



NEWSLETTER

March 2024

WEEKLY ACTIVITIES

11:30 Daily Lunch
(order by 11am)

Lunch Special every Thursday

MONDAYS

- **Sign up day for paid trips/events**
- **12:00 Chair Yoga**
- **1:00 Senior Fitness**

TUESDAYS

- **9:30 Quilting**
- **10:30 Rummikub (and other board/card games)**
- **12:00 Pitch**
- **NEW! 12:00 Knitting/Crochet Club**

WEDNESDAYS

- **Sign up day for paid trips/events**
- **9:30 Caning, Carving & Basket Making**
- **10:00 Pool**
- **NEW TIME! 12:00 2nd Wed-Shooting Stars Mtg**

THURSDAYS

- **12:00 Bingo-sales from 10:30-11:30**

FRIDAYS

- **See calendar for special events**

WE HAVE A NEW NAME!



We will still be the same welcoming setting for socialization, activities, trips, classes, and maintaining the health, independence, and wellbeing of active agers.

ACTIVE AGING CENTER VAN RIDES

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

- * APPOINTMENTS (Doctor, Dentist, Banking, Haircuts, etc.)
- * SHOPPING
 - Walmart
 - Better Valu (Tues & Wed are senior discount days)
 - Other local stores
- * TO & FROM THE SENIOR CENTER (for events, classes, trips)

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



860-376-2329

The newsletter is posted on the Town Hall website: lisbonct.com and to be added to our email distribution send message to: awilnas@lisbonct.com

***Reminder: We will be closed on March 29th for Good Friday**

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11:30 Lunch
4 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness Sign up day	5 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) <u>12:00 Knitting/Crochet Club (Community room)</u> NEW!	6 9:30 Chair caning baskets/carving 10:00 Pool Sign up day	7 9:30 Pool 11:30 Lunch Special 12:00 Bingo	8 11:30 Lunch 11:30 Art Class
11 11:30 Lunch 12:00 March Birthday Celebration 12:00 Chair Yoga 1:00 Senior Fitness Sign up day	12 9:30 Quilting 10:15 Trip to NFA's Brickview Restaurant 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) <u>12:00 Knitting/Crochet Club (Community room)</u> NEW!	13 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Shooting Stars Public Meeting Sign up day	14 9:30 Pool 11:30 Lunch Special 12:00 Bingo	15 11:30 Lunch 12:00 Movie Matinee (Downton Abbey Episodes 3&4)
18 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness Sign up day	19 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) <u>12:00 Knitting/Crochet Club (Community room)</u> NEW!	20 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Corned Beef Luncheon Sign up day	21 9:30 Pool 11:30 Lunch Special 12:00 Bingo	22 11:30 Lunch
25 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness Sign up day	26 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Love on a Plate (Baked Potato Bar) 12:00 Pitch (Pool room) <u>12:00 Knitting/Crochet Club (Community room)</u> NEW!	27 9:30 Chair caning baskets/carving 10:00 Pool 11:15 Trip to Gus' Pub 11:30 Lunch Sign up day	28 9:30 Pool 11:30 Lunch Special 12:00 Bingo	29 CLOSED for Good Friday

SCAM ALERT

Watch out! Scammers target everyone.



Recognize scammers. They may:

- **PRETEND** to be from an agency or organization you know.
- Say there's a **PROBLEM** or promise a prize.
- **PRESSURE** you to act immediately.
- Tell you to **PAY** in a specific way.



Do not give scammers money or personal information – Ignore them!

How to avoid a scam:

- **Remain calm.** Talk to someone you trust.
- **Hang up or ignore** the message. **DO NOT** click on links or attachments.
- **Protect your money.** Criminals will insist that you pay in a hard-to-trace manner, such as with a gift card, prepaid debit card, cryptocurrency, wire transfer, money transfer, or by mailing cash.
- **Protect your personal information.** Be skeptical of a contact you didn't initiate.
- **Spread the word.** Share your knowledge of Social Security-related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit ssa.gov/scam for more information. Please also share with your friends and family.

Social Security Administration
Publication No. 05-10697 | January 2024 (February 2023 edition may be used) | Produced at U.S. taxpayer expense



FREE Beginner

Fitness Classes

Mondays with Donna

12:00pm Chair Yoga

1:00pm Senior Fitness

Unsure if this class
is for you?

First time attendees can feel free to
stop in and try a class before signing up.

Maximum 10 People
Call 860-376-2329 for
more information
about signing up!



