

The Lisbon Link

October/November 2015

AT A GLANCE

Tuesday, October 6th 11:30

- Wii Bowling w/Preston

Wednesday, October 7th 11:30

- Ham & Bean

Friday, October 9th 9:30-2:30

- AARP Driving Class

Wednesday, October 14th 9:30-11:30

- Flu Shot Clinic

Thursday, October 15th 9:00-12:00

- Energy Assistance Information

Friday, October 16th 10:30

- Book Club ~ House of Silence

Friday, October 16th 12:00

- Joy of Painting w/Carrie

Tuesday, October 20th 11:30

- Wii Bowling w/Colchester

Wednesday, October 21st 12:00

- Birthday Cake

Friday, October 23rd 10:30

- Essex Steam Train & Riverboat

Saturday, October 24th 9:00-3:00

- Pen Turning/Open House

Saturday, October 24th 4:00

- Fright on Ice

Thursday, October 29th 10:00

- Blowout Bingo

Friday, October 30th 11:30

- Halloween Dress-up Party

Thursday, November 5th 10:00

- Creative Cards w/Heidi

Monday, November 9th 11:30

- Pot Luck w/Turkey

Friday, November 13th 10:30

- Book Club ~ Sarah's Key

Friday, November 13th 12:00

- Joy of Painting w/Carrie

Tuesday, November 17th 11:30

- Hank's Restaurant

Thursday, November 19th 12:00

- Birthday Cake

Tuesday, November 24th 12:00

- Animal Embassy

PEN TURNING & OPEN HOUSE

SATURDAY
OCTOBER 24TH

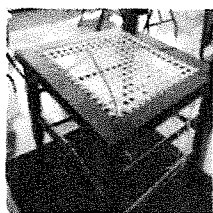
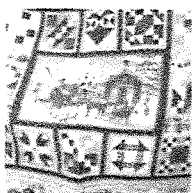
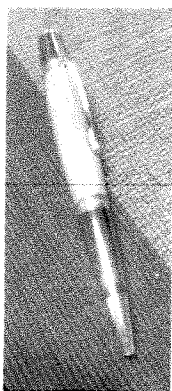
Featuring:

BAKE SALE

**Carving
Demonstration**

Quilt show

**Chair caning
Demonstration**

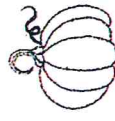


"like" us on

facebook

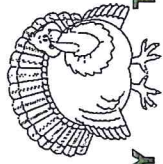


Email: kwashington@lisbonct.com to
receive your newsletters by email



October 2015

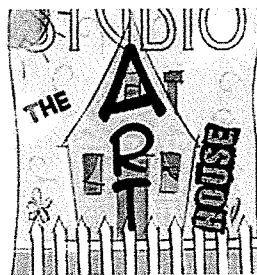
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	2 9:30 Crafting 11:30 Lunch 1:00 Rummikub	3
4	5 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	6 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Wii bowling w/ Preston 11:30 Lunch	7 9:30 Chair caning/ carving 11:30 Lunch 11:30 Ham & Bean 12:30 Shooting Stars EX	8 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9 9:30 Crafting 9:30 AARP Driving Class 11:30 Lunch 1:00 Rummikub	10
11	12  Columbus Day	13 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	14 9:30 Chair caning/ carving 9:30 - 11:30 Flu Shot Clinic 11:30 Lunch 12:30 Shooting Stars EX	15 9:30 Exercise 9:00-12:00 Energy Assistance Info 10:30 Rummikub 11:30 Lunch 12:15 Bingo	16 9:30 Crafting 10:30 Book Club 11:30 Lunch 11:30 Joy of Painting w/ Carrie 1:00 Rummikub	17
18	19 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	20 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Wii bowling w/ Colchester 11:30 Lunch	21 9:30 Chair caning/ carving 11:30 Lunch 12:00 Birthday Cake 12:30 Yarn club	22 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	23 9:30 Crafting 10:30 Essex Steam Train & Riverboat 11:30 Lunch 1:00 Rummikub	24 9:00-3:00 Open House & Pen Turning 4:00 Fright on Ice Trip
25	26 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	27 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	28 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	29 9:30 Exercise 10:00 Blowout Bingo 10:30 Rummikub 11:30 Lunch	30 9:30 Crafting 11:30 Halloween Dress-up Party w/ Spaghetti Lunch 1:00 Rummikub	31 Happy  Halloween!



