



NEWSLETTER

August 2023

WEEKLY ACTIVITIES

11:30 Daily Lunch

**Lunch Special every
Thursday**

MONDAYS

- **Sign up day for paid trips/events**
- **10:00 Crafting (Jewelry Making and more)**
- **12:00 Chair Yoga**
- **1:00 Senior Fitness**

TUESDAYS

- **9:30 Quilting**
- **10:00 Crafting **New Day***
- **10:30 Rummikub**
- **12:00 Pitch**

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

- **11:00 Crafting (Diamond Art and more)**

**See Calendar for special
events**

Lisbon Senior Center's
ANNUAL PICNIC/FAIR
**Wednesday
August 30th
10:30am**

**PLAY
GAMES**
**WIN
PRIZES**

**TEMPORARY
TATTOOS**

EAT!
Hot dogs, Baked
Beans, Coleslaw
and Iced Tea

\$10

**BALLOON
ANIMALS**

**SIGN UP AT LISBON SENIOR CENTER ON
MONDAYS & WEDNESDAYS**

JOIN US FOR A TRIP TO
DAVENPORT'S RESTAURANT
IN EAST PROVIDENCE, RI

**DAVENPORT'S
RESTAURANT**

**\$8 FOR
THE
BUS**
PAY ON YOUR OWN
AT THE
RESTAURANT

**Sponsored by Shooting Stars*

**FRIDAY SEPT. 15TH
BUS LEAVES AT
10:30AM**

August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Quilting <u>10:00 Crafting (new day)</u> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	2 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	3 9:00 Blood Pressure Check/Screenings 11:30 Lunch Special 12:00 Bingo	4 11:00 Crafting (Diamond Art) 11:15 Riverview Restaurant Trip 11:30 Lunch
7 Sign up day 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness 1:00 Blood Drive	8 9:30 Quilting 10:00 CHAIR MASSAGE <u>10:00 Crafting (new day)</u> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	9 Sign up day 9:30 Chair caning baskets/carving 10:00 Shooting Stars Meeting 10:00 Pool 11:30 Lunch	10 11:30 Lunch Special 12:00 Bingo	11 11:00 Crafting (Diamond Art) 11:30 Lunch
14 Sign up day 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	15 9:30 Quilting 9:45 RI Lighthouse Cruise <u>10:00 Crafting (new day)</u> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	16 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 11:30 Love on a Plate Lunch Special: BBQ Chicken \$6	17 11:30 Lunch Special 12:00 Bingo	18 11:00 Crafting (Diamond Art) 11:30 Lunch 11:30 Art Class
21 Sign up day 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	22 9:30 Quilting <u>10:00 Crafting (new day)</u> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	23 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	24 11:30 Lunch Special 12:00 Bingo	25 11:00 Crafting (Diamond Art) 11:30 Lunch 12:00 Birthday Cake 12:15 Afternoon Movie: Hairspray
28 Sign up day 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	29 9:30 Quilting <u>10:00 Crafting (new day)</u> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	30 Sign up day <u>No Chair caning baskets/carving</u> 10:00 Pool 10:30 Annual Picnic \$10		

FREE CHAIR MASSAGE

with Licensed Massage Therapists:
Donna (19 years experience)
and Juliette (23 years experience)


Massage therapy could provide many health benefits including

- *stress relief
- *improved circulation
- *decreased muscle tension
- *less pain and better sleep

Come on in and see for yourself how massage could benefit you!

Call or stop by the Lisbon Senior Center 860-376-2329 to sign up for your own 15 minute session.

Tuesday August 8th 10am - 12pm

 **BLOOD DRIVE**

Lisbon Centennial Lions Blood Drive

Monday, August 7, 2023 1pm – 6pm

LISBON SENIOR CENTER - Community Room

11 Newent Road Lisbon, CT

www.redcrossblood.org or call
 1.800.RED.CROSS (1.800.733.2767)

Seniors can beat the heat

Keep cool. If you don't have air conditioning, head to a cool shopping center, senior center, library, movie theater, or place of worship.

