



# NEWSLETTER

SEPTEMBER 2021

FOR EVERYONE'S  
**SAFETY**



**FACE MASKS  
MANDATORY**

**BINGO - THURSDAYS**  
CARDS START SELLING AT 11:00  
GAMES BEGIN AT 12:00

LUNCH ORDERS MUST BE IN  
BY 11:00



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)

## 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**
- **10:00 Pool**
- **12:00 2<sup>nd</sup> Wed-  
Shooting Stars Mtg**
- **12:30 Yarn Club**

#### **THURSDAYS**


- **12:00 Bingo**

#### **FRIDAYS**

- **10:30 Pokeno**

**See Calendar for  
special events**

# SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	<b>2</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>3</b> 10:30 Pokeno 11:30 Lunch
<b>6</b> 	<b>7</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>8</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch <b>12:00 Shooting Stars</b> 12:30 Yarn Club	<b>9</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>10</b> 10:30 Pokeno 11:30 Lunch <b>12:00 Craft Class</b>
<b>13</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts  <b>7:00 Commission on Aging</b>	<b>14</b> 9:30 Quilting 10:30 Rummikub <b>10:45 Make Your Own Pizza</b> 11:30 Lunch 12:15 Wii Bowling	<b>15</b> 9:30 Chair caning baskets/carving 10:00 Pool <b>11:00 Longhorn Steakhouse</b> 11:30 Lunch 12:30 Yarn Club	<b>16</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>17</b> 10:30 Pokeno 11:30 Lunch
<b>20</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>21</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>22</b> <b>8:30 The Big E</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	<b>23</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>24</b>  <b>9:00 Fall Breakfast</b> 10:30 Pokeno 11:30 Lunch
<b>27</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>28</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>29</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	<b>30</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	

# Let's Do LUNCH

EVERY WEEKDAY 11:30 AM



**Call ahead to order  
860-376-2329**

**Pay at reception desk  
when you arrive**



If you are unable to leave your home you can start receiving Meals-on-Wheels.

Contact TVCCA at  
860-934-1006 to get set up

## SEPTEMBER SPECIALS

*Make your own*



# PIZZA

**Tuesday, September 14th  
10:45**

**\$4.00**

# FALL

## Pancake Breakfast

**Sept 24th  
9am**

**Served with Sausage  
Fruit, Coffee & Juice**

Call 860-376-232  
to sign up

**\$3.00**



**Trip sign up is at the reception desk with a 50% deposit required**

# TRIPS



**WED, SEPT 15<sup>TH</sup>**

**Leaving at 11:00**

**\$5 for bus**

**Wed, Sept 22<sup>nd</sup>**

**THE BIG E**

**Connecticut Day**



**\$30 Payable to  
"The Shooting Stars"**

**Includes Bus and Ticket**

**Bus leaves at 8:30**

**SAVE THE DATES:**

**October 28<sup>th</sup>**

**Halloween Party at  
the New London  
Senior Center**

**November 30<sup>th</sup>**

**Legends Show  
at Foxwoods**

## Autumn

**WORD SEARCH**

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

SCARF  
TREE  
ACORN  
HAY

APPLE  
FALL  
PUMPKIN  
SWEATER

BOOTS  
RAKE  
PIE  
LEAF

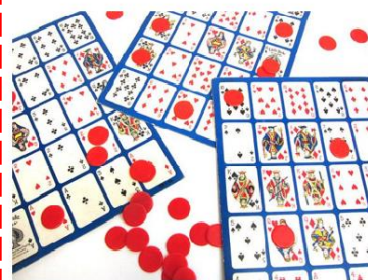
# Wii<sup>TM</sup> Bowling

Tuesdays at 12:15  
No experience needed



Thursdays @ Noon

## POKENO



Fridays at 10:30 am  
Bring your pennies!



# DIY Crafts

## Wreath Making Class

Friday, Sept. 10th Noon to 3:00

All Supplies Included

\$15 PER PERSON - maximum 6 people

Create! Have Fun!! Laugh! and have  
the cutest Autumn wreath

SIGN UP EARLY TO SAVE YOUR SPOT!  
CALL 860-376-2329

## **Lisbon's Longevity Link**

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

Issue September 2021

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**

Karen Washington

#### **Van Driver**

Charles Martin

#### **Nutrition Site Server**

Danielle Mauri

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.