

Lymes' Senior Center

~ January 2015 News & Events ~

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9am-3pm
(unless otherwise noted)



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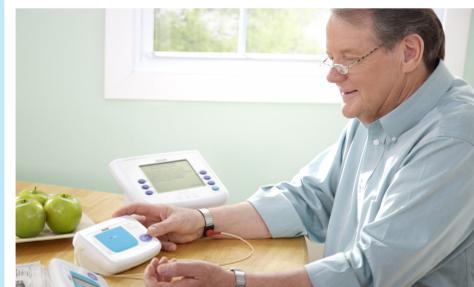


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Overnight trips and Cruises

February 27 - March 9, 2015 - No Fly Cruise out of New York City to the *Sunny Eastern Caribbean*. 11 days and 10 nights. Starting at \$1,104 pp includes taxes. **WAIT LIST ONLY**

March 27-29, 2015 - Cherry Blossom Time in *Washington DC*. 2 nights. There is considerable walking with this trip. \$451 pp double/triple. \$611 pp single. Registration has begun.

May 26-28, 2015 - The Heart of Appalachian Mountains in *Williamsport, PA*. 2 nights. Tons of Victorian Architecture - Thomas Taber Museum - Little League Museum. \$411 pp double/triple. \$511 single. Registration has begun.

July 4-10, 2015 - *Atlantic Canada Tour of Nova Scotia & Prince Edward Island*. 5 nights hotel accommodations and 1 night private stateroom on the "Nova Star". Full time escort. \$1,637 pp double. \$1,567 pp triple. \$2,217 pp single. Registration has begun. *Trip Presentation at the Lymes' Senior Center on Thurs, January 15th at 1pm. Call to register at 860-434-4127*

October 30 - November 11, 2015 - No Fly Cruise out of *Baltimore to the Sunny Western Caribbean*. Includes 2 nights in Baltimore with a tour of the US Naval Academy and a Baltimore Ghost tour on Halloween night. Starting at \$1,882 pp includes taxes. Registration has begun. *Trip Presentation at the East Lyme Senior Center on Wed, February 25th at 1:30pm. Call to register at 860-434-4127.*

January 28 - February 7, 2016 - Fully escorted *Hawaiian Cruise* - 11 days - 7 shore excursions included in price - Starting at \$4,449pp. *Trip presentation at the East Lyme Senior Center on Wed, February 11th at 9:30am. Call East Lyme at 860-739-5859 to register to attend the presentation.*



Day Trips

Thu, April 9th - Join us for a trip to the *Mohegan Sun*. No meal included in ticket price but you will receive a casino package. Trip fee is \$20 pp. Registration begins January 2nd. Moderate walking.

Thu, April 16th - Join us for a production of "*West Side Story*" at the Westchester Broadway Theatre in Elmsford, NY. Lunch included. Trip fee is \$99 pp. Registration begins January 2nd. Minimal walking.

Sat, April 26th - *New York City* on your own – Bus leaves East Lyme at 7:45am and leaves NYC at 6:30pm – Trip fee is \$45 pp. Registration begins January 2nd. No meal included in trip price. Lots of walking.

Thu, May 14th - *The Port of Galilee in Narragansett, RI* has a rich fishing history. Come and enjoy a "Day in the Life of a Fisherman" with a Behind-the-Scenes Tour. Time to enjoy Galilee as well as the Point Judith Lighthouse. Lunch included. Trip fee is \$78 pp. Registration begins February 2nd. Moderate walking.

Thu, May 28th - Join us for a 90 minute *Lobster Roll Cruise on Cape Cod Bay in MA*. Lunch is included as well as a stop at the Cape Cod Creamery and a tour of the Cape Cod Potato Chip Factory. Trip fee is \$86 pp. Registration begins February 2nd. Moderate walking.

Mark your Calendars!



Laughter is the best medicine!! Join us on Wednesday, February 4th at 1:30pm as Larry Noiva, Venriquoist/ Entertainer puts us in stitches with his three hysterical puppets Howie Rose, Sal Monella, and Aunt Edna. With over 40 years of experience Larry and "his gang" will touch your funny bone with non-stop laughs. He was voted Best Male Stand-Up Comedy at the Connecticut Comedy Festival in 2002, and he was the first to win The Hartford Funny Bone's Comedy Idol Award in 2009. This is a free event sponsored by the Senior Club.



Join us on Friday, February 6th at 1:00pm for a Community Seminar on Hearing and Hearing Loss offered by Nancy Jablonski and Rene Vicedomini, Audiologist Concierge. Call (860)434-4127 to register.



