

Lymes' Senior Center

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



APRIL 2025

PROUDLY SERVING SENIORS 55 AND BETTER!

Exercise Classes,
Services &
Games
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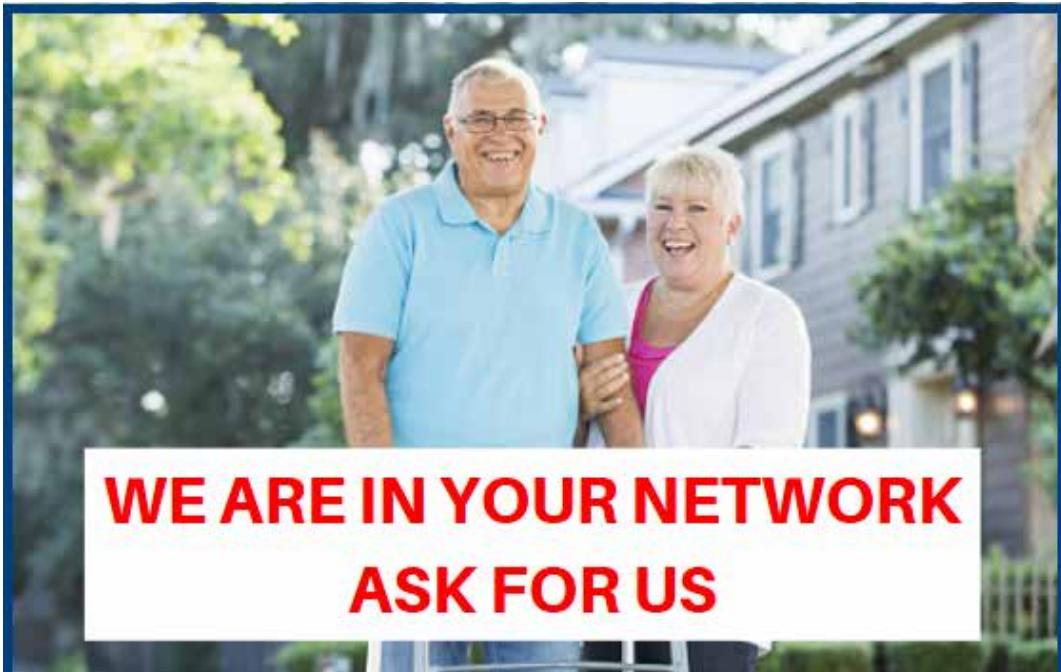
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Exercise Classes

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
 If you are an out-of-state visitor, you must become a member or pay \$8 per exercise class

Classes	Time & Duration	Cost & Equipment Needed
Why Weights Class	Mondays at 8:30 AM	\$5.00- Mat, weights
Tai Chi	Tuesdays at 8:30 AM	4-week session for \$30
Yoga On The Mat w/ Jessie	Tuesdays at 9:45 AM	\$5.00- Yoga Mat
Sit N Be Fit	Tuesdays at 10:30 AM	FREE
Fusion Class for Vitality and Balance	Tuesdays at 5:30 PM -Starts May 13th-	\$5.00 (introductory rate)
Rock What You Got Low Impact Class	Wednesdays at 9 AM -Starts May 14th-	\$5.00
Anything Goes Yoga	Wednesday at 10 AM	\$5.00- Yoga Mat
Slow Yoga	Wednesdays at 5:30 PM -Starts May 14th-	Rates on website: https://www.lynnmccarthyyoga.com/
Super Agers- Low Impact Cardio	Wednesdays at 6:30 PM -Starts May 14th-	Rates on website: https://www.lynnmccarthyyoga.com/
Why Weights Class	Thursdays at 8:30 AM	\$5.00- Mat, Weights
Evening Tai Chi	Thursdays at 4:00 PM -Starts May 15th-	\$5.00
Zumba Gold	Thursdays at 5:30 PM -Starts May 8th-	4-week session for \$30
Rock What You Got Low Impact Class	Fridays at 9 AM -Starts May 9th-	\$5.00
4S Chair Class (Stretch, Strength, Sit, Song)	Fridays at 10:15 AM	FREE
Country Line Dancing	Fridays at 2:15 PM	FREE- Shoes with a little slip (leather bottom)

