

Lymes' Senior Center

~ November 2013 News & Events ~

Proudly serving seniors 60 & over since 1996



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And much, much more...

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Open Monday-Friday
9am-3pm
(unless otherwise noted)

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Letter from the Senior Center Coordinator Stephanie Lyon

I hope you all take advantage of the many wonderful and diverse programs offered this month, many of which are at no cost. The Intro to Qigong offered by David Shaver from Peaceful Wolf will be part of our Lifelong Learning Series. Come learn about this ancient Chinese exercise art which has been shown to have an enormous range of health benefits. This presentation will be held on November 4th at 1:00 pm. Also, I can't speak highly enough about the program on November 8th: "Money Smarts for Older Adults."

Pam Luketich of Chelsea Groton Savings Bank will go over many financial concerns you may have and teach you how to avoid being financially exploited. This program is free, but please call to reserve your spot today at (860)434-4127. Our Thursday evening Zumba for Seniors class is in full swing, and our participants have been raving about how much fun it is! As I am writing this letter, we are getting ready to start our Wednesday evening Yoga for Active Seniors class. We will also be having a presentation from the Boston Museum of Fine Arts on November 12th, hosting an Art Show on Friday, November 15th, immersing ourselves in a firsthand account of the Liberation of the German concentration camp at Dachau during WWII on November 21st...and so much more. So, please read the rest of the newsletter for more details on these programs!

I am aware that our newsletter often does not arrive in your mailbox until the middle to end of the first week of the month. Please make sure to check out the newsletter's Upcoming Events section - which lists the events that will be taking place in the future - so that you are sure not to miss them!

Our Veterans' Luncheon was a huge success with sixty people in attendance. A special thanks to all that made this possible! Due to its incredible response, we will be making this an annual event. I am also excited that Atria Crossroads Place in Waterford and Bride Brook in Niantic have already volunteered to sponsor and prepare the food again next year!

In closing, I wish you all a Happy Thanksgiving!



First Annual Veterans' Luncheon
~ October 1, 2013 ~



Happy raffle winners at our Veterans' Luncheon!

The Lymes' Senior Center
Appreciates the support of the
advertisers in our newsletter

For Advertising Information:
Contact Fred at Essex Printing
860.391.5725

Furry Brother/ Sister Duo need a new home

Two beautiful cats have lost their home. They are very friendly and about 18 months old. The hope is to keep them together, as they are very close. They are completely vetted, spayed and neutered, and their shots are good until 2015. If you are interested in this adorable duo, please call Linda at Old Lyme Animal Control: (860) 917-2905.

Grieving for the Loss of a Loved One Support Group

Antonio Okosky, MSW from Center for Hospice Care, will be facilitating a Grieving the Loss of a Loved One support group on November 19th at 3:00 pm. This is open to all who are dealing with the loss of a loved one. Please call Antonio to sign up at (860) 848-5699. In addition, ongoing individual counseling is available free of charge at Center for Hospice Care in Norwich, CT. Please call Antonio for more information or to make a referral for someone else.

Shoreline Watercolor Workshop Art Opening & Reception

Join us for an Art Show Opening for the Shoreline Watercolor Workshop on Friday, November 15th from 5:00-7:00 pm. This will be a great opportunity to mingle with and purchase fantastic paintings from local artists. With the holidays just around the corner, these painting would make excellent gifts!!

Medicare Choices Counselor

Medicare Choices counselor Nancy Campbell will be available to help you review your Medicare coverage on November 15th and 21st. Call (860) 434-4127 to schedule your free appointment.

Money Smarts for Older Adults

Join us for the third segment of our Senior Safety Series, "Money Smarts for Older Adults," at 1:30 pm on November 8th. It will be presented by Pam Luketich of Chelsea Groton Savings Bank. Please RSVP at (860) 434-4127 so that we are sure to have enough materials available. Some of the topics that will be covered are telephone scams, identity theft, medical identity theft, planning for unexpected life events, how to be financially prepared for disaster, scams targeting homeowners, home improvement and repair scams, scams targeting veterans' benefits, reporting financial exploitation, and other forms of abuse. This program is free and the first fifty people in the door will receive a free gift!

Reiki Clinic

Becky Sears, Reiki Master, will be holding a free Reiki Clinic November 5 from 1:00 pm to 2:30pm. Each twenty-minute session will be private. To sign up for a session, please call (860) 434-4127.

Evening Fitness Classes

On Thursday nights please join us for our "Zumba for Seniors" class that meets at 5:30 pm. What a good way to unwind, have fun, and dance after work!! On Wednesday nights we will be offering Yoga for Active Seniors. Bring a mat, water bottle and blanket for relaxation. The cost for both classes is \$4.00 a class. Hope to see you there!!

