

Lymes' Senior Center

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



JUNE 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	Time & Duration	Cost
Why Weights Class	Mondays at 8:30 AM	\$5.00
Tap Class	Mondays at 10:00 AM	\$5.00
Tai Chi	Tuesdays at 8:30 AM	4-week session for \$30 5-week session for \$38
Sit N Be Fit	Tuesdays at 10:30 AM	FREE
Beginner Pickleball	Tuesdays at 1:00 PM	FREE
Gentle/Restorative Yoga	Wednesdays at 10:00 AM	\$5.00
Why Weights Class	Thursdays at 8:30 AM	\$5.00
Zumba	Thursdays at 11:15 AM	4-week session for \$30
Beginner Pickleball	Thursdays at 1:00 PM	FREE
4S Class	Fridays at 10:15 AM	FREE
Country Line Dancing	Fridays at 2:15 PM	FREE

Services

For an appointment, call (860)434-1605 ext. 241 or email seniorcenter@oldlyme-ct.gov

Service	Day	Cost
Manicures	June Waitlist, Booking for July	\$15
Pedicures	June Waitlist, Booking for July	\$25
Haircuts	June 10th	\$15
Reflexology/Foot Massage	June 3rd & June 24th	\$40/30 minutes
Reiki	June 5th	\$50
Blood Pressure Clinic	Daily M—F, 11 AM—1 PM	FREE
Medicare Choices Counseling	June by Appointment	FREE

Games

To register, call (860)434-1605 ext. 241 or email seniorcenter@oldlyme-ct.gov
 Must be a member to register; Each group meets weekly

Game	Day & Time	Location
Bridge	Mondays at 12:45 PM	Lymewood Community Room
Setback	Tuesdays at 1:00 PM	Saint Ann's Church
Bocce	Tuesdays at 4:30 PM	Soundview Bocce Courts
Duplicate Bridge	Thursdays at 12:30PM	Old Lyme Library *2nd week meets at Old Lyme Town Hall
Nickel, Nickel	Thursdays at 1 PM	Rogers Lake Clubhouse
Cribbage	Fridays at 1:00 PM	Old Lyme Town Hall

****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.

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!

Art, Craft & Hobby Classes

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

Origami Stars w/ Mary

When: Tuesday, June 11th; 1–3 PM
Where: Old Lyme Town Hall
Cost: 2 non-perishable food items

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 stick with you to the program.

Friday Painting Group

When: Fridays; 10 AM–12 PM
Where: Saint Ann's Church
Cost: FREE

Join us every Friday as the Lymes' Senior Center painters meet to work on individual projects in a collaborative setting.

(Rescheduled) Farmer's Market Bag Craft w/ Mary

When: Tuesday, July 9th; 1–3 PM
Where: Old Lyme Town Hall
Cost: 2 non-perishable food items

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! All members previously signed up for this craft will be given priority registration. There are a few spaces still available so register ASAP!

Sketching Class with Dennis

When: Every Wednesday in July & August; 1 PM
Where: Rogers Lake Clubhouse
Cost: \$40 for the 8-week session

Dennis started participating in art when he retired from teaching and realized that the benefits of art need to be shared with as many as possible. Work on hand-eye coordination, depth perception, and becoming acutely aware of what we see and not what you think you see. Students need to bring a sketch pad and graphite pencils with them to the class.

The "Knit-Wits" Knitting Group

When: 2nd and 4th Wednesday/month
Where: Old Lyme Library
Cost: FREE

This is a mixed ability group, giving a chance to participate in knitted crafts, learn from each other, share ideas, or just enjoy a collaborative environment!

We "Felt" Like It

When: 2nd and 4th Wednesday/month
Where: Old Lyme Library
Cost: FREE

This is a mixed ability group, giving a chance to participate in felting crafts, learn from each other, share ideas, or just enjoy a collaborative environment!

