

The Lisbon Link

August/September 2015

LOOKING FOR

CRAFTERS

No Experience Needed

Free Supplies

Free Coffee/Tea

Learn or Teach

Great Fun!

JOIN US

FRIDAY MORNINGS

9:30

AIR CONDITIONED!!

AT A GLANCE

Thursday August 6th

- ♦ Wrights Chicken Farm 10:30

Thursday, August 13th

- ♦ Birthday Cake 12:00

Sunday August 16th 11:15

- ♦ Bradley Playhouse
- ♦ Spamalot!!

Wednesday, August 19th 10:30

- ♦ Picnic

Tuesday, August 25th 11:30

- ♦ Make your own Pizza

Wednesday, September 2nd 12:00

- ♦ Medicare Savings Program
IMPORTANT INFORMATION

Tuesday, September 15th 12:00

- ♦ Birthday Cake

Friday, September 18th 10:45

- ♦ Country Jamboree
- ♦ Port-Starboard

Wednesday, September 23rd 8:30

- ♦ The Big E—CT Day

Friday, September 25th 9:00


- ♦ Breakfast
- ♦ Make your own omelet

Sunday, September 27th

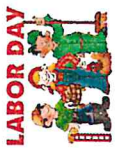

- ♦ Ivoryton Playhouse
- ♦ Little Shop of Horrors

August 2015

Sun Mon Tue Wed Thu Fri Sat

						1
2	3 11:30 Lunch 12:30 Drawing Pickleball 7:00 COA	4 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	5 9:30 Chair caning, carving 11:30 Lunch 12:30 Shooting Stars EX 6:00 Pickleball	6 9:30 Exercise 10:30 Rummicub 10:30 <u>Wrights Chicken Farm</u> 11:30 Lunch 12:15 Bingo	7 9:30 Crafting 11:30 Lunch 1:00 Rummicub	8
9	10 10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing 6:00 Pickleball	11 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	12 9:30 Chair caning, carving 11:30 Lunch 12:30 Shooting Stars 12:30 The yarn club 6:00 Pickleball	13 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 <u>Birthday Cake</u> 12:15 Bingo	14 9:30 Crafting 11:30 Lunch 1:00 Rummicub	15
16  Bradley Playhouse Leave 11:15 sharp Lunch on your own at The Courthouse	17 11:30 Lunch 12:30 Drawing 6:00 Pickleball	18 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	19 9:30 Chair caning, carving 10:30 <u>PICNIC</u> 11:30 Lunch 12:30 The yarn club 6:00 Pickleball	20 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	21 9:30 Crafting 11:30 Lunch 1:00 Rummicub	22
23 30	24 11:30 Lunch 12:30 Drawing 6:00 Pickleball 31	25 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 <u>PIZZA</u> 12:15 Wii bowling	26 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club 6:00 Pickleball	27 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	28 9:30 Crafting 11:30 Lunch 1:00 Rummicub	29

September 2015

Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Exercise 9:30 Quilting 10:30 Rummicub 12:15 Wii bowling	2 9:30 Chair caning, carving 11:30 Lunch 10:15 Shooting Stars EX <u>12:00 Medicare Savings Presentation</u> Pickleball	3 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	4 9:30 Crafting 11:30 Lunch 1:00 Rummicub	5
6 CLOSED LABOR DAY 	8 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	9 9:30 Chair caning, carving 11:30 Lunch 12:30 Shooting Stars 6:00 Pickleball	10 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	11 9:30 Crafting 11:30 Lunch 1:00 Rummicub	12
13	14 10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing 6:00 Pickleball	15 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch <u>12:00 Birthday Cake</u> 12:15 Wii bowling	16 CLOSED Preliminary Voting	17 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	18 9:30 Crafting <u>10:45 Country Jamboree</u> 11:30 Lunch 1:00 Rummicub
20	21 11:30 Lunch 12:30 Drawing 6:00 Pickleball	22 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	23 <u>8:30 THE BIG E</u> 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club 6:00 Pickleball	24 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	25 <u>9:00 Breakfast</u> 9:30 Crafting 11:30 Lunch 1:00 Rummicub
27  Ivoryton Leave 10:30sharp Lunch on your own at Fish Tale	28 11:30 Lunch 12:30 Drawing 6:00 Pickleball	29 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	30 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club 6:00 Pickleball		

Important Information Session
MEDICARE SAVINGS PROGRAM
Wednesday, September 2nd at 12:00

SPONSERED BY:

You've worked hard, It's your money



Medicare Improvements for Patients and Providers Act (MIPPA)

Under the Medicare Improvements for Patients and Providers Act of 2008 (MIPPA), states received funding to help Medicare beneficiaries apply for the Medicare Part D Extra Help/Low-Income Subsidy (LIS) and the Medicare Savings Programs (MSPs).

It could add \$104.90 back into your Social Security check each month.