Cool baths or showers, ice bags and wet towels can provide relief.

Beware of dehydration; drink plenty of water even if you're not thirsty.

Curtail physical activity during extremely hot weather. Activity adds to heat load.


Avoid heavy meals and alcohol.

Limit salt use.

Wear loose fitting, lightweight clothing. Wear a hat or carry an umbrella when you are outdoors.

Dizziness, rapid heartbeat, diarrhea, nausea, headache, chest pain, mental changes or breathing problems are warning signs to seek immediate medical attention.

Sources: George E. Taffet, M.D., Professor in Medicine, Robert J. Luchi, M.D. Chair in Geriatric Medicine

blogs.bcm.edu  Baylor College of Medicine

THURSDAY AUGUST 3RD
9-10:30

AND THE 1ST THURSDAY OF EACH MONTH

FREE BLOOD PRESSURE SCREENINGS BEFORE BINGO




LISBON SENIOR CENTER VAN RIDES

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

860-376-2329




BEGINNER Fitness Classes



Mondays with Donna

12:00 Chair Yoga
1:00 Senior Fitness

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

The newsletter is posted on the Town Hall website:

lisbonct.com

To be added to our email distribution send message to:

awilnas@lisbonct.com

THE BIG E

Sept. 20
Bus leaves at
11am

CT DAY

Stay for the parade

**\$35 for the bus
and ticket**

*Sponsored by Shooting Stars

**Sign up at Lisbon Senior
Center Monday and
Wednesday**



If you need a scooter or wheelchair, you
must reserve ahead of time for an extra fee.
CALL 1-888-441-7575



Rhode Island Lighthouse Cruise

\$50

per person,
lunch on your own at
Gregg's Restaurant

Sponsored by SHOOTING STARS

**Tuesday
August 15th**

Don't forget
binoculars!



Sail down the
CT river for a

FALL FOLIAGE CRUISE

Oct 18th

with RiverQuest in Essex CT

\$43 for bus and ticket

Picnic
Lunch
option for
additional
\$7

BUS LEAVES AT 9:45AM FROM THE
LISBON SENIOR CENTER

Come in to sign up
Mondays or
Wednesdays



Thank you to Shooting
Stars for sponsoring our
trip to see



at the
Goodspeed Opera House

Wednesday December 13th

\$80/person for the show

Lunch on your own

**Bus leaves at 11:00am for lunch and the
2:00pm show**

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 new trip labels:

- One Foot – Minimal walking
- Two Feet – Some walking
- Three Feet – Heavy walking



Lisbon Senior Center
PRESENTS

MOVIE MATINEE

**FREE
ADMISSION**

**FRIDAY
AUGUST 25**

at 12:15pm

Right after our August
Birthday Celebration

FEATURED MOVIE

Hairspray

01234

01234

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

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

PAINTING *Class w/ Jacqui*

**Friday, August
18th 11:30am**



*Create a
beautiful
Acrylic!!*

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

Love on a Plate

**Wednesday August 16th
11:30am**



BBQ Chicken

with Macaroni Salad and Corn

SUMMER WORD SEARCH

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

BARBEQUE
BASEBALL
BEACH
CAMP
FLOWERS

FRISBEE
GARDEN
HIKING
LEMONADE
OUTSIDE

PICNIC
POOL
POPSICLE
SANDALS
SUMMER

SUNGLASSES
SWIMMING
T SHIRT
VACATION
WATERMELON

<https://everydaychaosandcalm.com>

Come Celebrate
August Birthdays
with us

Friday August 25th

Birthday cake will be served

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

Lisbon's Longevity Link

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

Issue August 2023

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

Ara Wilnas

Van Driver

Charles Martin

Nutrition Site Server

Kelly Miceli

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.