

# Lymes' Senior Center

~ December 2015 News & Events ~

Proudly serving seniors 60 & over since 1996



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- Leads to optimal outcomes
- Significantly reduces the chances for re-hospitalization



Lymes' Senior Center  
(860)434-1605 ext. 240  
Open Monday-Friday  
9am-3pm  
(unless otherwise noted)

<http://seniorcenterct.org>

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• **visitingnurses.org**

## Upcoming Classes & Games

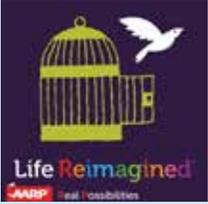
- On Tuesday, January 5th at 10:00am, we will begin an 8 Week Advanced Creative Drawing Class taught by Sharon Schmiedel. Sharon has a BFA in painting from the Maryland Institute College of Art and spent many years working in technical illustration, medical illustration, and graphic design. Now she is spending much of her time painting and entering numerous juried shows. She enjoys teaching and sharing her knowledge of art with others. Students who didn't take the first session but have some drawing experience are also welcome. In this class you will continue to learn to see as an artist does. Learning to draw is a process; letting go and trusting the process can be liberating and bring out your creativity. There will be demos and guidance with drawing exercises that will build on what you've previously learned. Direction will be offered, but students will be encouraged to experiment and develop their own style. You will need to bring a sketchpad, pencils, vine or willow charcoal, and an eraser to the first class. Space is limited so register today. The class will cost \$32.00 and is due at the first class. This class is open to all members. Call (860)434-1605 ext. 240 to sign up.
- Start the New Year out right; join us for a 6 week Yoga for Active Adults Class which will be held at 4:30pm on Wednesdays starting on January 6th. Pre-sign up is required. The cost of the class will be \$24.00 which will be due to the instructor at the first class and you will need to bring your own mat.
- On Thursday, January 7th at 10:00 am we will be starting a 6 Week Tap Dancing Class. This program will be taught by Bethany Haslam, owner of The Dance Center of Old Lyme. With 30 years of dancing experience in addition to choreographing over 20 shows and musicals, Bethany comes well qualified. The six week class will cost \$24.00 for the six week class. Money will be due at the first class. Preregistration is suggested as class size is limited to twelve people. Participants will need to bring tap shoes. This class is open to all members. For more information about this class or to register call (860)434-1605 ext. 240.
- Come get a little wordy with us. Join us for our weekly Scrabble on Friday's from 1:00-3:00pm. This program will start on January 8th. Call (860)434-1605 ext. 240 to sign up. Minimum of four people will be needed to run this program.
- On January 20th at 5:45pm we will be starting a 6 Week Pilates Class on Wednesday Nights. The cost is \$24.00 which is due at the first class and requires pre-signup. Call (860)434-1605 ext. 240 to register. This class is open to all members.
- On Thursday afternoons from 1:00-4:00pm our Bridge Group is currently seeking new members for Duplicate Bridge. No partner needed. Please call Barbara at (860) 434-7079 if you are interested in playing.

### **SPECIAL ANNOUNCEMENT: VISIT OUR NEW SITE!!! [seniorcenterct.org](http://seniorcenterct.org)**

An exciting new website for nine towns in southeastern CT. This brand new site covers Lyme/Old Lyme East Lyme, Griswold, Groton, Lisbon, Montville, New London, Norwich and Preston. [seniorcenterct.org](http://seniorcenterct.org) is a one-stop resource for you, your families and caregivers to find all events, options and resources. It is complete with a main page plus landing pages for each town's senior center.

- The calendar features a multi town calendar on the main page as well as individual calendars on the town's home pages. You can add senior center events to your outlook calendar and to your smartphone calendar. You can forward events to friends. You can also email yourself reminders from the calendar pages.
- This site is searchable. Find what you're looking for by typing in a few key words. You, also, can contact the individual senior centers with questions or information.
- This brand new website is in the soft launch phase with a targeted full launch on January 4, 2016. If you see that something isn't quite working, please, contact Judy Jencks at [jmjencks@gmail.com](mailto:jmjencks@gmail.com). That's how we'll work out the bugs. And thanks for visiting [seniorcenterct.org](http://seniorcenterct.org)

# Mark your Calendars!



Join us on January 5th at 1:00pm for AARP's Life Reimagined. Reimagining your life can mean new passions to pursue, work that's rewarding, great people to connect with and a healthier and more fulfilling lifestyle. This session is 60 minutes, and offers a personalized, authentic and thought-provoking approach to help you navigate the next phase of your life. Please call to register.



Join us on January 6th at 1:30pm as Pat Mitchell, pianist who currently performs at the Norwich Inn and Spa and has performed for many years at the Lighthouse Inn, will entertain us. This is a Senior Club Event and admission is \$1.00 which will be collected by the club at the door.



