

Lymes' Senior Center

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



OCTOBER 2024

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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	Oct. 7th & 21st at 10 AM	\$5.00
Tai Chi	Tuesdays at 8:30 AM	4-week session for \$30 5-week session for \$38
Yoga On The Mat	Tuesdays at 9:45 AM	\$5.00
Sit N Be Fit	Tuesdays at 10:30 AM	FREE
Beginner Pickleball	Tuesdays at 1 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 11:30 AM *no October 31st class	4-week session for \$30 \$10 drop-in fee
Open Play Pickleball	Thursday at 1 PM	FREE
4S Class (Stretch, Strength, Sit, Song)	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	Call or email for appointment	\$15
Pedicures	Call or email for appointment	\$25
Haircuts	October 21st	\$15
Reflexology/Foot Massage	October 7th & 28th	\$40/30 minutes
Reiki	October 2nd & 16th	\$50
Blood Pressure Clinic	Daily M—F, 11 AM—1 PM	FREE
Medicare Choices Counseling	October 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	Call for details
Duplicate Bridge	Thursdays at 12:30PM	Old Lyme Library *2nd week meets at Old Lyme Town Hall
Nickel, Nickel	Thursdays at 1:00 PM	Rogers Lake Clubhouse
Cribbage	Fridays at 1:00 PM	Old Lyme Town Hall
Horseshoes	Fridays at 1:00 PM	Call for details

****Drive-Thru Flu Clinic for Lyme-Old Lyme Residents****

Saturday, October 19th from 10 AM—1 PM

L-OL Middle School

Low Dose Flu Shot ONLY

This free drive-thru clinic is offered only to Lyme or Old Lyme Residents



Art, Craft & Hobby Classes

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

Beginners Ballroom Dancing

When: Wednesday, October 9th & November 13th at 10 AM
Where: First Congregational Church of OL
Cost: Free for members
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!

Sock Pumpkin Decoration w/ Mary

When: Tuesday, October 15th ; 1—3 PM
Where: Old Lyme Town Hall
Cost: 2 non-perishable food items
Join us for this month's craft— making sock pumpkins! Mary will lead us through this creative craft, and the finished product will give you a cute pumpkin— perfect for decoration or gifting!

Take-A-Walk Wednesday with Wendy

When: October 16th @ 9:30 AM
Banningwood Preserve, Lyme CT- We will walk an 1.5 mile loop through a variety of habitats, with a few steep grades. We will check out the ongoing habitat restoration project carried out by the Lyme Land Trust along Roaring Brook.
Directions: Meet at parking lot on 19 Town St. (Rte. 82), 1/4 mile north of Hadlyme Four Corners.

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.

Lotus Flower Lantern Workshop

When: Tuesday, November 26th at 1 PM
Where: Old Lyme Town Hall
Cost: \$6 per member



Join us as we make beautiful Lotus Flower Lanterns & learn about Korean History with the help of the Korean Spirit and Culture Promotion Project! Members of The Korean Spirit and Culture Promotion Project will be on hand to help attendees make a lovely traditional lotus flower lantern using colored paper and wireframes. There will also be a PowerPoint presentation about the lotus and the lantern festival, and we will be watching a short documentary on Korea at the end of the class. In addition, we will hand out books on Korean history and culture for free! We hope you can join us for this program!

Gentle Walk with Wendy

When: October 23rd @ 10 AM
Griswold Point, 11 Seaside Lane, Old Lyme, CT – We will walk along the beach shore to Griswold Point and back. About 1 mile there and back. Bring binoculars if you have them.
Directions: Meet at White Sands Beach Parking Lot, 11 Seaside Ln, Old Lyme.

Upcycled Bowl Craft w/ Mary

When: Thursday, November 21 ; 1—3 PM
Where: OL Town Hall
Cost: 2 non-perishable food items

Make a small bowl for yourself or as a gift! Made from magazine or catalog pages. Please bring a colorful catalog or magazine, scotch tape, glue stick, ruler and scissors. There will be lots of folding!



