



# NEWSLETTER

July 2022

## WEEKLY ACTIVITIES

### **11:30 Daily Lunch**

#### **MONDAYS**

- **Crafting**

#### **TUESDAYS**

- **9:30 Quilting**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

#### **WEDNESDAYS**

- **9:30 Caning,  
Carving &  
Basket Making**
- **10:00 Pool**
- **12:00 2<sup>nd</sup> Wed-  
Shooting Stars Mtg**
- **12:30 Yarn Club**

#### **THURSDAYS**

- **12:00 Bingo**

#### **FRIDAYS**

- **10:30 Pokeno**

**See Calendar for  
special events**



**LUAU PARTY**  
**FRIDAY, JULY 8TH**  
**11:00-1:00**

**FEATURING MUSIC BY:**  
**AIRBORNE  
JAZZ  
TRIO**

**\$10**

Punch  
Pulled Pork  
Coleslaw  
Dessert

Call 860-376-2329 to sign up

To be added to our email distribution send  
message to:

[kwashington@lisbonct.com](mailto:kwashington@lisbonct.com)

Newsletter is posted on the Town Hall website

[lisbonct.com](http://lisbonct.com)

An up-to-date, complete list of all activities can be  
found at our senior center combined website:

[seniorcenterct.org/lisbon](http://seniorcenterct.org/lisbon)

## July 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
				<b>1</b> 10:00 Pool 10:30 Pokeno 11:30 Lunch	
<b>4</b> 	<b>5</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>6</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>7</b> 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>8</b> 10:00 Pool 10:30 Pokeno <b>11:00 LUAU</b>	
<b>11</b> <b>10:00 Commission on Aging</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>12</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>13</b> 9:30 Chair caning baskets/carving <b>10:00 Farmer Market Vouchers</b> 10:00 Pool 11:30 Lunch <b>12:00 Shooting Stars Meeting</b>	<b>14</b> 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>15</b> 10:00 Pool 10:30 Pokeno 11:30 Lunch <b>12:00 Art Class</b>	<b>16</b> <b>10:30 Trip to Theater by the Sea "Footloose"</b>
<b>18</b>	<b>19</b> 9:30 Quilting 10:30 Rummikub <b>11:30 Special-Seafood Salad on a Croissant</b> 12:15 Wii Bowling	<b>20</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>21</b> 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>22</b> 10:00 Pool 10:30 Pokeno 11:30 Lunch	
<b>25</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>26</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>27</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>28</b> 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>29</b> 10:00 Pool 10:30 Pokeno 11:30 Lunch	



## SENIOR FARMERS MARKET VOUCHERS 2022

This Department of Agriculture program 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.

New this year \*\* State funded vouchers can be used to purchase milk and eggs! A list of redemption locations is provided with vouchers.

### For more information, contact:

**Alison Dvorak, MS, RDN, CDN**

**(860) 887-3561 ext. 115**

**[advorak@SeniorResourcesEC.org](mailto:advorak@SeniorResourcesEC.org)**



**AGENCY ON AGING**  
19 Ohio Avenue, Suite 2 • Norwich, CT 06360 • [www.SeniorResourcesEC.org](http://www.SeniorResourcesEC.org)  
Phone 860.887.3561 • 800.670.6798 • Fax 860.886.4736

### Who is eligible?

Recipients must be 60 years of age or older (some younger individuals in specific senior housing locations may also qualify) AND have income at or less than 185% FPL AND have not received vouchers yet this summer.

Household of 1 = \$2095 per month/\$25,142 per year  
Household of 2 = \$2,823 per month/\$33,874 per year

### How do you get them?

Several town social service departments, senior centers or senior housing locations receive vouchers directly for their residents, check with yours first!

Senior Resources provides vouchers to all other eligible people in 56 towns of Eastern Connecticut through planned distribution events. Limit one set of vouchers per person per year. Participants can have a Proxy to receive and/or redeem the vouchers with prior notification. Available while supplies last. Senior Resources does not sub-distribute and does not mail vouchers.

