

NEWSLETTER

WEEKLY ACTIVITIES

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

<u> 11:30 Daily Lunch</u>

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-_{NEW} 7tM Shooting Stars Mtg
- 12:30 Yarn Club

THURSDAYS

• 12:00 Bingo-<u>sales</u> 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	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

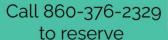
Tuesday, May 30, 2023 1pm – 6pm

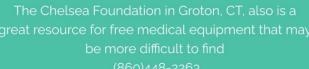
LISBON SENIOR CENTER - Community Room

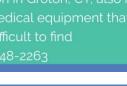
11 Newent Road Lisbon, CT

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

MEDICAL EQUIPMENT AVAILABLE







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,

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



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







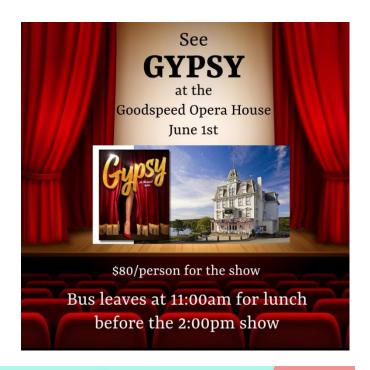
















Mondays
with Donna
12:00 Chair Yoga
1:00 Senior Fitness

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

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

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

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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.