Upcoming Day Trips, Overnights & Cruises

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

Trip	Date	Highlights	Cost
Fireplace Feast at the Salem Cross Inn	Thursday, November 14th	Tour, Horse Drawn Wagon/ Sleigh Ride, Dinner	\$152 per person
Christmas in Newport- Newport, RI	Tuesday, December 10th	Marble House, The Breakers & Lunch	\$138 per person
Peaks of Europe (Overnight)	May 9-21 2025	https://gateway.gocollette.com/link/1263990	
National Parks of America (Overnight)	August 13-25 2025	https://gateway.gocollette.com/link/1263953	

Monday	Tuesday	Wednesday
<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. Also remember lunches will be held at 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>8:30AM-Tai Chi-October Session (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- (\$3) (CKC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball Class (CLP) 2-3PM- Office Hours (TH) 4:30PM-Bocce</p> <p>1</p>	<p>10AM- Gentle Restorative Y 11AM-Blood Pressure Clin 12PM-LUNCH- Pork Roast Sweet Potatoes, Brussel S Oatmeal Raisin Cookie (\$3) 1PM-Mansions of the Vandr 1:30PM-Reiki (LL) 2-3PM Office Hours (TH)</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 10AM- Foot Reflexology/Massage (\$40/30min) (LL) 10AM-Tap Class (DS) 11AM-Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 2-3PM Office Hours (TH)</p> <p>7</p>	<p>8:30AM-Tai Chi-October Session (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (FC) 12PM-LUNCH- Ladies Benevolent Society Luncheon (\$3) (FC) 1PM-Beginner Pickleball Class (CLP) 1PM-2025 Medicare Changes (TH) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 4:30PM-Bocce</p> <p>8</p>	<p>10AM- Gentle Restorative Y 10AM-Ballroom Dancing (F 10AM-The "Knit Wits" Knitt 10AM-We Felt Like It (OLL) 11AM-Blood Pressure Clin 12PM- LUNCH-Chicken Sha Mixed Veg, Pita Bread, Tzatz Lemon Pudding (\$3) (CKC) 1PM-Acupressure Healing 2-3PM Office Hours (TH)</p>
<p>Closed NO PROGRAMS</p> <p>14</p>	<p>8:30AM-Tai Chi- October Session (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Salmon w/Cranberry Glaze, Roasted Potatoes, Asparagus Blend, Tropical Fruit (\$3)(CKC) 1PM-Sock Pumpkin Craft w/Mary (TH) 1PM-Beginner Pickleball (CLP) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH) 4:30PM-Bocce</p> <p>15</p>	<p>9:30AM-Take a Walk Wedn 9:45AM- Veterans Fall Brea 10AM- Gentle Restorative Y 11AM-Blood Pressure Clin 12PM-LUNCH- Chicken Cu Wedges, 3-Bean Salad, Pine 1PM- Hands Only CPR & U 1:30PM- Reiki (LL) 2-3PM Office Hours (TH)</p>
<p>8:30AM- Why Weight(s)? (RL) 9AM- Haircuts (\$15) (LL) 10AM-Tap Class (DS) 11AM-Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 1PM Senior Center Board Meeting (TH) 2-3PM Office Hours (TH)</p> <p>21</p>	<p>8:30AM-Tai Chi-October Session (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Shepherd's Pie, Corn, Biscuit, Fruit Cocktail (\$3) (CKC) 1PM- Project "Thank You" (FC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 4:30PM-Bocce</p> <p>22</p>	<p>10AM- Gentle Restorative Y 10AM-Gentle Walk Wednes 10AM-The "Knit Wits" Knitt 10AM-We Felt Like It (OLL) 11AM-Blood Pressure Clinic 12PM-LUNCH- Eggplant Pa Garlic Knot, Tropical Fruit (\$ 1PM-Acupressure Healing (L 2-3PM Office Hours (TH)</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 10AM- Foot Reflexology/Massage (\$40/30min) (LL) 10AM-Tap Class (DS) 11AM-Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 2-3PM Office Hours (TH)</p> <p>28</p>	<p>8:30AM-Tai Chi-October Session (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Chicken Florentine, Rice Pilaf, Scandinavian Blend Veg, Pears (\$3) (CKC) 1PM- New Horizons Band Performance (CKC) 1PM-Setback Card Game (SA) 1PM-Beginner Pickleball (CLP) 2-3PM Office Hours (TH) 4:30PM-Bocce</p> <p>29</p>	<p>10AM- Gentle Restorative Y 11AM-Blood Pressure Clinic 12PM-BIRTHDAY LUNCH- Mashed Potatoes, Green Be Cake (\$3) (CKC) 2-3PM Office Hours (TH)</p>