Join us on January 12th at 1:00pm for a program "D Day, What Led up to it & Its Impact" given by Mark Albertson. Mark has been a member of the United States Naval Institute for more than 25 years. He is an historical research editor at Army Aviation magazine and has authored three books: USS Connecticut: Constitution State Battleship, They'll Have to Follow You! The Triumph of the Great White Fleet, and On History: A Treatise. He teaches World War II history at Norwalk Community College for Lifetime Learners. Please call to register.



Join us on January 13th at 1:00pm Massage Demonstration from Bonne Sante. Isabelle McKeon, licensed massage therapist from Bonne Santé Wellness Center Old Lyme, will provide a brief demonstration of therapeutic massage and an explanation of the benefits of therapeutic massage for seniors. She will demonstrate massage techniques that benefit many ailments experienced by the elderly by using gentle and light application of massage techniques and passive stretching and a light oil to permit muscles to be worked on without causing excessive friction to the skin. Please call to register.



Join us on January 19th at 1:00pm for "A Taste of Chinese Traditional Culture" Presented by the CT. Chinese Culture Association. This presentation will include slide and video presentation highlighting the essence and uniqueness of the Chinese culture. Please call to sign up for this free event.



Join us on February 5th at 1:30pm Michael Ciulla a NYC professionally trained singer, actor, and voiceover artist with extensive professional experience will perform for us. He will perform music from such artists as Frank Sinatra, Nat King Cole, Count Basie, Dean Martin, Louis Jordan, Irving Berlin, Glenn Miller, Louis Prima, Bobby Darin, The Everly Brothers, Roy Orbison and Elvis Presley. This performance is sponsored by the Senior Club and admission will be \$1.00 at the door.



# December 2015

**\*\* Please Join us for the \*\*  
Old Lyme Town Band Holiday Concert  
Sunday 12/13/15 at 2:00pm**

Monday	Tuesday	Wednesday	Thursday	Friday
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 <i>Classes and Events = Italics</i> <b>Lunches = Bold</b> (F) = free \$ = \$4.00 a class	9:30 Trailblazer Hikes (F) 10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. (F) 12:00 Beef Stew, Potatoes & Mixed Vegetables, Peaches	9:00 Tai Chi • 10:30 Exercise (\$) 12:00 Herbed Baked Chicken, Brown Rice, Carrot Coins, Fruit Crisp 12:00 Senior Club Luncheon Out 1:30 Brain Yoga • 4:30 Yoga \$ 5:30 6 Week Pilates Class - Sign up req.	10:00 Beginner Tap Class - Reg Req. 12:00 Chili w/ Cornbread, Greens Beans, Citrus Fruit 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Silver Sneakers Class (\$) *Free for Silver Sneakers Members 12:00 Tuna Salad Sandwich, Onion Bread, Lettuce & Tomato, 3 Bean Salad, Apple 1:00 Ingenious Ways to Train your Brain - sign up req. (F)
12:00 Pulled Pork Sandwich, Pineapple Coleslaw, Fruit, Juice, Brownies 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	10:00 Creative Drawing-sign up req. (F) 12:00 Chicken Stir Fry, Wild Rice, Oriental Vegetable, Pineapple Tidbits 1:00 Tips for dealing with Back Pain - sign up req (F)	9:00 Tai Chi • 9:15-11:30 Haircuts (\$10) sign up 9:00 - 12:00 Choices Counselor - appt req (F) 10:00 - 1:00 Hearing Clinic - appt needed (F) 10:30 Exercise (\$) 12:00 Beef Stroganoff Over Noodles, Broccoli 1:00 Tree Trimming Party (F) 1:30 Brain Yoga • 4:30 Yoga \$ 5:30 6 Week Pilates Class - Sign up req.	12:00 Fish & Chips, Mixed Vegetable, Banana 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F) 1:00 - 3:00 Financial Check up, appt. needed	9:30 Shoreline Artists' Workshop (F) 10:30 Silver Sneakers Class (\$) *Free for Silver Sneakers Members 12:00 Spaghetti w/ Meatballs, Tossed Salad w/ Dressing, Pears 1:00 Groton Christmas Chorus (F)
10:00 Watercolor Class (\$) - reg req. 10:00-3:00 Reflexology (\$10), sign up req 10:30 Exercise (\$) 12:00 Swiss Steak w/ Red Sauce, Roasted Potatoes, Cauliflower, Mandarin Oranges 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	9:30 Trailblazer Hikes (F) 10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. (F) 12:00 Chicken Fajitas, Flour Tortilla Black Beans, Rice, Applesauce 12:45 Caroling to Shut Ins (F) - sign up req.	9:00 Tai Chi • 10:30 Exercise (\$) 11:00 Lead & Public Health Questions (F) 12:00 Lasagna, Tossed Salad w/ Dressing, Garlic Bread, Fruited Jello 1:00 Senior Club Meeting 1:30 Senior Club Bingo (\$1.00) 1:30 Brain Yoga • 4:30 Yoga \$ 5:30 6 Week Pilates Class - Sign up req.	12:00 Shepherd's Pie w/ Mashed Potatoes & Carrots, Fruit Juice, Bread Pudding 12:30 Wii Bowling (F) 12:45 Caroling to Shut Ins (F) - sign up req. 1:00 Duplicate Bridge (F)	9:30 Shoreline Artists' Workshop (F) 10:30 Silver Sneakers Class *Free for Silver Sneakers Members 12:00 Baked Ham w/ Glaze, Sweet Potatoes, Green Beans, Pineapple Tidbits 1:00 Ashly Cruz's Christmas Spectacular (F)
10:00 Watercolor Class (\$) - reg req. 12:00 Chicken Florentine, Rice Pilaf, Whole Baby Carrots, Peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. (F) 12:00 Christmas Luncheon - Roast Pork w/ Gravy, Roasted Potatoes, Butternut Squash, Pie 1:00 LOL High School Select Singers - sign up req. (F)	10:30 Exercise (\$) 12:00 Cheeseburger Macaroni & Cheese, Zucchini, Citrus Fruit 12:45 Popcorn & a Movie: Holiday Inn (F) 5:30 6 Week Pilates Class - Sign up req.	 <b>Center Closed for Holidays</b>	
10:00-3:00 Reflexology (\$10), sign up req 10:30 Exercise (\$) 12:00 Cheese Rotelle w/ Tomato Sauce, Italian Blend, Pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)	10:00 Sit and be Fit (F) 10:00 Creative Drawing-sign up req. (F) 12:00 Stuffed Fish, Roasted Potatoes, Spinach, Apple	10:30 Exercise (\$) 12:00 Pot Roast w/ Gravy, Mashed Potatoes, Peas & Carrots, Fruit Juice, Birthday Cake 5:30 6 Week Pilates Class - Sign up req.	12:00 Turkey Tetrazzini Over Noodles, Brussel Sprouts, Mandarin Oranges 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)	<b>Lymes' Senior Center</b> (860) 434-1605 ext. 240 Open Monday-Friday 9am-3pm unless otherwise noted

