



NEWSLETTER

February 2022



FOR EVERYONE'S
SAFETY



**FACE MASKS
MANDATORY**

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**

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

February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	2 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	3 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	4 10:30 Pokeno 11:30 Lunch
7 10:00 Crafts 11:30 Lunch 12:00 Crafts	8 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	9 9:30 Chair caning baskets/carving 10:00 Pool 11:30 SOUPER BOWL 12:00 SHOOTING STARS 12:30 Yarn Club	10 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	11 10:30 Pokeno 11:30 Lunch
14 10:00 Crafts 11:30 Lunch 12:00 Crafts	15 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	16 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	17 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	18 10:30 Pokeno 11:30 Lunch
21 	22 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	23 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	24 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	25 10:30 Pokeno 11:30 Lunch
28 10:00 Crafts 11:30 Lunch 12:00 Crafts				

QUILTING

Tuesdays @ 9:30



Bring your own projects or start a new one.

No experience needed - we are here to help!

Wii Bowling™

Tuesdays at 12:15

No experience needed



STOP WINTER FALLS WALK LIKE A PENGUIN

- Knees Relaxed
- Toes Pointing Out
- Short Steps
- Slow And Deliberate
- Hands Free

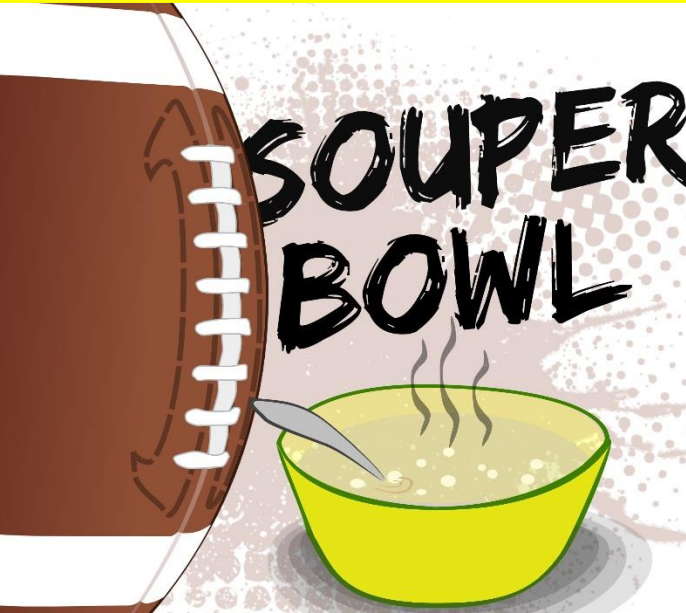


LEARN CHAIR CANING & BASKET MAKING WEDNESDAYS AT 9:30



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 😊



SOUPER BOWL

WED FEB 9TH
11:30
\$6



Let's Do LUNCH

EVERY WEEKDAY 11:30 AM






Call ahead to order
860-376-2329

Pay at reception desk
when you arrive

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



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

PRESIDENTS' DAY!

AMERICA
COUNTRY
FEBRUARY
FLAG
FOUR YEARS
FREEDOM
HOLIDAY
LEADER
LIBERTY
LINCOLN

OFFICE
PENNY
PRESIDENT
QUARTER
STARS AND STRIPES
STATES
USA
VOTE
WASHINGTON
WHITE HOUSE

S
P
U B F
E V L
C H A
F V C G V
E Z O G G
B S U A T
K R T N V T K
V U A T I Q K
O A T R I P Z

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

IF OUTDOOR ACTIVITY WEATHER HAS COME TO AN END.

Don't let that stop you from staying in shape ☺



REPLACE WITH INDOOR EXERCISE!! WE HAVE A
TREADMILL, TWO BICYCLES AND A STAIR STEPPER
FOR USE ANYTIME. STOP BY AND WE WILL SHOW YOU
HOW TO PROPERLY USE THEM.



Lisbon's Longevity Link

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

Issue February 2022

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.