

The Lisbon Link

October/November 2017

PEN TURNING & OPEN HOUSE

SATURDAY, OCT. 21st 9-3

TURN YOUR OWN PEN "FREE"



ALSO FEATURING

Quilt Show



CARVING DEMONSTRATION



& Bake Sale

Many items will be for sale:

Including quilting remnants for 75¢ each,

5 for \$3 or 10 for \$5

Coffee 50¢ per cup

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**
- **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
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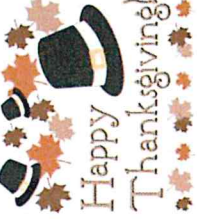
**See Calendar for
other events**

October 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 11:30 Lunch 12:30 Drawing 7:00pm COA	3 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 11:45 <i>Ice Cream/Medicare</i> 12:15 Wii Bowling	4 9:30 Chair caning baskets/carving 11:30 <i>Ham & Bean</i> 12:30 Yarn Club	5 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	6 9:30 Crafting 10:00 Pokeno 11:30 Lunch	7
8	9   COLUMBUS DAY	10 9:00 Exercise 9:30 Quilting 10:30 Rummikub 10:30 <i>Essex Steam Train</i> 11:30 Lunch 12:15 Wii Bowling	11 9:30 Chair caning baskets/carving 11:00 <i>Flu Clinic</i> 11:30 Lunch 12:15 <i>SHOOTING STARS</i> 12:30 Yarn Club	12 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	13 9:30 Crafting 9:30 <i>AARP Driving</i> 10:00 Pokeno 11:30 Lunch	14
15 <i>FYI- Medicare Open Enrollment Begins</i>	16 11:30 Lunch 12:30 Drawing	17 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	18 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club 1:00 <i>Red Cross Blood Drive</i>	19 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 <i>Birthday Cake</i> 12:15 Bingo	20 9:30 Crafting 10:00 Pokeno 11:30 Lunch 12:00 <i>Paint-a-Long</i>	21 <i>Pen Turning Open House Quilt Show Carving Craft Sale Bake Sale</i>
22	23 11:30 Lunch 12:30 Drawing	24 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	25 9:30 Chair caning baskets/carving 11:30 <i>Lunch Bunch</i> 12:30 Yarn Club 3:45 <i>Texas Roadhouse</i>	26 9:30 Exercise 10:00 <i>Blowout Bingo</i> 10:30 Rummikub 11:30 Lunch	27 9:30 Crafting 10:00 <i>Book Club</i> 10:00 Pokeno 11:30 Lunch	28
29	30 11:30 Lunch 12:30 Drawing	31 9:00 Exercise 9:30 Quilting 10:30 Rummikub 12:15 Wii Bowling				

November 2017

SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT

			1 9:30 Chair caning baskets/carving <i>10:00 Halloween Party</i>	2 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	3 9:30 Crafting 10:00 Pokeno 11:30 Lunch	4
5	6 11:30 Lunch 12:30 Drawing	7  	8 <i>9:30 NE Air Museum & Cracker Barrel</i> 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:15 SHOOTING STARS</i> 12:30 Yarn Club	9 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	10  	11
12	13 11:30 Lunch 12:30 Drawing 7:00pm COA	14 9:00 Exercise <i>9:30 Aqua Turf</i> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	15 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	16 9:30 Exercise 10:30 Rummicub <i>11:30 Pot Luck w/Turkey then Auction w/Judy</i>	17 9:30 Crafting 10:00 Pokeno <i>10:00 Book Club</i> 11:30 Lunch <i>12:00 Paint-a-long</i>	18
19	20 11:30 Lunch 12:30 Drawing	21 9:00 Exercise 9:30 Quilting 10:30 Rummikub <i>11:30 Hank's</i> 12:15 Wii Bowling	22 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	23  	24 	25
26	27 11:30 Lunch 12:30 Drawing	28 9:00 Exercise 9:30 Quilting 10:30 Rummikub <i>11:30 PIZZA</i> 12:15 Wii Bowling	29 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	30 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo		

**Come get the
scoop on
Medicare and
Connecticut
Medicaid.**



Come out for an ice cream social - it's free!

While you're enjoying your treat, I can explain the wide range of quality benefits that come with our Medicare Advantage plans. Including our monthly SilverSneakers® membership at no additional cost. I can also answer your questions about Medicare and Connecticut Medicaid and explain your options.

David MacNiven

Anthem Blue Cross Blue Shield
an authorized licensed insurance agent for
Anthem Blue Cross and Blue Shield in Connecticut
License number: 2466508
2032339862 TTY:711
9 a.m. to 5 p.m., 5 days a week
david.macniven@anthem.com

Let's meet for ice cream
and get the scoop on Medicare.



LISBON SENIOR CENTER
11 NEWENT ROAD LISBON, CT 06351
10/3/2017
12:00 PM TO 12:45 PM

CALL 1-800-733-2767 TO SCHEDULE APPT

Carve out a
new tradition.

Give Blood!



Blood Drive

Lisbon Senior Center

Held in the Community Room
11 Newent Road
Lisbon, CT 06351

Wednesday, October 18, 2017
1:00 PM to 6:00 PM

Please call 1-800-RED CROSS (1-800-733-2767)
to schedule an appointment.