Join us Tuesday, February 10, 2014 for the showing of The Monuments Men at 12:45 pm. Directed and starred in by George Clooney it is based on a true story. In the midst of WWII a small group of art experts were commissioned by Roosevelt as soldiers and sent to the European theater to protect historically important buildings and monuments, and to locate vast troves of priceless art looted by the Nazis. Discovering art in castles and mines, they race against time as the Nazis scramble to destroy everything they can.



Join us Wednesday, February 11th at 9:30am for a TRIP PRESENTATION on a fully escorted Hawaiian Cruise - 11 days - 7 shore excursions included in price - Starting at \$4449pp. The presentation will be held at the East Lyme Senior Center on Wed, February 11th at 9:30am. Call to register at 860-739-5859.



Starting in February we will offer a free hearing clinic the second Wednesday of the month from 10am-1pm. On February 11th we will have Nancy Jablonski and Rene Vicedomini, Audiologist Concierge for free hearing testing, hearing aid checks, wax inspection, and listening demonstrations. By appointment only, call (860)434-4127 to sign up.



Join us on Friday, February 13th at 1:00 as FRANK PENDOLA "The Troubadour" entertains us with his highly talented voice. He has performed locally for many years and has been a company regular at the Granite Theater since 2003, where he played the role of "Tevya" in Fiddler on the Roof.



Sirena Sultana and Company will share her passion for belly dancing with us on Tuesday, February 17th at 1:00 pm. Along with a student, the two will put on a show you will not want to miss! Imported from Egypt and Turkey their costumes will also amaze you.



On Tuesday, February 24th at 1:00pm join us for an African Drumming Circle. Judy Sweeney will be here with Djembes, which are authentic African drums, and homemade drums. You do not need to know how to play or read music to take part in this; you just need to want to have an enjoyable time! Also remember any new experiences help build new brain cells. Please register for this fun, free, and unique brain enhancing experience by calling (860)434-4127.



On Wednesday, February 25th at 1:00 pm join us as we welcome back Jo Anne Harrison- Becker for her workshop "Accentuate the Positive". Topics will include Shine a Positive Light, 7 "Secrets" to a Happier Life, How to Keep a Positive Attitude and Stay Positive around Negative People, and much much more. To register call (860)434-4127.



On Tuesday, March 17th at 1:00 pm, The Gray School of Irish Dance will perform a variety of Irish Dances including soft and hard shoe dances. The dances will include Reels, Jigs, Hornpipes (both contemporary and traditional), and Celtic dances. The dancers will be dressed in traditional Irish Dance costumes



St Patrick's Day Luncheon will be held on Tuesday, March 17th at 12:00 pm. Reservations need to be made by calling (860) 434-4322 before 10:45am on Tuesday, February 3rd.



On Thursday, March 12th at 1:00 pm, Larry Batter, who has been entertaining audiences throughout Connecticut and New York for over 35 years, will be performing for us. Getting his first big break at the Piano Bar of Poor Richards Restaurant in 1980, Larry has been amusing people with his humor and music ever since. This is a free program.

