesday, April 2nd. 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! *Veterans eat for free* for this special luncheon- Just make a note of it when you sign up! 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 church. *this means that there will be an Estuary lunch on Friday, April 12th.*

Beginner Ballroom Dancing- Wednesday, April 10th at 10 AM @ First Cong. Church of OL- 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!

"April Showers" Social Hour- Wednesday, April 10th at 11 AM @ First Cong. Church of OL- Help us celebrate April 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!

New Horizons Band - Tuesday, April 16th at 12:30 PM @ the First Cong. Church of OL- Two local New Horizons Bands, the New Horizons Band of the Community Music School and the New Horizons Band of Southeastern Connecticut, will present a joint performance at the First Congregational Church of Old Lyme. The New Horizons Bands are designed to give seniors a platform to learn a new instrument or to revive long lost skills on an instrument from their past. Each band will perform music of various periods and styles, such as marches, show tunes and jazz. We will also perform several selections together.

Veterans Coffeehouse- Wednesday, April 17th at 9:45 AM @ Saint Ann's Church- Meets the third Wednesday of the month, this program is sponsored by 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.

Halls Road Improvement Presentation- Wednesday, April 17th at 1 PM @ the Old Lyme Town Hall- Join us for this informational presentation facilitated by Howard Margules, board member of the Halls Road Improvement Committee.

"Building Buzz"- Tuesday, April 23rd at 11:15 AM @ First Cong. Church of OL- This meeting will take place every 4th Tuesday of each month until we get back into our new building! This will provide a more personalized experience in gaining knowledge about the progress of our new building. Come ask questions, and get in-the-know with updates of the Lymes' Senior Center!

Downsizing Demystified- Tuesday, April 23rd at 1 PM @ the Old Lyme Town Hall- Whether it be a relocation or simply wanting to tidy up the home, these tasks can be physically and mentally exhausting. Planning, packing, moving, and dealing with the "stuff" in your home can cause anxiety and sleepless nights. Join Shelia Gavish for a free presentation and some great tips on how you can tackle the difficult task of "Downsizing" so you can "Right-size your life!"

Monday	Tuesday	Wednesday
<p>8:30AM- Why Weight(s)? (RL) 10AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 2-3PM Office Hours (TH)</p> <p>1</p>	<p>8:30AM-Tai Chi-April Session (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- (\$3) (FC) 1PM-Floral Lei Crown (TH) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) *Payment and sign-up due by today for special luncheon</p> <p>2</p>	<p>10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic 12PM-LUNCH- Roast Turkey Potatoes, Cali Blend Veg. Cr (\$3) (FC) 1PM Deadliest Night Club Historian (TH) 1:30PM-Reiki (LL) 2-3PM Office Hours (TH)</p>
<p>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 "Chicago" (LL) 2-3PM Office Hours (TH)</p> <p>8</p>	<p>8:30AM-Tai Chi-April Session (RL) 10:30AM- Sit n Be Fit (FC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 11:30AM-Watercolor Class (RL) 12PM-LUNCH- Ladies Benevolent Luncheon (\$3) (FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p> <p>9</p>	<p>10AM- Yoga Movement (\$) 10 AM-Beginners Ballroom 10AM-The Knit-Wits Knitting 11AM-Blood Pressure Clinic 11AM-"April Showers" Social 12PM-LUNCH- Cobb Salad (\$3) (FC) 1PM - Decoupage Shells w 2-3PM Office Hours (TH) 5PM-LSC Building Comm. I</p>
<p>8:30AM- Why Weight(s)? (RL) 9AM-Haircuts (\$15) (LL) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (TH) 1PM-LSC Board of Directors Meeting (TH) 2-3PM Office Hours (TH)</p> <p>15</p>	<p>8:30AM-Tai Chi-April Session (RL) 10:30AM- Sit n Be Fit (FC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 11:30AM-Watercolor Class (RL) 12PM-LUNCH- Roast Chicken w/Gravy, Brown Rice, Mixed Veg, Pineapple (\$3) (FC) 12:30PM-New Horizons Band (FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p> <p>16</p>	<p>9:45AM-Veteran's Coffee H 10AM- Yoga Movement (\$) 11AM-Blood Pressure Clinic 12PM-LUNCH- Battered Fish Slaw, Baked Beans, Banana 1PM-Halls Road Improvement 1:30PM-Reiki (LL) 2-3PM Office Hours (TH)</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 10AM - Foot Reflexology/Massage (\$40/30min) LL 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 1PM-Famous Figures of the Wild West (TH) 2-3PM Office Hours (TH)</p> <p>22</p>	<p>8:30AM-Tai Chi-April Session (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 11:15AM-Building Buzz Meeting (FC) 11:30AM-Watercolor Class (RL) 12PM-LUNCH- Chicken Cordon Bleu, Roasted Red Potatoes, Beets, Pears (\$3) (FC) 1PM-Setback Card Game (SA) 1PM-Downsizing Demystified (TH) 2-3PM Office Hours (TH)</p> <p>23</p>	<p>10AM- Yoga Movement (\$) 10AM-The "Knit Wits" Knitting 11AM-Blood Pressure Clinic 12PM-BIRTHDAY LUNCH Mashed Potatoes, Green Beans, Cake (\$3) (FC) 2-3PM Office Hours (TH)</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 2-3PM Office Hours (TH)</p> <p>29</p>	<p>8:30AM-Tai Chi-April Session (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 11:30AM-Watercolor Class (RL) 12PM-LUNCH- Hamburger, Potato Wedges, 3-Bean Salad, Lettuce & Tomato, Pineapple (\$3) (FC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p> <p>30</p>	