Upcoming Day Trips, Overnights & Cruises

Trip	Date	Highlights	Cost
Lighthouse Cruise– Narragansett, RI	Wednesday, July 24th	Cruise, buffet brunch, shopping	\$139 per person
Cape Cod Canal Cruise- Onset, MA	Wednesday, August 7th	Guided Cruise & Lunch	\$146 per person
The Beach Boys Tribute – Aqua Turf Club, CT	Wednesday, August 21st	Music Show & Lunch	\$130 per person
Brimfield Antique Flea Market- Brimfield, MA	Thursday, September 5th	Shopping & Lunch on your own	\$89 per person
Savor The Flavor- Providence, RI	Tuesday, September 17th	Eating, Shopping, Tour	\$148 per person
FDR Home & Library- Hyde Park, NY	Tuesday, October 8th	Guided Tour, "Walkway Over the Hudson", Lunch	\$158 per person
Naugatuck Railroad Ride- Thomaston, CT	Friday, October 18th	Black Rock Tavern, Naugatuck Railroad, Fascia's Chocolate Factory	\$139 per person
Christmas in Newport - Newport, RI	Tuesday, December 10th	Marble House, The Breakers & Lunch	\$138 per person

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30AM- Why Weight(s)? (RL) 10:00AM-Tap Class (DS) 10AM- Foot Reflexology/Massage (\$40/30min) (LL) 11AM- Blood Pressure Clinic (TH) 12:30PM- Bridge (LW) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">3</p>	<p>8:30AM-Tai Chi-June Session (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Chicken Divan, Brown Rice, Broccoli, Fruit Cocktail(\$3) (CKC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p> <p style="text-align: right;">4</p>	<p>10AM- Gentle Restorative Yoga (RL) 11AM-Blood Pressure Clinic (CKC) 12PM-LUNCH- Baked Cod w/Lemon, Roasted Potatoes, Green Beans, Mandarin Oranges (\$3) (CKC) 1PM- Gilded Age Mansions w/the Bow Tie Historian (TH) 1:30PM-Reiki (LL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">5</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Manicures (\$15) (LL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Turkey Sandwich, Tomato-Cucumber Salad, Potato Chips, Tropical Fruit (\$3)(CKC) 12:30PM - Duplicate Bridge (OLL) 1PM-Beginner Pickleball (CLP) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">6</p>	<p>NO RL TODAY 10AM- Painting Workshop(SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic ((LL) 1PM- Cribbage (TH) 2-3:00PM Office Hours (TH)</p> <p style="text-align: right;">7</p>
<p>8:30AM- Why Weight(s)? (RL) 9AM-Haircuts (\$15) (LL) 10:00AM-Tap Class (DS) 11AM- Blood Pressure Clinic (TH) 12:30PM- Movie Monday "Cabaret" (LL) 12:30PM- Bridge (LW) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">10</p>	<p>8:30AM-Tai Chi-June Session (RL) 10:30AM- Sit n Be Fit (CKC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Baked Chicken, Lemon Caper Sauce, Rice Pilaf, Broccoli, Pears (\$3) (CKC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 1PM-Origami Stars w/Mary (TH) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p> <p style="text-align: right;">11</p>	<p>9:30AM-Take a Walk Wednesday 10AM- Gentle Restorative Yoga (RL) 10AM-The Knit Wits Knitting Circle (OLL) 10AM-We Felt Like It (OLL) 10AM-Ballroomancing (CKC) 11AM-Blood Pressure Clinic (CKC) 12PM-LUNCH- Meatloaf, Beef Gravy, Mashed Potatoes, Carrot Coins, Chocolate Chip Cookie, Fruit Juice (\$3) (CKC) 2-3PM Office Hours (TH) 5PM-LSC Building Comm. Meeting (TH)</p> <p style="text-align: right;">12</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-American Chop Suey, Mixed Veg, Cornbread Muffin, Pineapple Chunks (\$3)(CKC) 12:30PM- Duplicate Bridge (TH) 1PM-Beginner Pickleball (CLP) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">13</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) *No