



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 1st for
New Year's Day and January 15th 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 2nd 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

and to be added to our email
distribution send message to:

awilnas@lisbonct.com

JANUARY 2024

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

Monthly meeting:
Noon on the
2nd Wednesday
of the month
at the
Lisbon Senior Center

-  Crochet hook & yarn included
-  Bring home your project



\$3

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!



Lisbon Centennial Lions Blood Drive

Wednesday January 31, 2024 1pm – 6pm

LISBON SENIOR CENTER - Community Room

11 Newent Road Lisbon, CT

www.redcrossblood.org or call 1.800.RED.CROSS
(1.800.733.2767)



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

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!**

Lisbon Senior Center
PRESENTS

**JANUARY
MOVIE
MATINEE**

**Wednesday Jan. 24th
at Noon**

FEATURED MOVIE

New in Town

Starring Renne
Zellweger and Harry
Connick Jr.

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.

**FREE
ADMISSION**

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

**Popcorn or
Chips \$.75
Soda \$1**

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.