

Lisbon Senior Center's April Newsletter



Email us at elefevre@lisbonct.com to receive our monthly newsletter.

The Monthly 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:

seniorcenter.org/lisbon

Weekly Activities

11:30am Daily Lunch

***MONDAYS-**

Crafting at Noon!

***TUESDAYS-**

9:30am Quilting

10:30am Rummikub

***WEDNESDAYS-**

**9:30am Caning, Carving &
BasketMaking**

***10am Pool**

***10am 2nd Wed. each month**

****Shooting Stars Meeting****

Join us!

***12:30pm Yarn Club**

***THURSDAYS-**

12:00pm BINGO!

Sales from 10:30am-11:30am

***FRIDAYS-**

***Various Activities-**

See Calendar for special events

***Reminder: We are closed, April 7th,
for Good Friday! Happy Easter!***

Foxwoods BINGO

April 5th
7:45am - 2pm
Bus = \$5pp

BINGO Admission is \$15 at the door
for one packet!

Space is limited! Call 860-376-2329 to
reserve your spot on the bus!

CREATE YOUR OWN

DIAMOND ART CLASSES

Mondays in April at 11AM
(includes all supplies)

Limit of 12 people
Call 860-376-2329
to reserve your spot

BEGINNER Fitness Classes Starting

Mondays beginning April 3rd
with Donna

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

Come Celebrate
the April Birthdays
with us!
on April 12th at noon

Lisbon

\$12

CHICKEN LUNCHEON

Baked Stuffed Chicken, Mashed Potatoes,
Green Beans & Cranberry Sauce

MADE ESPECIALLY FOR US BY CHEF MIKE ROSSI

SIGN UP & PAY BY 4/14 AT THE LISBON SENIOR CENTER

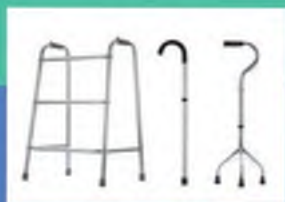
Texas Roadhouse

Friday, April 28th
Bus leaves at 10:45am
\$5pp

Reserve your spot on the bus
call 4/28 by 860/376-2329

Seniors

MEDICAL EQUIPMENT 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)376-2329

STOP THE BLEED

Certification Course

Friday, April 21st,
9:30am

Free to everyone! 16
person limit. Please sign
up in the foyer or call
(860)376-2329



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

Do you want to improve your balance without
having to leave your home? Join the Tai Ji Quan
Zoom class! See below!



Please join us for the next Tai Ji
Quan: Moving for Better
Balance® session!

Dates – April 3, 2023 Through
September 2023

Mondays and Thursdays

Time: 8:45 am to 9:45 am

Location: Zoom

Cost: **FREE**

Must be 60+ years old

Contact: Connie Capacchione

Uncas Health District

860-639-5138

What is Tai Ji Quan: Moving for Better Balance®?

Tai Ji Quan: Moving for Better
Balance® is a research-based falls
prevention exercise program that
uses Tai Ji Quan based
movements to improve strength,
mobility, balance and daily function
and to prevent falls. It is designed
for older **adults 60+ years old** and
people with balance difficulties.

This program can accommodate
individuals who need some
assistance with walking, such as
use of a cane.

No prior experience with Tai Chi is
needed. You will learn the
movements over the course of a
24-week class in a supportive
environment.



Puzzles with Stefan!



MASSAGE THERAPY WITH JULIETTE!



Corned Beef & Cabbage!



Diamond Art



PAINTING

Class w/ Jacqui

**Friday, April 14th
at Noon**



*Create a
beautiful
Acrylic!!*



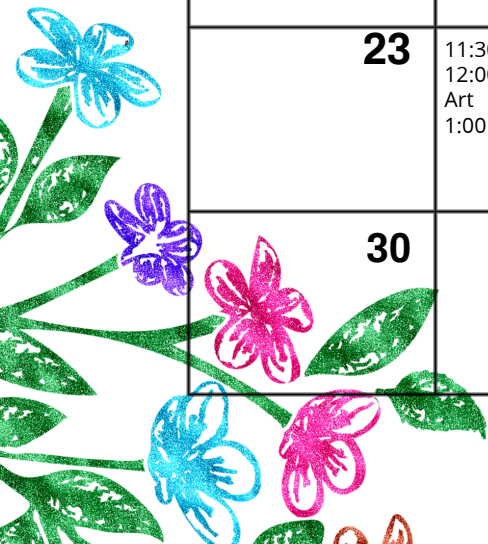
*\$20 - Limit 12 people
Sign up in the Lisbon
Senior Center foyer or
call (860) 376-2329*