Office Hours*</p> <p style="text-align: right;">14</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-SC Board Meeting (TH) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">17</p>	<p>8:30AM-Tai Chi- June Session (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Mac & Cheese, Stewed Tomatoes & Zucchini, Mandarin Oranges (\$3) (CKC) 1PM-Beginner Pickleball (CLP) 1PM-Transition Series (TH) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p> <p style="text-align: right;">18</p>	<p style="text-align: center;">~ CLOSED ~ IN OBSERVATION OF JUNETEENTH</p> <p style="text-align: right;">19</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-Chicken, Orange Sauce, Brown Rice, Oriental Veg, Mandarin Oranges (\$3)(CKC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 1-PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">20</p>	<p>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) 2-3:00PM Office Hours (TH) 2:15PM Country Line Dancing (RL)</p> <p style="text-align: right;">21</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 10:00AM-Tap Class (DS) 10AM- Foot Reflexology/Massage (\$40/30min) (LL) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (LW) 1PM- 1944 Hartford Circus Fire w/Mallory Howard (TH) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">24</p>	<p>8:30AM-Tai Chi-June Session (RL) 10:30AM- Sit n Be Fit (FC) 11AM- Blood Pressure Clinic (CKC) 11:15PM- Building Buzz Meeting (TH) 12PM-LUNCH- Swiss Steak, Tomato Gravy, Mashed Potatoes, Carrot Coins, Fruit Cocktail (\$3) (CKC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 4:30PM-Bocce (SV)</p> <p style="text-align: right;">25</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 (CKC) 12PM-BIRTHDAY LUNCH- Chicken Cordon Bleu, Roasted Red Potatoes, Beets, Fruit Juice, Birthday Cake (\$3) (CKC) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">26</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-Baked Salmon w/Cucumber & Dill, Lentil & Rice Pilaf, Asparagus Blend, Strawberry Short Cake (\$3)(CKC) 12:30PM- Duplicate Bridge (OLL) 12:3-PM- Nickel, Nickel (RL) 1PM-Beginner Pickleball (RL) 2-3PM Office Hours (TH)</p> <p style="text-align: right;">27</p>	<p>*CASCP Conference* 9AM-Free Summer Yoga (RL) 10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) *NO OFFICE HOURS*</p> <p style="text-align: right;">28</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 style="text-align: center;">LOCATION KEY</p> <p>RL-Roger's Lake Clubhouse LL-Lyme Library DS-Dance Studio of Old Lyme TH-Old Lyme Town Hall SA-Saint Anne's Church OLL-Old Lyme Library CLP-Cross Lane Park SV-Soundview CKC-Christ the King Church LW-Lymewood</p>	<p style="text-align: center;">KEY</p> <p>Green: Exercise Class Red: New Events Purple: Special Events Blue: Services Pink: Art/Craft Classes/Groups</p>	<p style="text-align: center;">Lunch is at the Christ the King Church for the months of June & July</p>	<p style="text-align: right;">31</p>

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William McMinn
D 860.767.0329
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Save The Dates

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Historical Lecture: Gilded Age Mansions

When: Wednesday, June 5th; 1 PM
 Where: Old Lyme Town Hall; Big Meeting Room
 Cost: Free; \$10 for non-members
 Presented by Jason Scappaticci, the Bow Tie Historian

Movie Monday: "Cabaret"

When: Monday, June 10th; 12:30 PM
 Where: Lyme Library
 Cost: Free
 Join us for a short commentary and showing of the musical movie "Cabaret" with free snacks and refreshments!

