

Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371
860-434-1605 x 240 & 241
www.seniorcenterct.org

MAY 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	Price Varies
Sit n Be Fit	Tuesdays at 10:15 AM	FREE
Beg. Pickleball in May (Tues. Group)	Tuesdays at 1 PM	FREE
Gentle/Restorative Yoga	Wednesdays at 10:00 AM	\$5.00
Why Weight (s)? Class	Thursdays at 8:30 AM	\$5.00
Zumba	Thursdays 11:15 AM/Start May 9th	Price Varies
Beg. Pickleball in May (Thurs. Group)	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

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!

Origami Stars with Mary

When: Tuesday, June 11th; 1—3 PM

Where: Old Lyme Town Hall

Cost: 2 non-perishable food items for members

Join us in preparation for the fourth of July by making Origami Stars with Mary! These origami stars are fun but simple to make, and can be used as décor in a variety of ways! Bring Scissors and a glue

-Building Update-

On April 15th, citizens of Lyme and Old Lyme overwhelmingly approved a supplemental budget appropriation totaling \$880,000 for the renovation and expansion of the Lymes' Senior Center. Thanks to all of you who attended your town's meeting. It was a record turnout in both towns and your presence was appreciated. The Building Committee now has all the approvals necessary, and construction is slated to begin in mid-May. A groundbreaking ceremony is being arranged, to which Senior Center members and the public are cordially invited. Stay tuned for the announcement!

The expanded and renovated Senior Center will have:

- 3,265 additional square feet (for a total of 8,737 sf.) and motorized room partitions to allow more members to enjoy several activities simultaneously.
- An enlarged kitchen with several upgrades to enable greater Center luncheon attendance.
- A quiet Library where members can relax and read, plus a separate greeting area.
- A public entrance to accommodate buses and emergency vehicles.
- Redesigned entryway and hallways, improved door thresholds, and additional storage space.
- A new roof, porch, cupola, windows, walkways, and new furniture throughout the building. Frequently

Asked Questions about the renovation can be found here: www.townlyme.org/senior-center-faq

MAY SAVE THE DATES

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

Beginner Ballroom Dancing– Wednesday, May 8th 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!

"Mothers Day" Social Hour– Wednesday, May 8th 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!

FREE Summer Yoga w/ Jessie– Thursday, May 23rd at 10 AM @ Rogers Lake Clubhouse– Please come out and help Jessie complete her Yoga Student Teaching hours! We will practice a gentle Hatha Yoga with a chair and a mat. All levels are welcome and the cost is free! All you need is a mat, and at the end of class, fill out an evaluation form! We hope you can join us! There will be 2 other free sessions, one being June 28th, and the last one in July.

Zumba– Thursdays, May 9th, 16th, 23rd, 30th at 11:15 AM @ Rogers Lake Clubhouse- Zumba® Gold takes the Latin and International dance rhythms you know and love from regular Zumba® classes, at a slightly lessened tempo, and adds balance, flexibility and mobility to the program, making it perfect for active older adults. The May session cost is \$30 for 4-weeks, to be paid at the first session of the month.

Pep Squad Practice– Fridays (May 3rd, 10th, 17th, 24th) at 11:15 AM @ Rogers Lake Clubhouse- We've decided to establish a secondary group for the Memorial Day Parade called the "pep squad" for individuals who would rather participate from the sidelines than to be in the actual parade. Whether that be preference, or walking limitations, we want as many people as possible to participate that want to! Movements can be done in a seated or standing position.

Parade Practice– Fridays (May 3rd, 10th, 17th, 24th) 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. Those that are in the parade need to attend the final rehearsal on Friday the 24th. (unless there is extenuating circumstances and you've talked to Stephanie)

Special Luncheon- Tuesday, May 14th 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 pulled pork sandwiches, coleslaw, pickled beets and dessert! The cost for lunch is \$3; Payment and sign up will be done through the Senior Center and will be due by Thursday, May 9th. 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 church. *this means that there will be an Estuary lunch on Friday, May 19th.*

Veterans Coffeehouse– Wednesday, May 15th 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. There will be NO meeting in June, and in July we will have a Veterans Breakfast.