Help pay your Medicare Part "D" monthly premium

Help with your Medicare Part "D" deductibles

All pertinent information about the program will be provided along with applications, and several contacts who are available to assist you with further questions and the application process.

Presentation by Shayla Del Giudice, Independent Living Advocate / MIPPA Coordinator at Access Independence, Inc.

Sally Huck from Senior Resources will also be here for your questions and help with forms.

"Funded by CT's State Department on Aging with financial assistance, in whole or in part, through funds from the Administration for Community Living"



MONTY PYTHON'S SPAMALOT

Sunday, August 16th

BRADLEY PLAYHOUSE

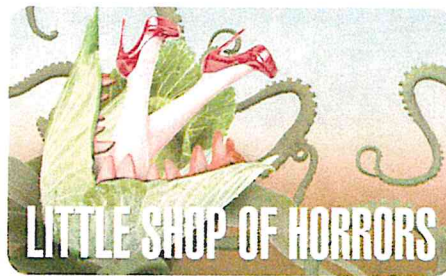
Show is at 2:00 Price is \$28*

Bus leaves Lisbon at 11:15 SHARP

Lunch on your own at The Courthouse

Join Arthur, Lancelot, Galahad, Sir Robin, and all the Knights of the Round Table! For God, the almighty and all knowing, has misplaced a cup, and these gallant souls are determined to find it. "Lovingly ripped off from the motion picture, Monty Python and the Holy Grail," this production will "delight arts patrons everywhere."

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Sunday, September 27th

IVORYTON PLAYHOUSE

Show is at 2:00 Price is \$40*

Bus leaves Lisbon at 10:30 SHARP

Lunch on your own at Fish Tale

The charming, tongue in cheek musical comedy of Seymour who stumbles across a new breed of plant he names "Audrey II" – after his coworker crush, has been devouring audiences for over 30 years. The music, in the style of early 1960's rock and roll, doo-wop and early Motown, includes several well-known tunes, including the title song, "Skid Row (Downtown)", and "Suddenly Seymour".



FARMERS' MARKET

Thursdays
Late June - Late September
3:30 P.M. - 6:30 P.M.

At Lisbon Meadows Park, Route 169, Lisbon, CT

Join us each Thursday at the Lisbon Farmers' Market for some of the finest locally grown vegetables, fruits, meats, dairy products, baked goods, organic and heritage produce, and more!

See our website or Facebook page to learn about our Special Markets throughout the season.



*Would you like to be a Vendor? Would you like to be a Market Sponsor?
Visit our website for forms, applications and general information!*

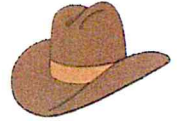
www.lisbonfarmersmarket.com

Supporting *Local Farmers* and the *Good Health* of the Community!





Join us for a day of Country Music



The Senior Centers of SECT present **The Country Jamboree Band**

Featuring the music of
Hank Williams, Patsy Cline, Johnny Cash,
Tammy Wynette, Merle Haggard, Loretta Lynn & many more

Friday, September 18th from 11:30am to 3:30pm

Port-Starboard at Ocean Beach Park

Tickets: \$25.00

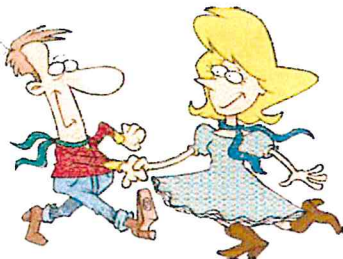
Checks made out to "*Senior Resources*"

Register at your local Senior Center by September 8th

**Grab your cowboy boots & hats - Put on your best
country outfit and get ready to kick up your heels**

YeeHaw!

Transportation: \$5.00/person payable to *The Shooting Stars*



Meal Choice:

Fillet of Sole w/Scallop & Crab Stuffing

Boneless Breast of Chicken Stuffed with Spinach & Ricotta

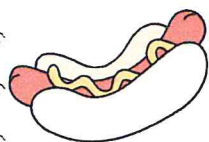
Baked Pork Loin Served w/Apple Sauce



Thursday, August 6th

\$20 per person
Paid at time of sign up

Bus leaves at 10:30 sharp



ANNUAL PICNIC/FAIR



Wednesday, August 19th

Hot dogs

Beans

Potato Salad

Popcorn

Ice Cream

10:30 - 2:00

\$5.00

FOOD / GAMES / PRIZES!!!

Bingo, Gift Cards, Free Lunch

**AND MORE—COME JOIN
THE FUN!!**



POP THE BALLOON

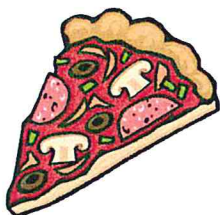


INDOOR MINI-GOLF

Tuesday, August 25th

Make your own pizza

\$3.00



Friday, September 25th

9:00 BREAKFAST

Make your own Omelet!



\$3.00

What is Pickleball?

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn.

The USAPA currently estimates there are now over 400,000 players actively playing pickleball.