Take a Walk Wednesday

When: Wednesday, June 12th; 9 AM
 Where: Griswold Point, Old Lyme, CT; Meet at White Sands Beach Parking Lot, 11 Seaside Ln, Old Lyme.
 Cost: \$5; \$10 for non-members
 Taking advantage of the tide and depending upon conditions, we will walk to the end of Griswold Point and back, which is only possible during low tide. There is slim possibility of wet shoes. About 1 mile, with some walking on wet pebbles. Bring binoculars.

Transition Series: Discovering Different Types of Care

When: Tuesday, June 18th; 1 PM
 Where: Old Lyme Town Hall; Big Meeting Room
 Cost: Free, \$10 for non-members
 Join us in welcoming Alyssa Cohen, certified Senior Advisor of Graceful Transitions Care Management Services for a presentation on different types of living and care options available in the area

Gentle Walk Wednesday

When: June 26th; 9:30 AM
 Where: Gillette's Castle State Park; 67 River Rd, East Haddam, CT
 Cost: \$5; \$10 for non-members
 Meet at the main parking lot by the visitor center. We will walk up to the Castle terrace, which is in Lyme, to see the beautiful view of the CT River and the Hadlyme Ferry. We will explore the easy dirt path route that was once a narrow gauge train trail. About 1 mile.

Historical Lecture: 1944 Hartford Circus Fire

When: Monday, June 24th; 1 PM
 Where: Old Lyme Town Hall; Big Meeting Room
 Cost: Free; \$10 for non-members
 Presented by Mallory Howard, curator of the Mark Twain House

Ice Cream Social

When: Wednesday, July 3rd
 Where: Christ the King Church
 Cost: Free for members
 Join us after lunch for an Ice Cream Social! Since the renovation, we've all been a little detached... this is a great way for us to get together and enjoy a sweet treat!

Senior Center Renovation Officially Breaks Ground

On Monday, May 20, officials from the Towns of Old Lyme and Lyme held a groundbreaking ceremony. The event was attended by more than 100 area residents. In attendance were State Senator Norm Needleman, State Representative Devin Carney, the Old Lyme Board of Selectmen, the Lyme Board of Selectpeople, former Old Lyme First Selectman Timothy Griswold and former Lyme First Selectman Steve Mattson; representatives from the Lymes' Senior Center Board of Directors, Lymes' Senior Center Building Committee, Lymes' Senior Center Staff, Point One Architects and Newfield Construction; and a number of senior center members. Thank you to all that attended!

Veterans Breakfast

When: Wednesday, July 17th; 9:45 AM
 Where: Saint Ann's Church
 Cost: Free for Veterans
 All Veterans are welcome to join us for fellowship and camaraderie. YOU MUST REGISTER BY July 10th 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 (860)434-1605 ext. 241 to register or for more information!

Important Closures/Cancellations

- No Veterans Coffeehouse in June
- No Wednesday Walks in July/August
- June 19th- CLOSED; No Programs
- July 4th- CLOSED; No Programs

Come and enjoy a summer evening!
**Lymes' Senior Center
Summer Sounds Concert Series**

Co-hosted & held at the Florence Griswold Museum
96 Lyme Street, Old Lyme

4 Week Musical Series
All ages are welcome

*The performances will be held outside on the grounds of the Florence Griswold Museum.
Bring your chairs, blankets, dinner, etc. A Food Truck will be on-site from 5:30 - 7pm on 7/5, 7/11, 7/18 and 6:30-8pm 7/26*

Friday, July 5th at 6 pm Take Two & Call Me in the Morning

Thursday, July 11th at 6 pm The Corvettes Doo Wop Revue

Thursday, July 18th at 6 pm The Cartells

Friday, July 26th at 7 pm Locomotion

Co-Hosts



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June is Alzheimer's and Brain Awareness Month

10 Healthy Habits For Your Brain

- Protect Your Head
- Challenge Your Mind
- Take A Class – Play A Game
- Control Your Blood Pressure
- Eat Right - Exercise
- Be Smoke-Free
- Manage Diabetes
- Socialize
- Maintain A Healthy Weight
- Sleep Well



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