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

2024

Wednesday	Thursday	Friday
<div>RL) s (FC) y w/Gravy, Mashed anberry Sauce, Apple Crisp</div> <div>Disasters with the Bow Tie</div> <div>3</div>	<div>8:30AM- Why Weight(s) (RL) 10:30AM-Manicures (\$15) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Chicken Parmesan, Penne Noodles, Italian Veg, Garlic Knot, Tropical Fruit (\$3)(FC) 12:30PM- Duplicate Bridge (TH) 1PM- Nickel, Nickel (RL) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Tying (LL)</div> <div>4</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>5</div>
<div>RL) Dancing (FC) g Circle (OLL) s (FC) al Hour l, Corn Muffin, Orange</div> <div>/Mary (TH) Meeting (TH)</div> <div>10</div>	<div>8:30AM- Why Weight(s) (RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Baked Salmon w/Cucumber & Dill, Lentil & Rice Pilaf, Asparagus Blend Veg, Mandarin Oranges \$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM-Beginner Pickleball (CLP) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH) 3PM-Fly Tying (LL)</div> <div>11</div>	<div>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</div> <div>12</div>
<div>lour (SA) RL) s (FC) h, French Fries, Cole (\$3) (FC) t Presentation (TH)</div> <div>17</div>	<div>8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Ham w/Pineapple, Sweet Potatoes, Green Beans, Spiced Pineapple, Sugar Cookie (\$3) (FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Tying (LL)</div> <div>18</div>	<div>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- As the Page Turns Book Club (LL) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</div> <div>19</div>
<div>RL) ng Circle (OLL) c (FC) - Salisbury Steak, Gravy, ans, Fruit Juice, Birthday</div> <div>24</div>	<div>8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH-Stuffed Shells, Marinara Sauce, Italian Blend Veg, Garlic Knot, Orange (\$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Tying (LL)</div> <div>25</div>	<div>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</div> <div>26</div>
	<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 CLP-Cross Lane Park</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>

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MAY SAVE THE DATES

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

May Social Hour– Wednesday, May 8th at 11 AM @ the First Congregational Church of Old Lyme

Movie Monday: “TBD”- Monday, May 13th at 1 PM @ the Lyme Library

Special Luncheon– Tuesday, May 14th at 12 PM @ the First Congregational Church of Old Lyme

Veterans Coffeehouse– Wednesday, May 15th at 9:45 AM @ Saint Ann’s Church

Lyme Village Voices– Tuesday, May 21st at 1 PM @ the First Congregational Church of OL

“Building Buzz”–Tuesday, May 28th at 11:15 AM @ First Congregational Church of OL

-Take a Walk Wednesday with Wendy-

Meets the 2nd Wednesday of every month at 9:30 AM, location changes monthly. The walks are moderate (narrow dirt paths with some uneven footing, rocks, and moderate inclines). Walk is paced to group. Mileage is approximate. Bring a water bottle and dress for the weather. Reservations are required. Inclement weather cancels.

Wed., April 10th at 9:30 AM @ Hartman Park, Gungy Rd. Lyme CT: Meet at the Main Entrance parking lot. The unique natural, historic and archeological features in Hartman Park make it a delight to explore. We will look for spring wildflowers. About 2.5 miles. **Directions**: The parking lot is about 1.5 miles north of the intersection of Gungy Rd, Beaver Brook Rd, and Grassy Hill Rd. In Lyme. From the Hall’s Rd Old Lyme traffic light, travel north on 156 for 6.6 miles. Turn right onto Beaver Brook Rd and travel 2.7 to left at intersection.

Wed., May 8th at 9:30 AM @ John Lohman CT River Preserve; 33 Colt Lane, Old Lyme CT:

-Gentle Walk Wednesdays with Wendy-

Meets the 3rd Wednesday of every month at 9:30 AM, location changes monthly. The walks are easy, fairly flat dirt paths with some uneven footing, unless noted. Gentle pace. Bring a walking stick, water bottle and dress for the weather. Reservations are required. Inclement weather cancels.