January 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lymes' Senior Center (860) 434-4127 Open Monday-Friday 9am-3pm unless otherwise noted</p>	<p>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</p>	<p><i>Classes and Events = Italics</i> Lunches = Bold (F) = free \$ = \$4.00 a class</p>	<p>Center Closed Happy New Year!</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Stuffed shells w/ sauce, tossed salad, garlic knot, mandarin oranges</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:00-2:00 Reflexology (\$10) - sign up req 10:30 Exercise \$ 12:00 Baked fish, sweet potato, green beans, citrus fruit 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>10:00 Sit and be Fit (F) 12:00 Spaghetti w/meatballs, italian blend, garlic bread, pears 12:45 Improving Balance with Select Physical Therapy (F)</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Meatloaf, mashed potatoes, broccoli, assorted pies 1:00 Senior Club (F) 1:30 Entertainment by Paul Shlien (F) 1:30 Brain Yoga • 4:30 Yoga \$</p>	<p>10:30 Genealogy for Beginners, sign up req (F) 12:00 Herb baked chicken, wild rice, whole baby carrots, pineapple tidbits 12:30 Wii Bowling 1:00 Duplicate Bridge (F) 1:00-3:00-Financial Health Check Up (F) Sign up req.</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Beef stroganoff over noodles, beets, applesauce 1:00 Ingenious Ways to Keep Our Brains Healthy (F)</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:30 Exercise \$ 12:00 Manicotti w/sauce, antigua blend, peaches 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F) 6:30 Duck River Meeting & Pot Luck</p>	<p>10:00 Sit and be Fit (F) 12:00 Chicken caesar salad w/tomato and cheese, whole wheat roll, fruit cocktail 1:00 Medical decisions when they Count Most (F)</p>	<p>9:00 Tai Chi 9:15-12:30 Haircuts (\$10.00) 10:30 Exercise \$ 12:00 Pot Roast w/gravy, roasted potatoes, brussel sprouts, rice pudding 1:00 An Afternoon with the Gillettes (F) 1:30 Brain Yoga 4:30 Yoga\$</p>	<p>12:00 Tilapia, mashed potatoes, spinach, banana 12:30 Wii Bowling(F) 1:00 Nova Scotia Trip Presentation, sign up req (F) 1:00 Duplicate Bridge (F) 1:00 - 3:00 Financial Health Check up, sign up req. (F)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Mock stuffed cabbage, carrot coins, fruited jello 12:45 Popcorn & a Movie - "Jersey Boys" (F)</p>
<p>Center Closed In Observance of Martin Luther King Jr. Day</p>	<p>10:00 Sit and be Fit (F) 12:00 Swedish Meatballs over noodles, oriental blend, mandarin oranges 1:00 Navigating Through Retirement Living Choices (F)</p>	<p>9:00 Tai Chi 10:30 Exercise \$ 12:00 Crabmeat salad on a croissant, lettuce and tomato, coleslaw, apple 1:00 Senior Club meeting 1:30 Bingo • 1:30 Brain Yoga 4:30 Yoga</p>	<p>10:30 Genealogy for Beginners (F) 12:00 Chicken florentine, rice pilaf, mixed vegetable, fruit shortcake 12:30 Wii Bowling(F) 1:00 Duplicate Bridge (F)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Roast turkey w/gravy, mashed potatoes, peas and carrots, cranberry sauce, pineapple 12:30 Lyme Ambulance 15 minute CPR demonstration (F)</p>
<p>9:30 Beginner Oil Painting Class - Sign up req. (F) 10:00-2:00 Reflexology (\$10) - sign up req 10:30 Exercise \$ 12:00 Lemon pepper fish, baked potato, beets, pears 1:00 Nickel Card Games (13 Nickels) 1:00 Bridge (F)</p>	<p>10:00 Sit and be Fit (F) 12:00 Chicken picatta, brown rice, italian green beans, applesauce 1:00 It Really Happened in Connecticut (F)</p>	<p>9:00 Tai Chi • 10:30 Exercise \$ 12:00 Shepards pie, bisquit, tossed salad, peaches 12:45 Test your Old Time Trivia with Stephanie - Sign Up Appreciated (F) 1:30 Brain Yoga 4:30 Yoga \$</p>	<p>12:00 Turkey sandwich, whole wheat bread, lettuce and tomato, carrot raisin salad 12:30 Wii Bowling (F) 1:00 Duplicate Bridge (F)</p>	<p>9:30 Shoreline Artists' Workshop (F) 10:30 Solid Gold- Balance & Strength Training \$ 12:00 Lasagna w/tomato sauce, broccoli, garlic knot, orange</p>

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An Afternoon with the Gillettes

On Wednesday, January 14th at 1:00pm join us for an interactive program featuring Harold and Theodora Niver. Not only do the Nivers talk about William and Helen Gillette, they become the Gillettes. Flitting back and forth between presenters and portrayals, you will learn about Gillette Castle in East Haddam. What famous people visited the Castle? You will learn about Gillette's greatest love- his wife Helen. And for cat lovers, you will learn about Will's love for cats. Their costuming is authentic and period correct. Their knowledge of Sherlock Holmes, William Gillette and Gillette Castle is extensive. Because of their distinctive home, which is built around a Holmes theme, they have been in such magazines as US, Smithsonian, Fortune, Connecticut, and Yankee. TV segments include PM Magazine, ABC News and CBS. And, as a plus, since both Harold and Theodora are professional musicians, you will hear several songs from the English Music Hall era. Prepared to be educated and entertained!!

