

# The Lisbon Link

February/March 2019



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](mailto:kwashington@lisbonct.com)

Newsletter is posted on the Town Hall website

[lisbonct.com](http://lisbonct.com)

An up-to-date, complete list of all activities can be found at our senior center combined website:

[seniorcenterct.org/lisbon](http://seniorcenterct.org/lisbon)

## WEEKLY ACTIVITIES

### 11:30 Daily Lunch

#### MONDAYS

- **Crafting**

#### 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**

# February 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
3	4 10:00 Crafts 11:30 Lunch 12:30 Crafts  7:00 COA	5 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	6 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club <i>3:45 Texas Roadhouse</i>	7 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo	8 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch	9
10	11 10:00 Crafts <i>10:45 Groton Sr Ctr</i> 11:30 Lunch 12:30 Crafts	12 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch <i>12:00 B'day Cake</i> 12:15 Wii Bowling 12:30 Cribbage	13 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving <i>11:30 SouperBowl</i> <i>12:30 Shooting Stars</i> 12:30 Yarn Club	14 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo	15 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i>	16
17	18 	19 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	20 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 11:30 Lunch 12:30 Yarn Club	21 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo	22 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Art Class</i> <i>4:15 Groton Sr Ctr- Gnog Show</i>	23
24	25 10:00 Crafts 11:30 Lunch 12:30 Crafts	26 9:30 Exercise 9:30 Quilting 10:30 Rummikub <i>10:45 Make your own Pizza</i> 12:15 Wii Bowling 12:30 Cribbage	27 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	28 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo		

# March 2019

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1	2
3	4 10:00 Crafts 11:30 Lunch 12:30 Crafts  7:00 COA	5 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	6 9:30 Chair caning baskets/carving <i>11:00 Trip-Out to Lunch-place TBD</i> 11:30 Lunch <i>12:00 B'day Cake</i> 12:30 Yarn Club	7 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo	8 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch	9
10	11 10:00 Crafts 11:30 Lunch 12:30 Crafts	12 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	13 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:30 Shooting Stars</i> 12:30 Yarn Club	14 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo	15 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i>	16
17	18 10:00 Crafts <i>11:30 Corned Beef &amp; Cabbage</i> 12:30 Crafts	19 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	20 <i>9:00 Spring Breakfast</i> 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 11:30 Lunch 12:30 Yarn Club	21 9:30 Exercise 10:30 Rummicub <i>11:30 Providence Performing Arts-Phantom of the Opera</i> 11:30 Lunch 12:00 Bingo	22 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Art Class</i>	23
24	25 10:00 Crafts 11:30 Lunch 12:30 Crafts	26 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage	27 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	28 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo		

IF OUTDOOR ACTIVITY WEATHER HAS COME TO AN END

Don't let that stop you from staying in shape 😊



REPLACE WITH INDOOR EXERCISE!! WE HAVE A TREADMILL, TWO BICYCLES AND A STAIR STEPPER FOR USE ANYTIME. STOP BY AND WE WILL SHOW YOU HOW TO PROPERLY USE THEM.



Wednesday, FEB 13<sup>th</sup>

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.

Every 3<sup>rd</sup> WED

10:00 - 12:00



FREE TDAP

Tetanus, Diphtheria and Pertussis (whooping cough)

vaccination for 65+



Tdap (tetanus, diphtheria and pertussis) can replace Td (tetanus, diphtheria) in adults aged 65+ who have not previously received a Tdap vaccination or adults who anticipate contact with children less than 12 months old. The Tdap vaccine protects both adults and infants.



CONTACT SUSAN DUBB, RN

860-823-1189 EXT. 123 OR sdubb@uncashd.org

Vaccinations made possible with funding received from The Edward & Mary Lord Foundation.