PAINTING Class w/ Jacqui

**Friday, March 8th
at 11:30am**



Create a
beautiful
Acrylic!!

**\$20 pay at class - Limit 12 people
Sign up in the Active Aging Center
or call (860)376-2329**

AARP

**DRIVER
SAFETY**

**FRIDAY APRIL 26TH
9:30AM-2PM**

\$20 FOR
AARP MEMBERS

\$25 FOR
NON-MEMBERS

CALL 860-376-2329 TO SIGN UP

**Medical Equipment and Depends
AVAILABLE**

Call
860-376-2329 to
reserve



The Chelsea Foundation in Groton, CT, also is a
great resource for free medical equipment that may
be more difficult to find
(860)448-2263



Lunch Specials

Thursday 3/7 TEXAS TOAST GRILLED CHEESE &
CUP OF SOUP \$4.50

Thursday 3/14 FISH SANDWICH WITH
FRIES \$4.50

Thursday 3/21 PASTA FAGIOLI \$4

Thursday 3/28 CHICKEN CAESAR SALAD
\$4.50

**ST. PATRICKS
DAY**
Corned Beef Luncheon

Wed MARCH 20th

11:30am for sit down lunch  12pm pick up for takeout orders

\$10

Sign up on Mondays & Wednesdays by March 11th

Veteran's Breakfast

HONORING ALL WHO SERVED ★ THANK YOU

Friday April 19th
9:30am

at
LISBON ACTIVE AGING CENTER
(formerly Lisbon Senior Center)



Sign up at
Griswold Veteran's
Coffee House



or call the Center at 860-376-2329

Veterans Only Please

Love on a Plate

Tuesday March 26th
11:30am

 **\$6** 

**Baked
Potato Bar**

Please sign up on Mondays & Wednesdays at the Active Aging Center by Wednesday March 20th

Lisbon Senior Center
PRESENTS

**MARCH
MOVIE
MATINEE**

Television

FREE **Friday March 15th**
at Noon

Call 860-376-2329 or stop by to sign up

**Popcorn or
Chips \$.75
Soda \$1**

FEATURED SHOW
**Downton
Abbey**
Season 1 Episode 2

01234 01234

Join us for a trip to

**TUESDAY
MARCH 12TH**

Norwich Free Academy's

Pay on your own at the restaurant

ONLY CASH & CHECK ACCEPTED



**\$4
for the
bus**

Leaves at 10:15am
Returns by 1:30pm



Restaurant

*Please let us know if you use a walker, cane, or wheel chair so the school can provide assistance in transportation on school grounds

*Sponsored by Shooting Stars

Sign up on Mondays & Wednesdays at the Center by March 4th

*Sponsored by Shooting Stars

Trip to
Gus' Pub & Pizzarama

LEAVING AT 11:15AM
RETURNING AT 2:30 PM



**\$4
FOR THE
BUS**

**PAY AT
THE
RESTAURANT**



**GUS' PUB
& PIZZARAMA
OF PLAINFIELD**

Area's Favorite Family Restaurant for over 40 years

FOR TAKE OUT CALL
860-564-8887 860-564-2

WED MARCH 27TH

Sign up at the Center on Monday & Wednesday through March 18th

Lisbon Active Aging Center has
NO membership fees!
Join us for some fun!



Please take a minute to fill out this brief survey regarding the Sprague Land Preserve

- Open your phone camera
- Point it at the code below, like you are going to take a picture
- It will take you to the survey



My name is Sam Spellman and I am participating in the UConn NRCA Conservation Ambassador program this year where I am curating a community action project in my town. I am working alongside the Conservation and Agriculture Commission in Sprague to spread awareness about the Sprague Land Preserve. My goal is to increase public interest surrounding the preserve and get people in Sprague and surrounding towns involved.

TRIP INFO



If you need assistance with movement on and off the bus for trips:

Please make sure you have someone sign up for the trip with you who can assist. Unfortunately, our trip escorts are unable to assist in this manner. Thank you!

Also, check out our trip labels:
One Foot - Minimal walking
Two Feet - Some walking
Three Feet - Heavy walking



Come Celebrate
March Birthdays
with us
**Monday
March 11th 12pm**

BIRTHDAY CAKE WILL BE SERVED

Please call to sign up or put your name on the signup sheet



Lisbon's Longevity Link

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

Issue March 2024

RETURN SERVICE REQUESTED

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

Active Aging Center

(Formerly 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

Ara Wilnas

Van Driver

Charles Martin

Nutrition Site Server

Kelly Miceli

The **Active Aging 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 Active Aging 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.