• Pickleball facilities are located in all 50 states.

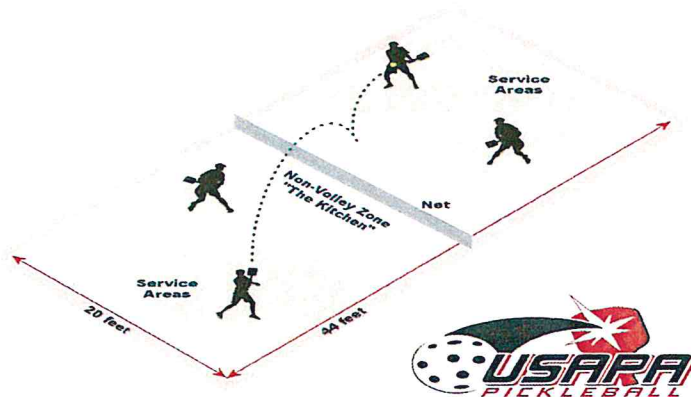
Seniors enjoy the social aspects and the ability to stay active

Brief History

Pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, WA. Three dads whose kids were bored with their usual summertime activities are credited for creating game. Pickleball has evolved from original hand made equipment and simple rules into a popular sport throughout the US and Canada. The game is growing internationally as well with many European and Asian countries adding courts.

The Court

In pickleball, the same court is used for both singles and doubles play. The net height is 36 inches at the sidelines and 34 inches in the middle. The court is striped similar to a tennis court with right and left service courts and a 7-foot non-volley zone in front of the net (referred to as the “kitchen”). Courts can be constructed specifically for pickleball or they can be converted using existing tennis or badminton courts.



Equipment

When playing pickleball, each player will need a pickleball paddle, which is smaller than a tennis racquet but larger than a ping-pong paddle. The ball itself is unique, with holes through it like a wiffleball and there are different ball models intended for indoor and outdoor play. The ball travels at 1/3 the speed of a tennis ball and is usually white or yellow in color.

Looking for new players

**Every Monday and Wednesday—6pm at the
Lisbon Meadows tennis courts**



COME FOR LUNCH

In our air conditioned dining room!

Place order by 11:15 and you will be served at 11:30

Name _____

Date _____

__ SANDWICH \$3.00

__ 1/2 SANDWICH \$1.50

Tuna Salad Chicken Salad

Egg Salad Ham Salad

Toasted Cheese

BREAD __wheat __white

__ Hot dog \$2.00

__ COLD SALAD PLATE \$3.00

Tuna Salad Chicken Salad

Egg Salad Ham Salad Hot dog

__ SOUP \$1.50

__ Hard-boiled egg \$0.50

__ Cucumber slices \$0.50

__ Tomato slices \$0.50

__ Chips \$0.50

__ Pudding __reg/ __diet \$0.50

Jello __reg/ __diet \$0.25

Soda __reg/ __diet \$0.50

TOTAL _____

Allergies – let us know

Pay when you pick up your lunch

**\$25 for
Bus & Ticket**

**THE
BIG E**

Leave Lisbon

8:30 sharp

Leave Big E

6:00 Sharp



Connecticut Day

Wednesday, September 23rd

HUMANE SOCIETY DONATIONS WANTED



ITEMS NEEDED

CLEANING SUPPLIES:

Clorox

“Awesome” cleaner – available at The Dollar Store

ITEMS:

Old towels

Beds

Food & Water Dishes

Toys

Leashes

Blankets (small ones)

Unopened bags or cans of food

Treats

New Brushes or Combs

Cages for transport

Monetary donations are always in need

**WE WILL COLLECT FROM
AUGUST 10TH TO AUGUST 30TH**

**SUSAN SHUELL WILL DELIVER SHORTLY AFTER THAT
THERE IS A TABLE SET UP IN THE ACTIVITY ROOM**

Lisbon's Longevity Link

Published by
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Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351

PRST STD
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Issue August/September 2015

RETURN SERVICE REQUESTED

Lisbon Senior Center

Monday – Friday
9:00 am – 3:00 pm
860-376-2329

Board of Selectman

Thomas Sparkman
Robert Browne
Daniel Ostrowski

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

Van Driver

Vikki

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for vibrant folks looking for a club-like setting that includes socialization, activities, trips, classes, information, etc.

Transportation is available for Lisbon residents for the following: doctor and dentist appointments; banking; hairdresser or barber; shopping and pharmacy; to the Senior Center, etc. For a ride, call the Senior Center 860-376-2329 as soon as you have your appointment. For all other rides, call Monday of that week to set up a time with our van driver.

Restaurant style, made-to-order lunches are served daily at 11:30 am.

Help is available for paperwork, applications and insurance decisions.

Services are available for maintaining the health, independence and well-being of our town's treasured seniors.

Our **Sunshine Committee** sends cards to those who are enduring a loss or who are ill. Call Carolyn 860-376-9770 with the name and address of those who should receive a card.