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 -Schedule change starts in May-	\$15
Pedicures	Call or email for appointment -Schedule change starts in May-	\$30
Haircuts	April 14th by appointment	\$15
Blood Pressure Clinic	Daily M-F, 11 AM—1 PM	FREE
Medicare Choices Counseling	April 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	Resumes in May
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
Open Play Pickleball	Thursdays at 1 PM	Resumes in May
Cribbage	Fridays at 1:00 PM	Old Lyme Town Hall
Horseshoes	Fridays at 1:00 PM	Resumes in May

Art, Craft & Hobby Classes

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

Feathery Fronds & Leaves Craft

When: Tuesday, April 8th at 1 PM
Where: Old Lyme Town Hall

Cost: 2 Non-perishable food items for members
Join us as Kristee leads us through a craft class where we will be making fanciful leaf decorations out of cardboard! These decorations look beautiful in a vase, or just as art pieces around your home! Please bring a pencil, ruler, and scissors with you to the class.

Wednesday Walk with Wendy

When: Wednesday, April 16th; 10 AM—11:30 AM

Where: Rocky Neck Beach, Rte 156, Niantic CT
A beautiful wooded walk along the salt marshes toward the beach on Long Island Sound. Bring binoculars if you have them.
~2.5 miles

Directions: Meet at the parking lot on Rte 156 across from the KOA Campground, 271 Main Street (Rte 156), about .5 mile east of the intersection with Four Mile River Road.

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.

Kindness Project/ Rock Painting

When: Tuesday, May 20th, 2025 at 1 PM
Where: Dining Room

Cost: Canned Fruit

Join us for the first craft in our new building! We will be combining the kindness project with rock painting. Come by and paint a rock for yourself, and also help us paint rocks that will be distributed around the community to spread happiness! Make sure to sign up!

*to help us fill our pantry, we are asking for specific items for the donation cost of this craft.

Beginners Ballroom Dancing

When: Wednesday, April 9th and May 14th 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!

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!

Curiosity Club Kick-Off

When: May 13th at 1 PM
Where: Dining Room

Topic: The History of Shopping
Join us for the start of our monthly Curiosity Club! We'll start this group off by learning about the history of shopping, from the early department stores, to malls, to digital commerce. We'll watch short videos and have an interactive discussion. Stimulate your curiosity at a lively monthly discussion group led by Jude Carter. Join the fun and learn something new!

Important Information & Closures

Check out our new and updated page on the Old Lyme Town Hall Website! You will find a full calendar of events as well as our highlighted special events!

To access the website using the QR code, hold up your smartphone's camera to the code, and hover it while on the camera until a link pops up. Click the link to be directed to our website!

You can also check out the website the ol' fashioned way by going to:

<https://www.oldlyme-ct.gov/685/Upcoming-Events-Calendar>



Transportation Assistance

We would love to have everyone, regardless of transportation means, to join us at our senior center. For those of you who do not drive, there is still a way to get to our center! River Valley Transit is a local driving service that can take you where you need to go! The suggested donation for each ride is \$1.25 for qualified seniors. Please call (860)510-0429 to set up your ride or visit: <https://rivervalleytransit.com/services/>

Important Closures/ Cancellations/Changes

- No Office Hours April 7th—11th
- April 18th— Good Friday—Closed
- May 26th— Memorial Day

We have received numerous inquiries about missing or inaccurate information on the seniorcenterct.org website.

While we have used that website in the past, we are no longer using that website to advertise our programs. Please see the green box to the left to check out our page on the Old Lyme Town Hall Website

