



# NEWSLETTER

December 2023

## LISBON SENIOR CENTER COOKBOOK

Join us in creating our first cookbook!  
Accepting submissions through December 1st



- Drop off your favorite recipe at the Lisbon Senior Center or email it to [awilnas@lisbonct.com](mailto:awilnas@lisbonct.com)
- It can be written or typed in any form
- Purchase your copy at the Center from Dec. 8th - Dec. 22nd

For more information: call 860-376-2329

Monday  
December  
18th

Join us for a trip to see a free

# CHRISTMAS

## CHOIR CONCERT

by The Smiler's Chorus

Sprague's Senior Choir performing their Christmas Show at Sprague Public Library



\$3 for the Bus  
Bus leaves Lisbon Senior Center at 12:30 

\*Sponsored by Shooting Stars

Sign up at Lisbon Senior Center on Mondays & Wednesdays by Dec. 13th

**\*Reminder: We will be closed on December 25<sup>th</sup> and 26<sup>th</sup> for the celebration of Christmas**

## WEEKLY ACTIVITIES

**11:30 Daily Lunch**  
**Lunch Special every Thursday**

### MONDAYS

- Sign up day for paid trips/events**
- 12:00 Chair Yoga**
- 1:00 Senior Fitness**

### TUESDAYS

- 9:30 Quilting**
- 10:30 Rummikub**
- 12:00 Pitch**

### WEDNESDAYS

- Sign up day for paid trips/events**
- 9:30 Caning, Carving & Basket Making**
- 10:00 Pool**
- NEW TIME! 12:00 2<sup>nd</sup> Wed-Shooting Stars Mtg**

### THURSDAYS

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

### FRIDAYS

- See calendar for special events**

The newsletter is posted on the Town Hall website:

[lisbonct.com](http://lisbonct.com)

and to be added to our email distribution send message to:

[awilnas@lisbonct.com](mailto:awilnas@lisbonct.com)

## DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Send in your recipes for the Lisbon Senior Center Cookbook!</b>	<b>Come on in to do crafts any time. We have a large selection of supplies!</b>	<b>Save the date: Valentine's Day Party Monday Feb. 12<sup>th</sup>!</b>	<i>*Need to find where to get a vaccine near you? Check out <a href="https://www.vaccines.gov">Vaccines.gov</a> for information*</i>	<b>1</b> <b>9:30 AARP Safe Driving Class</b> 11:30 Lunch
<b>4</b> <b>Sign up day</b> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>5</b> <b>Holiday Luncheon</b> <b>11:00</b> If bad weather, the Luncheon will take place Dec. 6 <sup>th</sup> Check our Facebook page or call the center 860-376-2329 Quilting, Rummikub, and Pitch cancelled today.	<b>6</b> <b>Sign up day</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>7</b> <b>9:30 Blood Pressure Clinic</b> 11:30 Lunch Special 12:00 Bingo	<b>8</b> 11:30 Lunch <b>11:30 Art Class</b>
<b>11</b> <b>Sign up day</b> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>12</b> 9:30 Quilting <b>10:00 Chair Massage</b> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	<b>13</b> <b>Sign up day</b> 9:30 Chair caning baskets/carving 10:00 Pool <b>11:00 Trip to see Dreamgirls</b> 11:30 Lunch <b>12:00 Shooting Stars Meeting</b>	<b>14</b> 11:30 Lunch Special 12:00 Bingo	<b>15</b> 11:30 Lunch <b>12:00 Birthday Cake &amp; Movie</b>
<b>18</b> <b>Sign up day</b> 11:30 Lunch 12:00 Chair Yoga <b>12:30 Trip to Christmas Choir Concert</b> 1:00 Senior Fitness	<b>19</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch	<b>20</b> <b>Sign up day</b> 9:30 Chair caning baskets/carving 10:00 Pool 10:30 <b>Love on a Plate French Toast Bake Brunch</b> 11:30 Lunch <b>3:00 Trip to Fantasy of Lights</b>	<b>21</b> 11:30 Lunch Special 12:00 Bingo	<b>22</b> 11:30 Lunch
<b>25</b> <b>CLOSED</b>	<b>26</b> <b>CLOSED</b>	<b>27</b> <b>Sign up day</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>28</b> 11:30 Lunch Special 12:00 Bingo	<b>29</b> 11:30 Lunch



## Connecticut Energy Assistance Program – CEAP: 2023-2024

### TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH OIL AND OTHER DELIVERABLE FUELS:

**09/01/23:** First day that households can begin to apply for CEAP.

**11/01/23:** First day for authorization of fuel deliveries (oil, wood and wood pellets, propane, kerosene, coal).

**03/31/24:** Deadline for deliverable fuel authorizations or deliveries from Basic Benefits, Crisis Assistance, or Safety Net Assistance, **for clients already awarded CEAP benefits.**

**05/31/24:** Last day to apply for CEAP.

**06/16/24:** Last day for submission of deliverable fuel bills.

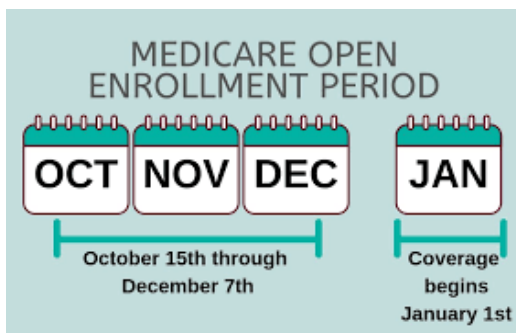
### TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH ELECTRICITY OR GAS:

**09/01/23:** First day that households can begin to apply for CEAP.

**05/31/24:** Last day a household heated with gas or electricity can apply.

#### To start an application, individuals can:

- Contact TVCCA at [\(860\) 425-6681](tel:8604256681)
- Visit [www.ct.gov/heatinghelp/apply](http://www.ct.gov/heatinghelp/apply) for more information on eligibility and required documents.
- Or text CTWARM to 898211.
- Or call 2-1-1.



