

The Lisbon Link

August/September 2019

WEEKLY ACTIVITIES

11:30 Daily Lunch

PEN TURNING, QUILT SHOW & TAG SALE SATURDAY, SEPTEMBER 28th 9-3



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TAG SALE

**LISBON SENIOR CENTER
Parking Lot**

CLEAN OUT YOUR GARAGE, ATTIC, CLOSETS AND MAKE SOME CASH!

Rent your table for \$20

call 860-376-2329 to reserve your table

MONDAYS

- **Crafting**

TUESDAYS

- **9:30 Exercise**
- **9:30 Quilting**
- **10:30 Rummikub**
- **12:15 Wii Bowling**
-

WEDNESDAYS

- **9:30 Caning,
Carving &
Basket Making**
- **12:30 Yarn Club**

THURSDAYS

- **9:30 Exercise**
- **10:30 Rummikub**
- **12:00 Bingo**
- **12:00 Darts**

FRIDAYS

- **10:00 Pokeno**

**LUNCH SPECIALS...PAGE 5
TRIPS.....PAGE 6**

**See Calendar for
other events**

**You may request to be put on our email distribution
by emailing:**

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

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo 12:00 Darts	2 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch
5 10:00 Crafts 11:30 Lunch 12:00 Crafts	6 <i>9:00 Farmers Market Vouchers</i> 9:30 Exercise 9:30 Quilting <i>9:30 Log Cabin-Elton John</i> 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	7 <i>8:00 Essex-Pirate Adventure</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	8 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo 12:00 Darts	9 10:00 Pokeno <i>11:30 Ham & Swiss special</i> <i>12:00 Movie</i>
12 <i>9:00 Newport Playhouse</i> 10:00 Crafts 11:30 Lunch 12:00 Crafts	13 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	14 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:00 Fall Prevention talk</i> <i>12:00 Shooting Stars</i> 12:30 Yarn Club	15 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo 12:00 Darts	16 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Birthday Cake</i> <i>12:00 Art Class</i>
19 10:00 Crafts 11:30 Lunch 12:00 Crafts	20 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	21 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> <i>10:30 Picnic</i> 11:30 Lunch 12:30 Yarn Club	22 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo 12:00 Darts	23 10:00 Pokeno 11:30 Lunch
26 10:00 Crafts 11:30 Lunch 12:00 Crafts	27 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	28 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	29 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo 12:00 Darts	30

September 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> 	<p>3</p> <p>99:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling <i>1pm-6pm Blood Drive</i></p>	<p>4</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch <i>12:00 Birthday Cake</i> 12:30 Yarn Club</p>	<p>5</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts</p>	<p>6</p> <p><i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>6-8pm Family Paint Night</i></p>
<p>9</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts <i>7:00 COA</i></p>	<p>10</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>	<p>11</p> <p>9:30 Chair caning baskets/carving <i>10:45 Make Pizza</i> <i>12:00 St Joseph Bingo</i> <i>12:00 Shooting Stars</i> 12:30 Yarn Club</p>	<p>12</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts</p>	<p>13</p> <p>10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i></p>
<p>16</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts</p>	<p>17</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>	<p>18</p> <p>9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 11:30 Lunch <i>11:30 Longhorn Steakhouse</i> 12:30 Yarn Club</p>	<p>19</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts</p>	<p>20</p> <p><i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Art Class</i></p>
<p>23</p> <p><i>9:00 Fall Breakfast</i> 10:00 Crafts 11:30 Lunch 12:00 Crafts</p>	<p>2</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling</p>	<p>25</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club</p>	<p>26</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts</p>	<p>27</p> <p><i>8:30 The Big E</i> 10:00 Pokeno 11:30 Lunch</p>
<p>30</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts</p>				<p>28</p> <p><i>FALL FESTIVAL PEN TURNING QUILT SHOW TAG SALE 9am-3pm</i></p>

Senior Farmers' Market Nutrition Program



2019
Eligibility and
Information

All recipients must be 60 years of age or older. Individuals under the age of 60 living in subsidized senior housing where congregate nutrition services are provided and within the income limits are also eligible.