APRIL 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you are new to our programs, call the office to register and check program location.</p> <p>Is your birthday in April? If you are a member, and you attend our Birthday luncheon on Wednesday, April 30th, it's free - call the Estuary to sign up.</p>	<p>8:30AM-Tai Chi (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Cheese Tortellini, Pesto Cream Sauce, Italian Blend Veg, Mandarin Oranges (\$3) (CKC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p>	<p>10AM-Gentle Restorative Yoga (RL) 12PM-LUNCH- Ham w/Pineapple, Sweet Potatoes, Green Beans, Spiced Pineapple, Sugar Cookie (\$3) (CKC) 1PM- The History of Railroad Stations Part 2 (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM- Why Weight(s) (RL) 10:30AM-Manicures (\$15) (LL) 11AM- Blood Pressure Clinic CKC 12PM-LUNCH- (Un)Stuffed Cabbage Casserole, Carrot Coins, Peach Shortcake (\$3) (CKC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11:30AM-Pep Squad Practice (RL) 1PM- Cribbage (TH) 1PM- Parade Practice (RL) 2-3PM-Office Hours TH) 2:15PM Country Line Dancing (RL)</p>
<p>8:30AM- Why Weight(s)? (\$) (RL) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH)</p>	<p>8:30AM-Tai Chi (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Chicken, BBQ Sauce, Macaroni & Cheese, Spinach, Peaches (\$3) (CKC) 1PM-Feathery Fronds & Leaves Craft(TH) 1PM-Setback Card Game (SA)</p>	<p>10AM-Gentle Restorative Yoga (RL) 10AM- Ballroom Dancing (FC) 10AM-The "Knit Wits" Knitting Circle (OLL) 10AM-We Felt Like It (OLL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-Marinated Chicken, Herbed Rice, Mixed Veg, Pita Bread, Tzatziki Sauce, Fruit Juice, Butterscotch Pudding (\$3) (CKC)</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 10:30AM-Pedicures (\$25) (LL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-Baked Salmon w/cucumber & Dill, Lentil & Rice Pilaf, Asparagus Blend Veg, Pineapple (\$3) (CKC) 12:30PM- Duplicate Bridge (TH) 1PM- Nickel, Nickel (RL)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 1PM- Cribbage (TH)</p>
<p>8:30AM- Why Weight(s)? (RL) 9AM- Haircuts (\$15) (LL) 11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi (RL) 9:45AM-Yoga on the Mat (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- American Chop Suey, Elbow Noodles, Bolognese Sauce, Mixed Veg, Cornbread Muffin, Mandarin Oranges (\$3) (CKC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p>	<p>9:45AM- Veterans Coffeehouse (SA) 10AM-Gentle Restorative Yoga (RL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Roasted Chicken, Mushroom Gravy, Rice Pilaf, Sonoma Blend Veg, Pineapple (\$3) (CKC) 1PM- Sleep Tips(TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM- Why Weight(s)(\$)(RL) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-Beef Stroganoff, Buttered Noodles, Brussel Sprouts, Brownie, Fruit Juice (\$3) (CKC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11:30AM-Pep Squad Practice (RL) 1PM- As the Page Turns Book Club (LL) 1PM- Cribbage (TH) 1PM- Parade Practice (RL) 2-3PM-Office Hours TH) 2:15PM Country Line Dancing (RL)</p>
<p>11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH- Chicken Parmesan, Penne Noodles, Italian Blend Veg, Garlic Knot, Pineapple (\$3) (CKC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p>	<p>10AM-Gentle Restorative Yoga (RL) 10AM-The "Knit Wits" Knitting Circle (OLL) 10AM-We Felt Like It (OLL) 11AM- Blood Pressure Clinic (CKC) 12PM- LUNCH-Battered Fish, French Fries, Cole Slaw, Baked Beans, Banana (\$3) (CKC) 2-3PM Office Hours (TH)</p>	<p>11AM- Blood Pressure Clinic (CKC) 12PM-LUNCH-Pork Roast, Apple Sage Stuffing, Sweet Potatoes, Brussel Sprouts, Apple Sauce, Oatmeal Raisin Cookie (\$3) (CKC) 12:30PM- Duplicate Bridge (OLL) 1PM- Nickel, Nickel (RL) 2-3PM Office Hours (TH)</p>	<p>10AM- Painting Workshop (SA) 10:15AM- 4S Class (RL) 11AM- Blood Pressure Clinic (LL) 11:30AM-Pep Squad Practice (RL) 1PM- Cribbage (TH) 1PM- Parade Practice (RL) 2-3PM-Office Hours TH) 2:15PM Country Line Dancing (RL)</p>
<p>11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 1PM- Gold Rush-Historical Lecture (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 11:30AM-Coffee with Martha (CKC) 12PM-LUNCH-Baked Cod, Lemon Piccata Sauce, Rice Pilaf, Green Beans, Pineapple (\$3) (CKC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p>	<p>10AM-Gentle Restorative Yoga (RL) 11AM- Blood Pressure Clinic (FC) 12PM-BIRTHDAY LUNCH-Beef Tips w/Gravy, Mashed Potatoes, Broccoli, Fruit Juice, Birthday Cake (\$3) (CKC) 2-3PM Office Hours (TH)</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>KEY Green: Exercise Class Red: New Events Purple: Special Events Blue: Services Pink: Art/Craft Classes/Groups</p> <p>LOCATION KEY CKC Christ the King Church 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>
<p>11AM- Blood Pressure Clinic (TH) 12:45PM- Bridge (TH) 1PM- Gold Rush-Historical Lecture (TH) 2-3PM Office Hours (TH)</p>	<p>8:30AM-Tai Chi (RL) 10:30AM- Sit n Be Fit (CKC) 11AM- Blood Pressure Clinic (CKC) 11:30AM-Coffee with Martha (CKC) 12PM-LUNCH-Baked Cod, Lemon Piccata Sauce, Rice Pilaf, Green Beans, Pineapple (\$3) (CKC) 1PM-Setback Card Game (SA) 2-3PM Office Hours (TH)</p>	<p>10AM-Gentle Restorative Yoga (RL) 11AM- Blood Pressure Clinic (FC) 12PM-BIRTHDAY LUNCH-Beef Tips w/Gravy, Mashed Potatoes, Broccoli, Fruit Juice, Birthday Cake (\$3) (CKC) 2-3PM Office Hours (TH)</p>	<p>events quarterly magazines www.eventsmagazines.com</p> <p>William McMinn D 860.767.0329 T 860.767.9087 F 860.767.0259 wmcminn@essexprinting.com 18 Industrial Park Road P.O. Box 205 Centerbrook, CT 06409</p>	<p>3 DIMENSIONAL POSTURAL ALIGNMENT SELF ELONGATE EXPANSION BREATHING CREATE SPACE OPEN CONCAVITIES GROW TALL IN LINE PHYSICAL THERAPY</p> <p>"A Concierge Physical Therapy treatment for all postural mal-alignments. At In Line PT, you will receive an individually designed exercise program that will decrease your pain, improve your breathing and regain your best functional mobility.</p> <p>Sharon Hallahan, PT, SSOL Scroth Certified, SEAS Certified sharon@inlinapt.com 860-501-2272 Elongating Spines To Be In Line www.inlinapt.com</p>

