



NEWSLETTER

June 2022

IMPORTANT
LISBON SENIOR CENTER
SHOOTING STARS MEETING

In order to keep the Shooting Stars as a business entity with the State of Connecticut and a non-profit with the IRS we must have a slate of officers.

As of June 30, 2022 we have 2 positions with a nomination for each. They must now be voted into office.

PLEASE make every effort to attend the following Shooting Stars Meeting:

Wednesday, June 8th at noon

Shooting Stars has been an integral part of the Lisbon Senior Center since the 1980's. It provides us with the extra "fun and items" for all of us. It pays for all entertainers, subsidizes our annual holiday meal, sponsors all trips, has helped pay for new carpeting and fresh paint, and some new appliances for our kitchen. Last year it paid for a \$350 repair to our bingo machine. We also give awards to Lisbon Central School graduates each year for outstanding performances in many areas. These are just a few of the many things that Shooting Stars does which benefits all of us.

These meetings are every month throughout the year on the second Wednesday at noon. We would like as much participation as possible. Your ideas and input will help make our center the best it can be for everyone.

To be added to our email distribution send message to:

kwashington@lisbonct.com

Newsletter is posted on the Town Hall website

lisbonct.com

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

seniorcenterct.org/lisbon

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 2nd Wed-
Shooting Stars Mtg**
- **12:30 Yarn Club**

THURSDAYS


- **12:00 Bingo**

FRIDAYS

- **10:30 Pokeno**

**See Calendar for
special events**

June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 Chair caning baskets/carving 11:30 Lunch 10:00 Pool 12:30 Yarn Club	2 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	3 10:00 Pool 10:30 Pokeno 11:30 Lunch
6 10:00 Commission on Aging 10:00 Crafts 11:30 Lunch 12:00 Crafts	7 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	8 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Shooting Stars Meeting 12:30 Yarn Club	9 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	10 10:00 Pool 10:30 Pokeno 11:30 Lunch
13 10:00 Crafts 11:30 Lunch 12:00 Crafts	14 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	15 9:30 Chair caning baskets/carving 10:00 Pool 11:15 Trip to Goodspeed 11:30 Lunch 12:30 Yarn Club	16 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	17 10:00 Pool 10:30 Pokeno 11:00 Trip to Groton Sr Ctr 11:30 Lunch 12:00 Art Class
20 	21 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	22 9:30 Chair caning baskets/carving 10:00 Summer Brunch 10:00 Pool 11:30 Lunch 12:30 Yarn Club	23 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	24 10:00 Pool 9:30 AARP Driving Class 10:30 Pokeno 11:30 Lunch
27 10:00 Crafts 11:30 Lunch 12:00 Crafts	28 9:00 Trip to Lavender Pond Farm 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	29 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	30 10:30 Rummikub 10:00 Blowout Bingo 11:30 Lunch 12:00 Darts	

"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 Concourse
14 Stott Avenue
Norwich, CT 06360

COME
JOIN
US!

Health Screenings, Information
for Seniors, Caregivers &
Professionals.

Visit SeniorResourcesEC.org
for more information or call 800-
690-6998

Special Thank You to the
Norwich Sea Unicorns!

Presented by:



Platinum
Sponsor:



FREE on Zoom!

Live Well with Diabetes!

Join this **FREE 6-week workshop** and learn how to better
manage your ongoing health condition!

You will learn:

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals



These are just some of the topics covered. We will meet via
Zoom, once a week for six weeks. Each session is 2.5 hours.

Participants will need a computer, tablet or cell phone and a
reliable internet connection.

Class size is limited, so register early!!

Wednesdays from 12:30 - 3:00 PM

June 1 - July 6, 2022

To register, call 860-887-3561 ext. 127 or

email Lori at lrygielski@seniorresourcesec.org

Materials will be sent directly to participants at no cost and include a Living a Healthy Life
Book, instruction booklet, and exercise and relaxation CDs.



Sponsored by Senior Resources Agency on Aging, North Central Area Agency on Aging,
CT Department of Aging and Disability Services State Unit on Aging
and Connecticut Department of Public Health.

Live Well is an evidence based self-management workshop developed at Stanford University. This program is supported by funds made available for the Centers for Disease Control and
Prevention, Office of State, Tribal, Local and Territorial Support under grant 5U49CE001186.
Senior support is also provided by the Connecticut Community Foundation.

JUNE 22nd
10am

SUMMER Brunch

FRENCH TOAST CASSEROLE
OVERNIGHT FRUIT CUP

\$4

Blowout Bingo

Free ham or turkey grinder

June 30th
10:00

Must pay for packet at sign-up (\$10). Cut-off date is June 16th

AWESOME PRIZES

SAVE THE DATE

Friday, July 8th for our annual Luau

Wed, June 15th



\$75* for bus and show

Lunch on your own before show at

The Town Tavern

Bus leaves at 11:15

*50% due at sign up – full payment by June 1st

Call Lisbon Senior Center to sign up

860-376-2329

Tue, June 28th



\$5 for bus

Lunch on your own at

The Copper Skillet

Bus leaves at 9am

Lunch at 12:15

PAYMENT DUE AT SIGNUP

Call Lisbon Senior Center

to sign up

860-376-2329

TRIP TO CLUB 55 STRAWBERRY FESTIVAL

FRIDAY, JUNE 17TH

11:00am – 1:00pm

Oven Fried Pork Chops,
Strawberry Applesauce,
Wild Rice Pilaf,
Green Beans,
Strawberries tossed in Raspberry Dressing,
Rolls,
Strawberries over Biscuits,
Punch, Coffee and Tea

* Fish alternative available. Let us know at registration

Entertainment by Jim Taylor- Rock and Roll Oldies

Register by Tuesday, June 14th

\$25 for BUS, FOOD & ENTERTAINMENT

Call 860-376-2329 to sign up

THRIVE55+ Active Living Center
Powered by Lisbon Senior Center

UPCOMING TRIPS

**Saturday, July 16th – “FOOTLOOSE” at Theatre by the Sea
plus lunch at Cap’n Jack’s \$109**

Friday, August 12th – New London Classic Lighthouse Tour \$37

Tuesday, Sept 13th – “SOCIAL SECURITY” at Newport Playhouse \$80

Friday, October 7th – Essex Steam Train & Riverboat Luncheon \$75

Thursday, Nov 10th – “Country Christmas & Veterans Show” at The Log Cabin \$111

Tuesday, Dec 13th – “Holiday Fun w/The Cartels” at Aqua Turf \$60

PAINTING

Class w/ Jacqui

Friday, June 17th at
noon



*Create a
beautiful
watercolor!!*



\$20 - Limit 12 people

AARP

**DRIVER
SAFETY**

Friday, June 24th

9:30am-2pm

\$20 for AARP members

\$25 for non-members

Lunch is ordered & paid for
upon arrival – served at 11:30

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

SUMMER FUN

Word Search Puzzle



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



BAKEFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

Free printable courtesy of Printzpress.com

Lisbon's Longevity Link

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

Issue June 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.