

The Lisbon Link

October/November 2018

PEN TURNING & OPEN HOUSE SATURDAY, Nov 3rd 9-3

Turn your own pen "FREE"



Quilt Show



CARVING DEMONSTRATION



Craft Sale & Bake Sale

**CRAFT TABLES AVAILABLE FOR RENT
ONLY \$20
CALL 860-376-2329 TO RESERVE YOURS**

Van availability Mon-Fri for Dr, Shopping, etc.

Lisbon is part of a Dial-a-Ride grant for medical appointments. 48 one way rides available 24/7 for \$24. Call 860-376-2329 for more information

To be added to our email distribution send message to:

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
- 9:30 Crafting
- 10:30 Rummikub
- 12:15 Wii Bowling
- 12:30 Cribbage

WEDNESDAYS

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

THURSDAYS

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



FRIDAYS

- 10:00 Pokeno








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

**See Calendar for
other events**

October 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 11:30 Lunch 12:30 Drawing 7:00 COA	2 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 12:15 Wii Bowling 12:30 Cribbage	3 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	4 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	5 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch	6
7	8  	9 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 12:15 Wii Bowling 12:30 Cribbage	10 9:30 Chair caning baskets/carving <i>9:00 Foot Clinic</i> 11:30 Lunch 12:30 Yarn Club 12:00 Bingo w/Solstice Senior Living 12:30 Shooting Stars	11 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	12 <i>9:30 AARP Driving Class</i> 10:00 Pokeno 11:30 Lunch 12:00 Movie	13
14	15 11:30 Lunch 12:30 Drawing MEDICARE OPEN ENROLLMENT BEGINS	16 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Ham & Bean 12:15 Wii Bowling 12:30 Cribbage	17 9:30 Chair caning baskets/carving 10:00 BP Clinic 10:00 Flu Shot Clinic 12:30 Yarn Club 3:45 Texas Roadhouse	18 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	19 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch 12:00 Birthday Cake	20
21	22 11:30 Lunch 12:30 Drawing	23 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 12:15 Wii Bowling 12:30 Cribbage	24 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	25 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	26 10:00 Pokeno 11:30 Lunch	27
28	29 11:30 Lunch 12:30 Drawing	30 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	31 9:30 Chair caning baskets/carving 11:30 Halloween Party 12:30 Yarn Club			

November 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	2 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch	3 PEN TURNING QUILT SHOW CRAFT & BAKE SALE 9AM-3PM
4	5 11:30 Lunch 12:30 Drawing	6  	7 9:30 Chair caning baskets/carving 12:30 Yarn Club	8 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	9 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i>	10
11	12   <i>9:30 Aqua Turf</i>	13 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage 7:00 COA	14 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club <i>12:30 Shooting Stars</i>	15 9:30 Exercise 10:30 Rummikub <i>10:45 Groton Sr Center</i> 11:30 Lunch 12:00 Bingo	16 <i>9:00 Hairdresser</i> 10:00 Pokeno <i>11:30 Pot Luck</i>	17
18	19 11:30 Lunch 12:30 Drawing	20 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	21 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 11:30 Lunch 12:30 Yarn Club	22   	23	24
25	26 11:30 Lunch 12:30 Drawing	27 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub <i>10:30 Foxwoods Legends</i> 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	28 9:30 Chair caning baskets/carving <i>10:45 Make your pizza</i> 12:30 Yarn Club	29 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	30 10:00 Pokeno 11:30 Lunch <i>12:00 Paint-a-Long</i>	

AARP

DRIVER SAFETY

Friday, October 12th 9:30

\$15 for AARP members

\$20 for non-members

Lunch is ordered & paid for upon arrival – served at 11:30

WEDNESDAY, OCT 17TH
WEDNESDAY, NOV 21ST

10:00 – 12:00



SCREENING

It's that time of year again...
Sniffles, sneezes, coughs and flu...

GET YOUR  **Flu Shot** here!

@

Lisbon Senior Center
Wednesday, October 17th
10am - 12pm

No Appointment Needed

Sponsored by 

2019 MEDICARE OPEN ENROLLMENT DATES

Dates and deadlines you need to know



OCT. 15, 2018

OPEN ENROLLMENT BEGINS

This is the first day you can enroll for 2019 health coverage.



DEC. 7, 2018

OPEN ENROLLMENT ENDS

This is the last day you can enroll for 2019 health coverage.