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### **Ingenious Ways to Train Our Brain**

Ingenious Ways to Train Our Brain

Join us on Friday, December 4th at 1:00pm and learn Ingenious Ways to Train our Brain. Ingenious Ways to Train our Brains Healthy will be led by Laura Kokoska RN. This program will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved and how to grow new brain cells and make more connections between them. To register for this free program, call (860)434-1605 ext. 240.

### **Do you experience lower back pain?**

80% of adults are affected by this problem. On December 8th at 1:00pm join us as Rehab Concepts talk with us about what causes it, how to prevent it, and tips for dealing with it along with exercises for it. Call (860)434-1605 ext. 240 to register.

### **TREE TRIMMING**

On Wednesday, December 9th at 12:45pm., please join us as we get into the spirit of the season! We will be trimming the Christmas Trees in the senior center, listening to Christmas music, and enjoying some holiday refreshments.

### **GROTON CHRISTMAS CHORUS**

December 11th at 1:00 pm. join us as Groton Christmas Chorus performs for us.

### **OLD LYME TOWN BAND HOLIDAY CONCERT**

Dec 13th at 2:00pm the Old Lyme Town Band will be at the Lymes' Senior Center to perform their Holiday Concert on Sunday. All our welcome to attend!! Come get into the holiday spirit with us. This is open for all so bring your spouse, kids, and grandkids with you as we all get festive!

### **CAROLING**

Come get in the holiday spirit with us on December 15th & 17 as we go caroling to the Shut In's. No musical experience needed. We will meet here at 12:45pm and carpool to our destinations. We will enjoy cookies and hot chocolate back at the center after our musical visits. Song Sheets will be provided. Please call to sign up.

### **CHRISTMAS SHOW SPECTACULAR WITH ASHLY CRUZ**

We are pleased to welcome back the ever talented Ashly Cruz on December 18th at 1:00pm. She will be here to perform her Christmas Show Spectacular.

### **CHRISTMAS LUNCHEON**

The Christmas Luncheon will be held on Thursday, December 22nd at 12:00pm. Reservations can be made by calling (860)434-4322 between November 24th- December 4th.

### **LYME OLD LYME HIGH SCHOOL SELECT SINGERS PERFORMANCE**

December 22nd at 1:00pm as Lyme -Old Lyme High School Select Singers will be here to perform their Holiday Melody for us..

