



NEWSLETTER

December 2021



ANNUAL HOLIDAY LUNCHEON

Walk-thru take out meal

Thursday, December 16th

11:30 \$18



*Choice of Prime Rib or
Baked Stuffed Shrimp*

ORDERS MUST BE IN BY DEC 8TH

FOR EVERYONE'S
SAFETY



**FACE MASKS
MANDATORY**

To be added to our email distribution send message to:

kwashington@lisbonct.com

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:

seniorcenterct.org/lisbon

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **Crafting**

TUESDAYS

- **9:30 Quilting**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

WEDNESDAYS

- **9:30 Caning,
Carving &
Basket Making**
- **10:00 Pool**
- **12:00 2nd Wed-
Shooting Stars Mtg**
- **12:30 Yarn Club**

THURSDAYS




- **12:00 Bingo**

FRIDAYS

- **10:30 Pokeno**

**See Calendar for
special events**

December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	2 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	3 10:30 Pokeno 11:30 Lunch
6 10:00 Crafts 11:30 Lunch 12:00 Crafts 7:00 COMMISSION ON AGING	7 9:30 Quilting 10:30 Rummikub 11:30 Turkey Luncheon 12:15 Wii Bowling	8 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Soup & Sandwich Special 12:00 SHOOTING STARS 12:30 Yarn Club	9 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	10 10:30 Pokeno 11:30 Lunch 12:00 CRAFT CLASS
13 10:00 Crafts 11:00 Trip to Yankee Candle 11:30 Lunch 12:00 Crafts	14 9:00 Foot Clinic 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	15 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	16 11:30 HOLIDAY LUNCHEON	17 10:30 Pokeno 11:30 Lunch
20 10:00 Crafts 11:30 Lunch 12:00 Crafts	21 9:00 Winter Breakfast 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	22 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 11:30 Trip to Mr. Z's 12:30 Yarn Club	23 10:30 Rummikub 11:30 Lunch	24 
27 	28 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	29 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	30 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	31 

Tuesday, December 14th

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. 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.

DIY

Winter Swag & Coffee Mug

Friday, Dec 10th Noon to 3:00

All Supplies Included

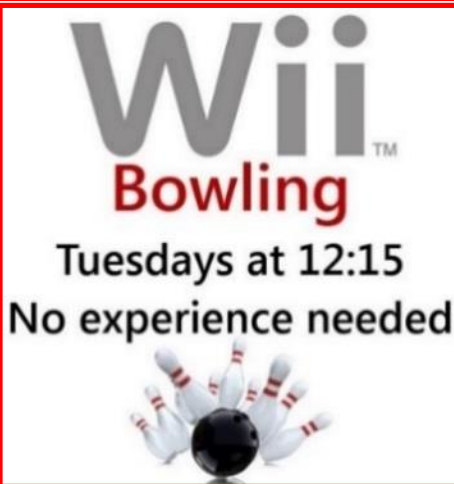
\$10 PER PERSON - maximum 10 people

Create! Have Fun!! Laugh! and make some beautiful holiday cards

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



**LEARN CHAIR CANING
& BASKET MAKING
WEDNESDAYS AT 9:30**



LENDING LIBRARY

Pick up a book (or two or three!) to take home and enjoy. If you have a book to spare, you're welcome to share ☺

QUILTING

Tuesdays @ 9:30



Bring your own projects or start a new one.

No experience needed - we are here to help!

Tomato Soup & Grilled Cheese

Wed, Dec 8th 11:30



\$5.00

Winter BREAKFAST

Tuesday, Dec 21st 9am

**Breakfast Casserole w/
Ham**

Hash Browns



**Fresh fruit
\$4**



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

TRIPS

**YANKEE CANDLE
FOREST PARK
CRACKER BARREL**

Monday, December 13th

Leaving at 12:30

\$15 for Bus



WED, DEC 22ND

LEAVING AT 11:30

\$5 for bus

Must be paid in full by December 8th

**First stop at Yankee Candle
Followed by "Bright Nights"
@ Forest Park (stay on bus)
Then dinner at Cracker Barrel**

Must be paid in full by December 3rd



U.S. Department of Veterans Affairs
Veterans Benefits Administration

PRESUMPTIVE DISABILITY BENEFITS

What is “Presumptive” Service Connection?

VA presumes that certain disabilities were caused by military service. This is because of the unique circumstances of a specific Veteran’s military service. If a presumed condition is diagnosed in a Veteran within a certain group, they can be awarded disability compensation.

What are “Presumptive” Conditions?

If you are diagnosed with a chronic disease within one year of active duty release, you should apply for disability compensation. Examples of chronic disease include: arthritis, diabetes or hypertension.

Or, if you served continuously for at least 90 days and are diagnosed with amyotrophic lateral sclerosis (ALS) after discharge, you can establish service connection for the disease.

Veterans in the following groups may qualify for “presumptive” disability benefits:

- Former prisoners of war who:
 - Have a condition that is at least 10 percent disabling
- Vietnam Veterans who were:
 - Exposed to Agent Orange
 - Served in the Republic of Vietnam or on a vessel operating not more than 12 nautical miles seaward from the demarcation line of the waters of Vietnam and Cambodia between Jan. 9, 1962 and May 7, 1975
- Atomic Veterans exposed to ionizing radiation and who experienced one of the following:
 - Participated in atmospheric nuclear testing
 - Occupied or were prisoners of war in Hiroshima or Nagasaki
 - Served before Feb. 1, 1992, at a diffusion plant in Paducah, Kentucky, Portsmouth, Ohio or Oak Ridge, Tennessee
 - Served before Jan. 1, 1974, at Amchitka Island, Alaska
- Gulf War Veterans who:
 - Served in the Southwest Asia Theater of Operations
 - Have a condition that is at least 10 percent disabling by Dec. 31, 2021
- Gulf War Deployed Veterans who:
 - Served in the Southwest Theater of Operations during the Persian Gulf War
 - Served in Afghanistan, Syria, Djibouti or Uzbekistan on or after September 19, 2001

Lisbon's Longevity Link

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

Issue December 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.