JM REALTY

Betty Martelle



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bettyjmrealty@gmail.com

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fax: 860.434.3889

Ashley Gualandri, PT, DPT
Bryan Schmidt, PT, DPT
Christopher Dentch, PTA, BS

Wednesday	Thursday	Friday
<p>Yoga (RL) c (CKC) w/Apple Cider Glaze, sprouts, Apple Sauce, (CKC) erbilts (TH)</p> <p>2</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Manicures (\$25) (LL) 11AM- Blood Pressure Clinic (CKC) 11:30AM- Zumba Gold (RL) 12PM-LUNCH-White Chicken Chili, Mixed Veg, Corn Muffin, Apple (\$3)(CKC) 12:30PM- Duplicate Bridge (OLL) 1PM-Open-Play Beginner Pickleball (CLP) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p> <p>3</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3PM-Office Hours TH) 2:15PM Country Line Dancing (RL)</p> <p>4</p>
<p>Yoga (RL) (C) ing Circle (OLL) (C) c (CKC) awarma, Herbed Rice, ziki Sauce, Fruit Juice, (TH)</p> <p>9</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (CKC) 11:30AM- Zumba Gold (RL) 12PM-LUNCH-Stuffed Cabbage Casserole, Carrot Coins, Peach Shortcake (\$3)(CKC) 12:30PM- Duplicate Bridge (TH) 1PM-Open-Play Beginner Pickleball (CLP) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p> <p>10</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 12PM-LUNCH-Taco Salad, Corn, Beans, Lettuce, Tomato, Orange (\$3)(CKC) 1PM- Cribbage (TH) 2-3PM-Office Hours TH) 2:15PM Country Line Dancing (RL)</p> <p>11</p>
<p>Wednesday akfast (SA) Yoga (RL) c (CKC) tlet Sandwich, Potato eapple (\$3) (CKC) se of AED (TH)</p> <p>16</p>	<p>8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (CKC) 11:30AM-Zumba Gold (RL) 12PM-LUNCH-Beef Stroganoff, Buttered Noodles, Brussel Sprouts, Brownie, Fruit Juice (\$3)(CKC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 1PM-Open-Play Beginner Pickleball (CLP) 2-3PM Office Hours (TH)</p> <p>17</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>18</p>
<p>Yoga (RL) day ng Circle (OLL) (CKC) armesan, Italian Veg, 3) (CKC) (TH)</p> <p>23</p>	<p>8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (CKC) 11:30AM-Zumba Gold (RL) 12PM-LUNCH-Baked Cod, Tartar Sauce, Roasted Red Potatoes, Spinach, Tropical Fruit (\$3)(CKC) 12:30PM- Duplicate Bridge (OLL) 1-PM- Nickel, Nickel (RL) 1PM-Open-Play Beginner Pickleball (CLP) 2-3PM Office Hours (TH)</p> <p>24</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH) 2-3PM-Office Hours (TH) 2:15PM Country Line Dancing (RL)</p> <p>25</p>
<p>Yoga (RL) (CKC) Pot Roast, Beef Gravy, Beans, Fruit Juice, Birthday</p> <p>30</p>	<p>8:30AM- Why Weight(s)\$(RL) 11AM- Blood Pressure Clinic (CKC) 12PM-HALLOWEEN LUNCH PARTY-Baked Chicken(\$3)(CKC) 12:30PM- Costume Party & Cake (CKC) 12:30PM- Duplicate Bridge (OLL) 1-PM- Nickel, Nickel (RL) 1PM-Open-Play Beginner Pickleball (CLP) 2-3PM Office Hours (TH)</p> <p>31</p>	<p>LOCATION KEY CKC Christ the King Church CLP Cross Lane Park DS Dance Studio of Old Lyme FC First Congregational Church LL Lyme Library OLL Old Lyme Library RL Roger's Lake Clubhouse SA Saint Anne's Church TH Old Lyme Town Hall</p>