# 7 TIPS TO BEAT THE WINTER BLUES



## 1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



## 2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



## 3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



## 4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



## 5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



## 6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



## 7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.



WWW.CONCORDIALM.ORG

724-352-1571



## LUNCH SERVED DAILY

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

Sandwiches • Salads • Homemade Soup

\*\*\* Weekly Specials\*\*\*



Wednesday, February 13<sup>th</sup>  
11:30

Delicious Bowl of  
Cream of Broccoli Soup  
in a Bread Bowl

**\$6.00**

## MAKE YOUR OWN PIZZA

Tuesday, Feb 26<sup>th</sup> 10:45



**\$3.50**

ST. PATRICKS  
DAY

Corned Beef Luncheon

MON MARCH 18TH

11:30

**\$10**

IRISH MUSIC

SPRING

BREAKFAST

Wed, March 20<sup>th</sup> 9am

Breakfast Burrito

Corned Beef Hash



**\$3**



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

WED, FEB 6<sup>TH</sup>  
LEAVING AT 3:45



**\$5 for bus**

CALL 860-376-2329 TO SIGN UP

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



MONDAY, FEB 11<sup>TH</sup>

Bus leaves Lisbon

**10:45am SHARP**

**only \$1 for the bus!!**

**Bus trip  
to the  
Groton Senior Center:**

**THE GNOG SHOW!!**

**Senior Talent Show**

Friday, February 22<sup>nd</sup>

Bus Leaves Lisbon at 4:15<sup>pm</sup>

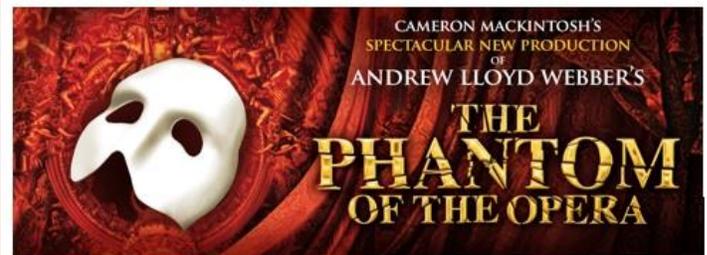
Dinner 5:00<sup>pm</sup>

Showtime 6:30<sup>pm</sup>

BBQ Pork Ribs, Baked Catfish, Roasted Potatoes, Spinach,  
Corn Rolls, Chocolate Peanut Butter Pie, Punch, Coffee

**\$20 for bus and ticket**

**THURS, MARCH 21<sup>ST</sup>**



Providence Performing Arts

Bus leaves Lisbon at 11:30

Show is at 1:00

Then lunch on your own  
at Cracker Barrel

Price is \$50 for bus and show

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's THE PHANTOM OF THE OPERA will make a triumphant return to Providence as part of its North American Tour. Critics are raving that this breathtaking production is "bigger and better than ever before" and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, lighting design by Tony Award®-winner Paule Constable, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling score - with songs like "Music of the Night," "All I Ask Of You," and "Masquerade" - will be performed by a cast and orchestra of 52, making this PHANTOM one of the largest productions now on tour.

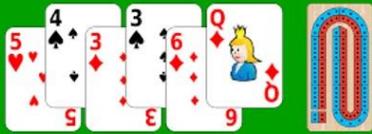
**CALL LISBON SENIOR CENTER 860-376-2329 TO SIGN UP**

# 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

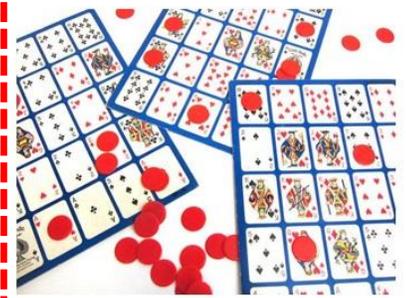
FEB 8th



MARCH 8th



## POKENO



Fridays at 10am  
Bring your pennies!



Thursdays @ Noon

## Spring Word Search

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

Find these words.

Spring  
March  
April  
May  
butterfly  
growing  
Easter  
flower  
bees  
bird  
rain  
tree



©2015 Windup Teacher

## Paint-a-long w/The Art House

FRIDAY, February 22<sup>nd</sup>

FRIDAY, March 15<sup>th</sup>

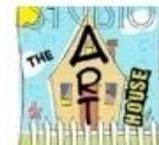
12:00

TAKE HOME YOUR OWN

UNIQUE FINISHED

PIECE OF ARTWORK

\$12-\$15 (all supplies)



Call 860-376-2329

SIGN UP TODAY

## **Lisbon's Longevity Link**

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

Issue February/March 2019

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's** mission is to be a welcoming setting for socialization, activities, trips, classes and maintaining the health, independence and well-being of active agers.

**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.