

the lisbon link

June - July 2013

If it's your birthday... come on down for lunch and birthday cake!! This is something new! You can order a free lunch from the menu and then we'll serve birthday cake to all who are here. The dates are June 25, July 8 and August 7. Lunch is at 11:30.



Join the "Tongue Waggers" on the second and last Mondays at 10:30 of the month to discuss current events - local and world happenings. Bring a couple of things you would like to talk about and we will round robin til we all have solved the problems of the world.

The "Last Friday Book Club" is just picking the books to read for the next six months. If you have a title let us know. The group meets at 10:30.

Pickeball is back outside!! Meet at the tennis court on Mondays and Wednesdays at 3:00. Great exercise and all can play. Stop by and try it out!!

Be sure to see what 2014 trips are! Sign up sheets are on the front counter at the Senior Center.

You can still bring in stuff - good, clean sellable stuff - for the sale until June 18. Please drop of your baked goods by 9:30 Saturday!! Thanks to all who help us with this fundraiser!!

Foot Clinic dates for 2014 are July 11 and October 10. Be sure to call and get your name on the list. The problems we were having have all been worked out so feel free to come on back!!!

The grinders for lunch on the day of BLOWOUT BINGO seemed to go over really well so we are doing that again on July 17. Bingo starts at 10:15. Lunch is at 11:30. Bingo is \$5.00 for the day and the grinder is \$4.00.

BOWLERS unite! Preston is coming on June 17 and Sept 23. All Wii bowlers will bowl away followed by desserts. This is a real fun afternoon whether you bowl or not. Be a bowler. Be a cheerleader. But be here!!

June/July happenings...

- June 16-20 Sale Setup - come on down and help us get ready for the sale on Saturday.
- June 17 Wii bowling with Preston
- June 21 YARD-BAKE-BOOK-CRAFT Sale 9-2:00
- June 24 Summer Breakfast
- June 25 Happy Birthday Cake
- June 26 leave at 11:30 for Cracker Barrel
- July 8 Happy Birthday Cake
- July 9 Tavern Lecture
- July 11 Foot Clinic
- July 13 leave at 10:30 for Ivoryton Playhouse
- July 17 Blowout Bingo and Grinders
- July 23 Picnic/Fair
- July leave at 11:30 for George's at Point Judith
- August 14 leave at 9:30 for Thimble Island
- August 21 leave at 11:30 for Main Street Grill
- August 22 Comedy Night and storytelling

CLOSED

July 4 for Independence Day
August 12 for voting

“MSP” Medicare Savings Program Income Limits Effective March 1, 2014			
“MSP” PROGRAM		SINGLE	COUPLE
QMB “Q01”	211%	\$2053.03	\$2766.21
SLMB “Q03”	231%	\$2247.63	\$3028.41
ALMB “Q04”	246%	\$2393.58	\$3225.06

Do these numbers look like your income for the month?? If this is your ballpark income make an appointment to see our Enhanced Benefits Councilor or our CHOICES Councilor to see if you are eligible for some of the programs out there. Every little bit helps and some programs offer a lot!!

**If These Walls Could Talk, the Burnham Tavern:
History, People and Architecture of a Lisbon Artifact**

*July 9, 2014 at noon at the Lisbon Senior Center
All Welcome to attend*

Join Laurie Pasteryak Lamarre as she shares the history of the Burnham Tavern, a unique and significant dwelling recently acquired by the Town of Lisbon and under the care of the Lisbon Historical Society. Recent research by the society has unveiled incredible layers of architecture, events, and people – including Nathan Hale, our Connecticut State Hero – associated with the Burnham Tavern during its 250 years. Take a trip through time with Laurie to discover this noteworthy piece of local and national history, right here.

Puzzles Puzzles Puzzles
We have lots and lots
Don't buy them
Come borrow from us!!!

**If you don't read the newspaper
you are uninformed, if you do
read the newspaper you are
misinformed. -- Mark Twain**

The 2014 Lisbon Farmers' Market season will officially kick off on Thursday, June 26, at 3:30 P.M. Come to the Barn at Lisbon Meadows (Route 169 off exit 83A) for fresh, locally grown fruit, vegetables, heirloom and organic produce, eggs, dairy and meat products, baked goods and breads, and other CT Grown and Produced items! We look forward to having many of our usual market vendors back again this year, as well as some new ones, including Hart's Greenhouse and CT Gourmet! Lisbon Farmers' Market is held every Thursday, 3:30 P.M. to 6:30 P.M. from June 26 through October 2. For more information and a full list of our regular and special vendors, visit our website at www.lisbonfarmersmarket.com.

