



NEWSLETTER

May 2023

Hello!

I am Ara Wilnas, your new Senior Coordinator. I am excited to be here and thank you all for welcoming me so whole-heartedly. Lisbon Senior Center is a wonderful community and I am looking forward to getting to know you all. I should start by telling you a little bit about me. I have two beautiful daughters at home. Rinn is my seven year old, and Sam is fourteen. We also share our home with our cat, Tori. We spend our time hiking, camping, reading, and dancing.

My business background and college degree is in small business management and administration. I have also been a dance teacher and choreographer for over 20 years. I hope to share my passion and skills to work together, continuing to create the wonderful atmosphere that is alive here every time I walk through these doors.

Please feel welcome to share your thoughts and ideas with me, or ask me for anything that you need as we go forward. I have so much to learn, and that makes me excited to get up every morning.

Ara

To be added to our email distribution send message to:

awilnas@lisbonct.com

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **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
- **12:30 Yarn Club**

THURSDAYS

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

FRIDAYS

- **11:00 Jewelry Making**

**See Calendar for
special events**

**Reminder: We are
closed, May 29, for
Memorial Day**

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Jewlery Making 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	2 9:30 Quilting 10:30 Rummikub 11:30 Lunch	3 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	4 11:30 Lunch 12:00 Bingo	5 11:00 Crafting 11:30 Lunch Cinco De Mayo Tacos!
8 10:00 Jewlery Making 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	9 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch	10 9:30 Chair caning baskets/carving 10:00 Shooting Stars Meeting 10:00 Pool 11:30 Lunch	11 11:30 Lunch 12:00 Bingo	12 11:00 Crafting 11:30 Lunch
15 10:00 Jewlery Making 11:30 Lunch 12:00 Birthday Cake 12:00 Chair Yoga 1:00 Senior Fitness	16 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch	17 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	18 11:30 Lunch 12:00 Bingo	19 9:30 Veteran's Breakfast 11:00 Crafting 11:30 Lunch 12:00 Art Class
22 10:00 Jewlery Making 11:00 Middle of Nowhere Diner 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	23 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch	24 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch Indoor Memorial Day Picnic Lunch	25 11:30 Lunch 12:00 Bingo	26 11:00 Crafting 11:30 Lunch
29 CLOSED	30 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Pitch 1:00-6:00 Blood Drive	31 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	June 1 Gypsy At the Goodspeed Opera House	



Lisbon Centennial Lions Blood Drive

Tuesday, May 30, 2023 1pm – 6pm

LISBON SENIOR CENTER - Community Room

11 Newent Road Lisbon, CT

www.redcrossblood.org or call
1.800.RED.CROSS (1.800.733.2767)

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 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

ENERGY ASSISTANCE 2022-2023 SEASON

Important Program Dates

November 1, 2022 First day for fuel deliveries that can be paid by the program.

March 15, 2023 Deadline for fuel authorizations for deliveries.

May 31, 2023 The last day that a household can apply to establish its eligibility for benefits.

June 16, 2023 Last day to submit deliverable fuel bills.

Call TVCCA at 860-425-6681 to see if you qualify

NEED MEALS DELIVERED?

CALL
860-934-1010
FOR

MEALS
ON
WHEELS

TVCC Nutrition Services



*Indoor
Memorial Day
Picnic*

Wednesday May 24
11:30am
\$5

Hot Dogs
Potato Salad
&
Ice Cream



Veteran's Breakfast

HONORING ALL WHO SERVED ★ THANK YOU

LISBON SENIOR
CENTER

May 19th 9:30am

Sausage bake, muffin, fruit cup, juice,
coffee/tea

Sign up at
Griswold Veteran's Coffee
House

or call 860-376-2329

Veterans Only Please



MONDAY MAY 22ND
BUS LEAVES AT 11:00

\$7 per person for the bus - due at sign up
Order lunch off the menu and pay there

RESERVE YOUR
SPOT
860-376-2329



Friday MAY 5TH 11:30am

\$10 Tacos



Street Corn, Beans,
Virgin Margarita Punch

Live music with Izzy

LEARN
★

BEGINNER **PITCH**



**TUESDAYS
BEGINNING**

MAY 9

12:00

See
GYPSY
at the
Goodspeed Opera House
June 1st



\$80/person for the show

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

PAINTING

Class w/ Jacqui

**Friday, May 19th
at Noon**





*Create a
beautiful
Acrylic!!*

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

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!**

Come Celebrate

May Birthdays

with us

**Monday May 15th
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

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

seniorcenterct.org/lisbon

Lisbon's Longevity Link

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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.