

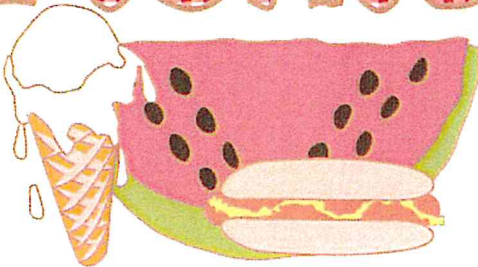
The Lisbon Link

August/September 2017

Wednesday, August 23rd

10:30am

PICNIC



& FAIR

Join in the FUN
games & prizes!

\$5.00

You may request to be put on
our email distribution by
emailing:

kwashington@lisbonct.com

Newsletter is posted on the
Town Hall website

lisbonct.com

An up-to-date, complete list of
all activities can be found at our
senior center combined website:

seniorcenterct.org/lisbon

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **12:30 Drawing**

TUESDAYS

- **9:30 Exercise**
- **9:30 Quilting**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

WEDNESDAYS

- **9:30 Caning,
Carving &
Basket Making**
- **12:30 Yarn Club**

THURSDAYS

- **9:30 Exercise**
- **10:30 Rummikub**
- **12:00 Bingo**

FRIDAYS

- **9:30 Crafting**
- **10:00 Pokeno**

LUNCH SPECIALS...PAGE 5
TRIPS.....PAGE 6

**See Calendar for
other events**

August 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 9:00 <i>Thimble Islands</i> 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	2 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	3 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	4 9:30 Crafting 10:00 Pokeno 11:30 Lunch	5
5	7 11:30 Lunch 12:30 Drawing 7:00pm COA	8 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	9 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	10 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	11 9:30 Crafting 10:00 Pokeno 11:30 Lunch	12
13	14 11:30 Lunch 12:30 Drawing	15 9:00 Exercise 9:30 Quilting 10:00 <i>Essex Steam Train</i> 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	16 9:30 Chair caning baskets/carving 11:30 Lunch 12:00 <i>Birthday Cake</i> 12:30 Yarn Club	17 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	18 9:30 Crafting 10:00 Pokeno 11:30 Lunch 12:00 <i>Paint-a-Long</i>	19
20	21 11:30 Lunch 12:30 Drawing	22 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	23 9:30 Chair caning baskets/carving 10:30 <i>Picnic</i> 12:30 Yarn Club	24 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	25 9:00 <i>New London Senior Center</i> 9:30 Crafting 10:00 <i>Book Club</i> 10:00 Pokeno 11:30 Lunch	26
27	28 10:45 <i>Groton Sr Ctr</i> 11:30 Lunch 12:30 Drawing	29 9:00 Exercise 9:30 Quilting 10:30 Rummikub 10:30 <i>Make your own pizza</i> 12:15 Wii Bowling	30 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club 12:45 <i>Ivoryton Playhouse</i>	31 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo		

September 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
3	4 Labor Day 	5 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	6 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	7 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	8 9:30 Crafting 10:00 Pokeno 11:30 Lunch	9
10	11 11:30 Lunch 12:30 Drawing 7:00pm COA	12 9:00 Exercise <i>9:30 Aqua Turf</i> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	13 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:00 Birthday Cake</i> 12:30 Yarn Club	14 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	15 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Paint-a-Long</i>	16
17	18 11:30 Lunch 12:30 Drawing	19 9:00 Exercise 9:30 Quilting 10:30 Rummikub <i>12:00 Tacos</i> 12:15 Wii Bowling	20 <i>8:30 The Big E</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	21 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	22 9:30 Crafting 10:00 Pokeno <i>10:45 Regional Event</i> 11:30 Lunch	23 <i>8:30 Bourne Scallop Festival</i>
24 <hr/> 31	25 11:30 Lunch 12:30 Drawing	26 <i>9:00 Fall Breakfast</i> 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	27 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	28 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	29 9:30 Crafting <i>10:00 Book Club</i> 10:00 Pokeno 11:30 Lunch	30

Do you know how decisions affecting the Senior Center are made? Do you know who makes them? Do you know about the **TOWN OF LISBON COMMISSION ON AGING (COA)**? This is a small group of appointed volunteers who meet once a month (first Monday at 7pm) to discuss all manner of issues relating to our Senior Center. These folks work to develop the Senior Center budget; consider and revise (if necessary) the Policies and Procedures handbook and Commission by-laws; hear reports on attendance, programs and activities taking place at the Center; approve/ratify bills to be paid out of the Senior Center budget; make recommendations to the Board of Selectmen regarding Commission membership, building and transportation issues; suggest development of activities addressing Senior concerns and education. Come sit in on a meeting to see how we shape our Center for everyone it benefits.

If you are interested in being a part of this decision making arm of our town government, contact Karen at the Senior Center (860 376-2329 or kwashington@lisbonct.com) or Commission chairperson Lee Szruba (860 376-9510 or leeshrub@att.net). And you don't need to be a senior either!

ARE YOU DUE FOR A



Senior Resources provides preliminary screening for many federal, state and/or local benefits or supports. These programs include energy assistance, Connecticut Home Care Program for Elders, Prescription, SNAP (food stamps), Medicaid (Title 19), Medicare, Veteran Benefits, Energy, etc. including Tax Relief, Supplemental Security Income and much more.

It is completely confidential. Your name or social security number is not required.