Maximum household income of 185% Federal Poverty Level

- Household of 1 = \$1,926 per month (\$23,107 per year)
- Household of 2 = \$2,607 per month (\$31,284 per year)

One packet of vouchers worth a total of \$18 per person, per season. Recipients should not accept vouchers from multiple service agencies. Vouchers can be used in \$3 increments to purchase fruits, vegetables, fresh cut herbs and honey from certified CT Grown Farms at designated Farmer Markets or farm stands July through October 2019. No cash value – Farmer cannot provide change. Prepared foods, crafts, art or other non-agricultural products are not eligible. Available while supplies last, first-come first-served. Participants may allow a Proxy to receive and/or redeem the vouchers with a specific signed Proxy Release form.

Coordinated by Senior Resources, Eastern Connecticut Area Agency on Aging. We encourage you to consider additional benefits you may be eligible for through a Benefits Checkup Screening. You could be saving money all year long!

Tuesday, August 6th 9am-11am
At Lisbon Senior Center

Van availability
Mon-Fri for
Medical
Appointments,
Pharmacy,
Shopping, to and
from the Sr.
Center, etc.

Call 860-376-2329
to arrange a ride

Blood Drive Lisbon Senior Center

Held in the Community Room
11 Newent Road
Lisbon, CT 06351

TUESDAY, SEPT 3, 2019
1:00pm to 6:00pm

Please call 1-800-RED CROSS (1-800-733-2767)
to schedule an appointment
Or visit us online at REDCROSSBLOOD.ORG

Wednesday, Aug 28th
9am-12pm

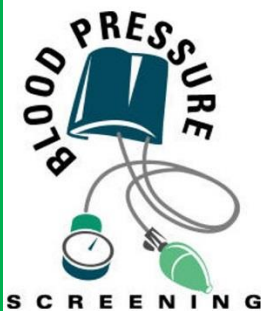
FOOT HEALTH CENTER
Dr. Thomas H. Walter, D.P.M.

OPENINGS AVAILABLE

Call for appointment
860-376-2329

Bring insurance cards & photo ID. Most insurances accepted (no Title 19 or Husky). 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.

Every 3rd WED
10:00 – 12:00



CARE ONE
SECURITY

PRESENTS

FALL PREVENTION

- A 30 MINUTE PROGRAM COVERS THREE MAIN POINTS:
- THE STATISTICS, RISK, AND COST OF FALLS AND THEIR IMPACT ON YOUR QUALITY OF LIFE
- 6 STEPS TO PREVENT A FALL
- HOUSEHOLD PREPARATIONS - 18 STEPS TO FALL PROOFING YOUR HOME

Fun raffle prizes & free giveaways

Wednesday, August 14th at 12:00

ncoa
National Council on Aging

Made with PosterMyWall.com

ARE YOU DUE FOR A



I can provide a preliminary screening for many general state and/or federal benefits or supports. These programs include energy assistance, Connecticut Home Care Program for Elders, Prescriptions, SNAP (food stamps), Medicaid (Title 19), Medicare, Veteran Benefits, Energy bills, Housing, Tax Relief, Supplemental Security Income and much more.

It is completely confidential. Your name or social security number is not required

Call at 860-376-2329 to make appt with Karen

You will need to provide the following when you arrive

- | | |
|--|--|
| • State & zip code | • Veteran status for self and spouse |
| • Date of Birth for self and spouse | • Employment history for self and spouse |
| • Type of residence (house, apt. or mobile home) | • Current income and assets |
| • Length of time in residence | • Estimate of current expenses |
| • Names of prescription medications | |



BINGO

w/Lynn from **ST. JOSEPH**
Living
CENTER

Prizes include goodie bags with useful items such as kitchen items, toiletries, household cleaning supplies, stationary, etc.
AND delicious homebaked snacks

SEPT 11 Noon

MUST ATTEND SHOOTING STARS MEETING THAT FOLLOWS

1

76

LUNCH SERVED DAILY

11:30 (order by 11:15) or call ahead!

