



NEWSLETTER

AUGUST 2022

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **Crafting**

TUESDAYS

- **9:30 Quilting**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

WEDNESDAYS

- **9:30 Caning,
Carving &
Basket Making**
- **10:00 Pool**
- **12:00 2nd Wed-
Shooting Stars Mtg**
- **12:30 Yarn Club**

THURSDAYS

- **12:00 Bingo-sales
from 11-11:45**

FRIDAYS

- **10:30 Pokeno**

**See Calendar for
special events**

WEDNESDAY, AUGUST 17th

10:30

ANNUAL PICNIC/FAIR

\$7.00



**Hot dogs
Watermelon
Potato Salad
Ice Cream**



POP THE BALLOON

INDOOR HORSE RACES



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

August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Crafts 10:00 Commission on Aging 11:30 Lunch 12:00 Crafts	2 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	3 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	4 11:30 Lunch 12:00 Bingo 12:00 Darts	5 10:00 Pool 10:30 Pokeno 11:30 Lunch
8 10:00 Crafts 11:30 Lunch 12:00 Crafts	9 	10 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Shooting Stars Meeting	11 9:30 Trip to New London Sr Ctr 11:30 Lunch 12:00 Bingo 12:00 Darts	12 10:00 Pool 10:30 Lighthouse Cruise 10:30 Pokeno 11:30 Lunch
15 10:00 Crafts 11:30 Lunch 12:00 Crafts	16 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	17 9:30 Chair caning baskets/carving 10:00 Pool 10:00 Picnic	18 11:30 Lunch 12:00 Bingo 12:00 Darts	19 10:00 Pool 10:30 Pokeno 11:30 Lunch 12:00 Art Class
22 10:00 Crafts 11:30 Lunch 12:00 Crafts	23 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	24 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	25 11:30 Lunch 12:00 Bingo 12:00 Darts	24 10:00 Pool 10:30 Pokeno 11:30 Lunch
29 10:00 Crafts 11:30 Lunch 12:00 Crafts	30 9:30 Quilting 10:30 Rummikub 11:30 Drums & Fries special 12:15 Wii Bowling	31 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch		

Hi...If you haven't met me yet, I'm Danielle Mauri, your new Senior Coordinator. Many of you already know me as the former Nutrition Site Server for the past year. I'm so excited for this opportunity and can't wait to get to know everyone here.

A little about me...up until last year I was very busy raising my 3 children along with many daycare children. This provided the fine art of multitasking!!

Now that I'm with the adult community I'm realizing how much fun it is to get to know a different generation. You all have so many interesting stories that I love to hear. I'm sure there's plenty more and we will be making our own memories along the way.

It is going to be my pleasure to serve all of your needs and make this center as exiting and helpful as possible.

My door is always open for you anytime. Let the fun begin!!!

DRUMS & FRIES



Tuesday, August 30th
11:30
\$7.00

CLIMATE CHANGE & EXTREME HEAT

CAUSES MORE DEATHS
each year than hurricanes, lightning, tornadoes, earthquakes, and floods
COMBINED!

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at www.cdc.gov/ephtracking





Thursdays @ Noon



Come Join Us for a Summer Rock a thon at

The New London Senior Center

10 Brainard ST New London CT 06320

Thursday, August 11, 2022

9:30 a.m. – 2p.m.

FREE TRIP

There will be food, games, music, and prizes!

Full Day of Fun for The Young at Heart!



UPCOMING TRIPS

Thursday, August 11th – New London Senior Center Summer Rock a Thon
No charge

Friday, August 12th – New London Classic Lighthouse Tour \$37

Tuesday, Sept 13th – “SOCIAL SECURITY” at Newport Playhouse \$80

Wednesday, Sept 21st – The Big E \$25

Thursday, Sept 22nd Regional Sr Center Rockin’ Block Party – 4:30-7:30 - @ Thrive55+-Powered by the Groton Senior Center. Music by The Corvettes Doo Wop Review.
\$10

Friday, October 7th – Essex Steam Train & Riverboat Luncheon \$75

Thursday, Nov 10th – “Country Christmas & Veterans Show” at The Log Cabin \$111

Tuesday, Dec 13th – “Holiday Fun w/The Cartels” at Aqua Turf \$60

Friday, Aug 12th LIGHTHOUSE CRUISE (Classic)

\$37* for bus and cruise

Lunch on your own before show at

Capt. Scott’s Lobster Dock

Bus leaves at 10:30

*50% due at sign up – full payment by July 29th

Call Lisbon Senior Center to sign up

860-376-2329



Enjoy views of eight lighthouses from New London to Long Island, including Plum Island Light, the supposed site of the first amphibious assault by an American army in 1775; plus, two Revolutionary-era forts and much more!

Wednesday, Sept 21ST

THE BIG E Connecticut Day



\$25 Payable to
“The Shooting Stars”

Includes Bus and Ticket

Bus leaves at 8:30

Call 860-376-2329



LENDING LIBRARY

Pick up a book (or two or three!) to take home and enjoy. If you have a book to spare, you're welcome to share 😊

Hello Summer word search

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

ALOHA	HOT	SUMMER	FUN
BIKE	SUNHAT	SWIM	LEMONADE
CAMP	VACATION	FISHING	WATERMELON
PICNIC	POOL	SUN	BEACH

LISBON SENIOR CENTER VAN RIDES

860-376-2329



THE SENIOR VAN IS AVAILABLE TO LISBON RESIDENTS AGES 60 AND OVER FOR THE FOLLOWING:

RIDES TO APPOINTMENTS (Doctor, Dentist, Banking, Haircuts, etc.)

Schedule your appointments from 10:15 to 11:00
or 12:15 to 2:15 Call us as soon you have your appointment

SHOPPING AT 10:15 ON FRIDAYS TO WALMART

(Other days/times for other stores can be accommodated upon request)

TO AND FROM THE SENIOR CENTER

LEARN CHAIR CANING & BASKET MAKING WEDNESDAYS AT 9:30



Lisbon's Longevity Link

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

Issue August 2022

RETURN SERVICE REQUESTED

«Firstname» «Lastname»
«Address1»
«City», «State» «Zip»

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

Danielle Mauri

Van Driver

Charles Martin

Nutrition Site Server

Robin Brooks

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 Pauline 860-889-6637 with the name and address of those who should receive a card.