

The Lisbon Link

June/July 2017



LET'S GET OUTSIDE
AND ENJOY THIS
BEAUTIFUL WEATHER

TRAINS, RIVERBOATS & FERRIES!

See page 6

LISBON FARMERS' MARKET

Starts Thursdays 3:30-6:30 - end of June

Senior Day July 20th

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

MONDAY

- 12:30 Drawing

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

- 9:30 Crafting

LUNCH SPECIALS...PAGE 5

TRIPS.....PAGE 6

**See Calendar for
other events**

SPECIAL EVENTS for June 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2 10:30 Book Club	3 10:30 Riverdance Providence Performing Arts
4	5 7:00 COA	6	7	8	9	10
11	12	13 9:00 Enhanced Benefits 11:15 Lighthouse Cruise (Classic)	14 11:30 Special - Tacos 12:00 Birthday Cake 12:30 Shooting Stars	15	16	17
18	19	20	21 11:15 Lighthouse Cruise (Lights & Sights)	22	23	24
25 <hr/>	26	27 9:00 Summer Breakfast	28 9:00 Foot Clinic	29	30 10:30 Book Club 12:00 Paint-a-Long	

SPECIAL EVENTS for July 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3	4 Independence Day 	5	6 10:30 Essex Steam Train & Riverboat Lunch Excursion	7	8
9	10 7:00 COA	11 9:00 Enhanced Benefits 12:00 Birthday Cake	12 11:30 Special - Wings 12:30 Shooting Stars 1:00 Nutritional Bingo	13	14 9:30-12:30 Senior Expo at Norwich Tech	15
16	17	18 11:30 Special - Luau	19 10:30 Thimble Islands	20 3:30 Senior Day @ Lisbon Farmer's Market	21 12:00 Paint-a-long	22
23 <hr/> 30	24 <hr/> 31	25 10:30 Abbotts	26 11:30 Lunch Bunch	27	28 10:30 Book Club	29

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 general state and/or federal benefits or supports. These programs include energy assistance, Connecticut Home Care Program for Elders, Prescriptions, SNAP (food stamps), Medicaid (Title 19), Medicare, Veteran Benefits, Energy bills, Housing, 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
- Date of Birth for self and spouse
- Type of residence (house, apt. or mobile home)
- Length of time in residence
- Names of prescription medications
- Veteran status for self and spouse
- Employment history for self and spouse
- Current income and assets
- Estimate of current expenses



Wednesday, June 28th

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.

“ Living Today for a Better Tomorrow”



2017 SOUTHEAST HEALTHY LIVING EXPO

Friday, July 14, 2017

9:30 a.m. - 12:30 p.m.

Norwich Technical High School

7 Mahan Drive, Norwich, CT 06360

Visit SeniorResourcesEC.org for more information or call Senior Resources at 800.690.6998.

Information for Seniors, Caregivers, and Professionals

Special thanks to

Norwich Technical High School

Plenty of Free Parking

Handicap Access

Presented by:



&



19 OHIO AVENUE, SUITE 2, NORWICH, CT 06360 SeniorResourcesEC.org

860-887-3561 800-690-6998 FAX 860-886-4736

LUNCH SERVED DAILY

11:30 (order by 11:15)

Sandwiches • Salads • Homemade Soups

*** Weekly Specials***

MAKE YOUR OWN TACOS



Wednesday, June 14th 11:30

2/\$3.00

Summer BREAKFAST

MAKE YOUR OWN OMELET



Fruit Slices

TUESDAY, JUNE 27TH 9:00

\$3.00



Pulled
Pork

Tuesday, July 18th

11:30



\$5.00



Cupcakes

WINGS



Wednesday, July 12th

11:30



\$5.00



SATURDAY, June 3rd



Bus leaves Lisbon at 10:30

Lunch on your own at Davenport's Restaurant

Show is at 2:00

Price is \$49 for bus and show

Providence Performing Arts

ESSEX STEAM TRAIN AND RIVERBOAT LUNCH EXCURSION

Thursday, July 6th

\$58 for Bus, Lunch, Train & Riverboat



Lunch is served on the train - Choice of:
Beef Tips/gravy or Baked Chicken
Tossed Mix Greens Salad, Vegetable, Potato, Roll & Dessert

