

the lisbon link

2012

TRAVEL 2013 All seniors are invited to join us on our trips at the same price. March Nina's lunch only
April Wright's Chicken Farm and Wright's Bakery * Longhorn May Warwick and CT * Windham Tech
June Pt Judith – Aunt Carrie * Winery July Thimble Island * Olive Garden August Bradley
Playhouse "Anything Goes" * Capt Scott September Big E * Nina's-lunch only Oct Leaf peeping and
CT riverboat cruise * Wright's Chicken Farm and Wright's Bakery Nov Christmas lights and Chowder
Pot * Hank's – Thanksgiving Gathering Dec Bradley Playhouse "White Christmas" These are the trips
being planned. More in the next newsletter. Sign ups for March & April starting Feb. 1.

The Shooting Stars continue with their revamping. They are looking to change and grow to reflect what they truly do. What started as a social group has evolved into a fund raising and supportive arm of the senior center. New committees have been formed and are looking for a few members. The fundraising and volunteer coordination committees are setting their meeting schedules and the speaker/program committee still needs a few members. If you would like to help with the events here give Judy a call.

Things change as we all know and those volunteers who were going to fill in as receptionist are no longer able to SO if you can volunteer Tuesday mornings or as needed, please, speak to Judy.

The YARD SALE COMMITTEE is meeting Feb. 12 at 10:30. Contact Wanda if you have any questions.

WE'RE BACK...

Drawing on Monday afternoons

This group is open to new and to those who have experience. The group meets at 12:30. Alice Cubanski, our artist in resident, helps and teaches as needed. Stop in, see what they do and you might find a talent you didn't know you have.

Crafting on Fridays. They start at 10:00 and do a wide range of crafts - from plastic canvas to beading to painting to ornaments to you name it. The supplies are supplied by the senior center. The crafts are sold as part of our fundraising. They teach - they learn - they share and want you to join them.

Do you have... one or two bar stools with no back. Glenda and Vikki use them in the serving area. So if you have them and no longer use them give us a call!!

The new TV's are installed and are GREAT!!

CLOSED

Feb 18 President's Day

March 29 Good Friday

WOWEEEE! Look at what we're doing

APRIL 21-27 is national volunteer week. To thank all of you who volunteer for us we are offering one free lunch during that week. So if you help out in any way see Judy for your lunch order form, fill it out and Glenda will make up your lunch. A very small way to say "thanks" for helping us to be the great senior center we are!!

Watch for more details as the **area senior center director's** plan thier **spring fling.** April 26 at the Ocean Beach Port n' Starboard. More details soon!



I'ts that time!!! AGAIN!!!

Yard - bake - book sale

April 20 9am-2pm

what we are looking for:
stuff - good resellable items. You can start being in your treasures March 18
baked goods - you bake it we sell it. Please have everything here Friday afternoon or by 9:30 saturday
workers - please help as yhis is one of our major fundraisers for the year. We need help the week before, the day of the sale and Monday and Tuesday of the week after.

Wii Bowling league

Feb. 12 banquet

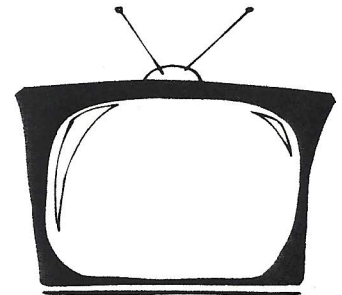
Feb. 19 off week

Feb. 26 spring/summer league

starts at 12:15. Open to all.

Experienced or not. A dollar a week.

Join the fun!!



New Tv's The Shooting Stars

bought 2 50" flat screen wall

mounted tv's for the double room.

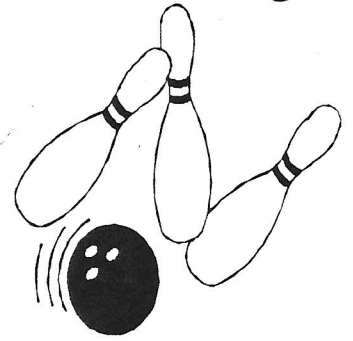
They are beautiful! They are

presently being used by the exercise

group on Tuesday and Wednesday at

9:30 and Wii bowling on Tuesday

afternoons. Check them out!!



February 2013

There is only one happiness in life, to love and be loved. -George Sand

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March 2013

A kind word is like a spring day. -Russian proverb

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<div>31</div> <p>EASTER</p>	<div>April</div> <p>9 basketball 3:00</p> <p>11 blowout bingo \$5.00</p> <p>20 yard - bake - book sale 9-2</p> <p>21-27 one free lunch for senior center volunteers</p> <p>26 Sr Cr Spring Fling</p> <p>26 foot clinic</p>																																																																																									

Benefits payments go digital to save money, improve safety

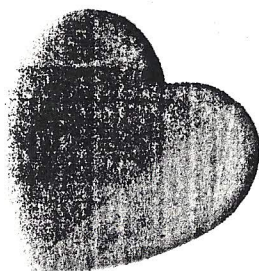
DEAR ABBY: Please help me spread an important message to people who receive Social Security or other federal benefits each month via one of the estimated 5.4 million paper checks each month. Starting March 1, 2013, the Treasury Department is requiring all Social Security, VA, SSI and other federal beneficiaries receive their benefits by ELECTRONIC PAYMENT. Senior citizens and other federal beneficiaries may choose either direct deposit or the Treasury-recommended Direct Express Debit MasterCard.

