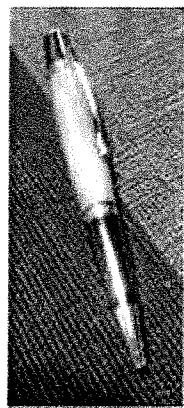


The Lisbon Link

October/November 2016

PEN TURNING & OPEN HOUSE



SATURDAY
OCTOBER 22ND
Featuring:

BAKE SALE

**Carving
Demonstration**

Quilt Show

**Chair caning
Demonstration**

seniorcenterct.org



"like" us on

facebook



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

AT A GLANCE

Wednesday, October 5th

- 11:30 Ham & Beans

Wednesday, October 12th

- 12:30 Shooting Stars
- 1:30 St. Joseph's Bingo

Thursday, October 13th

- 12:00 Birthday Cake

Friday, October 14th

- 9:30 AARP Driving Class

Wednesday, October 19th

- 11:30 Lunch Bunch
- 6-8 pm Elder Law and Estate planning

Thursday, October 20th

- 10:00 Blowout Bingo

Friday, October 21st

- 10:30 Essex Steam Train & Riverboat

Saturday, October 22nd

- 9-3 Pen Turning & Quilt Show, bake sale

Thursday, October 27th

- 10:00 Pneumonia & Shingles Clinic

Friday, October 28th

- 10:30 Book Club
- 6-8pm Family Paint Night

Monday, October 31st

- 11:30 Halloween Party

Thursday, November 3rd

- 12:00 Birthday Cake

Wednesday, November 9th

- 12:30 Shooting Stars

Thursday, November 10th

- 11:00 Pot Luck with turkey

Tuesday, November 15th

- Enhanced Benefits

Wednesday, November 16th

- 11:30 Hanks

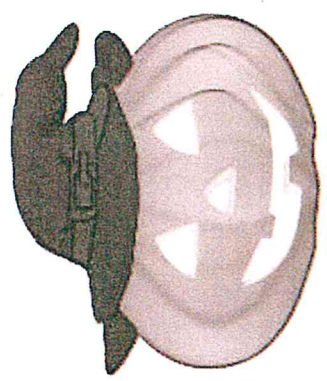
Friday, November 18th

- 10:30 Book Club
- 12:00 Joy of Painting w/Carrie

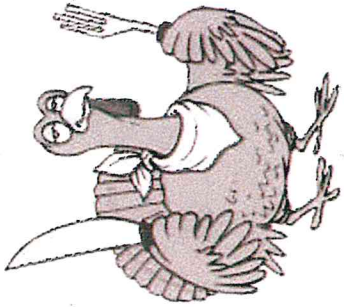
Thursday & Friday, November 24th & 25th

- CLOSED for Thanksgiving

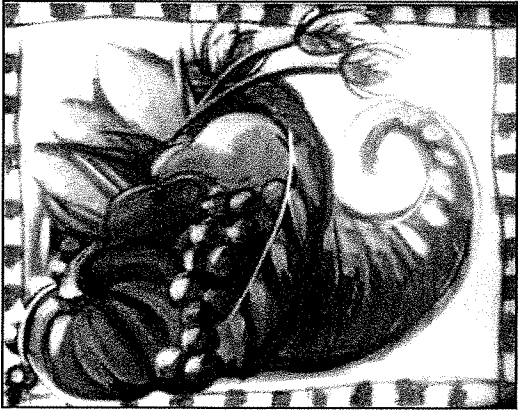
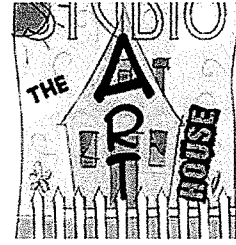
October 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	4 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	5 9:30 Chair caning/ carving 10:15 Shooting Stars Exec 11:30 Lunch 11:30 Ham & Beans w/entertainment 12:30 Yarn club	6 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	7 9:30 Crafting 11:30 Lunch 1:00 Rummikub	8
9	10 Columbus Day 	11 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch	12 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club 1:30 St. Joseph's Bingo	13 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	14 9:30 AARP Driving Class 9:30 Crafting 11:30 Lunch 1:00 Rummikub	15
16	17 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	18 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	19 9:30 Chair caning/ carving 11:30 Lunch Bunch 11:30 Lunch 12:30 Yarn club 6-8 Elder Law & Estate Planning	20 9:30 Exercise 10:00 Blowout Bingo 10:30 Rummikub 11:30 Lunch 12:15 Bingo	21 9:30 Crafting 10:30 Essex Steam Train & Riverboat 11:30 Lunch 1:00 Rummikub	22 Pen-Turning, Quilt Show & Bake Sale
23	24 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	25 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	26 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	27 9:30 Exercise 10:00 Pneumonia and Shingles Clinic 10:30 Rummikub 11:30 Lunch 12:15 Bingo	28 9:30 Crafting 10:00 Book Club 11:30 Lunch 1:00 Rummikub 6-8 Family Paint Night	29
30	31 11:00 Halloween Party 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball					

