



NEWSLETTER

October 2021

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

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30 Pokeno 11:30 Lunch
4 10:00 Crafts 11:30 Lunch 12:00 Crafts 7:00 COMMISSION ON AGING	5 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	6 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	7 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	8 10:30 Pokeno 11:30 Lunch 12:00 CRAFT CLASS
11 	12 9:30 Quilting 10:00 FOOT CLINIC 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	13 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 SHOOTING STARS 12:30 Yarn Club	14 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	15 10:30 Pokeno 11:30 HAM & BEANS
18 9:30 FLU SHOT CLINIC 10:00 Crafts 11:30 Lunch 12:00 Crafts	19 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	20 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	21 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	22 10:30 Pokeno 11:30 Lunch
25 10:00 Crafts 11:30 Lunch 12:00 Crafts	26 9:30 Quilting 10:30 Rummikub 11:30 Spaghetti 12:15 Wii Bowling	27 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:30 Yarn Club	28 9:15 TRIP TO NEW LONDON SENIOR CENTER 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	29

Tuesday, October 12th

9am-12pm

FOOT HEALTH CENTER

Dr. Thomas H. Walter, D.P.M

OPENINGS AVAILABLE

Call for appointment

860-376-2329

Bring insurance cards & photo ID. Most insurances accepted. Co-pays & deductibles apply. House calls available for housebound patients. If non-covered: cost is \$45 for initial visit and \$35 for follow up visits.

It's that time of year again...



GET YOUR

@ Lisbon Senior Center

Monday, October 18th

9:30am - 11:30am

Call 860-376-2329 to set up your time

Bring Insurance Card

Sponsored by

Walgreens

Medicare Open Enrollment

Oct 15,
2020

ENROLLMENT
BEGINS

Dec 7,
2020

ENROLLMENT
ENDS

Jan 1,
2021

FIRST DAY
of COVERAGE



Thursdays @ Noon

Wii
Bowling

Tuesdays at 12:15
No experience needed



POKENO



Fridays at 10:30 am
Bring your pennies!

DIY Crafts



Witch Hat Class

Friday, Oct. 8th Noon to 3:00

All Supplies Included

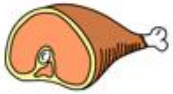
\$15 PER PERSON - maximum 6 people

Create! Have Fun!! Laugh! and have
the cutest Witch Hat

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

Ham & Beans

Friday, Oct 15th 11:30



\$5.00



**Followed by
Entertainment
w/the Howling Hound Dogs**

Call 860-376-2329 to sign up



Halloween



LUNCH

TUESDAY, OCT. 26TH 11:30

SPOOKGHETTI W/MONSTER MEATBALLS

GHOULISH GARLIC BREAD & SCARY SALAD

\$5

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

**TRIP TO
THE NEW LONDON SENIOR CENTER
FOR A**



HALLOWEEN



Party

Thursday, Oct 28th

Bus leaves at 10:00 am

There will be Bingo—\$.50 per card

Lunch & Entertainment

November trips:

November 23rd – Coach Bus trip to the Log Cabin for Country Legends Show \$95 includes bus, show & meal
(must show proof of vaccination when boarding bus)

November 30th – Foxwoods Legends \$40 – Bus leaves at 11am

Lisbon's Longevity Link

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

Issue October 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.