



NEWSLETTER

November 2023

WEEKLY ACTIVITIES

11:30 Daily Lunch
Lunch Special every
Thursday

MONDAYS

- **Sign up day for paid trips/events**
- **12:00 Chair Yoga**
- **1:00 Senior Fitness**

TUESDAYS

- **9:30 Quilting**
- **10:00 Crafting**
- **10:30 Rummikub**
- **12:00 Pitch**

WEDNESDAYS

- **Sign up day for paid trips/events**
- **9:30 Caning, Carving & Basket Making**
- **10:00 Pool**
- **10:00 2nd Wed-Shooting Stars Mtg**

THURSDAYS

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

FRIDAYS

- **11:00 Crafting (Diamond Art, Jewlery Making, and more)**

See Calendar for special events

***Reminder: We will be closed on November 7th, 10th, 23rd, and 24th**

Lisbon Senior Center's
November
Love on a Plate Special

TURKEY Day

Sit down luncheon

**Turkey, Stuffing, Potatoes,
Gravy, String Beans,
Cranberry Sauce, and
Pumpkin Bread for dessert**

Friday November 17th
11:30am

**\$10 per
person**

Sign up at the
Senior Center
on Monday
and
Wednesday by
Nov. 13th

NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Send in your recipes for the Lisbon Senior Center Cookbook!		1 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	2 9:00 Blood Pressure Clinic 11:30 Lunch Special 12:00 Bingo	3 11:00 Crafting 11:30 Lunch 11:30 Art Class
6 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	7 CLOSED 	8 9:30 Chair caning baskets/carving 10:00 Shooting Stars Meeting 10:00 Pool 11:30 Lunch	9 11:30 Lunch Special 12:00 Bingo	10 CLOSED 
13 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	14 9:30 Quilting 10:00 Crafting 10:30 Rummikub 11:30 Lunch 12:00 Pitch	15 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Movie	16 11:30 Lunch Special 12:00 Bingo	17 11:00 Crafting 11:30 Love on a Plate Lunch Special: Turkey Day
20 11:00 Trip to Rocks 21 & Old Mystick Village 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	21 9:30 Quilting 10:00 Crafting 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:00 Pitch	22 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	23 CLOSED	24 CLOSED
27 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	28 <u>No Quilting or Crafting</u> <u>No Rummikub</u> 10:00 Chair Massage 11:30 Lunch 12:00 Pitch 1:00 Blood Drive	29	30 	

Connecticut Energy Assistance Program – CEAP: 2023-2024

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH OIL AND OTHER DELIVERABLE FUELS:

09/01/23: First day that households can begin to apply for CEAP.

11/01/23: First day for authorization of fuel deliveries (oil, wood and wood pellets, propane, kerosene, coal).

03/31/24: Deadline for deliverable fuel authorizations or deliveries from Basic Benefits, Crisis Assistance, or Safety Net Assistance, **for clients already awarded CEAP benefits.**

05/31/24: Last day to apply for CEAP.

06/16/24: Last day for submission of deliverable fuel bills.

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH ELECTRICITY OR GAS:

09/01/23: First day that households can begin to apply for CEAP.

05/31/24: Last day a household heated with gas or electricity can apply.

To start an application, individuals can:

- Contact TVCCA at [\(860\) 425-6681](tel:8604256681)
- Visit www.ct.gov/heatinghelp/apply for more information on eligibility and required documents.
- Or text CTWARM to 898211.
- Or call 2-1-1.



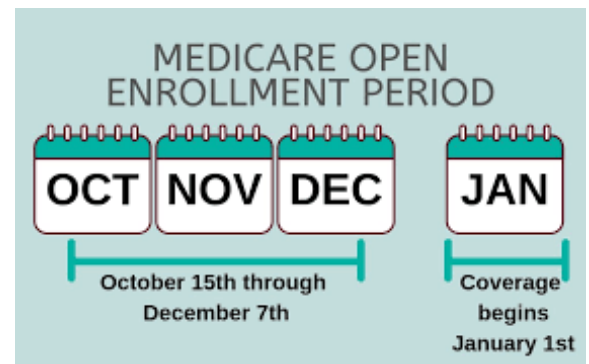
Lisbon Centennial Lions Blood Drive

Tuesday, November 28, 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)



CHAIR MASSAGE

with Licensed Massage Therapists:
Donna (19 years experience)
and Juliette (23 years experience)

Tuesday Nov. 28th
10am - 12pm

FREE

Massage therapy could provide many health benefits including: stress relief, improved circulation, decreased muscle tension, less pain, and better sleep

Call 860-376-2329, or stop by the Lisbon Senior Center to sign up for your own 15 minute session*.

If possible, please wear a loose fitting shirt.

It may get massage oil on it.

Prescription Drug Savings Program Launched by the State

A prescription drug discount card program was recently launched by the State which is expected to allow all residents of Connecticut to save money on certain prescription drugs.

- ✓ To get your card, fill out the form on arrayrxcard.com.
- ✓ You need a valid physical Connecticut address and e-mail address to enroll.
- ✓ You can get your card by e-mail and download it to a smartphone wallet.
- ✓ The ArrayRx Discount Card is a digital program. Enrolling with an email address is required. If you don't have an email address, please call 800-913-4146.

LISBON SENIOR CENTER COOKBOOK

Join us in creating our first cookbook!
Accepting submissions through December 1st



Drop off your favorite recipe at the Lisbon Senior Center or email it to awilnas@lisbonct.com



It can be written or typed in any form



Purchase your copy at the Center from Dec. 8th - Dec. 22nd

For more information: call 860-376-2329

NEED MEALS
DELIVERED?