Lisbon Senior Center Travel 2014

All trips leave from Lisbon Senior Center, 11 Newent Road, Lisbon, CT
06351

All checks are payable to "Lisbon Shooting Stars"

Payment is due when you sign up

Phone numbers must be on all sign up sheets

June 6 leave at 5:15 for

Port 'n Starboard at Ocean Beach for a doo-wop event featuring "the Corvette's" \$25.00 includes bus and dinner – choice of meatloaf or chicken – enjoy an evening out – plan to meet up with friends from other towns! –

****a great time will be had by all****

****your yearly Regional Senior Center Director's EVENT****

June 12 leave at 11:00 for

a visit to the **Butterflies at Hart's** and lunch at the Yantic River Inn \$8.00 includes bus and butterflies

June 26 leave at 11:30 for

lunch only at **Crackerbarrel** \$5.00 includes bus

July 13 leave at 10:30 for

"**All Shook Up**" at Ivoryton Playhouse. Lunch on your own at **Lenny and Joe's Fish Tale**. \$38.00 for bus and play

July -?? leave at 11:30 for

lunch only at **George's** in Point Judith \$5.00 includes bus

August 14 leave at 9:30 for

Thimble Island Boat Cruise and **USS Chowder Pot** for lunch \$20.00 covers the boat and bus

August 21 leave at 11:30 for

lunch only at **Main Street Grille** \$5.00 includes bus

Sept 5 leave at 11:30 for
lunch only at **Olive Garden** \$5.00 includes bus

Sept 17 leave at 8:30 for
CT Day at the **Big E**. Leave the fairgrounds at 6:00 sharp.
\$25.00 covers the bus and fair ticket

Oct -??- leave at 10:30 for
Wright's Chicken Farm followed by a stop at the **Wright's Bakery** \$20.00 includes lunch and bus

Oct 28 Leave at 9:45 for
Aqua Turf. A day of food and fun!! Las Vegas and Atlantic City Impersonators Mark Verselli and Holly Faris. Ever changing cast of characters, comedy and singing, world class entertainers! Coffee and donuts on arrival followed by salad, pasta, chicken Français/ sliced roast beef, vegetables, potato and dessert. \$48.00 covers the day!

Nov 2 leave at 10:30 for
"Say Goodnight Gracie" at Ivoryton Playhouse. Lunch at **Lenny and Joe's Fish Tale** on your own. \$38.00 covers the bus and play

Nov 19 leave at 11:30 for
our **Annual Thanksgiving Gathering** at Hank's in Brooklyn
\$5.00 for the bus

Dec 7 leave at 11:15 for
"Christmas Carol" at Bradley Playhouse. Lunch at **The Courthouse** on your own. \$26.00 covers the bus and play

The Lisbon Link

Events for June, July and August

Monday

Lunch...11:30
Drawing...12:30
Pickleball...3:00



Tuesday

Exercise...9:30
Quilting...9:30
Lunch...11:30
Wii bowling 12:15



Wednesday

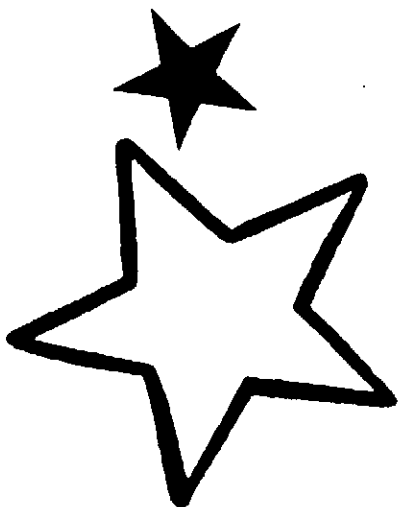
Chair caning, carving, etc...9:30
Lunch...11:30
Afghan Makers...12:30
Pickleball...3:00

Thursday

Exercise...9:30
Lunch...11:30
Bingo...12:30

Friday

Crafting...9:30
Lunch...11:30



JUNE

- 2 7:00pm COA
- 4 10:10 Shooting Star Ex Bd
- 9 10:30 Tongue Waggers
- 10 Enhanced Benefits Counciling
- 11 12:00 Shooting Star meeting
- 16 yard sale setup all week
- 21 YARD-BAKE-BOOK-CRAFT SALE 9-2:00
- 23 Yard Sale cleanup
- 24 9:00 summer breakfast
Enhanced Benefits Counciling
- 25 noon Birthday cake
CHOICES Benefits
- 27 10:30 Last Friday Book Club
- 30 10:30 Tongue Waggers

JULY

- 2 10:10 Shooting Star Ex Bd
- 4 closed for Independence Day
- 7 7:00pm COA
- 8 noon Birthday cake
- 9 noon "If These Walls Could Talk"
12:30 Shooting Star meeting
- 11 12:30 FOOT CLINIC
- 17 10:15 Blowout Bingo
Grinders for lunch
- 21 10:30 Tongue Waggers
- 23 Summer picnic and Fair