April 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	11:30 Lunch 12:00 Diamond Art 1:00 Fitness Class 3	9:30 Quilting 10:30 Rummikub 11:30 Lunch 4	7:45 Foxwoods Bingo 9:30 Chair caning Basket/carving 10:00 pool 11:30 Lunch 5	11:30 Lunch 12:00 BINGO 6	*CLOSED* 7	8
9	11:30 Lunch 12:00 Diamond Art 1:00 Fitness Class 10	9:30 Quilting 10:30 Rummikub 11:30 Lunch 11	9:30 Chair caning Basket/carving 10:00 Shooting Stars meeting 10:00 pool 11:30 Lunch 12:00 April Birthday Celebration 12	11:30 Lunch 12:00 BINGO 13	11:30 Lunch 12:00 "Art with Jacques" 14	15
16	11:30 Lunch 12:00 Diamond Art 1:00 Fitness Class 17	9:30 Quilting 10:30 Rummikub 11:30 Lunch 18 *TAX DAY*	9:30 Chair caning Basket/carving 10:00 pool 11:30 Lunch 11:30 Baked stuffed Chicken Dinner 19	11:30 Lunch 12:00 BINGO 20	9:00am "Stop the Bleed" Certification class No cost 11:30 Lunch 21	22
23	11:30 Lunch 12:00 Diamond Art 1:00 Fitness Class 24	9:30 Quilting 10:30 Rummikub 11:30 Lunch 25	9:30 Chair caning Basket/carving 10:00 pool 11:30 Lunch 26	11:30 Lunch 12:00 BINGO 27	10:45 Trip to Texas Roadhouse 11:30 Lunch 28	29
30						



PROPERTY TAX CREDITS FOR SENIORS OR DISABLED PERSONS

Property tax credits from \$150 to \$1,250 from total tax are available for low-income seniors or disabled homeowners on their primary residence. Eligibility for the "Homeowner's Program" is based on the following criteria:

Property owner who is at least 65 years old as of December 31 proceeding the filing period or is at least 50 years old and the widow(er) of a previously approved applicant is eligible. Totally disabled taxpayers regardless of age may also be eligible upon presentation of a Social Security Award Letter or an SSA-1099 with Medicare premiums, or proof of benefits comparable to those of the Social Security Administration. Property must be owned or held in "life use" by the applicant as of October 1 of the year prior to the application period and at the time of application.

Income limits are determined annually by the State of Connecticut.* "Income" is considered income from all sources, including tax-exempt interest and Social Security. The income limit for the 2019 tax year is \$45,100 for couples and \$37,000 for single applicants.

Applications must be renewed every two years between February 1 and May 15. Applicants must bring with them copies of their Federal Income Tax (if filed) and their SSA-1099. If taxes are not filed, applicant must provide statements of all income sources (pensions, interest income, SSA-1099, etc.)

*Qualifying Income thresholds are based on Connecticut Office of Policy & Management guidelines set annually.

PROPERTY TAX EXEMPTIONS FOR BLIND OR TOTALLY DISABLED PERSONS

Connecticut law provides for a \$3,000 assessment exemption for taxpayers who are legally blind. Proof of the blindness (certification by a qualified medical practitioner) must be presented to the Assessor prior to October 1 in order for the exemption to be applied to that assessment year's tax bill.

Connecticut law also provides for a \$1,000 exemption for totally disabled persons who are receiving benefits under a federal, state or local retirement plan, which contains requirements comparable to those of the Social Security Administration. Proof of disability must be presented to the Assessor prior to October 1 in order for the exemption to be applied to that assessment year's taxes.

Homeowners who are totally disabled may also be qualified for tax credits under the State-sponsored Homeowners Program even if they have not reached age 65. Please refer to the information in this brochure under the title "Property Tax Credits for Senior and Disabled Persons."

RENTER'S REBATES

Senior or disabled low-income renters may be eligible for a partial rebate of rent and utility bills, excluding telephone and cable. The filing period is April 1 through October 1. Applications are available at the Assessor's Office.

For more information and to apply contact our Assessor's office at 860-376-5115

Lisbon's Longevity Link

Published by:

Lisbon Commission on Aging

Lisbon Senior Center

11 Newent Road

Lisbon, CT 06351

Issued April 2023

Return service requested:

"" First name"" ""Last name""

""Address""

""City"", ""State"" ""Zipcode""

LISBON SENIOR CENTER

Monday - Friday

9:00AM - 3:00 PM

860-376-2329

BOARD OF SELECTMAN

Thomas Sparkman

Robert Browne

William Surfus

COMMISSION ON AGING

Lee Szcruba, Chairman

SENIOR COORDINATOR

Erin Lefevre

VAN DRIVER

Charles Martin

NUTRITION SITE SERVER

Kelly Miceli

Lisbon Senior Center's mission is to be a welcoming setting for socialization, activities, trips, and classes, As well as maintaining the health, well-being and independence active agers.

Transportation is available for Lisbon residence for the following: doctor and dentist appointments; banking; hairdresser or barber; shopping and pharmacy; to the senior center; etc..

For a ride please call the Senior Center (860-376-2329) as soon as you have made 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 meals are served daily at 11:30 Help is available for paperwork, applications, and insurance decisions.

Services are available to maintain 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 are ill. Call Pauline (860-889-6637) with the name and address of those who should receive a card.