Boston Museum of Fine Arts Presentation

The Duck River and the Lyme Garden Clubs are sponsoring a program held on November 12th at 2:00 pm. The Boston Museum of Fine Arts will be presenting the History of Art and Bloom. In 1977, the Museum of Fine Arts was the first museum in the United States to introduce the public to a show of art and flowers. Art in Bloom is a festival of floral arrangements inspired by masterpieces on display in the Museum's galleries. These displays are created by some fifty New England garden clubs and professional designers. This program will enlighten us on the background, many past and current designs, and a live floral demonstration interpreting a painting from the Museum's collection. There will also be a raffle, with the winner taking home the arrangement! Please come and join us for this incredible program.

Intro to Qigong

David Shaver from Peaceful Wolf will be presenting a free program on November 4th at 1:00 pm as part of our Life Long Learning Series. Qigong (Ch'i Kung) is a Chinese exercise art that has been shown through numerous Western Scientific and Medical studies to have an enormous range of health benefits. It has grown in popularity over the last few years and we have begun to hear about it and see it demonstrated on such mainline TV shows as Oprah and Dr. Oz. During this presentation we will explore the three primary areas of Qigong practice - medical, spiritual and martial - with our primary focus of the lecture being how this 2500 year old art can benefit us now and make us healthier. This free program will be held November 4th at 1:00 pm and is a program you will not want to miss.

Do you experience neck and shoulder pain?

Lisa McGowan, PT and Sky Miers, ATC from Select Physical Therapy will be giving a free lecture on Neck & Shoulder Dysfunction on Thursday, November 14th from 1:00 - 2:00 pm. They will discuss common signs and symptoms and pain patterns associated with injuries and degenerative factors of the neck and shoulder. Lisa and Sky will also teach you safe exercises and proper forms of treatment to help decrease your pain and increase your everyday activities.

The Liberation of the German Concentration Camp of Dachau

Robert Boedecker, southeastern Connecticut resident and former U.S. Army Officer, will be sharing his firsthand account of and stories about the Liberation of the German Concentration Camp at Dachau and the end of World War II. He will be joining us on November 21st at 1:00 pm. This program is free and one you won't want to miss.

Peter Magrane and Company

Come check out Peter Magrane and Company, a great local band that plays a mixture of blues, jazz, and country. They will be performing here on November 6th at 1:30 pm.

Preparing for Emergencies

On Thursday, November 14th at 12:30 pm, Carl Clement from Lyme Ambulance will be holding a talk on what you can do to prepare for an emergency before and when it strikes.