November 2015

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 11:30 Lunch 12:30 Drawing 1:30 Healthy Cooking 2:00 Pickelball (school)	3 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	4 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars EX	5 9:30 Exercise 10:00 Creative Cards w/ Heidi 10:30 Rummikub 11:30 Lunch 12:15 Bingo	6 9:30 Crafting 11:30 Lunch 1:00 Rummikub	7
8	9 11:30 Lunch 11:30 Pot Luck w/ Turkey 12:30 Drawing 1:30 Healthy Cooking 2:00 Pickelball (school)	10 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	11 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	12 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	13 9:30 Crafting 10:30 Book Club 11:30 Lunch 12:00 Joy of Painting w/ Carrie	14
15	16 11:30 Lunch 12:30 Drawing 1:30 Healthy Cooking 2:00 Pickelball (school)	17 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 11:30 Hank's Restaurant 12:15 Wii bowling	18 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	19 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	20 9:30 Crafting 11:30 Lunch 1:00 Rummikub	21
22	23 11:30 Lunch 12:30 Drawing 1:30 Healthy Cooking 2:00 Pickelball (school)	24 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Animal Embassy 12:15 Wii bowling	25 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	26 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	27 9:30 Crafting 11:30 Lunch 1:00 Rummikub	28
29	30 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)					

The Joy of Painting w/Carrie of



October 16th 12:00
Funkins!!

~You will create a whimsical piece of artwork in oranges and greens ~

November 20th 12:00

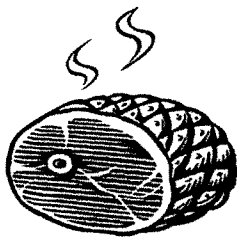
~ Subject to be posted at center~

Class limited to 12
\$12.00 (all supplies included)

Wednesday, October 7th

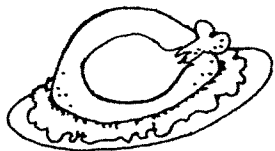
\$5.00 11:30

**HAM &
BEAN**



Auction by Judy to follow

Monday, November 9th



11:30

**POT LUCK
WITH TURKEY**

hank's
restaurant

TUESDAY, NOVEMBER 17th 11:30

CHOICE OF ROAST BEEF, ROAST
TURKEY, BAKED SCROD, TOSSED SALAD
VEGETABLE, POTATO, ROLLS, DESSERT,
COFFEE OR TEA

\$20



It's that time of year again...

Sniffles, sneezes, coughs and flu...
Uncas Health District has a remedy for you...

Flu Clinic

Lisbon Senior Center

Wednesday, October 14, 2016

9:30-11:30 AM

No Appointment Needed

The cost for residents of the Uncas Health District is **\$15**
(**\$20** for those who live outside the Uncas Health District)

(A receipt will be provided)

Unfortunately we cannot accept Medicare for payment

We do accept Blue Cross and Cigna

DECEMBER 9TH

\$100

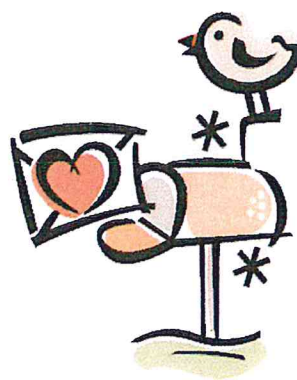
Escorted tour includes coach
transportation to NYC and
a 1st mezzanine/orchestra section ticket.
Leave Senior Center 8 am, return approx. 8 pm.
Lunch on your own near Radio City.



*****PURCHASE BY NOVEMBER 9TH*****



Creative Card Techniques With Heidi



Thursday, November 5

10 AM

You will be creating 3 unique cards, while learning different, creative techniques.

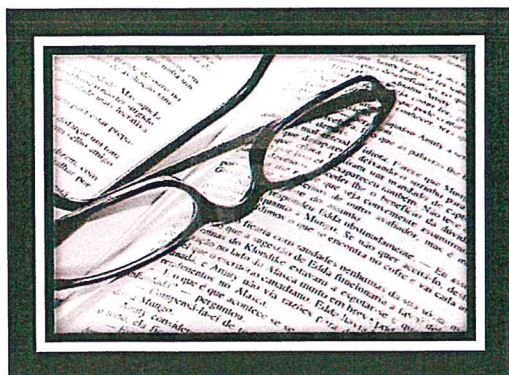
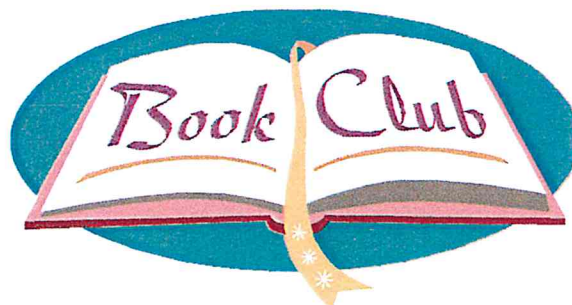
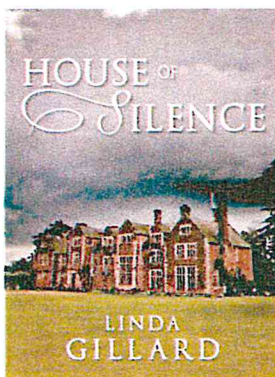
\$3, advance sign up & payment by November 1st

