



# NEWSLETTER

## January 2024

### **LISBON SENIOR CENTER COOKBOOK**



Purchase your copy through January 31st at the Senior Center

**\$3**

For more information: call 860-376-2329



## 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

**\*Reminder: We will be closed on January 1<sup>st</sup> for New Year's Day and January 15<sup>th</sup> for Martin Luther King Day.**

## 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)

## JANUARY 2024

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>1</b><br><b>CLOSED</b><br>                         | <b>2</b><br>9:30 Quilting<br>10:30 Rummikub<br>11:30 Lunch<br>12:00 Pitch   | <b>3</b> <b>Sign up day</b><br>9:30 Chair caning<br>baskets/carving<br>10:00 Pool<br>11:30 Lunch                                 | <b>4</b><br><b>9:30 Blood Pressure Clinic</b><br>9:30 Pool<br>11:30 Lunch Special<br>12:00 Bingo                   | <b>5</b><br>11:30 Lunch<br><b>12:00 CLUB LISBON WITH DJ PAPA JOHN</b>  |
| <b>8</b> <b>Sign up day</b><br>11:30 Lunch<br>12:00 Chair Yoga<br>1:00 Senior Fitness  | <b>9</b><br>9:30 Quilting<br>10:30 Rummikub<br>11:30 Lunch<br>12:00 Pitch   | <b>10</b> <b>Sign up day</b><br>9:30 Chair caning<br>baskets/carving<br>10:00 Pool<br><b>12:00 Shooting Stars Public Meeting</b> | <b>11</b><br>9:30 Pool<br>11:30 Lunch Special<br>12:00 Bingo   | <b>12</b><br>11:30 Lunch<br><b>11:30 Art Class</b>   |
| <b>15</b> <b>CLOSED</b><br>                           | <b>16</b><br>9:30 Quilting<br>10:30 Rummikub<br>11:30 Lunch<br>12:00 Pitch  | <b>17</b> <b>Sign up day</b><br>9:30 Chair caning<br>baskets/carving<br>10:00 Pool<br>11:30 Lunch                                | <b>18</b><br>9:30 Pool<br>11:30 Lunch Special<br>12:00 Bingo   | <b>19</b><br><b>9:30 Veteran's Breakfast</b><br>11:30 Lunch  |
| <b>22</b> <b>Sign up day</b><br><b>10:00 Crochet Bookmark Crafting Class</b><br>11:30 Lunch<br>12:00 Chair Yoga<br>1:00 Senior Fitness | <b>23</b><br>9:30 Quilting<br>10:30 Rummikub<br>11:30 Lunch<br>12:00 Pitch  | <b>24</b> <b>Sign up day</b><br>9:30 Chair caning<br>baskets/carving<br>10:00 Pool<br>11:30 Lunch<br><b>12:00 Movie</b>          | <b>25</b><br>9:30 Pool<br>11:30 Lunch Special<br>12:00 Bingo   | <b>26</b><br>11:30 Lunch<br><b>11:30 Trip to Tulli's Taphouse</b>  |
| <b>29</b> <b>Sign up day</b><br>11:30 Lunch<br>12:00 Chair Yoga<br>1:00 Senior Fitness   | <b>30</b><br>9:30 Quilting<br>10:30 Rummikub<br><b>11:30 Love on a Plate Lunch Special</b><br>12:00 January Birthday Celebration<br>12:00 Pitch | <b>31</b> <b>Sign up day</b><br>9:30 Chair caning<br>baskets/carving<br>10:00 Pool<br>11:30 Lunch<br><b>1:00 Blood Drive</b>     | *<br><b>Chair Massage date for January is to be determined. Please call 860-376-2329 for more information</b><br>* | *Need to find where to get a vaccine near you?<br>Check out <a href="https://www.vaccines.gov">Vaccines.gov</a> for information* |

# Thank you to Lisbon Shooting Stars

For all the support for trips, events,  
entertainment, and supplies throughout this year  
for the Senior Center!

## WHAT IS SHOTING STARS?

- \*A non-profit organization, established by the Commission on Aging of the Town of Lisbon, that raises funds to support the Lisbon Senior Center
- \*Promotes an atmosphere where seniors can socialize, grow, and learn
- \*Purchases equipment for the center and helps with repairs
- \*Helps to fund trips and events at the center

\*THIS YEAR: Shooting Stars is helping to pay for our new sign and remove the old one

Come to a meeting and share your ideas for trips, events, etc. What would you like to do at the Senior Center?



- Crochet hook & yarn included
- Bring home your project



CROCHET A  
HEART  
BOOKMARK  
WITH ARA  
JANUARY 22  
10AM

Sign up on Mondays and  
Wednesdays at the Senior Center

# If you're sick, please stay HOME



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!