Lyme Village Voices– Tuesday, May 21st at 1 PM @ the First Congregational Church of OL– Join us for this wonderful performance of local performers in the sanctuary of the church! The cost is free for this event and open to the community.

"Building Buzz"-Tuesday, May 28th 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!

Old Lyme Town Band Performance– Wednesday, May 29th at 6 PM @ Christ the King Church– Enjoy a musical night at Christ the King Church, here in Old Lyme! This event is free and open to the public.

Broadway Series: Featuring the choreography of Bob Fosse—Monday, June 10th and Monday, August 12th at 12:30 PM @ the Lyme Library: This 3-part movie musical series originated on Broadway and were made into movie musicals that share similar themes. This series is facilitated by Fred Verillo, with a short commentary before each showing. Free snacks and refreshments are provided during this series. April's screening was "Chicago", June's is "Cabaret" and August's is "Sweet Charity".

May 2024

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 CLP-Cross Lane Park SV-Soundview LW-Lymewood Community Room CKC-Christ the King Church</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- Gentle Restorative Yoga (RL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Beef Tips w/Gravy, Mashed Potatoes, Broccoli, Vanilla Pudding, Fruit Juice (\$3) (FC) 1PM*More* Royal Assassinations (TH) 1:30PM-Reiki (LL) 2-3PM Office Hours (TH)</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Manicures (\$15) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Baked Chicken Florentine, Rice Pilaf, Broccoli, Pears(\$3)(FC) 12:30PM - Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 12:30PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Casting (LL)</p>	<p>10AM- Painting Workshop(SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11:15AM- Pep Squad Practice (RL) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL)</p>
<p>8:30AM- Why Weight(s)? (RL) 10:00AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12PM- Hearing Clinic (TH) 12:30PM- Bridge (LW) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi-May Session (FC) No RL Today 10:30AM- Sit n Be Fit (FC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Sausage, Sauce w/Onions and Peppers, Grinder Roll, Mixed Veg, Tropical Fruit (\$3) (FC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 1PM-Farmer's Market Bag w/Mary (TH) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p>	<p>9:30AM-Take a Walk Wednesday 10AM- Gentle Restorative Yoga (RL) 10 AM-Beginners Ballroom Dancing (FC) 10AM-The Knit-Wits Knitting Circle (OLL) 10AM-We Felt Like It (OLL) 11AM-Mother's Day Social Hour (FC) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Breaded Chicken, Florentine Sauce, Rice Pilaf, Scandinavian Veg, Pears,(\$3) (FC) 2-3PM Office Hours (TH) 5PM-LSC Building Comm. Meeting (TH)</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 11:15AM- Zumba (May Session) (RL) 12PM-LUNCH-Chicken Pesto Pasta, Spring Blend Veg, Mandarin Oranges \$3)(FC) 12:30PM- Duplicate Bridge (TH) 12:30PM-Beginner Pickleball (CLP) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH) 3PM-Fly Casting (LL)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11:15AM- Pep Squad Parade Practice (RL) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</p>
<p>8:30AM- Why Weight(s)? (RL) 9AM-Haircuts (\$15) (LL) 10:00AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (LW) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi-MaySession (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Ladies Benevolent Luncheon (\$3) (FC) 1PM-Beginner Pickleball (CLP) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p>	<p>9:45AM-Veteran's Coffee Hour (SA) 10AM- Gentle Restorative Yoga (RL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Cheese Lasagna, Broccoli, Garlic Knot, Mandarin Oranges (\$3) (FC) 1:30PM-Reiki (LL) 2-3PM Office Hours (TH)</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (FC) 11:15AM- Zumba (May Session) (RL) 12PM-LUNCH-Roast Turkey, Gravy, Mashed Potatoes, Peas and Carrots, Cranberry Sauce, Apple Crisp (\$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 12:30-PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Casting (LL)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11:15AM- Pep Squad Practice (RL) 12PM-LUNCH-Baked Chicken, Gravy, Roasted Red Potatoes, Capri Blend Veg, Fruit Cocktail (\$3)(FC) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</p>
<p>8:30AM- Why Weight(s)? (\$)(RL) 9AM- Haircuts (\$15) (LL) 10:00AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (LW) 1PM-LSC Board of Directors Meeting (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi-May Session (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Chicken BBQ Sauce, Macaroni and Cheese, Spinach, Mandarin Oranges (\$3) (FC) 1PM-Setback Card Game (SA) 1PM- Lyme Village Voices (FC) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p>	<p>9:30AM Gentle Walk w Wendy 10AM- Gentle Restorative Yoga (RL) 10AM-The "Knit Wits" Knitting Circle (OLL) 10AM-We Felt Like It (OLL) 11AM-Blood Pressure Clinic (FC) 12PM-LUNCH- Pork Roast, Gravy, Sweet Potato, Brussel Sprouts, Apple Sauce, Oatmeal Raisin Cookie (\$3) (FC) 1PM- Transition Series:Estate,Heir Planning and more (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 10:00AM Free Summer Yoga (RL) 11AM- Blood Pressure Clinic (FC) 11:15AM- Zumba (May Session) (RL) 12PM-LUNCH-Meatball Grinder, Italian Veg, Ice Cream Cup, Fruit Juice (\$3)(FC) 12:30PM- Duplicate Bridge (OLL) 12:3-PM- Nickel, Nickel (RL) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Casting (LL)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11:15AM- Pep Squad Practice (RL) 1PM- Cribbage (TH) 1:15PM-Parade Practice (RL) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</p>
<p>Closed Memorial Day</p>	<p>8:30AM-Tai Chi-May Session (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (FC) 11:15AM-"Building Buzz" Meeting (FC) 12PM-LUNCH- Hot Dog w/Bun, Potato Wedges, 3 Bean Salad, Apple (\$3) (FC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 4:30PM- Bocce (SV)</p>	<p>10AM- Gentle Restorative Yoga (RL) 11AM-Blood Pressure Clinic (FC) 12PM-BIRTHDAY LUNCH- Chicken Caesar Salad, Corn Muffin, Fruit Juice, Birthday Cake (\$3) (FC) 1:30PM- Reiki (LL) 2-3PM Office Hours (TH) 6PM- Old Lyme Town Band (CKC)</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (FC) 11:15AM- Zumba (May Session) (RL) 12PM-LUNCH-Shepherd's Pie, Corn, Biscuit, Pears (\$3)(FC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 12:30PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 3PM-Fly Casting (LL)</p>	<p>NO RL TODAY 10AM- Painting Workshop (SA) 10:15AM- 4S Class (FC) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3:00PM Office Hours (TH)</p>