All supplies included

OCTOBER 16TH 10:30

HOUSE OF SILENCE

BY LINDA GILLARD

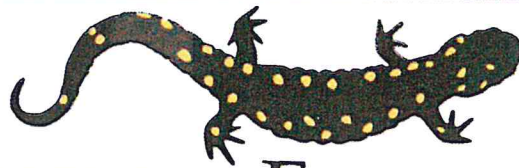


November 13th 10:30

Sarah's Key

by Titiana de Rosnay





ANIMAL EMBASSY

Bringing Life To Education

www.animalembassy.com

November 24th

12:00

Intergenerational event with Lisbon Central School

Animal Embassy is dedicated to fostering an individual's appreciation and respect for the natural world and the incredible diversity of life on Earth

See talented LOCAL skaters in this entertaining show



*\$15 for Bus
and admission*

Presented by



Bus leaves Senior Center at 4:00pm, dinner on your own at 99 Restaurant
DRESS for COLD temperatures – it is at an ice rink!! Bring a blanket to sit on.

UConn HEALTH

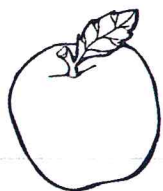
CENTER FOR PUBLIC HEALTH
AND HEALTH POLICY

HEALTHY & EASY COOKING

presented by UConn's Dietitians

FREE

(sign-up sheet for head count)



Join us on Mondays in November 1:30-2:30
Cooking Demos & Tastings with each class

Nov. 2nd My Plate: Learn how to eat healthy by incorporating all the different food groups, in the right amounts, into your daily meals.

Nov. 9th Sodium: Learn how to reduce the sodium content of your foods without losing flavor.

Nov. 16th Healthy Fats: Yes, fats are healthy! But not all fats are created equal. Learn which fats are good for you.

Nov. 23rd Healthy Shopping: Learn how to buy healthy foods without spending a lot of money. We will also put into practice reading nutrition labels and will talk about new trendy foods.

Excerpt from the article: **Scam-proof your doorstep**

By Lisa Lake, Consumer Education Specialist, FTC on <http://www.consumer.ftc.gov/blog/scam-proof-your-doorstep>

Protect your money, property and personal safety by following a few tips:

- Don't let anyone come into your home unless you have a prescheduled appointment. You have the right to refuse to open your own door.
- Don't pay cash to anyone who comes to your home claiming to be with a utility company or other service provider.
- Confirm any special offers with your service provider — using the number on your bill or their website. Also, be suspicious of a promotional flyer offering service from multiple providers. Competitors don't typically advertise together.
- If you're struggling with your bill, most providers can make payment arrangements to restore your service legitimately.

If anyone promises a service, takes your money and doesn't deliver, [file a complaint with the FTC](#) and your [state consumer protection agency](#).

Are you having difficulty paying for your prescriptions, food, energy bills and other important necessities?

Senior Resources –

Agency on Aging

“Enhanced Benefits Screening Program” may be the answer for you.



With the use of the Benefits Checkup software, Senior Resources can screen you for available programs.

Senior Resources staff comes to our center once a month. Please call or stop by to schedule an appointment.



Interested in having a hot meal delivered to your home Monday–Friday?

Contact TVCCA at 860-886-1720 for more information and to set up delivery.



Also offered by TVCCA:

The Connecticut Energy Assistance Program (CEAP) serves low income households in need of assistance for their home energy bills. Call or stop by the center to make an appointment for help with applying for this program.

Annual Coat Drive



Please bring your gently used coats to donate to those in need

October 15 – November 15

DRIVER SAFETY

AARP Real Possibilities

Friday, October 9th

9:30am – 2:30pm

\$15 for AARP members

\$20 for non-members

Must sign up! Call or stop by.

Different drug problem

Editor's note: *The following letter has appeared on the internet and was viewed by many readers.*

The other day, someone at a store in our town read that a Methamphetamine lab had been found in an old farmhouse in the adjoining county and he asked me a rhetorical question, "Why didn't we have a drug problem when you and I were growing up?"

