



NEWSLETTER

WEEKLY ACTIVITIES

January 2023

11:30 Daily Lunch

CLUB LISBON 2023



TUE, JAN 17TH
12:00



Entertainment
by Jose Paulo



**FREE SHOW
WITH SNACKS**

**PLEASE SIGN UP FOR
A HEAD COUNT
860-376-2329**

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**
- **12:00 2nd Wed-
Shooting Stars Mtg**
- **12:30 Yarn Club**

THURSDAYS

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

FRIDAYS

- **Various Activities**

**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

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	4 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	5 11:30 Lunch 12:00 Bingo	6 11:30 Lunch
9 10:00 Crafts 11:30 Lunch 12:00 Crafts	10 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	11 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Shooting Stars Meeting	12 10:30 Lunch @ Norwich Tech 11:30 Lunch 12:00 Bingo	13 11:30 Lunch
16 	17 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:00 Club Lisbon 12:15 Wii Bowling	18 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Birthday Cake	19 11:30 Lunch 12:00 Bingo	20 11:30 Lunch 12:00 Art Class
23 10:00 Crafts 11:30 Lunch 12:00 Crafts	24 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Meatloaf 12:15 Wii Bowling	25 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	26 11:30 Lunch 12:00 Bingo	27 11:30 Lunch 11:30 Royal Buffet
30 10:00 Crafts 11:30 Lunch 12:00 Crafts	31 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling			

MEATLOAF

w/ Mashed Potatoes & Veg

Tuesday, Jan 24th 11:30



\$5.00

BIRTHDAY CAKE



Wed Jan 18-Noon
For all January
Birthdays

Medicare Savings Program

You may be eligible to have your
Part B premium put back into your social security check!!

Eligibility

There are three levels within MSP. Your gross income or combined gross income with your spouse determines which category you qualify for. The new monthly income limit, effective March 1, 2022, are: (we are awaiting for the anticipated update for 2023)

Generally, if your monthly income is at or below these levels...	You may qualify for...
\$ 2,390.00 single \$ 3,220.00 couple	QMB - This program is similar to a "Medigap" policy. It pays your Part B premium (1) and all Medicare deductibles (2) and co-insurance (3) (1) Your Medicare Part B covers Doctor costs, outpatient hospital and some preventive care. (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year. (3) Co-insurance is the portion of Medicare approved services that you are responsible for paying.
\$ 2,617.00 single \$ 3,525.00 couple	SLMB - This program pays for your Part B premium only.
\$ 2,786.00 single \$ 3,754.00 couple	ALMB - This program pays for your Part B premium only. This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

All three levels of MSP pay for the Medicare Part B premium (for premium information please visit [Part B costs | Medicare](#)), and all three levels enroll you into a program that helps pay for Medicare's prescription benefits, called the Low Income Subsidy (or "Extra Help"). The differences between the three levels of MSP are explained in the answer to the next question.

NEW YEAR'S TRADITIONS FROM AROUND THE WORLD

Here are some examples of how other countries celebrate New Year's.

- In Greece on New Year's Eve, an onion is hung on the door as a symbol of renewal and rebirth. In the morning, the mother of each family wakes her children up by tapping them on the head with the onion.
- In Turkey at midnight, salt is sprinkled on the doorsteps of homes. This is said to bring peace and abundance.
- Russians write down a wish, burn it, and put it in a champagne glass. They must drink the champagne before the stroke of midnight on New Year's Eve.
- In Estonia on New Year's Day, people eat seven, nine, or twelve times during the day, since those numbers are all lucky numbers. The more times they eat, the more food they will be blessed with during the year.
- In Denmark, neighbors smash plates on each other's doorsteps which is said to bring good luck and friendship. The more pieces of plate people have on their doorsteps, the luckier they will be and more friends they will have.
- Italians wear red underwear which is said to bring love, good luck, and prosperity.
- In the Philippines, things having to do with circles are said to bring prosperity such as wearing polka dots and eating circular-shaped fruits.
- In Thailand, people throw buckets of water on each other.

FRIDAY, JANUARY 27TH

LEAVING AT 11:30



\$22 for bus & buffet



THURS, JANUARY 12TH

LEAVING AT 10:30

LUNCH AT



NORWICH TECH

\$15

for bus & lunch

CALL 860-376-2329 TO SIGN UP



PAINTING
Class w/ Jacqui

Friday, Jan 20th at
noon



*Create a
beautiful
Watercolor!!*

\$20 - Limit 12 people

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.



HAPPY NEW YEAR!



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

Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy

New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers



LET'S MAKE 2023 A YEAR OF KINDNESS

10 EASY ACTS OF KINDNESS



According to the Random Acts of Kindness foundation (RAK), performing just one act of kindness per day can reduce stress and anxiety – for you and the person you help. Kindness doesn't have to be complicated. Here are 10 easy ways to start down a kinder path.

1
REPLACE ONE
COMPLAINT WITH A
COMPLIMENT EACH DAY

2
PAY FOR THE PERSON
BEHIND YOU IN THE
DRIVE-THROUGH

3
USE A MEAL-DONATION
SERVICE TO GIVE A
FRIEND A WEEK OFF
FROM KITCHEN DUTY

4
SEND A NICE E-MAIL OR
LETTER

5
IMPRESSED WITH
SOMEONE'S WORK?
LET HIS OR HER
MANAGER KNOW

6
DONATE WORN TOWELS
AND BLANKETS TO A
LOCAL ANIMAL
SHELTER

7
GIVE UP A PRIMO
PARKING SPOT IN A
CROWDED LOT

8
SMILE – IT'S
CONTAGIOUS!!

9
LEAVE YOUR SERVER
OR BARISTA A
GENEROUS TIP

10
TUCK AN
ENCOURAGING NOTE
INTO A RANDOM BOOK
AT THE LIBRARY

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 January 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.