Wed.. April 17 at 9:30 AM @ Patrell Preserve, part of Chapel Farm Preserve, 11 Baker Ln, East Haddam. A portion of this preserve is in Lyme. There is a 0.3 mile ADA compliant blacktop path leading from the parking lot to a foot bridge over the Eightmile River. Depending upon group, we will walk the fairly easy 1-mile red dirt trail loop which follows three thousand feet along the Eightmile River and has interesting geological features. **Directions**: Take 156 to Baker Lane in Lyme, about 7.7 miles north of Halls Road traffic light in Old Lyme. Go 0.5 miles. Turn left into Chapel Farm Preserve parking lot.

Wed., May 15th at 9:30 AM @ Watch Rock Preserve

-Building Renovation Update-

Since February, when the Senior Center construction bids came in significantly higher than estimated, the plans for the renovation and expansion project have been reviewed with a fine-toothed comb for savings that will not compromise the integrity or functionality of the Center. In addition, a plan for modernizing the kitchen has been added. This new package will go out to bid this month.

The people of Lyme and Old Lyme are being asked for an additional appropriation of \$660,000 (Old Lyme) and \$220,000(Lyme). Two Town Meetings will be held on April 15th, where citizens of each town may vote:

- **Lyme – 6:00 PM in the Lyme Town Hall**
- **Old Lyme – 7:30 PM in the Lyme-Old Lyme Middle School Auditorium**

Please come out and vote!

In addition to this update, monthly “Building Buzz” information sessions are being held every 4th Tuesday at the First Congregational Church of Old Lyme at 11:15 AM.

More information can be found on the Senior Center Building Committee’s webpage:

<https://ct-oldlyme.civicplus.com/356/Lymes-Senior-Center-Building-Committee>

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 May	\$25.00
Haircuts	April 8th & 15th by appt.	\$15.00
Foot Clinic w/ Town Nurse (doesn't cut toenails)	April by appt.	FREE
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Choices Counseling	April by appt.	FREE
Manicures	April 4th & May 2nd by appt.	\$15.00
Foot Clinic w/Foot Care Associates (cuts toenails)	May 16th by appt.	\$35.00
Hearing Clinic	May 6th by appt.	FREE
Reiki Appointments	April 3rd & 17th by appt.	\$50
(1st appt Free)		1st FREE
Reflexology/Foot Massage	April 22nd by appt.	\$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

Bocce- Starts the first Tuesday in May- Tuesdays at 4:30 PM @ Soundview!

Upcoming Lectures

FREE for members. \$10 for non-members

April 3rd at 1 PM: Americas Deadliest Night Club Disasters with the Bow Tie Historian

April 22nd at 1 PM: Famous Figures of the Wild West with Mallory Howard

May 1st at 1 PM: *More* Royal Assassinations w/ Bow Tie Historian

May 28th at 1 PM: Topic TBD w/ Mallory Howard

June 5th at 1 PM: The Gilded Age Mansions w/ the Bow Tie Historian

June 24th at 1 PM: Topic TBD w/ Mallory Howard

Upcoming Day Trips, Cruises and Overnight Trips

9/11 Memorial Museum & Memorial- (Eating, Museum, Memorial)- Sunday, May 19th; \$120 per person; register by May 3rd

Harvard Glass Museum & Mapparium- (Mapparium, Lunch, Glass Flowers Exhibit)- Thursday, May 30th; \$150 per person; register by April 22, 2024

Newport Playhouse: The Cemetery Club- (Show & Lunch)- Tuesday, June 11th; \$122 per person; Register by May 24th

West Point Campus Tour- (Buffet, Tour, Purple Heart Hall of Honor)- Thursday, June 20th; \$154 per person; register by June 6th

Lighthouse Cruise- Narragansett, RI- (Cruise, Buffet Brunch, Shopping) Wednesday, July 24th; \$139 per person; register by July 10th

Iceland & Northern Lights- Nov.5th—Nov.11th, 2024 *Register by May 6th, 2024*

Trip Highlights: Aurora Borealis (Northern Lights), Travel the "Golden Circle", Thingvellir National Park, Gullfoss Waterfall, Geothermal Fields at Geysir, Skógar Museum, Black Volcanic Sand Beach, Jökulsárlón Glacial Lagoon with floating icebergs, Experience the Blue Lagoon, and much more! *Call for prices*

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!



Lymes' Senior Center

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Some Coping Strategies

Take a time-out
Avoid alcohol
Get enough sleep
Exercise daily
Count to 10 slowly
Take deep breaths
Keep a journal
Do your best
Eat well-balanced meals



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us help you.
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April is Stress Awareness Month