Enjoy your meal during a 2.5 hour tour
BUS LEAVES AT 10:30 SHARP

Call Lisbon Senior Center to sign up 860-376-2329



TUESDAY, JULY 25th

BUS LEAVES AT 10:30

\$5

Save the date:

Ivoryton Playhouse – Saturday Night Fever – 8/30

Aqua Turf (Welcome to Mowtown) 9/12

Bourne Scallop Festival: 9/22

2 - LIGHTHOUSE CRUISES

CLASSIC – TUESDAY, JUNE 13TH
LIGHTS & SIGHTS - WEDNESDAY, JUNE 21ST

Leaving at 11:15



Bus & Ticket \$35 each

cruise starts at 12:30 for approx. 2 hours

**Followed by lunch on your own at
Capt. Scott's Lobster Dock**

CLASSIC TOUR

- Latimer Reef Light
- Watch Hill Light
- Historic Ocean House
- Simmons Castle
- Fort Wright
- Race Rock Light
- Little Gull Light
- North Dumpling Light
- New London Harbor Light
- New London Ledge Light
- Avery Point Light
- and much more!

LIGHTS & SIGHTS TOUR

- New London Harbor Light
- New London Ledge Light
- Avery Point Light
- Race Rock Light
- Plum Island Light
- Little Gull Light
- North Dumpling Light
- Orient Point Light
- Long Beach Bar (Bug) Light—new!
- Fort Trumbull
- Fort Griswold
- and much more!

There is a snack bar on the ferry, or feel free to bring your own

Call Lisbon Senior Center 860-376-2329 to sign up

THIMBLE ISLANDS



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

Wednesday, July 19th - Leaving at 9:15

\$20 for Bus and Cruise

Then lunch on your own at

Welcome to
THE
U.S.S. Chowder Pot III
RESTAURANT

Join the **LUNCH BUNCH** w/Tom & the Senior Van

He will take you to a mystery restaurant

June 28th & July 26th

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

Limited seating



"Last Friday Book Club

Friday, June 2nd

Room – Emma Donoghue

Friday, June 30th

The Murder of Willie Lincoln – Burt Solomon

Friday, July 28th

Sworn to Silence – Linda Castillo

Paint-a-long w/The Art House

FRIDAY, June 30th

FRIDAY, July 21st

12:00

TAKE HOME YOUR OWN

UNIQUE FINISHED PIECE OF ARTWORK

\$12 (all supplies)



Call 860-376-2329 to SIGN UP TODAY



4th of July Word Search

I V E F S B G F Z K Z R R U Q
 F N M D C H R J D Z I H K Z Y
 I Y D G A E N M U I J R J P A
 R T H E E R I O F X Y W I U U
 E U H D P Y A L U N T Y V A O
 W N O H K E R P K K M O Y B D
 O M D E R E N G O N C K H Y A
 R T A T M A Z D B N B Z T W Y
 K M Z M N S G I E S A T R Y S
 S Z U K R Q T H O N G Z U A H
 M S W H I T E A J W C Y O J I
 Q Y G R Y H T B R B L E F U Y
 I V A A E J E I L S A U M L W
 A C I R E M A U G S Z B Y Y G
 Z O I M A F E I B G F P T V O

AMERICA
BLUE
FIREWORKS
FOURTH

FREEDOM
INDEPENDENCE
JULY
PARADE

RED
STARS
SUMMER
WHITE



PrintableParadise.com



Presents



Nutritional Bingo!!

Wednesday, July 12th

@ Lisbon Senior Center

Free to play – Min. 10 games

Goodie bags and snacks!!

1:00pm

Lisbon's Longevity Link

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

Issue June/July 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.