Or visit redcrossblood.org



Download the Blood Donor App today. Get your digital donor card, schedule your next appointment, track your lifetime donations, view your blood pressure, and follow your donation on its way to a hospital.

Lisbon Senior Center

2017 Flu Clinic

Wednesday, October 11th
11:00 - 1:00



Call to sign up

Wednesday, November 22nd

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.



Friday, Oct 13th 9:30

\$15 for AARP members

\$20 for non-members

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

LUNCH SERVED DAILY

11:30 (order by 11:15)

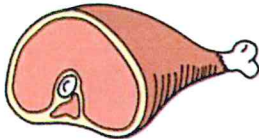
Sandwiches • Salads • Homemade Soups

*** Weekly Specials***

Wednesday, October 4th 11:30

Ham & Beans

\$5.00



BLOWOUT BINGO

Thursday, Oct 26th 10:00

Salami Grinder \$5 or

Salad Plate \$3

Call to sign up



\$7 to play - plus 50¢ quickies

HALLOWEEN PARTY

w/special guests: New London Sr. Center

Wed, Nov 1st

Spookghetti w/Monster Meatballs

Goulish Garlic Bread & Scary Salad



Costume contest!

Funniest/Scariest/Creative

10:00 Bingo

11:30 Lunch

12:00 Roseland Band



w/TURKEY

Thurs, Nov 16th 11:30

Bring your
favorite dish to share

FOLLOWED BY:

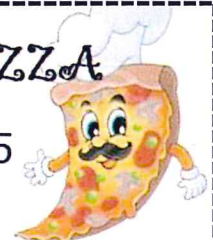
The infamous auction by Judy!!

Bring a wrapped item (of insignificant value!!)

MAKE YOUR OWN PIZZA

Tuesday, Nov 28th 10:45

\$3.50



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

**TUES, OCT 10TH
LEAVING AT 10:00**



**\$60 for bus
lunch, train & boat**
CALL 860-376-2329 TO SIGN UP

**AQUA TURF
TUESDAY, NOV 14TH
Leaving at 9:30
CHER & ELVIS**



Recreating the essence of two musical icons,
including four decades of their greatest hits.

Bus & Ticket \$55

**WED., OCT. 25TH
LEAVING AT 3:45**



\$5 for bus

CALL 860-376-2329 TO SIGN UP

**WED, NOV 8TH
LEAVING AT 9:00**



**NEW ENGLAND
AIR MUSEUM**

Followed by lunch on your own at:



**\$25 for bus &
admission w/tour**

CALL 860-376-2329 TO SIGN UP



**TUESDAY, NOV 21ST
LEAVING AT 11:30**

Choice of:
Roast Beef, Roast Turkey, Baked Scrod
Tossed Salad
Vegetable
Potato
Rolls
Dessert, Coffee or Tea

\$23

Save the date:

Dec 7th – Holiday Luncheon

Dec 9th – Providence Performing Arts – "Kinky Boots"

Dec 11th – Yankee Candle/LaSalette Lights/Cracker Barrel

Dec 14th – Goodspeed Opera House – "A Connecticut Christmas Carol"

Dec 20th – Newport Playhouse

Jan 10th – Club Lisbon

2018 MEDICARE OPEN ENROLLMENT DATES

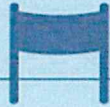
Dates and deadlines you need to know



OCT. 15, 2017

OPEN ENROLLMENT BEGINS

This is the first day you can enroll for 2018 health coverage.



DEC. 7, 2017

OPEN ENROLLMENT ENDS

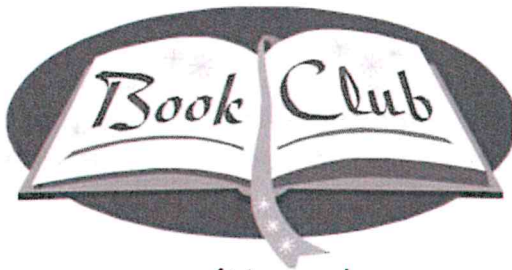
This is the last day you can enroll for 2018 health coverage.



JAN. 1, 2018

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2017, your new Medicare plan won't go into effect until Jan. 1, 2018.



with Judy

Friday, October 27th

A Drop of Ink – Megan Chance

Friday, Nov 17th

The Thirteenth Tale– Diane Setterfield

10:00 AM

Paint-a-long w/The Art House

FRIDAY, October 20th

FRIDAY, November 17th

12:00

TAKE HOME YOUR OWN
UNIQUE FINISHED PIECE OF ARTWORK

\$12 (all supplies)



Call 860-376-2329 to SIGN UP TODAY



CRAFTERS NEEDED FOR OUR ANNUAL SALE AT LISBON CENTRAL SCHOOL. HELP US MAKE ITEMS FOR THE CHILDREN TO BUY AS GIFTS FOR THEIR FAMILY & FRIENDS. ABSOLUTELY NO EXPERIENCE NEEDED. ALL IDEAS WELCOME. JOIN US FRIDAY MORNINGS – ALL SUPPLIES YOU COULD EVER NEED ARE HERE!!!!

Lisbon's Longevity Link

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

Issue October/November 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.