

LISBON LINK special edition



July 2020



Drive-through LUAU

Thursday, July 30th

11:30

Call 860-376-2329 to sign up

BBQ Pork & Pineapple
meatballs w/roll
Macaroni salad
Dessert
Bottled water
\$5

We realize that these are very difficult times for everyone. Please know that

We are here for you....

(...even though our building is closed)

Please call us for assistance:

(860) 376-2329



Senior Farmers' Market Nutrition Program 2020 Eligibility and Information

60 years of age or older. *Individuals under the age of 60 living in subsidized senior housing where congregate nutrition services are usually provided and within the income limits are also eligible.*

Maximum household income of 185% Federal Poverty Level based on client verbal attestation.

- Household of 1 = \$1,968 per month (\$23,606 per year)
- Household of 2 = \$2,658 per month (\$31,894 per year)

One packet of vouchers per person, per season. Recipients should not accept vouchers from multiple service agencies. Each person of a married couple gets a packet.

Vouchers provided as 6 "checks" for \$3 each, total value of \$18.

Good for purchase of fruits, vegetables, fresh cut herbs and honey from certified CT Grown Farms at designated Farmer Markets or farm stands July through October 2020. No cash value – Farmer cannot provide change. List of redemption locations will be provided with vouchers.

Available while supplies last, first-come first-served.

Participants may allow a Proxy to receive and/or redeem the vouchers with prior notification.

Due to Covid 19, no signatures are required this year for cover page or on checks.



19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • www.SeniorResourcesEC.org
Phone 860.887.3561 • 800.690.6998 • Fax 860.886.4736

Call 860-887-3561 to arrange for your vouchers

LUNCH

While we are here for you for curbside sandwich pickup, we would like to suggest that you order takeout from your favorite local restaurants.

Giving them your support during these difficult times is important for all of us to come together and try to minimize the losses that they will incur.



If you are unable to leave your home you can start receiving Meals-on-Wheels.

Contact TVCCA at 860-934-1006 to get set up



The senior center has dozens of puzzles. Anywhere from 100 to 1,000 pieces.

If you would like us to bring you some just give us a call.



And yarn too! Plus knitting and crochet needles! This is a perfect time to start a project.



Don't forget our lending library. We can pick out a book or 3 for you.

Hawaiian Islands

DIRECTIONS: Find and circle all of the CAPITALIZED words. They may be horizontally, vertically, or diagonally placed.



State Capital
HONOLULU

Agriculture
BANANAS
MACADAMIA NUTS
PINEAPPLES
SUGARCANE
TARO

Main Islands
HAWAII
KAHOOLAWE
KAUAI
LANAI
MAUI
MOLOKAI
NIIHAU
OAHU

Rivers
WAILUKU (Hawaii)
ANAHULU (Oahu)

Highest Point
MAUNA KEA (Hawaii)

State Nickname
ALOHA STATE

State Bird
NENE (Hawaiian Goose)