November 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	2 9:30 Chair caning/ carving 10:15 Shooting Stars Exec 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club	3 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	4 9:30 Crafting 11:30 Lunch 1:00 Rummikub	5
6	7 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	8 ELECTION DAY 	9 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club	10 9:30 Exercise 10:30 Rummikub 11:30 Pot Luck w/ Turkey 11:30 Lunch 12:15 Bingo	11 VETERAN'S DAY 	12
13	14 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	15 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	16 9:30 Chair caning/ carving 11:30 Hanks 11:30 Lunch 12:30 Yarn club	17 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	18 9:30 Crafting 10:00 Book Club 11:30 Lunch 12:00 Joy of Painting 1:00 Rummikub	19
20	21 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	22 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	23 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	24 THANKSGIVING DAY 	25 	26
27	28 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	29 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	30 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club			

The Joy of Painting w/Carrie of



"CORNUCOPIA"

Friday, November 18th, 12:00

TAKE HOME YOUR OWN UNIQUE FINISHED PIECE

Sign up today! Class limited to 12

\$12.00

(all supplies included)

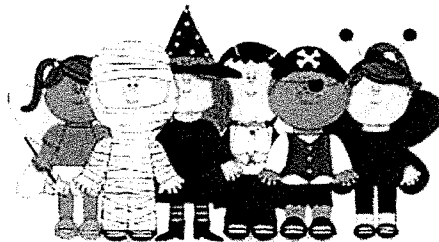


HALLOWEEN PARTY

Monday, October 31st 11:30

Spookghetti

Goulash Garlic Bread & Scary Salad



\$5.00

Let's get dressed up and have some wicked fun!

Free Educational Workshops for Baby Boomers and Retirees

- **Elder Law and Estate Planning – What You Need to Know.**
Presented by Theresa Madonna, attorney practicing in Griswold, CT
- **Reverse Mortgages – *New and Improved*. It's Time to Take a Fresh Look.**
Presented by Jerry Delmato, a local Home Equity Retirement Specialist

Lisbon Senior Center- 11 Newent Road, Lisbon, CT 06351

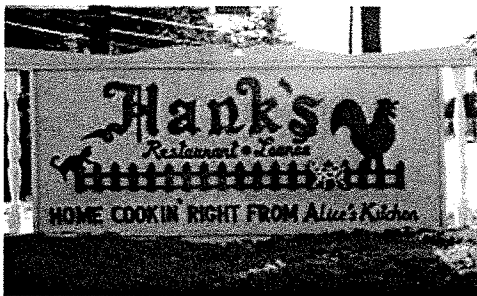
October 19, 2016

6:00 – 7:00 pm

Preston Senior Center- 42 Long Society Road, Preston, CT 06365

October 26, 2016

1:30 – 2:30 pm



WEDNESDAY, NOV. 16TH

LEAVING AT 11:30

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

\$23

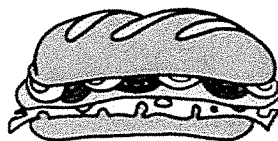
**BLOWOUT
BINGO**

Thursday, October 20th

10:00

Call to sign up

\$5.⁰⁰



Ham Grinder
& chips

\$3.⁰⁰



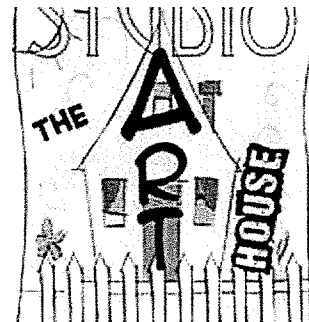
Salad Plate

FRIENDS & FAMILY PAINT NIGHT

with The Art House's Carrie



@ LISBON
SENIOR
CENTER



11 Newent Road, Lisbon

FRIDAY, October 28th 6-8pm

BLACK & WHITE OR
SPOOKY ALL OVER!!

We will supply a small pumpkin and you can bring yours

SIGN UP TODAY **860-376-2329** – Limited seats

Adults **\$10** Under 18 and 60+ **\$8**

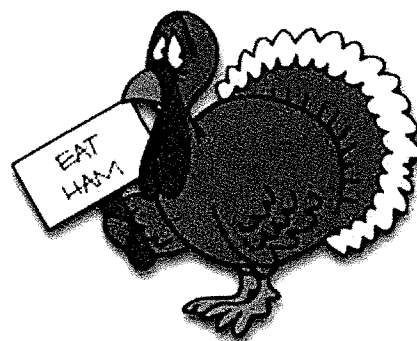
Includes all supplies – no experience needed!