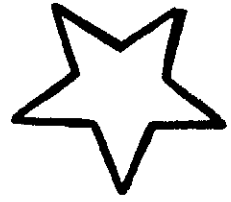
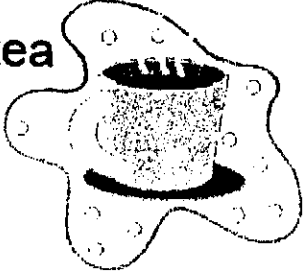
AUGUST

- 1 CT Humane pet supply drive
- 4 7:00pm COA
- 6 10:10 Shooting Star Ex Bd
- 7 noon Birthday cake
- 11 10:30 Tongue Waggers
- 12 CLOSED for voting
- 13 noon Shooting Star meeting
- 22 1:00 COMEDY NIGHT
- 25 10:30 Tongue Waggers
- 29 10:30 Last Friday Book Club

Summer Breakfast

June 24 9:00

Make your own omelets
overnite fruit cup
banana Bread
OJ, coffee and tea
\$3.00



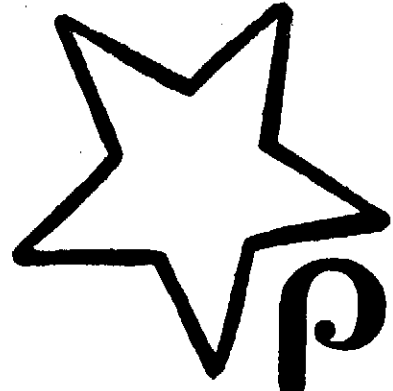
Blowout Bingo July 17 \$5.00
Starts at 10:15
Break for lunch
Restart at 12:30
Game 20 prize \$20.00

**LAST FRIDAY
BOOK CLUB**

June - The Lost Wife
Alyson Richman

August - Where the Heart is
Billie Letts

JUNE 21 9-2:00



picnic



July 23 10:30-2:00 \$5.00

lots of ways to help out!!
you can help set up
you can donate stuff
you can bake
you can be here Saturday
or you can help clean up

hotdogs - potato salad -
clear clam chowder -
beans - popcorn - ice
cream cups - mini golf -
fair like games

HAPPY **4**th!



GENERAL STORE

- BAGS
- BELT
- BLOUSE
- BOOTS
- COAT
- FEDORA
- GLOVES
- HATS
- JEANS
- NETS
- PANTS
- PARKA
- PEGS
- PURSE
- SASH
- SACHEL
- SUIT
- TARP
- TIES
- TOTE
- VISOR
- WALLET

MEDICAL NEWS

What Is a Urinary Tract Infection?

A urinary tract infection or UTI happens when germs infect the system that carries urine out of your body – the kidneys, bladder, and the tubes that connect them. Bladder infections are common and usually not serious if treated promptly. But if the infection spreads to the kidneys, it can cause more serious illness and hospitalization.

UTI Symptoms:

Most UTIs are bladder infections.

Symptoms include:

- Pain or burning during urination
- The urge to urinate often
- Pain in the lower abdomen
- Urine that is cloudy or foul-smelling
- Confusion, a change in mood or personality
- Some people may have no symptoms

Health tips

Everyday movements for better health

Can something as simple as getting out of your chair improve your health? Surprisingly, it can.

It's based on the concept of nonexercise activity thermogenesis (NEAT). NEAT is all of the calories (energy) you burn simply by living, rather than through exercise. This includes carrying in groceries, playing charades or sitting less. NEAT activities can lead to reduced body fat, improved cholesterol levels, a healthier heart and reduced risk of common weight-related conditions.

The movements you make throughout the day may not provide the benefits of regular exercise. But if you struggle to fit exercise into your day or if you have a sedentary lifestyle, increasing your daily NEAT can provide a boost in your physical activity.

To include more NEAT in your day:

- Stand while on the phone
- Walk around the house during TV commercials
- Park in the farthest spot in a parking lot
- Dance around the house while cooking and cleaning
- Tackle yardwork — water plants, pull weeds, clear rocks and sticks
- Tend a garden
- Invest in a movement-based video game system such as a Wii
- Wash your car by hand
- Organize your closets
- Use a standing desk
- Take up a new craft
- Volunteer — set up or take down an event, greet at the door, serve a meal ☐



Lisbon's Longevity Link

Published by:

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

Issue: June/July 2014

RETURN SERVICE REQUESTED

**PRST STD
U.S. POSTAGE PAID
NORWICH, CT
PERMIT #86**

Lisbon Senior Center

Monday – Friday

9:00 am – 3:00 pm

860-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne

John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Director

Judith M. Jencks

Van Driver

Vikki

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for young, vibrant folks, age 60+ to 90+ 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.