State Mammal
MONK SEAL

State Marine Mammal
HUMPBACK WHALE

State Flower
HIBISCUS

State Gem
BLACK CORAL

State Dance
HULA

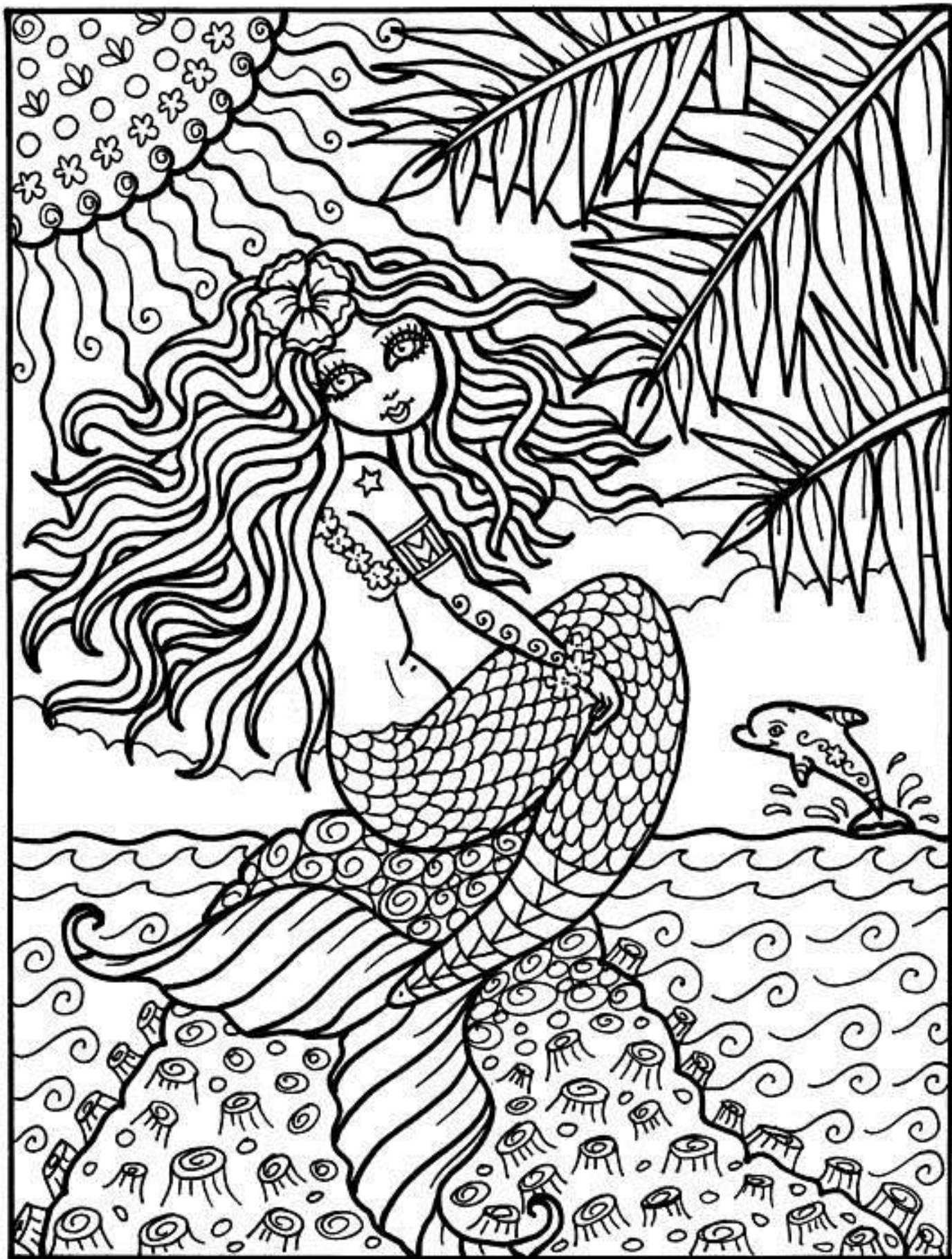
State Sport
SURFING

Location
PACIFIC OCEAN

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ZOOM CLASSES

Tue, 7/14	1:00 PM	Dimensions of Wellness of the Older Adult	Call (203)272-8286 to register or email: Lgravel@cheshirect.org or trkozlowski@cheshirect.org to register
Tue, 7/14	12:00pm-1:30pm	Data Bytes: Safely Use the Internet	email amy.miller@wethersfieldct.gov or call 860-781-0300
Wed, 7/15	11:00 a.m.	Understanding Lymphedema	Call 860-747-5728 to register and receive Zoom link
Tue, 7/21	1:00 PM	Understanding Sepsis	Call (203)272-8286 to register or email: Lgravel@cheshirect.org or trkozlowski@cheshirect.org to register
Thu, 7/23	1pm-2pm	Cooking Class: "Quiche" Bites	For enrollment contact Erika: foodfys@gmail.com
Fri, 7/24	1:15 PM	Community Yoga	Call (203)272-8286 to register or email: Lgravel@cheshirect.org or trkozlowski@cheshirect.org to register
Mon, 7/27	1:00 PM	Traveling to....Where?	Call or email to register and a link will be sent to you: swseniors@southwindsor.org or 860-648-6357.
Mon, 7/27	1:00 PM	AARP FRAUD WATCH NETWORK: THE CON ARTIST PLAYBOOK –	Registration is required. Please contact Amy Miller at amy.miller@wethersfieldct.gov or 860.781-0300.
Tues in JUNE (7/9, 16, 23, 30)	1:00-2:00 PM	QiGong: Simple Moves for Better Health	email instructor: Lisa Gibson < lgibsondesign@gmail.com > (flyer also available)



Lisbon's Longevity Link

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

Special Issue July 2020

RETURN SERVICE REQUESTED

Lisbon Senior Center

Mon – Fri
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

Karen Washington

Van Driver

Donna Gahrman

Nutrition Site Server

Glenda White

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 Mon 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 Carolyn 860-376-9770 with the name and address of those who should receive a card.