Potluck with **TURKEY**

Thursday, November 10th

11:30 AM



Bring your favorite dish to share



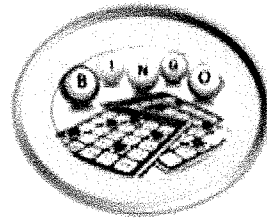
FUNtastic FOOD Drive Day

Accepting donations of
non-perishable items

Until October 20th

Pass the Word!!!

Come play bingo with Lynn Bellware from
St. Joseph Living Center!



Wednesday
October 12th
1:30 PM

our prizes
include useful
items such as laundry detergent,
toothpaste, deodorant, kitchen towels,
fabric softener, pens, pads, envelopes,
kitchen pot holders, holiday decorations
etc..... Each prize bag has three to four
useful items for your home. I even bring a
snack.

All of this is free!!!!

FOR CURRENT MEDICARE ENROLLEES

The Annual Election Period (AEP) is an annual open enrollment period for Medicare Advantage and Medicare prescription drug coverage that takes place from **October 15 to December 7** every year. During AEP, you may:

- Switch from Original Medicare to a Medicare Advantage plan.
- Switch from a Medicare Advantage plan back to Original Medicare.
- Switch from a Medicare Advantage plan to different Medicare Advantage plan.
- Switch from a Medicare Advantage plan that doesn't include drug coverage to one that does, and vice versa.
- Join a Medicare prescription drug plan.
- Switch from one Medicare prescription drug plan to another one.
- Drop your Medicare prescription drug coverage.

Go to: <https://medicare.com/enrollment/2016-medicare-annual-election-period-checklist/>
for more detailed information.

Call 860-376-2329 with any questions

ESSEX STEAM TRAIN AND RIVERBOAT LUNCH EXCURSION

**Bus
leaves
at
10:30
SHARP**

Friday, October 21st

\$58 Payable to "The Shooting Stars"



Call 860-376-2329 to sign up

Lunch is served on the train:

Choice of;

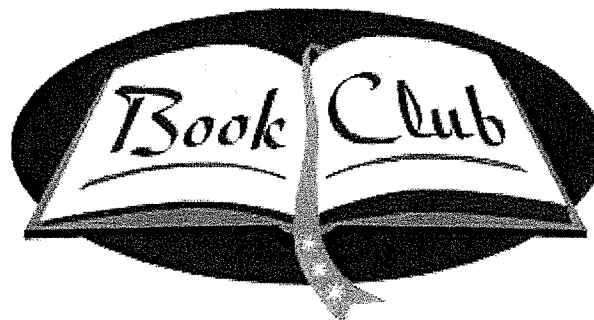
Beef Tips/gravy or Baked Chicken

Tossed Mix Greens Salad, Vegetable, Potato, Roll & Dessert

**Enjoy your meal during a 2.5 hour tour
of our beautiful foliage**

Join the LUNCH BUNCH
with Tom and the Senior Van

She will take you to a mystery restaurant –
always a pleaser!



October 19th

Van leaves at
11:30
Call 860-376-
2329 to join
Seats are
limited!



with Judy

Friday, October 28

The Moonlit Garden - Corina Bomann

Friday, November 18

The Wedding Chapel – Rachel Hauck

10:30 AM

Save the Date

12/13 – The Jimmy Mazz Holdiay Show at Aqua Turf



Friday, October 14th 9:30

\$15 for members/\$20 for non-members

By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn how you can manage and accommodate common age-related changes in vision, hearing and reaction time.

You may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details.

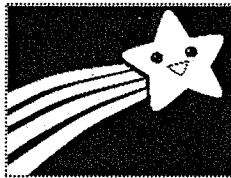
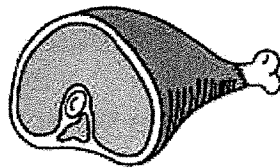
Call 860-376-2329 to register.

Wednesday, October 5th 11:30

Ham & Beans

\$5.00

FOLLOWED BY ENTERTAINMENT WITH *Songbird - Judy Hall*



The Shooting Stars

We want to hear from you. What activities, trips or classes would you like to see here at our center? We meet every 2nd Wednesday of the month at 12:30.

All ideas are welcome!

Lisbon Senior Center

2016 Pneumonia & Shingles Clinic

Thursday, October 27th

10:00-11:00

Call for an appointment

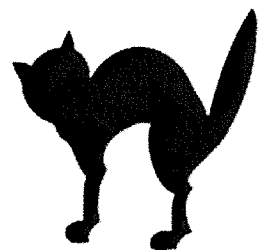


SPOOKY HALLOWEEN WORD SEARCH

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



- bats
- candy
- ghost
- magic
- spooky
- costume
- goblins
- haunted
- October
- pumpkin
- witches
- vampires
- halloween
- jackolantern
- trickortreat



Lisbon's Longevity Link

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

Issue October/November 2016

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 Selectman

Thomas Sparkman
Robert Browne
William Surfus

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

Van Driver

Tom

Nutrition Site Server

Glenda

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.