It Really Happened in Connecticut

On Tuesday, January 27th at 1:00pm Diana Ross McCain will recount a selection of the more than 30 stories from the Nutmeg State's past included in her books It Happened in Connecticut and Mysteries and Legends of New England when she presents her talk "It Really Happened in Connecticut". McCain will share a few of the astonishing yet true tales of events scattered across more than 350 years of Connecticut history, from witchcraft trials to serial murder to a solitary yet beloved vagabond whose story remains a mystery 125 years after his death. These stories are a representative sampling of the sometimes heroic, sometimes amazing, sometimes quirky people and events involving everything from football to medicine to the principle of taxation without representation - and they all really happened in Connecticut. Following the presentation copies of McCain's books will be available for purchase and autographing if you wish. Diana Ross McCain is Florence S. Crofut Head of the Waterman Research Center at the Connecticut Historical Society in Hartford. She holds bachelor's and master's degrees in history and a master's degree in library science. She has been writing about Connecticut's intriguing history for more than 30 years.

Test Your Old Time Trivia

Join us on Wednesday, January 28th at 12:45 pm and test your knowledge of old time trivia. Do you know the answers to the following types of questions? In the late '40s, what was "Best buy for bread and budget"? What was the popular chewing gum named for a game of chance? What did we use in the outhouse before toilet paper was available? What would "A little dab 'Il do ya" do? If you do, come test your knowledge of things that have past. Multiple choice questions will be asked. This will be a fun afternoon of reminiscing, laughs, and prizes.

POPCORN AND A MOVIE

Join us Friday, January 16th at 12:45pm for the movie Jersey Boys directed by Clint Eastwood. Jersey Boys is a musical biography of the Four Seasons—the rise, the tough times and personal clashes, and the ultimate triumph of a group of friends whose music became symbolic of a generation. Far from a mere tribute concert (though it does include numbers from the popular Four Seasons songbook), Jersey Boys gets to the heart of the relationships at the center of the group—with a special focus on front man Frankie Valli, the small kid with the big falsetto. In addition to following the quartet's coming of age as performers, the core of the show is how an allegiance to a code of honor learned in the streets of their native New Jersey got them through a multitude of challenges: gambling debts, Mafia threats and family disasters. Jersey Boys is a glimpse at the people behind a sound that has managed to endure for over four decades in the hearts of the public.

REFLEXOLOGY CLINIC

Susette Christensen, Certified Reflexologist, will be holding private reflexology sessions on January 5th and 26th from 10:00 am- 2:00 pm. The cost is \$10.00 for a 15 minute session. To sign up, please call Susette at (860) 334-9255.

Navigating Through Retirement Choices

Not knowing the right questions to ask when investigating retirement communities can cost you time, frustration and a needless loss of money that you may never recover. Join us for a free presentation on Tuesday, January 20th at 1:00 pm as we shed light on the important issues when making this decision and the questions that retirement communities would rather you didn't ask. Maureen Brubaker, MHA, MBA who has held numerous senior management and consulting positions in the healthcare and retirement living industries for the past 25 years will be here to present this information and answer questions. Take advantage of her depth of experience and insight so that you are fully prepared when making retirement living decisions.

Free Flu Shots Still Available for Town Residents

Free flu shots are available for residents of the towns of Lyme and Old Lyme who are 50 years and older. In addition those residents 19-49 years of age with a chronic medical condition and a doctor's note can also receive the shot. No insurance or Medicare required. There is no set fee; donations are appreciated. The visiting nurse is here Monday- Thursday 11:00am- 1:00pm and Friday 12:00pm- 1:00pm. No appointment needed. To schedule a visit for homebound residents, please call 860-434-7808. Flu shots will be given until our supply is depleted

FINANCIAL HEALTH CHECK UP

On Thursday, January 8th from 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)441-6785.

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.

Ingenious Ways to Keep your Brain Healthy

Laura Kokoska RN CKYI will be leading class on Friday, January 9th at 1:00pm. This will include games and exercises that stimulate our minds and light movement. She will show us how healthy aging can be achieved. Grow new brain cells and grow more connections between them. Mind is the most important and resilient. What is good for the heart is good for your mind. This is a free program and no sign up is required.

CPR Demonstration

Join us as Carl Clement from Lyme Ambulance gives us a brief CPR Demonstration on Friday, January 23rd at 12:30pm. This information may help you to save your loved ones in an emergency. This is not a certification class it is strictly for informational purposes only.

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Join us for Our Hearing and Hearing Loss Community Seminar:
Friday February 6, 2015 at 1:00 pm at the Lyme Senior Center

- Free Monthly Hearing Clinics at the Lyme Senior Center the second Wednesday of Every Month starting February 2015 •