



# NEWSLETTER

July 2023

Lisbon Senior Center and New London Senior Citizens Center present our annual

# Luaau

join us  
**July 11th**  
11am til 1pm  
at Lisbon Senior Center  
featuring  
**DJ Papa John**  
Hawaiian Pineapple Chicken with Virgin Mimosas will be served  
contact Lisbon Senior Center 860-376-2329  
or New London Senior Citizens Center 860-447-5232  
**FREE**  
\*Music and lunch sponsored by Shooting Stars\*  
Dessert by New London Senior Citizens Center

To be added to our email distribution send message to:

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

Reminder: We will be closed on July 4<sup>th</sup> in observance of Independence Day

NEW LIMITED sign up days for trips and events  
requiring payment  
MONDAYS & WEDNESDAYS  
Thank you for understanding!

## WEEKLY ACTIVITIES

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

**Lunch Special every Thursday**

#### **MONDAYS**

- **10:00 Crafting (Jewelry Making and more)**
- **12:00 Chair Yoga**
- **1:00 Senior Fitness**

#### **TUESDAYS**

- **9:30 Quilting**
- **10:30 Rummikub**
- **12:00 Pitch**

#### **WEDNESDAYS**

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

#### **THURSDAYS**

- **12:00 Bingo-sales from 10:30-11:30**

#### **FRIDAYS**

- **11:00 Crafting (Diamond Art and more)**

**See Calendar for special events**

## July 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <span style="color: magenta;">Sign up day</span> 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>4</b> <b>CLOSED</b> <b>Happy</b> <b>Independence Day!</b>	<b>5</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>6</b> <b>9:00 Blood Pressure</b> <b>Check/Screenings</b> 11:30 Lunch Special 12:00 Bingo	<b>7</b> 11:00 Crafting (Diamond Art) 11:30 Lunch <span style="color: blue;">11:30 Art Class</span>
<b>10</b> <span style="color: magenta;">Sign up day</span> 10:00 Crafting (Jewelry making) <span style="color: orange;">10:00 Presentation on Wills by</span> <span style="color: orange;">Attorney Madonna</span> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>11</b> 9:30 Quilting <span style="color: magenta;">10:00 Luau</span> 10:30 Rummikub 11:30 Lunch 12:00 Pitch	<b>12</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving <span style="color: blue;">10:00 Shooting Stars Meeting</span> 10:00 Pool 11:30 Lunch	<b>13</b> 11:30 Lunch Special 12:00 Bingo	<b>14</b> 11:00 Crafting (Diamond Art) 11:30 Lunch
<b>17</b> <span style="color: magenta;">Sign up day</span> 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>18</b> 9:30 Quilting 10:30 Rummikub <span style="color: orange;">11:30 Trip to the</span> <span style="color: orange;">Golden Greek</span> <span style="color: orange;">Restaurant</span> 11:30 Lunch No Pitch Today	<b>19</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch <b>11:30 Love on a Plate Lunch:</b> <b>Tapas (three small tasting</b> <b>plates) \$5</b> <span style="color: green;">12:00 Scam Awareness</span>	<b>20</b> 11:30 Lunch Special 12:00 Bingo	<b>21</b> 11:00 Crafting (Diamond Art) 11:30 Lunch
<b>24</b> <span style="color: magenta;">Sign up day</span> 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>25</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch	<b>26</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>27</b> 11:30 Lunch Special 12:00 Bingo	<b>28</b> 11:00 Crafting (Diamond Art) 11:30 Lunch <span style="color: blue;">12:00 Birthday Cake</span>
<b>31</b> <span style="color: magenta;">Sign up day</span> 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness				<b>*SAVE THE DATE*</b>  <span style="color: green;">Big E CT Day</span> <span style="color: green;">September 20<sup>th</sup></span> <b>More information in the</b> <b>August newsletter</b>

# SCAM AWARENESS

July 19  
Noon



FREE

WITH RESIDENT TROOPER ADAMS

Learn about how to avoid common  
scams (online and by phone) that  
target seniors

Call 860-376-2329  
to sign up

## LISBON SENIOR CENTER VAN RIDES

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

860-376-2329



Do you have questions  
about wills?