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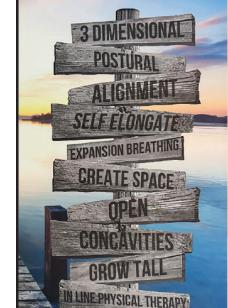
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Save The Dates- April and May

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

Railroad Stations Part 2 Concentrating on American Railroads for this lecture

When: Wednesday, April 2nd at 1 PM
Where: Old Lyme Town Hall
Cost: Free for members

Join us for an amazing lecture, presented by the Bow Tie Historian!

Veterans Coffeehouse

When: Wednesday, April 16th at 9:45 AM
Where: Saint Ann's Church
Cost: Free Veterans' Event

Sleep Tips

When: Wednesday, April 16th at 1 PM
Where: Old Lyme Town Hall
Cost: Free for members, \$10 for non-members!

Did you know that during restorative sleep the body not only rests and recharges, it also cleans the brain of toxins and debris, consolidates memories, repairs tissues and organs, and grows new cells, including brain cells? Come learn about tips to improve sleep and restorative rest!

Parade Practice

When: Fridays in April & May at 1 PM
Where: Rogers Lake Clubhouse
Cost: FREE for those who have marched with us before, \$5.00 for T- Shirt for new participants

This is practice for the Memorial Day Parade, led by Stephanie, all are welcome to join, no dancing experience needed. This group will meet every Friday at 1:15 PM (except April 11th) in Town Woods Park Parking lot up until the Memorial Day Parade.

***Participants do not need to make rehearsal every week, but need to let Stephanie know by April 6th to get t-shirt sizes.

Gold Rush- Historical Lecture

When: Monday, April 28th at 1 PM
Where: Old Lyme Town Hall
Cost: Free for members!
Join us for a fantastic historical lecture, presented by Mallory Howard, curator of the Mark Twain House!

Exercise Expo & Demo Day

When: Wednesday, May 7th (9-3pm)
Where: Lymes' Senior Center!!!

Cost: Free (This is a members only event)

Come join us for a part or full day of exercise demo classes! We will be having all of our exercises in one day, broken down into 15 minute segments so you can try them out before you commit! Next month's newsletter will have an in depth schedule of what this day will look like!