Sandwiches • Salads • Homemade Soup

*** Weekly Specials***

HAM & SWISS on a CROISSANT

Friday, August 9th 11:30



\$3.50 w/chips

WEDNESDAY, AUGUST 21st

10:30

ANNUAL PICNIC/FAIR



\$5



Hot dogs
Beans
Potato Salad
Popcorn
Ice Cream



POP THE BALLOON

INDOOR HORSE RACES



MAKE YOUR OWN PIZZA

Wednesday, Sept 11th 10:45



\$3.50

Fall

BREAKFAST

Monday, Sept. 23rd 9am

Maple Sausage Casserole



Mini Muffins, Fresh Fruit

Coffee

\$3.00

ALL TRIPS MUST BE PAID IN FULL WITHIN 2 WEEKS OF TRIP

The ESSEX STEAM TRAIN & RIVERBOAT
PRESENTS

PIRATE ADVENTURE CRUISES ON THE CONNECTICUT RIVER

A unique & exciting day trip

Hop on-board The Essex Steam Train as it heads to Deep River Landing to meet the riverboat, Becky Thatcher. The commander of the "ship," Captain Molly Bones - known as the "gem of the high seas - with a twinkle in her eye," will take you on a fully immersive, one-of-a-kind Treasure Hunt on the Connecticut River!

AUGUST 7TH

Leave Lisbon Senior Center at 8:00am

\$45 includes Bus & Cruise

**Concession stand on board or
order a boxed lunch for \$10



The Essex
Steam
Train &
Riverboat

Call 860-376-2329

TO BOOK YOUR ADVENTURE!!

**This is not a luncheon cruise

 **LONGHORN[®]**
STEAKHOUSE

WED, SEPT 18TH
LEAVING AT 11:30
\$5 for bus



**Enjoy a great Lobsterfest buffet
a funny play and a fun-filled cabaret!**

Monday, August 12th
Leaving at 9:00

\$80 with coach bus



FOXWOODS[®]
RESORT ♦ CASINO

Bingo or just free time
Receive \$10 slot play and free buffet

Friday, Sept 13th

Bus leaves Lisbon at 8:15^{am}
Bus leaves casino at approx 5^{pm}

Games start at 10:30^{am}

\$10 for Bus

**THE
BIG E**

FRI, Sept 27th

**\$30 Payable to
"Shooting Stars"**

Includes Bus and Ticket

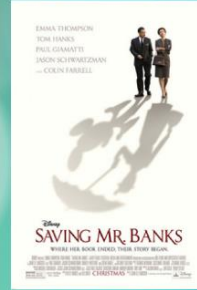
Bus leaves at 8:30

**LEARN CHAIR CANING
& BASKET MAKING
WEDNESDAYS AT 9:30**



Second Friday MOVIES @ NOON

AUG 9th



SEPT 13th



**LOOKING FOR DARTS PLAYERS!
NO EXPERIENCE NECESSARY
JOIN US **THURSDAYS AT 12:00****



Thursdays @ Noon

POKENO



Fridays at 10am
Bring your pennies!

CRIBBAGE

OFF FOR THE SUMMER. SEE
YOU IN THE FALL!

**LOOKING FOR CRIBBAGE PLAYERS!
NO EXPERIENCE NECESSARY
JOIN US TUESDAYS AT 12:30**

Paint-a-Long w/

with Art Instructor Carrie
Friday, Aug 16th at 12:00

@ Lisbon Senior Center
11 Newent Road, Lisbon



**SIGN UP TODAY – Limited seats
only \$15 call 860-376-2329**

celebrating LABOR DAY

**Word
Search**



How many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

Created by Sue Lindner
Grand Forks Herald 2012

Lisbon's Longevity Link

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

Issue August/September 2019

RETURN SERVICE REQUESTED

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

Tom Szafranski

Nutrition Site Server

Glenda White

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.