Join us  
for an  
informative  
talk with

Attorney  
Theresa Madonna

July 10th at 10am

at Lisbon Senior Center  
Call 860-376-2329 or stop by to sign up



# BLOOD DRIVE

Lisbon Centennial Lions Blood Drive

Monday, August 7, 2023 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)

### Senior Farmers Market Program 2023

The Senior Farmer Market Nutrition Program has changed from a paper/check/voucher program to an Electronic Benefit Card! Benefits 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 will be provided.

#### 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 benefits yet this summer.

Household of 1 = \$2,248 per month/\$26,973 per year

Household of 2 = \$3,041 per month/\$36,482 per year

Limit one benefit card per person per year. Participants can have a Proxy to receive and/or redeem the vouchers with prior notification. Available while supplies last.

#### How do I get them?

Leave your name and phone number with Lisbon Senior Center, we will pass these on to Senior Resources (<https://seniorresourcesec.org/>), and receive the and distribute the benefits to residents. For more information, contact:

Claudia Mejia, MS, RDN, CDN, CLC (860) 887-3561 ext. 114



**\$7 for  
the bus**



Rt. 14, North Main Street  
Moosup, CT 06354

\*Sponsored by SHOOTING STARS

**Fri. Aug. 4th**

**Bus leaves  
at 11:5am**

**Stuffed Chicken  
Baked Fish,  
or Cheese Stuffed Shells**

Pay at the restaurant - Make lunch selection at sign up  
Drinks and Dessert available for extra charge

Sign up at Lisbon Senior  
Center on Mondays or  
Wednesdays



**LUNCH Tuesday  
July 18th**

**\$7 for the bus,  
lunch on  
your own  
AT THE**

**GOLDEN GREEK RESTAURANT**

**\*Sponsored by Shooting Stars**



**Bus leaves  
at 11:30**



# Rhode Island Lighthouse Cruise

**\$50**

per person,  
lunch on your own at  
Gregg's Restaurant

\*Sponsored by SHOOTING STARS\*

**Tuesday  
August 15th**



Thank you to Shooting  
Stars for sponsoring our  
trip to see



at the  
Goodspeed Opera House

**Wednesday December 13th**

\$80/person for the show

Lunch on your own

**Bus leaves at 11:00am for lunch and the  
2:00pm show**

**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 new trip labels:**

- One Foot – Minimal walking
- Two Feet – Some walking
- Three Feet – Heavy walking





# PAINTING

## Class w/ Jacqui

Friday, July 7th  
at 11:30am



*Create a  
beautiful  
Acrylic!!*

*\$20 - Limit 12 people  
Sign up in the Lisbon  
Senior Center foyer or  
call (860) 376-2329*

# Love on a Plate July

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.



WED July 19 11:30am

## Tapas

Join us for a selection of small plates  
of food you eat together as a meal  
(French Onion Tart and more)

## BEGINNER Fitness Classes

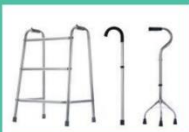


**Mondays**  
with Donna  
**12:00 Chair Yoga**  
**1:00 Senior Fitness**

Maximum 10 People  
Call 860-376-2329 for more  
information about signing up!

## Medical Equipment and Depends AVAILABLE

Call  
860-376-2329 to  
reserve



The Chelsea Foundation in Groton, CT, also is a  
great resource for free medical equipment that may  
be more difficult to find  
(860)448-2263

*Come Celebrate*  
**July Birthdays**  
*with us*

**Friday July 28th**

Birthday cake will be served

Please call to sign up or put your name on  
the signup sheet

Newsletter is posted on the Town Hall  
website: [lisbonct.com](http://lisbonct.com)

## **Lisbon's Longevity Link**

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

Issue May 2023

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.