



NEWSLETTER

February 2023

Fitness Classes Coming!



We need your input:
Day/time
Type of class you would like?
Call and let us know

We have an instructor who is
certified in yoga, pilates,
balance/mobility & many more

Our friends at the Preston Senior Center have offered their AARP free tax assistance to us. It will be on February 8th. Please call Fran at 860-887-5541 x104 for information and to sign up

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**
- **10:00 Pokeno**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

- **Various Activities**

**See Calendar for
special events**

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Chair caning baskets/carving 10:00-3:00 Red Cross Blood Drive 10:00 Pool 11:30 Lunch	2 11:30 Lunch 12:00 Bingo	3 11:30 Lunch
6 11:30 Lunch 12:00 Crafts	7 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 SOUPER BOWL 12:15 Wii Bowling	8 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 10:00 Shooting Stars Meeting	9 11:30 Lunch 12:00 Bingo	10 11:30 Lunch 12:00 Art Class
13 11:30 Lunch 12:00 Crafts	14 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Wii Bowling	15 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 11:30 TRIP TO MR Z's	16 11:30 Lunch 12:00 Bingo	17 11:30 Lunch
20 	21 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	22 9:30 Chair caning baskets/carving 10:00 Pool 10:45 MAKE YOUR OWN PIZZA	23 11:30 Lunch 12:00 Bingo	24 11:00 TRIP TO LONGHORN 11:30 Lunch
27 11:30 Lunch 12:00 Crafts	28 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling			

DESIGN YOUR OWN

PIZZA

WEDNESDAY, FEB 22ND

10:45

\$5 w/drink or chips



**BIRTHDAY
CAKE**



**Tue Feb 14-Noon
For all February
Birthdays**

Please call to sign up

**SOUPER
BOWL**



CREAM OF BROCCOLI

**TUE FEB 7TH
11:30 \$6**

Looking for
new **Lunch**

SPECIAL IDEAS





American
Red Cross

GIVE A LIONS SHARE OF LIFE.

Join the pride. Give blood.

**Blood Drive
Lisbon Senior Center**

Community Room
11 Newent Road, Lisbon

**Wednesday, February 1, 2023
10:00 a.m. to 3:00 p.m.**

Sponsored by the Lisbon Centennial Lions Club

Please call 1-800-RED CROSS (1-800-733-2767) or visit
RedCrossBlood.org and enter: LSC to schedule an appointment.



Warm hearts. Warm thoughts. Give in February for a \$10
Gift Card by email, thanks to Amazon. And,
automatically be entered for a chance to win a trip for 2
to Clearwater Beach, FL. Includes travel, hotel, gift card
and more! Terms: rcblood.org/heart.



1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

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**Looking a backup bus driver for our
trips. Must have a CDL and Passenger
Endorsement. Call us at 860-376-**



**WED, FEB 15TH
LEAVING AT 11:30**

\$5 for bus



**LONGHORN[®]
STEAKHOUSE**

**FRI, FEB 24TH
Leaving at 11:00**

\$5 for bus

PAINTING
Class w/ Jacqui
**Friday, Feb 10th at
noon**



*Create a
beautiful
Acrylic!!*

\$20 - Limit 12 people

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



THE SHOOTING STARS

We want to hear from
you. What activities,
trips or classes would
you like to see here
at our center?

We meet every 2nd
Wednesday of the
month at 10.00. All
ideas are welcome!

Valentine's Day

Find the words on the list in the word search below!

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

ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL

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



Thursdays @ Noon

Lisbon's Longevity Link

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

Issue February 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

Danielle Mauri

Van Driver

Charles Martin

Nutrition Site Server

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.