

# The Lisbon Link

February/March 2020

## WEEKLY ACTIVITIES

### **11:30 Daily Lunch**

#### **MONDAYS**

- **Crafting**

#### **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**

- **10:00 Pokeno**

LUNCH SPECIALS...PAGE 5  
TRIPS.....PAGE 6

**See Calendar for  
other events**



**SENIOR VAN for Doctor, Shopping, etc**  
**Monday - Friday**

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)

# February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10:00 Crafts 11:30 Lunch 12:30 Crafts  7:00 COA	<b>4</b> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>5</b> 9:30 Chair caning baskets/carving <i>11:30 Souper Bowl</i> 12:30 Yarn Club	<b>6</b> 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	<b>7</b> <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch  <i>6-8pm Paint Night</i>
<b>10</b> 10:00 Crafts 11:30 Lunch 12:30 Crafts	<b>11</b> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>12</b> 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:30 Shooting Stars</i> 12:30 Yarn Club	<b>13</b> 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	<b>14</b> <i>9:15 Trip to NL Sr Ctr</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i>
 <b>17</b>	<b>18</b> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>19</b> 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 11:30 Lunch 12:30 Yarn Club	<b>20</b> 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	<b>21</b> <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Art Class</i>
<b>24</b> 10:00 Crafts 11:30 Lunch 12:30 Crafts	<b>25</b> 9:30 Exercise 9:30 Quilting 10:30 Rummikub <i>10:45 Make your own Pizza</i> 11:30 Lunch 12:15 Wii Bowling	<b>26</b> 9:30 Chair caning baskets/carving <i>10:30 Norwich Tech</i> 11:30 Lunch 12:30 Yarn Club	<b>27</b> 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	<b>28</b> 10:00 Pokeno 11:30 Lunch

# March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:30 – Foxwoods Finding Neverland</p>	<p>2</p> <p>10:00 Crafts 11:30 Lunch</p> <p>7:00 COA</p>	<p>3</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>	<p>4</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club</p>	<p>5</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo</p>	<p>6</p> <p>9:00 Hairdresser 10:00 Pokeno 11:30 Lunch</p> <p>6-8pm Paint Night</p>
	<p>9</p> <p>10:00 Crafts 11:30 Lunch</p>	<p>10</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>	<p>11</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn Club</p>	<p>12</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo</p>	<p>13</p> <p>10:00 Pokeno 11:30 Lunch 12:00 Movie</p>
	<p>16</p> <p>10:00 Crafts 11:30 Lunch</p>	<p>17</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Corned Beef &amp; Cabbage 12:15 Wii Bowling</p>	<p>18</p> <p>9:30 Chair caning baskets/carving 10:00 BP Clinic 11:30 Lunch 12:30 Yarn Club</p>	<p>19</p> <p>9:00 Foot Clinic 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo</p>	<p>20</p> <p>9:00 Spring Breakfast 9:00 Hairdresser 10:00 Pokeno 11:30 Lunch 12:00 Art Class</p>
	<p>23</p> <p>10:00 Crafts 11:30 Lunch</p>	<p>24</p> <p>8:00 Foxwoods 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>	<p>25</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club</p>	<p>26</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo</p>	<p>27</p> <p>10:00 Pokeno 11:30 Lunch</p>
	<p>30</p> <p>10:00 Crafts 11:30 Lunch</p>	<p>31</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>			

## ENERGY ASSISTANCE 2019-2020 SEASON

**March 16, 2020** – Deadline for fuel authorizations or deliveries.

**May 1, 2020** – Last day that a household can apply to establish its eligibility for benefits unless the household is utility heated and has a shut off notice for its primary source of heat.

**May 15, 2020** – Last day that a utility heated household with a shut off notice for its primary heat can apply to establish its eligibility for benefits.

