



NEWSLETTER

February 2024

WEEKLY ACTIVITIES

11:30 Daily Lunch
(order by 11am)

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 (and other board/card games)**
- **12:00 Pitch**

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

- **See calendar for special events**

JOIN US FOR OUR ANNUAL SOUPER BOWL



Tuesday February 27th 11:30am

Broccoli & Cheese Soup

in a bread bowl

\$7 PER PERSON

**Sign up at the Senior Center on Mondays and
Wednesdays by February 21st**

***Unfortunately no takeout orders will be available
due to nature of the meal**

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

The newsletter is posted on the
Town Hall website: lisbonct.com
and to be added to our email
distribution send message to:
awilnas@lisbonct.com

***Reminder: We will be closed on
February 19th for President's Day**

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*SAT FEB. 24TH Women Veteran's pen turning class*</p>	<p>If you're sick, please stay HOME</p> 		<p>1 9:30 Blood Pressure Clinic 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>2 9:30 AARP Safe Driving 11:30 Lunch</p>
<p>5 Sign up day 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>6 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch</p>	<p>7 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool</p>	<p>8 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>9 11:30 Lunch 11:30 Art Class</p>
<p>12 Sign up day 11:30 Valentine's Day Party 1:00 Senior Fitness</p> <p>No regular lunches or Chair Yoga today</p>	<p>13 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch</p>	<p>14 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Shooting Stars Public Meeting</p>	<p>15 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>16 11:30 Lunch</p>
<p>19 CLOSED</p> 	<p>20 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch</p>	<p>21 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Love on a Plate lunch special 12:00 Birthday Celebration</p>	<p>22 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>23 11:30 Lunch 12:00 Movie Matinee (Downton Abbey)</p>
<p>26 Sign up day 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>27 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Souper Bowl 12:00 Pitch</p>	<p>28 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch</p>	<p>29 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>*Chair Massage will return in March*</p> 

Wooden Pen Turning CLASS

FOR WOMEN VETERANS

FREE

SATURDAY FEB 24TH
10AM - 2PM

AT LISBON SENIOR CENTER
Call 860-376-2329 for more information and to sign up

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!



AARP

DRIVER SAFETY

CALL 860-376-2329 TO SIGN UP

**FRIDAY
FEBRUARY 2ND
9:30AM-2PM**

\$20 FOR AARP MEMBERS \$25 FOR NON-MEMBERS



BOARD GAMES!

RUMMIKUB
SKIP-BO
UNO ETC.

Bring a game you'd like to play or come and help us plan future game days

**TUESDAYS
10:30AM**



PAINTING

Class w/ Jacqui

Friday, February 9th
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



Lunch Specials

Thursday 2/1 TACO SALAD BOWL \$4.50

Thursday 2/8 CREAMY WHITE BEAN &
SPINACH SOUP \$4

Thursday 2/15 ANTIPASTO SQUARES
\$4.50

Thursday 2/22 BAKED ZITI \$4

Thursday 2/29 VEGETABLE QUICHE PIE
\$4

Love on a Plate

Wednesday February 21st
11:30am



Beef Stew

Please sign up by
Wednesday
February 14th



Come Celebrate
February Birthdays
with us

Wednesday
February 21st 12pm



BIRTHDAY CAKE WILL BE
SERVED

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

**ST. PATRICKS
DAY**
Corned Beef Luncheon

Wed MARCH 20th

11:30am for sit down lunch 12pm pick up for takeout orders

\$10

Sign up on Mondays & Wednesdays by March 11th

Lisbon Senior Center
PRESENTS

**FEBRUARY
MOVIE
MATINEE**

Television

FREE

Friday
February 23
at Noon

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

Popcorn or
Chips \$.75
Soda \$1

FEATURED SHOW
**Downton
Abbey**
Season 1 Episode 1 & 2

Join us for a trip to

**TUESDAY
MARCH 12TH**

Norwich Free Academy's

**Pay on your
own at the
restaurant**

**ONLY CASH & CHECK
ACCEPTED**



**\$4
for the
bus**

**Leaves at 10:15am
Returns by 1:30pm**



***Please let us know if you use a
walker, cane, or wheel chair so
the school can provide
assistance in transportation on
school grounds**

***Sponsored by Shooting Stars**

Sign up on Mondays & Wednesdays at the Center by March 4th

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!



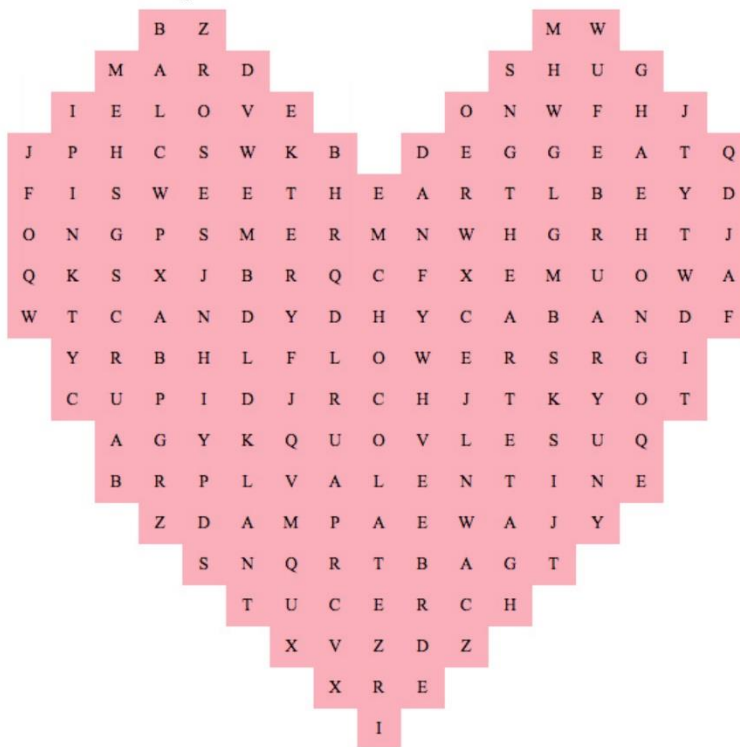
Also, check out our trip labels:
One Foot - Minimal walking
Two Feet - Some walking
Three Feet - Heavy walking

**Lisbon Senior
Center has NO
membership fees!**

**Join us for some
fun!**



Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET

***Sponsored by Shooting Stars**



Trip to Gus' Pub & Pizzarama

**LEAVING AT 11:15AM
RETURNING AT 2:30 PM**



**\$4
FOR THE
BUS**

**PAY AT
THE
RESTAURANT**



WED MARCH 27TH

**Sign up at the Center on Monday &
Wednesday through March 18th**

Lisbon's Longevity Link

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

Issue February 2024

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.