CALL
860-934-1010
FOR

MEALS
ON
WHEELS

TVCC Nutrition Services



Sing carols and celebrate with a sit down lunch at Lisbon Senior Center!

Holiday Luncheon

Sponsored by Shooting Stars

Prime Rib or Baked
Stuffed Shrimp

TUESDAY
Dec. 5th
11am
(snow date
Dec. 6th)

\$25
per
person

Sign up at the Center on Mondays and
Wednesdays before Nov. 21st

The newsletter is posted on the Town
Hall website: lisbonct.com
and to be added to our email
distribution send message to:
awilnas@lisbonct.com



Lunch Specials

Thursday 11/2 SALAMI/PROVOLONE SANDWICH
ON ITALIAN BREAD \$4.50

Thursday 11/9 POTATO SOUP WITH
CRACKERS \$4

Thursday 11/16 AMERICAN CHOP SUEY
\$4.50

Thursday 11/23 **CLOSED**

Thursday 11/30 MEAT LOAF SANDWICH
\$4.50

Come Celebrate
November Birthdays

with us

Tuesday
November 21st
12pm



BIRTHDAY CAKE WILL BE SERVED

Please call to sign up or put your
name on the signup sheet



Join us for lunch

Served Monday - Friday at 11:30am

Salad or Sandwich with:
 Chicken, egg, tuna, or seafood salad
 Grilled Cheese
 Hot dog
 Chips & Soda
 Weekly Specials
 Various Desserts

Order your lunch by 11am

Free Coffee



TOYS FOR TOTS AND LISBON SENIOR CENTER

TOY DRIVE

OCT 1ST THRU DEC 1

BRING IN PACKAGED TOYS TO BENEFIT WINDHAM & NEW LONDON COUNTY CHILDREN THIS HOLIDAY SEASON

CALL LISBON SENIOR CENTER FOR MORE INFORMATION 860-376-2329



Lisbon Senior Center

CAN FOOD DRIVE

Accepting donations from Oct. 1st -Nov. 11th

BENEFITS St. Mary's Food Pantry

ACCEPTING NON PERISHABLE CAN GOODS

Drop them off at the Senior Center from 9-3 Monday through Friday

11 Newent Rd. Lisbon CT 06351 860-376-2329



THURSDAY NOVEMBER 2ND 9-10:30

AND THE 1ST THURSDAY OF EACH MONTH

FREE BLOOD PRESSURE SCREENINGS BEFORE BINGO



Medical Equipment and Depends 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 has no membership fees! Join us for some fun!

FREE Beginner

Fitness Classes

Mondays with Donna

12:00pm Chair Yoga

1:00pm Senior Fitness

Unsure if this class
is for you?

First time attendees can feel free to
stop in and try a class before signing up.

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



Lisbon Senior Center
PRESENTS

NOVEMBER MOVIE MATINEE

Wednesday
November 15th
at Noon

FEATURED MOVIE

**The Odd Life
of Timothy
Green**

01234



Popcorn or
Chips \$.75
Soda \$1

A happily married couple dreams of
starting a family when young Timothy
shows up at their door...

PAINTING Class w/ Jacqui

**Friday, November 3rd
at 11:30am**



Create a
beautiful
Acrylic!!

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

Thanksgiving Word Search

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

AUTUMN
FAMILY
FEAST
FOOTBALL

GOBBLE
INDIAN
PILGRIM
STUFFING

THANKFUL
THANKSGIVING
THURSDAY
TURKEY



Sign up for Dreamgirls by Nov. 6th:



Thank you to Shooting Stars for sponsoring our trip to see



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



JOIN US FOR A TRIP TO

Old Mystick Village

MONDAY NOV. 20TH

PLEASE
SIGN UP BY
NOV. 6TH

LUNCH AT ROCKS 21
(PAY AT THE RESTAURANT)

\$7 FOR
THE BUS

& SHOPPING AMONG THE UNIQUE SHOPS
DECORATED FOR THE HOLIDAYS

BUS LEAVES AT 11AM AND WILL RETURN AROUND 6PM

*SPONSORED BY SHOOTING STARS

JOIN SHOOTING STARS AND LISBON SENIOR
CENTER FOR A TRIP TO

Fantasy of Lights New Haven, CT

EARLY DINNER AT
CHILI'S IN EAST HAVEN
PAY AT THE RESTAURANT

\$8 for
the bus

WEDNESDAY
DECEMBER 20TH

BUS LEAVES AT 3PM

SIGN UP AND PAY AT THE SENIOR CENTER ON MONDAYS &
WEDNESDAYS BEFORE DEC. 6TH



TRIP INFO

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!



Also, check out our trip labels:

One Foot - Minimal walking

Two Feet - Some walking

Three Feet - Heavy walking



LISBON SENIOR CENTER VAN RIDES

THE SENIOR VAN IS AVAILABLE TO LISBON RESIDENTS AGES 60 AND OVER FOR THE FOLLOWING:

* APPOINTMENTS (Doctor, Dentist, Banking, Haircuts, etc.)

* SHOPPING

Walmart

Better Valu (Tues & Wed are senior discount days)

Other local stores

* TO & FROM THE SENIOR CENTER (for events, classes, trips)

Schedule your
appointments from 10:15
to 11:00
or 12:15 to 2:15 Call us
as soon you have your
appointment



860-376-2329

Lisbon's Longevity Link

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

Issue November 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.