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-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.

May 8th at 9:30 AM @ John Lohman CT River Preserve; 33 Colt Lane, Old Lyme CT: Parking is along the road. A short steep incline opens to a beautiful expanse of meadow. We will walk along the mowed path to each our destination, Whale Rock, a spectacular outcropping with views of Lord Cove and the CT River. Bring your binoculars. 1.5 miles

-Gentle Walk Wednesdays with Wendy-

Meets the 3rd Wednesday of every month (unless noted otherwise) 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.

May *22nd* at 9:30 AM @ Watch Rock Preserve; 7 Joel Road, Old Lyme: Meet at the parking lot. We will walk along the edge of the water with beautiful views of the salt marshes. Bring your binoculars. A fairly easy 1 mile. **Directions:** Turn onto Frontage Road off Rte 156 across from McCurdy Rd. Take a right and then another right. Go straight to the parking lot.

Upcoming Lectures

FREE for members, \$10 for non-members

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

May 28th at 1 PM: Kellogg Brothers w/ Mallory Howard

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

June 24th at 1 PM: 1944 Hartford Circus Fire w/ Mallory Howard

Empowering Seniors To Have A Graceful Transition Lecture Series

Learn Helpful tips on aging in your home, when to know when it's the right time to downsize, what other types of living/care options are available are available in the area and much more! Join us after each lecture for a Q & A session!