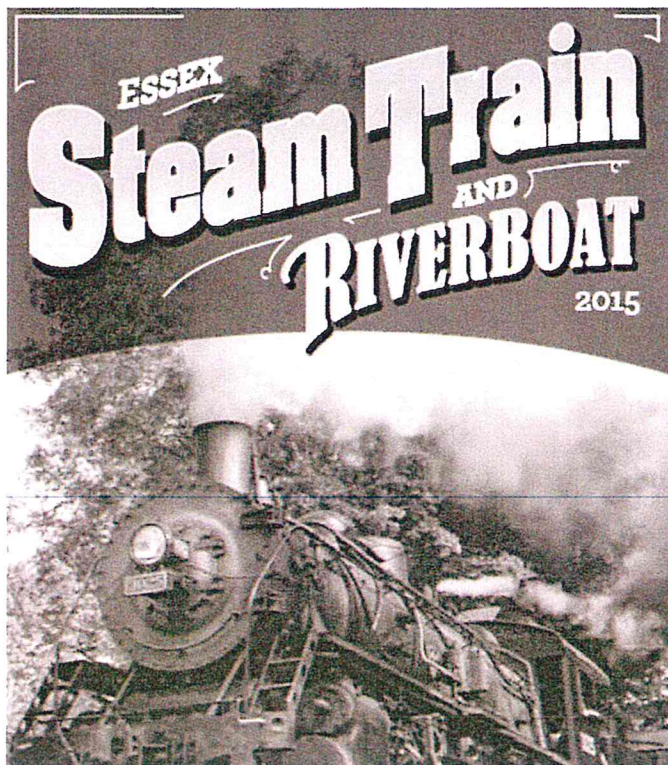
I replied. I had a drug problem when I was young: I was drug to church on Sunday morning. I was drug to church for weddings and funerals. I was drug to family reunions and community socials no matter the weather.

I was drug by my ears when I was disrespectful to adults. I was also drug to the woodshed when I disobeyed my parents, told a lie, brought home a bad report card, did not speak with respect, spoke ill of the teacher or the preacher, or if I didn't put forth my best effort in everything that was asked of me.

I was drug to the kitchen sink to have my mouth washed out with soap if I uttered a profanity. I was drug out to pull weeds in mom's garden and flower beds and cockleburs out of dad's fields. I was drug to the homes of family, friends and neighbors to help out some poor soul who had no one to mow the yard, repair the clothesline, or chop some firewood, and, if my mother had ever known that I took a single dime as a tip for this kindness, she would have drug me back to the woodshed.

Those drugs are still in my veins and they affect my behavior in every thing I do, say, or think. They are stronger than cocaine, crack, or heroin; and, if today's children had this kind of drug problems America would be a better place.

God bless the parents who drugged us.



SEE THE FALL FOLLIAGE
OCTOBER 23RD
 LEAVE LISBON AT 10:30

JOIN US ON THIS 2 1/2 HOUR RIDE
 THROUGH THE BEAUTIFUL
 CONNECTICUT RIVER VALLEY

COST: \$37

LUNCH ON YOUR OWN AT
 LENNY & JOE'S FISH TALE



Save the Dates!!!

Upcoming Events

December TBD – **Craft Sale** at Lisbon
 Central School.

****Have your items to the center
 by December 1st ****

December 4th – **Nita's Restaurant**

December 9th – **Radio City Music Hall**
 Christmas Spectacular
 Bus trip

December 10th – **Holiday party** – Prime
 Rib and Baked Stuffed
 Shrimp

December 13th – **It's a Wonderful Life**
 at Bradley Playhouse

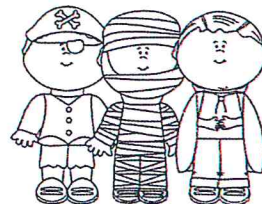
January 6th – **Club Lisbon** with stand-
 up comedy by Linda Belt

HALLOWEEN PARTY

LET'S GET SPOOKY AND DRESS-UP!

OCTOBER 30

11:30



SPAGHETTI, GARLIC BREAD,
 AND SALAD LUNCH AVAILABLE

\$5



Trick-or-Treat



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

APPLES

BAT

BLACK CAT

BOO

CANDY CORN

COSTUMES

GHOST

GOBLIN

HALLOWEEN

HAUNTED HOUSE

JACKOLANTERN

MASK

MOON

MUMMY

NIGHT

OCTOBER

PIRATE

PRINCESS

PUMPKIN

SPIDER

SPOOKY

SUPERHERO

TRICK OR TREAT

VAMPIRE

WITCH

Lisbon's Longevity Link PRST STD

Published by
Lisbon Commission on Aging
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1 Newent Road
Lisbon, CT 06351

U.S. POSTAGE PAID
NORWICH, CT
PERMIT#86

Issue October/November 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
John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

Van Driver

Vikki

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for young, 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 serviced 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.