American  
Red Cross

# BLOOD DRIVE

Lisbon Centennial Lions Blood Drive

Wednesday January 31, 2024 1pm – 6pm

LISBON SENIOR CENTER - Community Room

11 Newent Road Lisbon, CT

[www.redcrossblood.org](http://www.redcrossblood.org) or call 1.800.RED.CROSS  
(1.800.733.2767)

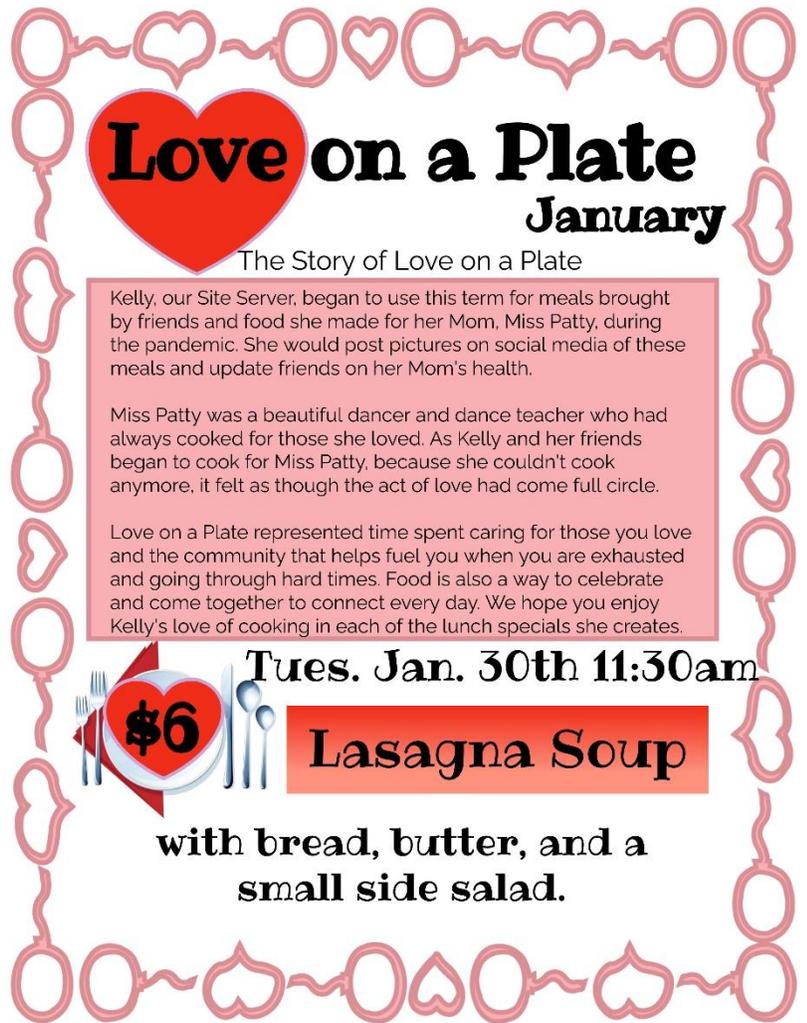


YOU ARE INVITED TO A  
**VALENTINES**  
 PARTY  
 ENTERTAINMENT BY  
**IZZY FLORES**

**MONDAY FEB. 12<sup>TH</sup>**  
**11:30AM**

**\$10 PASTA LUNCH**

**SIGN UP ON MONDAY & WEDNESDAYS AT THE SENIOR CENTER BY JANUARY 31ST**



# Love on a Plate

## January

The Story of Love on a Plate

Kelly, our Site Server, began to use this term for meals brought by friends and food she made for her Mom, Miss Patty, during the pandemic. She would post pictures on social media of these meals and update friends on her Mom's health.

Miss Patty was a beautiful dancer and dance teacher who had always cooked for those she loved. As Kelly and her friends began to cook for Miss Patty, because she couldn't cook anymore, it felt as though the act of love had come full circle.

Love on a Plate represented time spent caring for those you love and the community that helps fuel you when you are exhausted and going through hard times. Food is also a way to celebrate and come together to connect every day. We hope you enjoy Kelly's love of cooking in each of the lunch specials she creates.

**Tues. Jan. 30th 11:30am**

**\$6 Lasagna Soup**

with bread, butter, and a small side salad.



## Lunch Specials

**Thursday 1/4** CREAMY BAKED MAC & CHEESE \$4

---

**Thursday 1/11** TURKEY POT PIE \$4.50

---

**Thursday 1/18** WHITE BEAN & CHICKEN CHILI \$4.50

---

**Thursday 1/25** KIELBASA, POTATOES, AND PEPPERS \$4



**Wednesdays 10:00am & Thursdays 9:30am**

# POOL

## AT LISBON SENIOR CENTER

Come on in! No need to sign up!  
 Call 860-376-2329 for more info

Delicious



Join us for a trip to **TULLI'S TAPHOUSE**

IN GRISWOLD

**\$4 for the bus**  
Pay on your own at  
the restaurant

**BUS LEAVES**  
**AT 11:30AM**

**FRIDAY**  
**JANUARY**  
**26TH**

**SIGN UP AT THE SENIOR**  
**CENTER ON MONDAYS AND**  
**WEDNESDAYS**  
By Jan. 17th



## 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 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



Lisbon Senior Center PRESENTS

**FREE**  
ADMISSION

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

# JANUARY MOVIE MATINEE

Wednesday Jan. 24th at Noon



A heartwarming comedy where Lucy, a high powered executive, takes a job in remote Minnesota, enduring freezing weather and a chilly reception from the locals.

Popcorn or Chips \$.75  
Soda \$1

# PAINTING

Class w/ Jacqui

Friday, January 12th 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 has **no membership fees!** Join us for some fun!

Come Celebrate **January Birthdays** with us **Tuesday January 30th 12pm**

**BIRTHDAY CAKE WILL BE SERVED** after our Love on a Plate lunch special

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 January 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.