Boxed lunch from Coffee's

When: Monday, May 12th at 12:30 PM
Where: Dining Room- Eat-In ONLY/ No Take-Out
Cost: \$7 CASH for members only

Your choice of a **turkey club** wrap (w/ turkey, bacon, lettuce, tomato, and mayo on a plain wrap), a **smoked ham wrap** (w/ smoked ham, swiss cheese, roasted red peppers, red onion, green lettuce, mayo and Dijon mustard), a **tuna wrap** (w/ provolone cheese, lettuce and tomatoes), or a **grilled veggies wrap** (spinach wrap w/ grilled tri-colored peppers, zucchini, summer squash, onions, mushrooms, garlic herb spread). All wraps come with a bag of chips and a bottle of water. Registration and cash payments will be due by Mon., May 5th by 12 PM.

Pizza Party

When: Monday, May 5th at 12 PM
Where: Dining Room
Cost: Free for Members

Join us as we kick-off the celebration in our new building with a pizza party! Please register for this event by Wednesday, April 30th by 12 PM!

More FREE May Events

- Tuesday, May 6th at 1pm- **The New Horizon's Band Performance**
- Monday, May 12th at 1 PM- **Lyme Village Voices Performance**
- Wednesday, May 14th at 1 PM- **Functional Fitness Presentation**
- Tuesday, May 20th at 1 PM- **Ice Cream Social**
- Wednesday, May 21st at 1 PM- **Tips to Managing Stress**
- Tuesday, May 27th at 1 PM- **Dr. Suess Historical Lecture**
- Wednesday, May 28th at 1 PM- **Historical Lecture with Bowtie Historian**

New Exercise Classes Starting in May

Evening Tai Chi with Ted

Thursdays at 4:00 PM; Starts May 8th

This class involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Benefits can include: improved flexibility, balance, and strength, improved posture, increased vitality and focus, reduce the risk of falls and injury, pain management, improved immune function, and enhanced energy levels and stamina.

Zumba Gold with Monica

Thursdays at 5:30 PM; Starts May 8th

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Rock What You Got Low Impact Class

Wednesdays & Fridays at 9 AM; Starts May 9th

Mellisa Chupka has been an aerobics instructor for 30 years. Class will consist of low impact movements to get your heart rate up, core work, and strength training for all your muscles. All movements will be choreographed to fun music and will done from a standing position. Bring a water bottle and your positive energy!

Slow Yoga with Lynn McCarthy

Wednesdays at 5:30 PM & Saturdays at 9 AM; Starts May 10th

This is breath-centered, healing yoga practice grounded in tradition & science. Allowing time for mindful transitions, this measured movement is a guiding path towards well-being, ease, and the ebbing of pain. Whether you are just getting back to yoga or a practiced student, this class is for you. This comprehensive session brings together breathing techniques (pranayama), postures (asana), mudra, yoga philosophy, meditation techniques and deep relaxation; tools to support managing stress, pain, and anxiety, while supporting overall well-being. Please bring a yoga mat to class.

Fusion Class for Vitality and Balance with Jen

Tuesdays at 5:30 PM; Starts May 13th

Come join us for a fun and relaxing creative movement class, blending mindful, centering yoga postures with the flowing, gentle movements of Qigong. The benefits of this fusion practice will include enhancing your balance, flexibility, and posture, while cultivating a sense of calm and well-being. Primarily a standing practice, the class will conclude with gentle stretches and a guided relaxation - either reclining or seated as you prefer. No yoga or qigong experience is required.

Anything goes Yoga with Kris

Wednesdays at 10:15 AM; Starts May 14th

This class incorporates balance, breathing, core strengthening, and fluid movement to keep people mobile, flexible, and strong. Instructor Kris Reaske, who has been a wellness and fitness coach for over 30 years, addresses any challenges experienced by her students that impede their mind, body, and spirit connection. Please bring a yoga mat to class.

Super-Agers: Low-Impact Cardio with Lynn McCarthy

Wednesdays at 6:30 PM; Starts May 14th

Unlock your superpower and become a *Super-Ager*! Stay active and energized with this gentle, fun, and effective cardio class designed specifically for us seniors! Through low-impact movements, step exercises, and resistance routines, you'll boost your heart health, build strength, and enhance mobility—all while being kind to your joints.



Lymes' Senior Center

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Old Lyme Visiting Nurse Association

LAUGHTER IS
THE BEST MEDICINE



Laughter brings happiness and joy to our emotional well-being.

Laughter makes us feel good, as it relaxes our muscles, increases blood flow and boosts our heart rate.

Try these tips:

Share a funny joke each day.

Surround yourself with funny people.



Give us a call. Let us help you.
860-434-7808

April is National Humor Month