### **NEW SILVER SNEAKERS CLASS**

Join us Friday mornings at 10:30am and have some fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support. This class will continue to be taught by Donna Scott, but participants will have the opportunity to register with her as a Silver Sneakers Member (accepted by most insurances) and participate in this class for free. If your insurance plan does not accept it, you can still come for the regular \$4.00 a class rate. This class is a drop in class, no preregistration needed.

### **Reflexology Clinic**

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on December 14th 10:00 am- 3:00 pm. The cost is \$10.00 for a 15 minute session. 30 minute and 60 minute sessions are available as well. To sign up, please call Susette at (860) 334-9255.

### **Meals on Wheels Drivers Needed**

Lymes' Senior Center is desperately seeking drivers for both Thursday morning meal deliveries and fill-in drivers. Usually these volunteer positions only require 2 hours of your time. If you are available and want to help, please call Lisa, Kitchen Manager at (860)434-4322.

### **Haircuts**

Stephanie Alfano, licensed hairdresser offers haircuts here at the center on the 2nd Wednesday of every month from 9:15-11:30 am. Haircuts are \$10.00. To book an appointment, please call (860)434-1605 ext. 240.

### **Old Lyme Visiting Nurse**

The nurse's office is open Monday through Thursday from 11:15am – 1:15pm and Friday from 12:00-1:00pm here at the center. No appointments are needed. Our nurse would be happy to address any health questions or concerns as well as check your blood pressure.

### **Wii Bowling High Scores**

Regular Game  
November- Shirley Latham - 257  
890 Club Game  
November - Shirley Latham - 649

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

**For Advertising Information:  
Contact Essex Printing  
860.767.9087**

## Upcoming Watercolor Class

This 8 week course will be offered starting Monday, December 14th from 10:00am - 12:00pm. This class will be taught by Sharon Schmiedel who has a BFA in painting from the Maryland Institute College of Art and spent many years working in technical illustration, medical illustration, and graphic design. This class is open to students of all levels. We will explore the basic watercolor techniques of working wet on wet, layering, and dry brush. The instructor will do demos and help students gain an understanding of how to use warm and cool colors, plus values to develop strong compositions. Once you learn the basics you can experiment and play with this medium to express your ideas with paint. The fee for this class will be \$32.00 and will be due to the instructor at the first class. This class is open to all members, but limited space is available. A minimum of 7 students will be needed to run this class.

### First Class must haves:

Bring what you have for: Paper, Watercolor paint, brushes, palette, masking tape, sketch pad, pencils, cup for water, paper towels.

If you don't have any watercolor paint you can wait till after first class to purchase or buy the 3 tubes of paint listed below. If you don't have a palette, bring in a white ceramic or plastic plate. You must bring in some brushes (the larger the better), paper, pencils and the other items listed above.

### Watercolor Supply List (we will go over in first class)

- Watercolor Paint: 3 tubes of paint, preferably raw sienna, alizarin crimson and ultramarine blue. Any brand is fine I like Winsor Newton. You can also substitute but pick one yellow, one red, and one blue. Don't buy pans, its challenging to get enough pigment.
- Watercolor Paper: Its fine to use what you have, I recommend Arches 140lb cold, hot or rough block. 9x12 or larger. You can use sheets but will need to tape to a board.
- Watercolor brushes: synthetic sables are cheaper and fine. Ideally a Round #18 and a flat wash of 1" or 1.5". You can bring your other brushes too.
- Watercolor Palette: whatever you have is fine, if none can just use plastic plate. I recommend Mijello Fusion leak-proof/airtight 18 slant watercolor palette. Pike palette is also good.
- Other supplies: Pencils, sketch pad, cup for water, masking tape, paper towels

\*\*Some supplies available at Lyme Art Academy school store. Everything is available at DickBlick in New Britain, Jerrys Artarama in West Hartford or online at [jerrysartarama.com](http://jerrysartarama.com), [utrecht.com](http://utrecht.com), and [dickblick.com](http://dickblick.com)

### Financial Health Check Up

On the second Thursday of every month between 1:00 pm-3:00 pm retired financial professional, Diana Melville, CLU, ChFC is available to help answer your questions about money management, investments, insurance and more. To make a free and confidential appointment, please call (860)434-1605 ext 240.

Thank you, Thank you Very Much Elvis!





# Lymes' Senior Center

26 Town Woods Road • Old Lyme, CT 06371

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## When was the last time you were able to have a casual conversation?

### Do you or a loved one...

- Have problems hearing and embarrassed to admit it?
- Pretend to understand conversation by nodding and smiling?
- Feel left out of conversations?
- Confused by all the hearing aid ads and don't know who to trust?
- Have difficulty with transportation to appointments?

### Free Lymes' Senior Center Hearing Clinics

on the 2nd Wednesday of each month  
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