These lectures will take place at the Old Lyme Town Hall in the Big Meeting Room

Wednesday, May 22nd: Estate Planning, Care Planning and More

Tuesday, June 18th: Discovering Different Types of Care

-Director's Note-

Dear Members,

I want to express a hardy thank you to all those that attended your town meetings approving additional monies that we needed to build our senior center. Your presence was overwhelming and appreciated! Although we do not yet have a specific date for our groundbreaking ceremony, I have been informed that it will be sometime mid-May. We will send out an email as soon as we know in hopes that you can attend.

On a different note, we have now officially been out of our building for 6 months. During this time our members have been so flexible and have accommodated the changes in locations well so thank you. A special thank you to all of the organizations that have helped keep our community active and intact. These include The First Congregational Church of Old Lyme, Saint Ann's Episcopal Parish, Roger's Lake Clubhouse, Lyme Library, Old Lyme Library, Lymewood, Dance Studio of Old Lyme, & Old Lyme Town Hall. In the future we will also be using Soundview Bocce Courts, Florence Griswold Museum Grounds, and Christ the King Church.

Our Outdoor Summer Concert Series will take place at the Florence Griswold Museum Grounds and we will be co-hosting the event with them. The concert dates will be Friday, July 5th, Thursday, July 11th, Thursday July 18th, and Friday July 26th. The Flo Gris will have a food truck on site for these concerts. Please see next month's newsletter for more details.

For the months of June and July our lunches will be held at Christ the King Church on Tuesdays, Wednesdays, and Thursdays. Hope you can join us there!

Best regards,

Stephanie Gould, Lymes' Senior Center Director

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 July	\$25.00
Haircuts	May 13th and 20th by appt.	\$15.00
Blood Pressure Clinic	Daily, 11-1	FREE
Medicare Choices Counseling	May by appt.	FREE
Manicures	Booking for July	\$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	May 1st, 15th, 29th by appt.	\$50
(1st appt Free)		1st FREE
Reflexology/Foot Massage	Accepting Standby Appts.	\$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 @ Lymewood- 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 Day Trips, Cruises and Overnight Trips

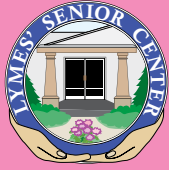
9/11 Memorial Museum & Memorial- (Eating, Museum, Memorial)- Sunday, May 19th; \$120 per person; register by May 3rd or until filled
Harvard Glass Museum & Mapparium- (Mapparium, Lunch, Glass Flowers Exhibit)- Thursday, May 30th; \$150 per person; register by April 22, 2024 or until filled
Newport Playhouse: The Cemetery Club- (Show & Lunch)- Tuesday, June 11th; \$122 per person; Register by May 24th or until filled
Lighthouse Cruise- Narragansett, RI- (Cruise, Buffet Brunch, Shopping) Wednesday, July 24th; \$139 per person; register by June 28th or until filled
Cape Cod Canal Cruise- Onset, MA- (Guided Cruise & Lunch)- Wednesday, August 7th; \$146 per person; register by July 1st or until filled
Brimfield Antique Flea Market- Brimfield, MA- (Shopping & Lunch on your own)- Thursday, September 5th; \$89 per person; register by August 1st or until filled
Savor The Flavor- Providence, RI- (Eating, Shopping, Tour)- Tuesday, September 17th; \$148 per person; register by August 12th or until filled

ARRAY RX PROGRAM

The free program, which will provide prescription drug discount cards to all state residents, will save significant sums on a number of important and highly-used drugs per prescription!
Visit <https://arrayrxcard.com/> to enroll for free and you'll receive a free digital card that can be kept on a cell phone and shown to a pharmacist.

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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- Regulates blood pressure & cholesterol
- Helps prevent and manage type 2 diabetes
- Helps ease arthritis pain & stiffness
- Strengthens muscles & bones
- Lowers risk of falls

Mental Health Benefits

- Reduces stress & anxiety
- Lowers risk of depression
- Improves mood
- Helps you sleep better
- Improves energy levels
- Improves cognition & creativity
- Lowers risk of dementia & Alzheimer's
- Improves overall quality of life

Give us a call.
Let us help you.
860-434-7808



May is National Walking Month!