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Save The Dates

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

Mansions of the Vanderbilts with the Bow Tie Historian

When: Wednesday, October 2nd at 1 PM
Where: Old Lyme Town Hall; Big Meeting Room
Cost: Free for members

The Vanderbilts were one of the wealthiest Gilded Age families in the United States. Members of the family built impressive Gilded Age mansions that are still known today for their over the top decor. Some of these mansions survive to this day, others, like their fabulous Fifth Avenue palaces, only survive in photographs. Join us in exploring these Gilded Age mansions and the fascinating people who built them.

Medicare 101

When: Tuesday, October 8th & November 19th at 1 PM
Where: Old Lyme Town Hall; Big Meeting Room
Cost: Free for members

This year's Medicare Annual Enrollment period will have some of the biggest changes to Medicare plans in recent history. We'll see the most significant changes to prescription drug plans since the creation of Medicare Part D. This is due to the implementation of the Inflation Reduction Act of 2022. These changes also have the potential to impact medical benefits for 2025. Some people with higher cost prescriptions could benefit due to a lower cap but the majority of Medicare recipients could see an increase in drug cost. It's Important you understand how these changes impact you as an individual. This educational seminar will go into detail on the impact this legislation has on Medicare Part D. We'll also cover the changes in Medicare A and B as well as discuss impacts on Part C plans. The cost of Medicare and available assistance programs will be reviewed. There will be plenty of time allotted to answer questions and to address individual concerns.

Veterans Breakfast

When: Wednesday, October 16th at 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 OCTOBER 10TH for this event, as we need to order food. This month's breakfast will include pancakes with maple syrup, sausage, juice and coffee! 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!

Ladies Benevolent Society Luncheon

When: October 8th at 12 PM
Where: First Congregational Church of OL
Cost: \$3 cash only to the senior center, paid in advance.

Join us for this special luncheon put on by the Ladies Benevolent Society at the FCCOL. The menu and entertainment for this lunch will be in next month's newsletter. The cost for lunch is \$3; Payment and sign up will be done through the Senior Center and will be due by Tuesday, September 3rd. 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.

"Acupressure: A Guide to Self-Care for Common Ailments" Study Group

When: Wednesdays, October 9th & 23rd, November 13th & 20th at 1 PM

Where: Old Lyme Town Hall

Join our Acupressure Study Group offered by Teresa Resnick, LMT License Massage Therapist and Certified Reflexologist.

We'll use the book titled, "Acupressure Potent Points: A Guide to Self-Care for Common Ailments" by Michael Reed Gach to help guide us through this study group. The study group is free, but each participant must have access to the book which can be purchased on Amazon.

CPR (Hands Only) & How to Use an AED

When: Wednesday, October 16th at 1 PM

Where: Old Lyme Town Hall
Cost: Free for members

Our hands can do so many things, the most important of which may be saving someone's life. The power is in YOUR hands. This class is appropriate for anyone who wants to learn what to do if they see an adult or teen suddenly collapse. This class teaches: What is Cardiac Arrest?, What is Hands-Only CPR?, When do we do Hands-Only CPR?, How do we do Hands-Only CPR?, What is an AED & how does it work?