**May 29, 2020** – Last day to submit deliverable fuel bills.

Call TVCCA at 860-425-6681 to see if you qualify

**Every 3<sup>rd</sup> WED  
10:00 – 12:00**



**Thursday, March 19<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.

## 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.

## Walk Like a Penguin to Prevent Winter Slips, Trips and Falls

1. Walk flat footed  
and take short steps



2. Wear footwear that  
provides traction



3. Step down, not  
out from curbs



4. Use your arms for  
balance



5. Carry only what  
you can



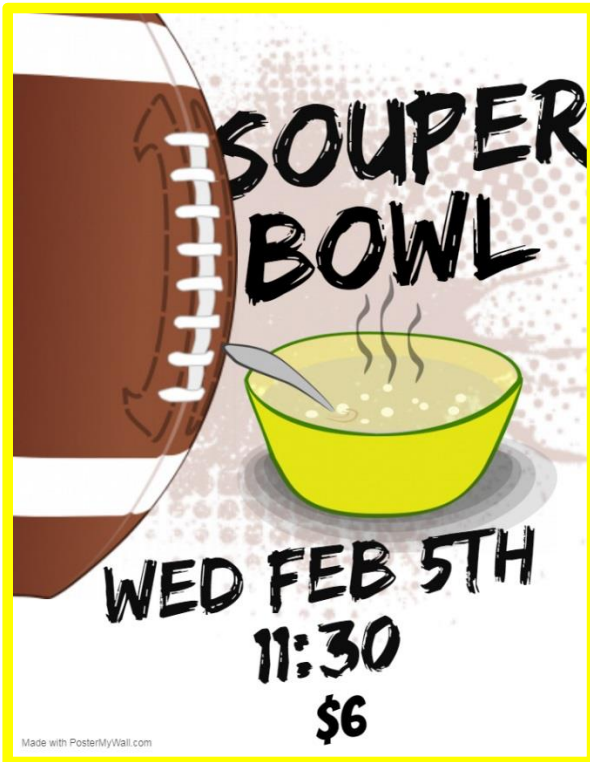


## LUNCH SERVED DAILY

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

Sandwiches • Salads • Homemade Soup

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



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

A vertical rectangular invitation with a decorative border of red roses and petals. The text is centered and reads: "YOU ARE INVITED TO A VALENTINES PARTY AT NEW LONDON SENIOR CTR FEBRUARY 14TH BINGO W/PRIZES LUNCH LIVE ENTERTAINMENT \$5 FOR BUS - LEAVING AT 9:15AM 860-376-2329".

YOU ARE INVITED TO A  
**VALENTINES**  
PARTY

AT NEW LONDON SENIOR CTR

**FEBRUARY 14<sup>TH</sup>**

**BINGO W/PRIZES**

LUNCH LIVE ENTERTAINMENT

\$5 FOR BUS - LEAVING  
AT 9:15AM

860-376-2329

WED, FEBRUARY 26<sup>TH</sup>

LEAVING AT 10:30

LUNCH AT

The logo for Norwich Tech, featuring a stylized blue and yellow 'NT' monogram.

NORWICH TECH

**\$15**

**for bus & lunch**

Includes soup, salad, entrée & dessert

CALL 860-376-2329 TO SIGN UP

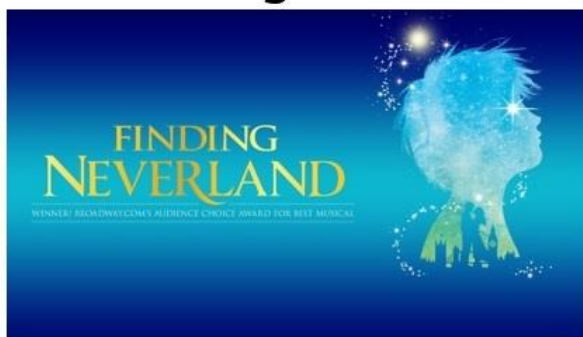
The Foxwoods logo, featuring a stylized tree and a fox head inside a circle.

**FOXWOODS**<sup>®</sup>  
RESORT ♦ CASINO

**SUNDAY, MARCH 1<sup>ST</sup>**

**FINDING NEVERLAND**

Leaving at 10:30



**Bus & Ticket \$75**

**Includes Buffet & \$10 Slot Play**

**50% deposit required to sign up**

**Call Lisbon Senior Center 860-376-2329**

The Foxwoods logo, featuring a stylized tree and a fox head inside a circle.

**FOXWOODS**<sup>®</sup>  
RESORT ♦ CASINO

Receive \$10 slot play and free buffet

**Tues, March 24<sup>th</sup>**

Bus leaves Lisbon at 8:00<sup>am</sup>

Bus leaves casino at 4:30<sup>pm</sup>

**\$5 for Bus**

**Hold the date:**

**Sunday, April 26<sup>th</sup>**

**Mamma Mia @ Bradley Playhouse**



**Second Friday**  
**MOVIES @ NOON**

**FEB 14th**




**MAR 13th**



Made with PosterMyWall.com

**Wii™**  
**Bowling**

Tuesdays at 12:15  
No experience needed



**POKENO**



Fridays at 10am  
Bring your pennies!

**BINGO**

Thursdays @ Noon

**PAINT NIGHT**  
w/ Nicole

**FRIDAY FEB 7**

Lisbon Senior Center  
6:00-8:00pm  
\$15 Adults / \$10 12 & under



Space is limited — Call 860-376-2329 to reserve a spot

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



© 2015 Windup Teacher

**Paint-a-Longs w/ Carrie**

Friday, FEB 21st  
Friday, MAR 20<sup>th</sup>

**12:00**

**\$12/\$15**  
for class & all supplies

CREATE YOUR OWN  
WORKS OF ART

Call 860-376-2329 to sign up



## **Lisbon's Longevity Link**

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

Issue February/March 2020

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.