



NEWSLETTER

WEEKLY ACTIVITIES

December 2022

11:30 Daily Lunch

MONDAYS

- **Crafting**

TUESDAYS

- **9:30 Quilting**
- **10:00 Pokeno**
- **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-sales
from 10:30-11:00**

FRIDAYS

- **Various Activities**

**See Calendar for
special events**



ANNUAL HOLIDAY LUNCHEON

Walk-thru take out meal

Thursday, December 8th

11:30 \$20



*Choice of Prime Rib or
Baked Stuffed Shrimp*

ORDERS MUST BE IN BY November 30th



PLEASE BRING A NON-
PERISHABLE FOOD
ITEM

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

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:30 Lunch 12:00 Bingo 12:00 Darts	2 11:30 Lunch
5 10:00 Crafts 11:30 Lunch 12:00 Crafts 12:30 Yankee Candle/Forest Park/Cracker Barrel	6 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	7 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	8 11:30 Holiday Lunch 12:00 Bingo 12:00 Darts	9 11:30 Lunch
12 10:00 Crafts 11:30 Lunch 12:00 Crafts 12:30 Yankee Candle/Forest Park/Cracker Barrel	13 9:30 Aqua Turf 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	14 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 Shooting Stars Meeting	15 11:30 Lunch 12:00 Bingo 12:00 Darts	16 10:30 LCS Craft Sale 11:30 Lunch 12:00 Art Class
19 10:00 Crafts 11:30 Lunch 12:00 Crafts	20 9:30 Quilting 10:00 Pokeno 10:30 LCS Craft Sale 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	21 9:30 Chair caning baskets/carving 9:30 Winter Breakfast 10:00 Pool 11:30 Lunch	22 11:30 Lunch 12:00 Bingo 12:00 Darts	23 11:30 Lunch
26 	27 9:30 Quilting 10:00 Pokeno 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	28 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	29 	30 11:30 Lunch

HOLIDAY FOOD DRIVE

PLEASE HELP THE NEEDY HAVE A WONDERFUL MEAL BY
BRINGING A NON-PERISHABLE FOOD ITEM

Lisbon Senior Center

Deadline for donations is Friday, December 16th

COAT



DRIVE

ACCEPTING
DONATIONS

UNTIL

DECEMBER 16TH

No-Bake Christmas Tree Cookies



Ingredients

- ☐ 1/2 cup butter or margarine
- ☐ 2 cups powdered icing sugar
- ☐ 2 tbsp. milk
- ☐ 3 cups shredded coconut I used sweetened, but unsweetened would work fine
- ☐ 1/2 tsp. vanilla or mint extract
- ☐ green food coloring
- ☐ 3/4 cup white chocolate chips
- ☐ 1 tsp. butter or margarine
- ☐ 1 tbsp. milk
- ☐ mini M&M's

Instructions

1. In a large pot, melt butter. Remove from heat.
2. Stir in icing sugar and milk. Stir in coconut, vanilla/mint and enough food coloring to make the mixture green.
3. Shape into small balls, and using the tips of your fingers gently squeeze one side of the ball until it takes on a cone shape. It might take a few tries to get them how you like them, but if the mixture gets too cool to work with you can always heat on low a minute or 2.
4. If you see any later you want to reshape, they are easily reshaped at room temperature.
5. Put uncovered on a baking sheet to set either in the fridge for 2-3 hours or the freezer for 45 minutes to 1 hour.
6. In a small pot, melt chocolate, 1 tsp. butter and 1 tbsp. milk over low heat, stirring, until smooth. Dip the tops of the cookies in the white chocolate to look like snow. Add mini M&M's if desired.
7. Set in the fridge or freezer to set before storing in an air tight container.



BREAKFAST

Wednesday, Dec 21st

9am



FRENCH TOAST CASSEROLE



\$5



Tues, Dec 13th



HOLIDAY FUN w/THE CARTELLS

Featuring a sing-a-long from The Glamour Girls!

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit

Roast Turkey/Baked Scrod

\$60* for bus, show & meal

Bus leaves at 9:30

*50% due at sign up – full payment by Nov 18th

Call Lisbon Senior Center to sign up

860-376-2329

5
WINTER HEALTH & SAFETY TIPS

Dress Warmly Wear dry, loose-fitting layers that will hold your body heat and cover exposed skin, like your face and hands.

Prevent Falls Watch out for slips on ice and snow by wearing sturdy shoes and walking at a slow pace.

Winterize Your Home Install insulation, weather stripping, storm windows, and check your heating systems.

Watch Your Shoveling If you have snow to shovel, take breaks often.

Be a Winter Buddy Check on family, friends and neighbors, especially older adults, to make sure they have heat and are safe inside.

AdvantageCare PHYSICIANS

**YANKEE CANDLE
FOREST PARK
CRACKER BARREL**

Monday, December 12th

Leaving at 12:30

\$15 for Bus



PAINTING
Class w/ Jacqui
Friday, Dec 16th at noon



Create a beautiful Acrylic!!

\$20 - Limit 12 people

Medicare Enrollment Periods

Initial Enrollment Period:

The Initial Enrollment Period (IEP) is the first time you can sign up for Medicare.



General Enrollment Period:

The General Enrollment Period (GEP) allows individuals to enroll in Parts A and B, but late enrollment penalties may apply and increase your premiums.



Open Enrollment Period:

The Medicare Open Enrollment Period, often called the Annual Enrollment Period (AEP), is the time when individuals can change their Medicare Advantage and/or Medicare Part D plans. This is also the time to switch from Original Medicare to Medicare Advantage (or vice versa).



CEAP

(Connecticut Energy Assistance Program)

2022-2023

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

- 09/01/22:** First day that households can begin to apply for CEAP.
- 11/01/22:** First day for authorization of fuel deliveries (oil, wood and wood pellets, propane, kerosene, coal).
- 03/15/23:** Deadline for deliverable fuel authorizations or deliveries from Basic Benefits, Crisis Assistance, or Safety Net Assistance, **for clients already awarded CEAP benefits.**
- 05/31/23:** Last day to apply for CEAP.
- 06/16/23:** Last day for submission of deliverable fuel bills.

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH ELECTRICITY OR GAS:

- 09/01/22:** First day that households can begin to apply for CEAP.
- 05/31/23:** Last day a household heated with gas or electricity can apply.

Contact TVCCA at 860-425-6681 for more information

LEARN CHAIR CANING & BASKET MAKING

WEDNESDAYS AT 9:30



Christmas Word Search

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

CHRISTMAS
HOLLY
ORNAMENT
MISTLETOE
GREEN
RED
SILVER
BELLS
JINGLE
HONONO
STAR
SANTA
HOLIDAY
STOCKING
JOY
MERRY
CARD
PRESENT
DOW
SNOWFLAKE
TREE
GINGERBREAD
WREATH
SNOWMAN
CANDLE



Thursdays @ Noon

Lisbon's Longevity Link

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

Issue December 2022

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

Danielle Mauri

Van Driver

Charles Martin

Nutrition Site Server

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.