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

If you qualify call 860-376-2329 to sign up. You must be here in person to pick them up on Wednesday, July 13<sup>th</sup> from 10am-noon

Hi everyone!

As many of you already know, I have decided to retire. My last day will be at the end of July.

It has been both an honor and a privilege to serve you over the past 7 years.

I look forward to the next chapter in my life. I'm hoping to get back to horseback riding, and training my pet parrot "Zipper". Maybe we can come and entertain you at some point!

This was more than just a job for me. I couldn't have asked for a better group of people to work for. We've had so many fun times and I will treasure the memories.

Fondly,

Karen ☺

## Seafood Salad on a Croissant w/Pasta Salad & Dessert

Tuesday, July 19<sup>th</sup> 11:30

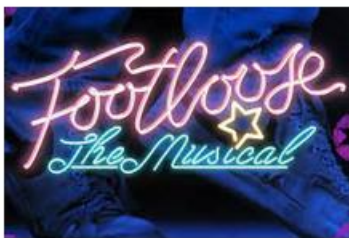


**\$8.00**

**Call 860-376-2329 to sign up**



# Sat, July 16<sup>th</sup>



**\$109\* for bus, show & meal**

**Lunch before show at**

**Cap'n Jack's**

**Bus leaves at 10:30**

\*50% due at sign up – full payment by July 1<sup>st</sup>

**Call Lisbon Senior Center to sign up**

**860-376-2329**

## UPCOMING TRIPS

**Thursday, August 11<sup>th</sup> – New London Senior Center**

**Friday, August 12<sup>th</sup> – New London Classic Lighthouse Tour \$37**

**Thursday, Sept 22<sup>nd</sup> Regional Sr Center Rockin' Block Party – 4:30-7:30 - @ Thrive55+-Powered by the Groton Senior Center. Music by The Corvettes Doo Wop Review. \$10 -**

**Tuesday, Sept 13<sup>th</sup> – "SOCIAL SECURITY" at Newport Playhouse \$80**

**Wednesday, Sept 21<sup>st</sup> – The Big E**

**Friday, October 7<sup>th</sup> – Essex Steam Train & Riverboat Luncheon \$75**

**Thursday, Nov 10<sup>th</sup> – "Country Christmas & Veterans Show" at The Log Cabin \$111**

**Tuesday, Dec 13<sup>th</sup> – "Holiday Fun w/The Cartels" at Aqua Turf \$60**



## "Living Today for a Better Tomorrow"

**2022 Southeast Healthy Living Expo**

**Friday, July 15, 2022**

**9:30 a.m. - 12:30 p.m.**

**Dodd Stadium**

**14 Stott Avenue**

**Norwich, CT 06360**



**Special Thank you to the Norwich Sea Unicorns!**





### LENDING LIBRARY

**Pick up a book (or two or three!) to take home and enjoy. If you have a book to spare, you're welcome to share 😊**



### LISBON SENIOR CENTER VAN RIDES

**860-376-2329**



**THE SENIOR VAN IS AVAILABLE TO LISBON RESIDENTS AGES 60 AND OVER FOR THE FOLLOWING:**

**RIDES TO APPOINTMENTS** (Doctor, Dentist, Banking, Haircuts, etc.)

Schedule your appointments from 10:15 to 11:00  
 or 12:15 to 2:15 Call us as soon you have your appointment

**SHOPPING AT 10:15 ON FRIDAYS TO WALMART**

(Other days/times for other stores can be accommodated upon request)

**TO AND FROM THE SENIOR CENTER**

### LEARN CHAIR CANING & BASKET MAKING

**WEDNESDAYS AT 9:30**



## **Lisbon's Longevity Link**

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

Issue July 2022

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**

Karen Washington

#### **Van Driver**

Charles Martin

#### **Nutrition Site Server**

Danielle Mauri

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.