November 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Lymes' Senior Center (860)434-4127 Open Monday-Friday 9am-3pm unless otherwise noted	Classes and Events = Italics Lunches = Bold (F) = free \$ = \$4.00 a class	Lunches are a \$3.00 donation for seniors 60+ and need to be ordered the day before by 11 am. Lunches can be ordered by calling (860) 434-4322 *NEW NUMBER		9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 11:00 Food Pantry (F) 12:00 Turkey Sandwich, Cole Slaw, Jell-O 1:00 Jewelry Making Class \$ (Sign Up Required) 1
9:00 First Time Painters (F) 10:30 Exercise \$ 12:00 Stuffed Cabbage, Mashed Potato, Baby Carrots, Ice Cream 1:00 Bridge (F) 1:00 Lifelong Learning Series- Intro to Qigong (F) 4	10:00 Sittercise (F) 12:00 Chicken Teriyaki, Wild Rice, Oriental Blend, Peaches 12:30 Wii Bowling (F) 1:00-2:30 Reiki Clinic (F) (20 minute sessions- Call the Senior Center to sign up) 5	9:00 Tai Chi 12:00 Baked Fish, Spanish Rice, Spinach, Banana 1:00 Senior Club Meeting & Entertainment by Peter Magrane and Company 1:30 Brain Yoga (F) 5:30 Yoga for Active Seniors (\$) 6	9:00 Bus Trip to Mohegan Sun Casino 12:00 Roast Pork with Gravy, Roasted Potatoes, Broccoli, Brownie 1:00 Chicago Bridge (F) 5:30 Zumba for Seniors (\$) 7	9:30 Watercolor Workshop (F) 11:00 Food Pantry (F) 12:00 Beef Stew with Potato and Vegetables, Biscuit, Lemon Pudding 1:30 Money Smarts for Older Adults (F) Sign Ups Required 8
Center Closed In observance of Veteran's Day 11	10:00 Sittercise (F) 12:00 Chicken Florentine, Brown Rice, California Blend, Sherbet 2:00 Boston Museum of Fine Arts Presentation - History of Art in Bloom (F) 12	9:00 Tai Chi 9:15-12:30 Haircuts 10:30 Exercise \$ 12:00 Tilapia, Sweet Potato, Green Beans, Apple 1:30 Brain Yoga (F) 5:30 Yoga and Meditation \$ 13	11:30 Social Service Visit 12:00 Meatloaf with Gravy, Mashed Potatoes, Stewed Tomatoes, Cookies 1:00 How to Prepare for Emergencies (F) 1:00 Chicago Bridge (F) 14	9:30 Watercolor Workshop (F) 10:30 Solid Gold - Balance and Strength Training \$ 11:00 Food Pantry (F) 12:00 Chicken Sausage and Peppers, Zucchini, Mandarin Org. 12:30 Medicare Choices Counselor Sign Ups Required (F) 5:00- 7:00 Watercolor Workshop Art Show Opening and Reception (F) 15
9:00 First Time Painters (F) 10:30 Exercise \$ 12:00 Salisbury Steak with Gravy, Mashed Potatoes, Carrot Coins, Crushed Pineapples 1:00 Bridge (F) 1:00 Nickel Card Games 18	10:00 Sittercise (F) 12:00 Chicken Parm, Ziti, Tossed Salad, Dressing, Chocolate Pudding 12:30 Wii Bowling (F) 19	9:00 Tai Chi 10:30 Exercise \$ 12:00 Fish and Chips, Stewed Tomatoes, Orange 1:00 Senior Club Meeting and Bingo 1:30 Brain Yoga (F) 5:30 Yoga and Meditation \$ 20	12:00 Thanksgiving Dinner with Pumpkin Pie 1:00 First Hand Account about the Liberation of the German Concentration Camp at Dachau and the end of World War II (F) 1:00 Chicago Bridge (F) 5:30 Zumba for Seniors (\$) 21	9:30 Watercolor Workshop (F) 10:30 Solid Gold- Balance and Strength Training \$ 12:00 Mac and Cheese, Brussels Sprouts, Ice Cream 12:30 Movie Matinee 12:30 Medicare Choices Counselor Sign Ups Required (F) 22
9:00 First Time Painters (F) 10:30 Exercise \$ 12:00 Stuffed Shells with Tomato Sauce, Cauliflower, Pears 1:00 Bridge (F) 1:00 Nickel Card Games 7:00 VFW Meeting 25	10:00 Sittercise (F) 12:00 Chicken Caesar Salad with Tomatoes and Cheese, Roll, Banana 1:30 Wii Bowling (F) 26	9:00 Tai Chi 10:30 Exercise \$ 12:00 Lemon Pepper Fish, Mashed Potatoes, Broccoli, Birthday Cake 1:30 Brain Yoga (F) 5:30 Yoga and Meditation \$ 27	Happy Thanksgiving! Center Closed 28	Center Closed 29

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ELIZABETH K. DILL
Assistant Vice President
Branch Manager, Loan Officer

Mark your Calendars!

Please join us for a two part scarf making class led by Ann Griffith. The class is free but you will need to bring an eight inch knitting needle and eight ounces of any color yarn. The first part of the class will be held on December 5th and the second part on December 19th. The class will be held both days at 1:00 pm. Please call (860) 434-4127 to sign up.



On December 12th at 1:00 pm, come watch as the Duck River Garden Club demonstrates how to make one of the giant wreaths for the town buildings. This is a free program and very interesting to watch. The final product will be hung at the Senior Center.

On December 13th at 1:00 pm, we will be continuing our lifelong learning series with Intro to Reflexology. Susette Christensen, Certified Reflexologist, will be leading and demonstrating what reflexology is, how you can perform it on yourself and the health benefits from it.



Linda Camarra, our VNA nurse from Interim Healthcare of Eastern CT. will be talking with us on how your medicine can affect falls. This program will be held on December 11th at 12:30 pm.

On December 20th at 1:30 pm, come get into the holiday spirit with us as we enjoy the performance of the Groton Christmas Chorus. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive!



On December 29th at 4:00 pm, the Old Lyme Town Band will perform their Holiday Concert for our listening pleasure. This concert is sponsored by Essex Savings Bank and is open to all!

Join us on January 8th at 1:30 pm for a dancing and singing performance from the duo "We Got Rhythm." This is a Senior Club event.



On January 15th at 1:00 pm, please join us for the unique program "Beautiful Birds of Prey." Mary-Beth, from Horizon Wings, has been a Wildlife Rehabilitator since 1985. She will be doing a live presentation with some of her birds. This is a free program that you will not want to miss!

Did you know that one in four Americans will be a victim of identity theft in their lifetime or that recycling one ton of paper saves seventeen trees? We will be holding a Shred Day event on January 22nd from 2:00 - 4:00 pm. Come have your outdated records shredded. This service is FREE FOR SENIORS (up to 4 boxes) and \$5.00 a box (up to 20 pounds) for all other Lyme and Old Lyme residents. Protect your identity and your planet!



Center Upcoming Events

Proudly serving seniors 60 & over since 1996



Lymes' Senior Center

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