Held every 2nd Tuesday of the Month by appointment

Give us a call at 860-376-2329 to sign up

You will need to provide the following when you arrive

- | | |
|--|--|
| • State & zip code | • Veteran status for self and spouse |
| • Date of Birth for self and spouse | • Employment history for self and spouse |
| • Type of residence (house, apt. or mobile home) | • Current income and assets |
| • Length of time in residence | • Estimate of current expenses |
| • Names of prescribers/medications | |



Wednesday, September 13th
9am-12pm

FOOT HEALTH CENTER

Dr. Thomas H. Walter, D.P.M

OPENINGS AVAILABLE

Call for appointment

860-376-2329

Bring insurance cards & photo ID. Most insurances accepted (no Title 19 or Husky). Co-pays & deductibles apply. House calls available for housebound patients. If non-covered: cost is \$45 for initial visit and \$35 for follow up visits.

HUMANE SOCIETY DONATIONS WANTED



ITEMS NEEDED

- | | |
|---|------------------|
| Clorox | Treats |
| Old towels | Blankets (small) |
| Beds | Toys |
| Food & Water Dishes | Leashes |
| Cages for transport | |
| New Brushes or Combs | |
| Unopened bags or cans of food | |
| "Awesome" cleaner – available at The Dollar Store | |
| Monetary donations are always in need | |

**WE WILL COLLECT FROM
AUGUST 10TH TO AUGUST 31ST**

LUNCH SERVED DAILY

11:30 (order by 11:15)

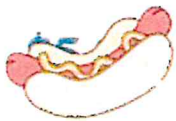
Sandwiches • Salads • Homemade Soups

*** Weekly Specials ***

WEDNESDAY, AUGUST 23rd

10:30

ANNUAL PICNIC/FAIR



\$5



Hot dogs
Beans
Potato Salad
Popcorn
Ice Cream



POP THE BALLOON



INDOOR HORSE RACES

PRIZES

Gift Cards, Lunch, Trip

AND MORE.....COME JOIN THE FUN!!

MAKE YOUR OWN PIZZA

Tuesday, August 29th 10:45



\$3.50

MAKE YOUR OWN TACOS



Tuesday, Sept 19th 11:30

2/\$3.00

Fall BREAKFAST

Golden Oven Omelet



FRESH FRUIT

TUESDAY, SEPTEMBER 26TH 9:00

\$3.00

AS OF AUGUST 1ST ALL TRIPS MUST BE PAID IN FULL WITHIN 1 WEEK OF TRIP

THIMBLE ISLANDS



Relax and enjoy a 45 minute narrated cruise
around the Thimble Islands

Tuesday, August 1st - Leaving at 9:00

Then lunch on your own at



\$20 for Bus and Cruise

BUS TRIP



The New London Senior Center

has graciously invited us to visit their center

They will be hosting:

10:00 Bingo

11:30 Lunch

with entertainment to follow

FRIDAY, AUGUST 25TH

Bus leaves Lisbon

9:00am SHARP

Let's take this opportunity to meet
and enjoy time with our neighbors

\$5 for bus

Bus trip to the Groton Senior Center for:



MONDAY, AUGUST 28TH

Bus leaves Lisbon

10:45am SHARP

Lunch special

**other delicious items available
including a full salad bar!!**

Only \$1 for the bus!!

Wednesday, September 20th

Bus leaves Lisbon
at 8:30 SHARP

**THE BIG E
Connecticut Day**



**\$30 Payable to
"The Shooting Stars"**

Includes Bus and Ticket

Save the date:

Ham & Bean w/Auction by Judy – October 4th

Essex Steam Train Lunch Excursion – October 10th

Thames River Cruise (History of the Coast Guard) – October 14th

Open House/Pen Turning – October 21st

Pot Luck w/Turkey – November 9th

Aqua Turf/Cher & Elvis – November 14th

AQUA TURF

TUESDAY, SEPT 12TH

Leaving at 9:30

WELCOME TO MOTOWN!

Featuring Marva Scott as Diana Ross & Tina Turner
and

CP Lacey as Stevie Wonder & James Brown !



Marva Scott as Diana Ross

Bus & Ticket \$55

Join the **LUNCH BUNCH** w/Tom & the Senior Van
He will take you to a mystery restaurant

August 30th & Sept 27th

Van leaves @ 11:30-Call 860-376-2329

Limited seating



Annual Regional Senior Centers Event

Friday, September 22, 2017

11:30 am to 3:00 pm

at the Port 'n Starboard at Ocean Beach

Wear your best Ritz & Glitz—Roaring 20's Attire!

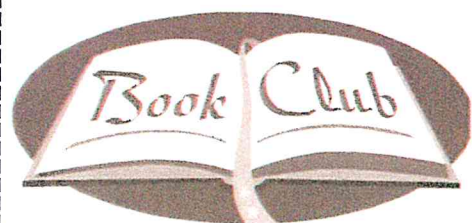
*Buffet Dinner: Prime Rib, Rosemary Chicken, Vegetables,
Red Roasted Potatoes, Rolls, Coffee, Dessert & Cash Bar*

Entertainment: Airborne Jazz

Cost: \$25.00 per person

Make checks payable to "Senior Resources"

Transportation is available for an additional \$5pp.



with Judy

Friday, August 25th

Those Girls – Chevy Stevens

Friday, Sept 29th

Orphan Train – Christina Baker Kline

10:00 AM

Paint-a-long w/The Art House

FRIDAY, August 18th

FRIDAY, September 15th

12:00

**TAKE HOME YOUR OWN
UNIQUE FINISHED PIECE OF ARTWORK**

\$12 (all supplies)



Call 860-376-2329 to SIGN UP TODAY

Lisbon's Longevity Link

Published by
Lisbon Commission on Aging
Lisbon Senior Center
11 Newent Road
Lisbon, CT 06351

Issue August/September 2017

RETURN SERVICE REQUESTED

Lisbon Senior Center

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

Board of Selectman

Thomas Sparkman
Robert Browne
William Surfus

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

Van Driver

Tom Szafranski

Nutrition Site Server

Glenda White

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.