



# NEWSLETTER

March 2022

**ST. PATRICKS DAY**  
Corned Beef Luncheon  
Wed MARCH 16th  
11:30  
\$10  
Followed by entertainment w/John Banker

FOR EVERYONE'S  
**SAFETY**



**FACE MASKS  
MANDATORY**

## 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**

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)

## March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>2</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	<b>3</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>4</b> 10:30 Pokeno 11:30 Lunch
<b>7</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>8</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>9</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch <i>12:00 Shooting Stars Meeting</i> 12:30 Yarn Club	<b>10</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>11</b> 10:30 Pokeno <i>11:30 Trip to Royal Buffet</i> 11:30 Lunch
<b>14</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>15</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>16</b> 9:30 Chair caning baskets/carving 10:00 Pool <i>11:30 Corned Beef Luncheon</i> 12:30 Yarn Club	<b>17</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>18</b> 10:30 Pokeno 11:30 Lunch
<b>21</b> <i>9:00 Spring Breakfast</i> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>22</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>23</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	<b>24</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	<b>25</b> 10:30 Pokeno 11:30 Lunch
<b>28</b> 10:00 Crafts 11:30 Lunch 12:00 Crafts	<b>29</b> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	<b>30</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	<b>31</b> 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	

# Royal BUFFET

FRIDAY, MARCH 11<sup>TH</sup>

LEAVING AT 11:30

**\$22** for  
bus & buffet

## Wii<sup>TM</sup> Bowling

Tuesdays at 12:15

No experience needed



## QUILTING

Tuesdays @ 9:30



Bring your own projects or start a new one.

No experience needed - we are here to help!



## Thursdays @ Noon

Bingo sheet sales at 11:00

## LEARN CHAIR CANING & BASKET MAKING WEDNESDAYS AT 9:30



### 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**

## **RENTER'S REBATES**

Senior or disabled low-income renters may be eligible for a partial rebate of rent and utility bills, excluding telephone and cable. The filing period is April 1 through October 1. *Applications are available at the Assessor's Office.*

## **Exercising for Balance**

These exercises are important for fall prevention because they help you improve your ability to control your body. They can also help build your lower body strength, which is important for maintaining and improving your stability. When you do any balance exercises, be sure to have a sturdy chair or surface nearby so that you have something to hold on to if you become unsteady. Also, do a combination of exercises for both standing and moving balance.

Check out these three exercises that you can try out:

### **1. Standing on one foot**

- Stand behind a sturdy chair and place your hands on it for balance.
- Lift one leg up so that your foot is off the floor.
- Hold that position for 10 seconds (or less if you can't hold it for that long).
- Repeat that motion 10 to 15 times and then switch to your other leg and do the same thing.
- Try to repeat the whole routine two or three more times.

### **2. Walking heel to toe**

- To help you maintain balance during this exercise, place your arms straight out from your sides. You can also do this exercise in a hallway or near a wall.
- Start by placing the heel of your one foot directly in front of the toes of your other foot.
- Focus your eyes on a spot in front of you to help you maintain your balance.
- Step forward with your back foot and place your heel directly in front of your toes on your other foot.
- Repeat until you have taken 20 steps.

### **3. Knee marching**

- Place a sturdy chair in front of you so that you can use it for support if needed.
- Place your arms at your sides and stand with your feet shoulder width apart.
- Raise one knee up as high as you comfortably can.
- Lower it and then raise your knee on the other side in the same way.
- Repeat the above steps up to 20 times.



**If you are unable to leave your home you can start receiving  
Meals-on-Wheels.**

**Contact TVCCA at 860-934-1006**



# Spring



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



BIRDS

BLOSSOM

BUGS

BUNNY

BUTTERFLY

CALF

CATERPILLAR

CHICKS

FLOWERS

FROG

GARDEN

GRASS

HATCH

INSECTS

LADYBUG

LAMB

NATURE

NEST

RABBIT

ROBIN

SNAIL

SPRING

SPROUT

TULIP

WORM



## **Lisbon's Longevity Link**

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

Issue March 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 Carolyn 860-376-9770 with the name and address of those who should receive a card.