



NEWSLETTER

June 2023



Summer is almost here! Join us for a



Strawberry Shortcake Social

JUNE 16th at Noon
\$5 per person

Please stop in to sign up by Wednesday June 7th



To be added to our email distribution
send message to:

awilnas@lisbonct.com

**Reminder: We will be closed on June 19th
in observance of Juneteenth**

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 2nd 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**

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW LIMITED DAYS TO SIGN UP FOR ACTIVITIES: Mondays & Wednesdays Thank you for understanding!</p>			<p>1 11:30 Lunch Special 12:00 Bingo</p>	<p>2 11:00 Crafting (Diamond Art) 11:30 Lunch</p>
<p>5 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>6 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>7 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch</p>	<p>8 11:30 Lunch Special 12:00 Bingo</p>	<p>9 9:30 AARP Driver Safety 11:00 Crafting (Diamond Art) 11:30 Lunch</p>
<p>12 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>13 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>14 9:30 Chair caning baskets/carving 10:00 Shooting Stars Meeting 10:00 Pool 11:30 Lunch</p>	<p>15 9:00 Blood Pressure Check/Screenings 11:30 Lunch Special 12:00 Bingo</p>	<p>16 11:00 Crafting (Diamond Art) 11:30 Art Class 11:30 Lunch 12:00 Strawberry Social</p>
<p>19 CLOSED</p>	<p>20 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>21 9:30 Chair caning, baskets/carving 10:00 Walmart Glasses Repair 10:00 Pool 11:30 Love on a Plate Lunch: Half grinder & Italian Pasta Salad with Fruit cup for dessert \$5</p>	<p>22 11:30 Lunch Special 12:00 Bingo</p>	<p>23 10:00 Stop The Bleed 11:00 Crafting (Diamond Art) 11:30 Lunch 12:00 Senator Cathy Osten's Legislative Recap</p>
<p>26 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>27 9:00 Lavender Pond Farm Trip 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>28 9:30 Chair caning, baskets/carving 10:00 Pool 11:30 Lunch 12:00 Birthday Cake</p>	<p>29 11:30 Lunch Special 12:00 Bingo</p>	<p>30 11:00 Crafting (Diamond Art) 11:30 Lunch</p>

AARP
DRIVER SAFETY 

CALL 860-376-2329 TO SIGN UP

**FRIDAY
 JUNE 9TH
 9:30AM-2PM**

\$20 FOR
 AARP MEMBERS

\$25 FOR
 NON-MEMBERS

**THURSDAY
 JUNE 15TH
 9-10:30**



**FREE BLOOD PRESSURE
 SCREENINGS
 BEFORE BINGO**



**Wednesday
 June 21st
 10am**

**BROKEN
 EYEGLASSES?**

FREE

- Cleaning
- Repair
- Adjustment

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

**Walmart Vision
 can help right
 here at the
 Senior
 Center**



**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

 **STOP**
 THE BLEEDSM
SAVE A LIFE

Through our Stop the Bleed course, you'll
 gain the ability to recognize life-threatening
 bleeding and intervene effectively.

**Friday June 23, 2023
 10:00-11:30am
 Lisbon Senior Center**

Course is FREE
 Registration required
 Call 860-376-2329

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



Lavender Pond Farm

Bus leaves at 9:00am
\$7 for bus
Lunch on your own
at Copper Skillet
additional fee in cash due on
your own to ride the Purple Train

Tuesday
June
27

Stop by the
Lisbon Senior Center
to sign up



LUNCH

**Tuesday
July 18th**

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

AT THE
GOLDEN GREEK RESTAURANT

Bus leaves
at 11:30



**Rhode
Island
Lighthouse
Cruise**

\$50 per person,
lunch on your own at
Gregg's Restaurant

**Tuesday
August 15th**



See

DREAMGIRLS
THE MUSICAL

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



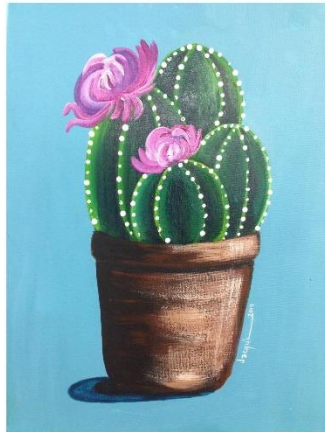
Learn Chair
Caning
and Basket
Making

WEDNESDAYS 9:30AM

PAINTING

Class w/ Jacqui

**Friday, June 16th
at 11:30am**



*Create a
beautiful
Acrylic!!*

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

Come Celebrate **June Birthdays**

with us

**Wednesday June
28th 12:00pm**

**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

**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!




Help us create
CRAFTS
for the Lisbon Center School Holiday Sale

**Mondays at 10am
Fridays at 11am**

Jewelry Making, Diamond Art, 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
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

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.