



NEWSLETTER

November 2021

PEN TURNING EVENT

SATURDAY, Nov 13th

10:00am – 2:00pm

Turn your own pen **“FREE”**



Other beautiful handmade items will be available for sale



**FACE MASKS
MANDATORY**

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **Crafting**

TUESDAYS

- **9:30 Exercise**
- **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**

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

November 2021

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Monday	Tuesday	Wednesday	Thursday	Friday	
1 10:00 Crafts 11:30 Lunch 12:00 Crafts	2  	3 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	4 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	5 10:30 Pokeno 11:30 Lunch	
8 10:00 Crafts 11:30 Lunch 12:00 Crafts 7:00 COMMISSION ON AGING	9 9:30 Quilting 10:30 Rummikub 11:30 Turkey Luncheon 12:15 Wii Bowling	10 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 SHOOTING STARS 12:30 Yarn Club	11  	12 10:30 Pokeno 11:30 Lunch 12:00 CRAFT CLASS	13 Pen Turning 10am-2pm
15 10:00 Crafts 11:30 Lunch 12:00 Crafts	16 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	17 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	18 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	19 10:30 Pokeno	
22 10:00 Crafts 11:30 Lunch 12:00 Crafts	23 9:30 Trip to Log Cabin 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	24 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	25   	26	
29 10:00 Crafts 11:30 Lunch 12:00 Crafts	30 9:30 Quilting 10:30 Rummikub 11:00 Trip to Foxwoods Legends 11:30 Lunch 12:15 Wii Bowling				

Medicare Open Enrollment

**Oct 15,
2020**

ENROLLMENT
BEGINS

**Dec 7,
2020**

ENROLLMENT
ENDS

**Jan 1,
2021**

FIRST DAY
of COVERAGE

QUILTING

Tuesdays @ 9:30



Bring your own projects or start a new one.

No experience needed - we are here to help!

LEARN CHAIR CANING & BASKET MAKING

WEDNESDAYS AT 9:30



Thursdays @ Noon

POKENO



Fridays at 10:30 am
Bring your pennies!

Need help with your home heating bills?

TVCCA ENERGY ASSISTANCE PROGRAM CAN HELP YOU!



**NO MATTER WHAT YOUR PRIMARY
HEATING SOURCE IS, TVCCA CAN HELP!**

(Oil, Kerosene, Propane, Wood,
Wood Pellets, Coal, Electric, Natural Gas)

ALL HOUSEHOLD MEMBERS MUST PROVIDE:

- Social Security Number and date of birth (birth certificates not necessary)
- Proof of ALL gross income for the 4 weeks prior to your appointment time
 - Paystubs
 - Unemployment history print out
 - Child Support, Alimony
 - Pension, Social Security
- Most recent rent receipt or mortgage statement
- Most recent complete utility bill
- If you heat with a deliverable fuel, please provide the name of your fuel vendor

2021-2022 ENERGY ASSISTANCE INCOME GUIDELINES:

Household of 1: \$39,027.00 | Household of 2: \$51,035.00
Household of 3: \$63,044.00 | Household of 4: \$75,052.00

TVCCA Energy Intake Sites:

TVCCA UNCAS ON THAMES

401 West Thames St.
Unit 201
Norwich, CT 06360
By Appointment Only

TVCCA NEW LONDON

83 Huntington St.
New London, CT 06320
By Appointment Only

NORWICH PUBLIC UTILITIES

173 North Main St
Norwich, CT 06360
By Appointment Only

CALL FOR AN APPOINTMENT TODAY: 860-425-6681 | TVCCA.ORG

DIY CARD MAKING CLASS

Friday, Nov 8th Noon to 3:00

All Supplies Included

\$10 PER PERSON - maximum 10 people

Create! Have Fun!! Laugh! and make
some beautiful holiday cards

SIGN UP EARLY TO SAVE YOUR SPOT!
CALL 860-376-2329





IMPORTANT ANNOUNCEMENT

DUE TO THE INCREASE IN THE COST
OF FOOD, OUR SANDWICH
PROGRAM WILL BE INCREASING
PRICES BEGINNING
NOVEMBER 1ST

Join us for a **THANKS**
GIVING
Lunch

**Tuesday, NOVEMBER 9
11:30**

\$10

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



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

Contact TVCCA at
860-934-1006 to get set up

Trip sign up is at the reception desk with a 50% deposit required

TRIPS



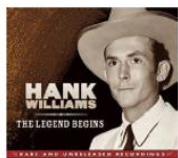
The Lisbon Seniors present.....



Country Legends

Songs of the Grand Ole Opry

At the elegant Log Cabin Banquet Facility, Holyoke, MA
Tuesday, November 23, 2021



Package Includes:

- Roundtrip Transportation
- Delicious Plated Meal at The Log Cabin
- Matinee Show Country Legends Show "Songs of the Grand Ole Opry"
- Meal Tax and Gratuities

* Vaccination Card required at this time

For more Information:

Karen
860-376-2329



Bus Departs
at 9:30am
Lisbon
Senior Center



Delicious Luncheon

Hors D' Oeuvre's
Signature Bread
Fresh Garden Salad
Baked Ham
AND
Baked Scrod
Chef's Choice Potato
& Vegetable
Dessert, Coffee or Tea



Sign up at the Lisbon Senior Center with a 50% deposit payable to "The Shooting Stars"

MUST SHOW PROOF OF COVID VACCINATION WHEN BOARDING BUS



FOXWOODS
RESORT ♦ CASINO

TUES, NOV 30TH

LEGENDS SHOW

Leaving at 11:00

From Lisbon Senior Center



Bus & Ticket \$40

Call Lisbon Senior Center 860-376-2329

December trips:

Monday, December 13th – Yankee Candle/Forest Park Lights/Cracker Barrel - \$15 for bus – leaves at 12:30pm

Lisbon's Longevity Link

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

Issue November 2021

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.