



NEWSLETTER

July 2021

Effective June 1, 2021

Mon-Tues-Wed-Fri 9am-1pm

BY RESERVATION ONLY

RULES FOR VISITING CENTER

Call **860-376-2329** for reservation with time and purpose of visit

Use hand sanitizer & wear mask upon entering

Sign in **AND** sign out with receptionist

Place lunch order and pay with receptionist—max 8 people

RULES FOR ACTIVITIES

QUILTERS-Tuesday 9am—One person per table—max 8 people

CHAIR CANING/BASKET MAKING-Wednesday 9am—One person per table. Max 8 people

Wii BOWLING-Friday 10am - One person at a time bowls.

Controllers disinfected after use. Max 8 people

POOL PLAYING - Pool cues and balls disinfected after use.

Max 2 people per table

LUNCH—Max 4 people per double tables.

Remove mask only when eating.

Monthly specials will continue to be take out only

Walk-through Take-out LUNCHEON

Thursday, July 15th 11:30

ORDERS MUST BE PLACED NO LATER THAN July 7th

Call 860-376-2329 to sign up

Pulled Pork/Coleslaw/Dessert

\$5

**MASKS REQUIRED
ENTER THROUGH FRONT DOOR
AND EXIT THROUGH
LIBRARY DOOR**

**Daily lunches
are currently**

**Monday, Tuesday,
Wednesday & Friday**

**Call to reserve a seat
and order your lunch**

LUNCH MENU

RESERVATION REQUIRED
860-376-2329

SANDWICHES WHOLE \$3 * HALF \$1.50

WHEAT OR WHITE BREAD

SCOOP CHOICE: TUNA * CHICKEN * EGG * HAM * SEAFOOD

SALAD PLATE \$3

LETTUCE * TOMATO * CUCUMBER * BOILED EGG

SCOOP CHOICE: TUNA * CHICKEN * EGG * HAM * SEAFOOD

HOT DOG ON A ROLL \$2

CHIPS * DESSERTS * SODA



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

**SIGN UP WITH RECEPTIONIST – VOUCHERS MUST BE
PICKED UP IN PERSON ON JULY 22ND AT 10AM**

Senior Farmers' Market Vouchers 2021



This program through the Department of Agriculture supports local farmers and provides fresh produce to low-income seniors in Connecticut. Vouchers are used to purchase fruits, vegetables, fresh cut herbs and honey from certified CT Grown Farms at designated Farmer Markets or farm stands July through October. A list of redemption locations is provided with vouchers. Vouchers are available from several distribution locations but there is a limit of one set per person per year. Participants may allow a Proxy to receive and/or redeem the vouchers with prior notification. Available while supplies last.

Who is eligible? (must meet all requirements)

60 years of age or older.

Income 185% FPL:

Household of 1 = \$1,986 per month (\$23,828 per year)

Household of 2 = \$2,686 per month (\$32,227 per year) **Have
not received vouchers yet this summer.**

How do you get them?

Several town social service departments, senior centers or senior housing locations receive vouchers directly for their residents. Senior Resources provides vouchers to all other eligible people in 56 towns of Eastern Connecticut through planned distribution events at Senior Centers, Housing locations and Farmer Markets. Senior Resources does not use subdistributors and does not mail vouchers.

Contact:

Alison Dvorak, MS, RDN, CDN - Director of Education & Training, Registered Dietitian
860-887-3561 Extension 115 or advorak@seniorresourcesec.org

Like us on Facebook @SeniorResourcesEC for updates on our "Meet Me At The Market" series, coming to a town near you!

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



What is Pickleball exactly?

Pickleball is something of a mix between tennis, racquetball and ping pong. Players use special paddles and a wiffle ball, and games take place on tennis courts with specific pickleball lines. Nets and court sizes are smaller than their tennis counterparts, and the most common game is doubles, although singles is also an option. It has its own set of quirky rules — for instance, try to stay out of the “kitchen” — but they’re easy to learn.

The game is quick, making it a convenient way to get in some exercise. Games in a typical league run only 15 minutes each — you can get in as little or as much as you want.

We have experienced players that would love the opportunity to teach new players. It's played right here at our Lisbon Meadows tennis court. Call 860-376-2329 to inquire

University of Connecticut

Participants Wanted for a Research Study

Identifying Neural Pathways Implicated in Older Adults' Emotional Well-being

This study is designed to research and identify the underlying biological factors that promote better emotional well-being in older adults. Typically, older adults have a more positive affect and greater life satisfaction than younger adults due a reported greater mindfulness. In this study, participants are asked to complete a two-part fMRI scan to assess DMN connectivity which is associated with emotional regulation. They will complete a 20-minute resting scan and a 20-minute emotion expectation task while in the scanner. Completion of the assessment should take no longer than 1.5 hours

To be eligible to participate:

Must be 65+ * Fluent in English * Right-handed

For more information, or to sign up for the study, please contact:

Dr. Natalie Shook

shooklab@gmail.com

(860) 486-0913

4TH OF JULY

WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

© 2018 Happiness is Homemade (www.happinessishomemade.com) FOR PERSONAL USE ONLY!

Are you or someone you know in need of medical equipment? We have many donated items available – free of charge. First come first served:

Walkers * Canes * Crutches * Raised Toilet Seats * Shower Seats

Call 860-376-2329 to inquire

**WE ARE FULLY REOPENING ON
AUGUST 2, 2021**



THERE ARE A FEW CHANGES

Lunch orders should be called in ahead of time and payment will take place when checking in at the reception desk.

Bingo is still on Thursdays with a new time. Cards will be sold at 9:30 and bingo will begin at 10:30. Lunch will be served at 11:30 and bingo will resume at 12:00



Lisbon's Longevity Link

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

July 2021

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, Chairperson

Senior Coordinator

Karen Washington

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 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.