JAN. 1, 2019

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2018, your new Medicare plan won't go into effect until Jan. 1, 2019.

Hurricane Season Checklist



Form an evacuation plan:

- Know your evacuation route.
- Plan ahead on where you and your pets will go.



Have a supply of non-perishable food and water.



First aid kit/medical supplies should be readily available.



Gather important documents, including birth certificates, social security cards and driver's licenses.



Store yard decorations and play sets inside a building.



Fill your car with fuel.



Visit an ATM before the storm, since they will not be working during a power outage.



Charge your cell phone.



Listen to a weather radio/gather batteries.



A flash light may be your only source of light if the power is out.

 AccuWeather.com

Wednesday, Oct 10th

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.

SPECIAL PRIZE BINGO
hosted by


SOLSTICE
SENIOR LIVING

Wednesday
Oct 10th @ 12noon

Please sign up for a headcount

**MUST ATTEND
SHOOTING STARS
MEETING @ 12:30**



LUNCH SERVED DAILY

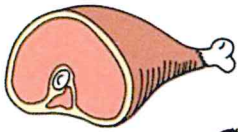
11:30 (order by 11:15) or call ahead!

Sandwiches • Salads • Homemade Soup

*** Weekly Specials***

Tuesday, October 16th 11:30

Ham & Beans



\$5.00



Join us for a Thanksgiving Potluck

Followed by a live performance with

Brian Gillie

Friday, Nov 16th 11:30

Bring a dish to share

We make the turkey,
potatoes & stuffing



Best songs of the 20th Century



HALLOWEEN Party



Wed, Oct 31st

Spookghetti w/Monster Meatballs

Goulash Garlic Bread & Scary Salad

10:00 Bingo

11:30 Lunch

\$5.00

MAKE YOUR OWN PIZZA

Wednesday, Nov 28th 10:45



\$3.50

ALL TRIPS MUST BE PAID IN FULL WITHIN 2 WEEKS OF TRIP

WED, OCT 17TH
LEAVING AT 3:45



\$5 for bus

CALL 860-376-2329 TO SIGN UP

**Bus trip to
Groton Sr Center
for LUNCH**



THURSDAY, NOV 15TH

Bus leaves Lisbon

10:45am SHARP

Only \$1 for the bus!!

Save the date:

Monday, December 10th:

YANKEE CANDLE/FOREST PARK/CRACKER BARREL



MONDAY, NOV 12TH

Leaving at 9:30

"Bob Hope's" USO Style Show!

(a special tribute to America's Vietnam Veterans)

Featuring: Bill Johnson and Holly Faris



Bus & Ticket \$55



FOXWOODS[®]

RESORT ♦ CASINO

TUES, NOV 27TH

Leaving at 10:30



Bus & Ticket \$35

Includes Buffet & \$10 Slot Play

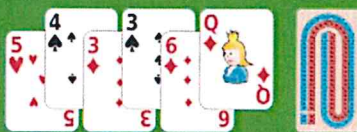
call 860-376-2329 to sign up

Wii™ Bowling

Tuesdays at 12:15
No experience needed



CRIBBAGE



LOOKING FOR CRIBBAGE PLAYERS!

NO EXPERIENCE NECESSARY

JOIN US TUESDAYS AT 12:30

Second Friday MOVIES @ NOON

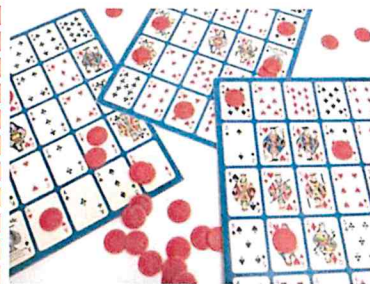
OCT 12th



NOV 9th



POKENO



Fridays at 10am
Bring your pennies!



Thursdays @ Noon

FALL

Directions: The words are hidden vertically and horizontally.

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



Word Box:

October	leaves	acorn
autumn	tree	raking
scarecrow	red	school
harvest	yellow	apple
pumpkin	brown	corn
squirrel	orange	carnival

©WindupTeacher

VOLUNTEER TUESDAY CRAFTING

BENEFITS THE SHOOTING STARS

NO EXPERIENCE NEEDED

CHRISTMAS GIFTS
FOR ANNUAL SALE
TO LCS KIDS



PosterMyWall.com

Lisbon's Longevity Link

Published by

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

Issue October/November 2018

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.