## Prescription Drug Savings Program Launched by the State

A prescription drug discount card program was recently launched by the State which is expected to allow all residents of Connecticut to save money on certain prescription drugs.

- ✓ To get your card, fill out the form on [arrayrxcard.com](http://arrayrxcard.com).
- ✓ You need a valid physical Connecticut address and e-mail address to enroll.
- ✓ You can get your card by e-mail and download it to a smartphone wallet.
- ✓ The ArrayRx Discount Card is a digital program. Enrolling with an email address is required. If you don't have an email address, please call 800-913-4146.

## CHAIR MASSAGE

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

**Tuesday Dec. 12th**  
**10am - 12pm**

**FREE**

Massage therapy could provide many health benefits including:  
stress relief, improved circulation, decreased muscle tension,  
less pain, and better sleep

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

**If possible, please wear a loose fitting shirt.**  
**It may get massage oil on it.**

## AARP DRIVER SAFETY

CALL 860-376-2329 TO SIGN UP

**FRIDAY  
DECEMBER 1ST  
9:30AM-2PM**

\$20 FOR AARP MEMBERS

\$25 FOR NON-MEMBERS

## FREE Beginner Fitness Classes

**Mondays with Donna**  
**12:00pm Chair Yoga**  
**1:00pm Senior Fitness**

**Unsure if this class is for you?**

First time attendees can feel free to stop in and try a class before signing up.

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





# Veteran's Breakfast

HONORING ALL WHO SERVED ★ THANK YOU

## LISBON SENIOR CENTER

Friday Jan. 19th 9:30am

Vegan and gluten free options will be available but please let us know if you have any other food allergies or intolerances and we can make sure to have food available that you can enjoy.

You are also welcome to bring your own food and just join us for the good conversation and comradery.

Sign up at  
Griswold Veteran's Coffee House  
or call 860-376-2329

Veterans Only Please



**Love on a Plate**  
Wednesday December 20th  
10:30am

**Holiday Brunch:**  
French Toast  
Casserole

Please sign up by  
Wednesday  
December 13th



Shooting Stars and Lisbon Senior Center  
PRESENT  
**CLUB LISBON**  
**2024**  
FRIDAY JANUARY 5TH AT NOON  
ENTERTAINMENT BY DJ PAPA JOHN  
FREE SHOW with SNACKS  
and SPARKLING PUNCH  
Call 860-376-2329 to sign up by December 28th



## Lunch Specials

**Thursday 12/7** HAM & SWISS ON A CROISSANT  
\$4.50

**Thursday 12/14** STUFFED PEPPER SOUP  
\$4.50

**Thursday 12/21** HALF MEATBALL GRINDER  
\$4

**Thursday 12/28** ROAST BEEF PITA WITH  
CARMELIZED ONIONS  
\$4.50

*Do you or someone you know need meals delivered to your house?*

get  
TVCCA Nutrition Services  
**MEALS ON WHEELS**  
*delivered to you out of Lisbon Senior Center*

**HOT MEALS**  
**MILK**  
**BREAD**  
**FRUIT**



Call TVCCA at 860-934-1010 for  
more info or to sign up



Sign up for Fantasy of Lights by Dec. 6th:

JOIN SHOOTING STARS AND LISBON SENIOR CENTER FOR A TRIP TO

# Fantasy of Lights

New Haven, CT

**\$8 for the bus**

EARLY DINNER AT CHILI'S IN EAST HAVEN  
PAY AT THE RESTAURANT

WEDNESDAY  
DECEMBER 20TH  
BUS LEAVES AT 3PM

SIGN UP AND PAY AT THE SENIOR CENTER ON MONDAYS & WEDNESDAYS BEFORE DEC. 6TH



## TRIP INFO

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 trip labels:  
One Foot - Minimal walking  
Two Feet - Some walking  
Three Feet - Heavy walking



**Lisbon Senior Center has no membership fees! Join us for some fun!**



Lisbon Senior Center PRESENTS

# DECEMBER MOVIE MATINEE

**FREE ADMISSION** Call 860-376-2329 or stop by to sign up

Friday December 15th at 12:15 after Birthday Cake

FEATURED MOVIE  
**Four Christmases**

Popcorn or Chips \$.75  
Soda \$1

Can Brad & Kate's marriage survive naughty kids, a wacky holiday pageant, and no way to escape...



## PAINTING Class w/ Jacqui

Friday,  
December 8th  
at 11:30am

Create a beautiful  
Acrylic!!



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

## LISBON SENIOR CENTER VAN RIDES

THE SENIOR VAN IS AVAILABLE TO LISBON RESIDENTS AGES 60 AND OVER FOR THE FOLLOWING:

\* APPOINTMENTS (Doctor, Dentist, Banking, Haircuts, etc.)

\* SHOPPING

Walmart

Better Valu (Tues & Wed are senior discount days)

Other local stores

\* TO & FROM THE SENIOR CENTER (for events, classes, trips)

Schedule your appointments from 10:15 to 11:00 or 12:15 to 2:15 Call us as soon you have your appointment



860-376-2329



## Come Celebrate December Birthdays with us

Friday  
December 15th  
12pm



BIRTHDAY CAKE WILL BE SERVED

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

## **Lisbon's Longevity Link**

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

Issue December 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.