Save The Dates/Fall Prevention Tips/ Cancellations & Closures

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

Project "Thank You"

When: Tuesday, October 22nd at 1 PM

Where: First Congregational Church of OL

Cost: Free for members!

A fun & interactive program that puts gratitude into action. Tap into the power of thank you notes and learn how to spread joy! In this class you will:

- Learn how gratitude impacts our health and happiness
- Understand how thank you notes lift spirits
- Learn easy and fun ways to write great notes
- Write a thank you note!

Halloween Luncheon & Costume Contest

When: Thursday, October 31st at 12 PM

Where: Christ the King Church

Cost: \$3 for lunch (first 30 people who sign up & arrive in costume get lunch for free!)

Come help us celebrate Halloween while enjoying lunch! The first 30 people that sign-up for lunch AND come in costume get lunch for FREE! To sign-up for lunch, you must have a Form 5 on file AND call the Estuary at (860)388-1611 ext. 216, at least by the day before by 11 AM. We will be having a costume contest, with multiple prizes being awarded to those who dress up for our event. The prizes will be for different categories, so get creative!

October's Fall prevention tips

Light up your living space

Keep your home brightly lit to avoid tripping on objects that are hard to see.

Also:

- Place night lights in your bedroom, bathroom and hallways.
- Place a lamp within reach of your bed in case you need to get up in the middle of the night.
- Make clear paths to light switches that aren't near room entrances. Consider trading traditional switches for glow-in-the-dark or illuminated switches.
- Turn on the lights before going up or down stairs.
- Store flashlights in easy-to-find places in case of power outages.

New Horizons Band Performance

When: Tuesday, October 29th at 1 PM

Where: Christ the King Church

Cost: Free for members!

The New Horizons Bands are designed to give seniors a platform to learn a new instrument or to revive long lost skills on an instrument from their past. Come join us as we enjoy a musical afternoon!

Makeup For Mature Women

When: Tuesday, Nov. 12th at 1 PM

Where: Lyme Library

Cost: \$10 for members

The Lymes' Senior Center will be hosting a two-hour workshop with a professional makeup artist. In this workshop, you will learn how to create a makeup style that compliments your features. You will explore products, tools, and must haves for your makeup collection. This workshop will include "hands on" demonstrations.

Please bring your makeup and brushes with you to the program!

Limited capacity available pre-registration required.

The Vanderbilts Mansion Part II

When: Wed., November 6th at 1 PM

Where: Old Lyme Town Hall

The Vanderbilts were one of the wealthiest Gilded Age families in the United States. Members of the family built impressive Gilded Age mansions that are still known today for their over the top decor. Some of these mansions survive to this day, others, like their fabulous Fifth Avenue palaces, only survive in photographs. Join us in exploring these Gilded Age mansions and the fascinating people who built them.

Important Closures/Cancellations/Changes

- Town Hall Closed on October 14th– No Programs
- There is no Building Buzz Meeting in Oct., resumes Thurs. Nov. 21st 11:15
- Town Hall Closed November 11th, November 26th and November 27th in observation of Holidays

Proudly serving seniors 55 & better



Lymes' Senior Center

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Old Lyme Visiting Nurse Association

Some Things to Do:

- *Schedule your annual mammogram now and encourage your friends and family to do the same.*
- *Comfort a friend who is experiencing treatment---visit with them; grocery shop; prepare meals.*
- *Donate clothing or items to a cancer care center.*
- *Support the work of breast cancer advocacy organizations.*



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*The OLVNA is a proud supporter of the
2024 Terri Brodeur Breast Cancer
Foundation Walk.*

Contact us at:
860-434-7808
oldlymevna@gmail.com



October is Breast Cancer Awareness Month