This new payment method is NOT optional. It is the law. Besides saving taxpayers money, switching to electronic payments provides a safer, more convenient and cost-effective way for people to get their federal benefits than paper checks.

Individuals who need assistance in switching to electronic payment can call the Treasury's secure Go Direct Call Center at 800-333-1795. Our agents are specially trained to answer questions and complete the switch-over process in less than 10 minutes.

We urge people not to wait until the last minute to make this important change. Thank you for your help, Abby.

— Walt Henderson, Go Direct campaign director



DEAR ABBY

By Abigail Van Buren

DEAR MR. HENDERSON:

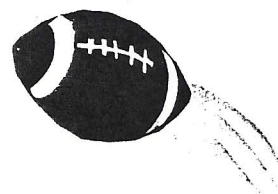
You have come to the right place. Dear Abby readers are the most caring and generous people in the world, and I know they will be glad to help us spread the word.

Readers, if you or people you care about will be affected by this massive change in the way benefits are being distributed, please clip or copy this column and be sure those people are informed. And when you do, tell them that when they make the call, they must have either their most recent benefit check on hand, or know their 12-digit federal benefit check number. To arrange for direct deposit, they will also need to know their bank's or credit union's routing transit number and their account number.

*Life is short
break the rules
forgive quickly
kiss slowly
laugh uncontrollably
and
never regret anything
that made you smile*

Februaury 6th

Souper Bowl



10:30 play hangman

11:30 cream of brocilli soup in a bread bowl

\$5.00

12:30 Auction by Judy

bring a like new item wrapped any way you want - fancy 0r in newspaper 0r whatever - and Judy will auction them off.



lunch price increase

as you see at home the prices of most things continues to climb and we feel it here too. So starting Feb 19 the price of a whole sandwich and the cold salad plate will go up to \$3.00 and the 1/2 sandwich will go up to \$1.50. The rest of the prices will stay the same.

M E N U

_ sandwich	\$3.00
_ 1/2 sandwich	\$1.50
HAM SALAD	EGG SALAD
TOASTED CHEESE	TUNA
_ wheat	_ white bread
_ hotdog	\$2.00
_ hotdog cold salad plate	\$3.00
_ cold salad plate	\$3.00
HAM SALAD	TUNA
EGG SALAD	
-SOUP	\$1.50
_ hard boiled egg	\$0.50
_ cucumber	_ tomato slices
chips	\$0.50
_ pudding	\$0.50
_ jello	\$0.25
_ soda	DIET REG \$0.50
TOTAL _____	

allergies – let us know

Pay when you pick up your lunch.



for March

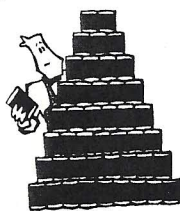
Spring breakfast

Join us at 9:00 on the 20th.

menu: french toast and overnight fruit cup

all you can eat for \$3.00

FOOD DRIVE



During these tough times help us help others.

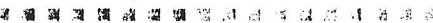
Bring in canned goods, peanut butter, tuna, etc

and we will deliver to a local food bank for you.

The last day is March 13. Thanks

tax talks

getting everything you're entitled to

Got questions? 

Our experienced tax pros are ready to answer them

Join us at the Lisbon Senior Center

For Tax Talks

Date March 20, 2013

Time 9:30 am

The presentation will be held at: Lisbon Senior Center
11 Newent Rd

If you have specific tax or financial questions please come prepared to have them answered by an experienced H&R Block tax professional.

corn beef and cabbage dinner

March 19 11:30 \$10.00

corn beef, cabbage, potatoes, carrots, onions,

bread, dessert

sign up and pay by March 12

12:30 Maggie Carchie will be here to

entertain 15 folks with an interactive highlands

music program. first come firstserve

hearing clinic

free screening 10:00 to 2:00

make an appointment

Healthy Hearing Talk

12 noon

How your

hearing or lack of hearing affects your
overall health.



MARCH 13, 2013

Exercise

As you know we all need to exercise and the Senior Center has several ways for you to do just that as long as you have checked with your doctor and got the ok. On Tuesday and Thursday at 9:30 you can join the exercise group. They do 45 mins to an hour of armchair exercises. We have a trend mill, stair stepper and exercise bike in the lounge you are free to use. A group plays Pickleball on Mondays at 2:00 and Wednesdays at 2:30 in the school cafeteria/gym. Sign in at the school office and they will direct you to where they play.

As the weather improves we will be starting a walking club out on the track. Preliminary plans are to walk 100 miles by the fall festival in Sept. Each walker will pay \$20.00 to join and will chart their miles in the senior center. The folks that walk 100 miles will become a member of the 100 mile club and will receive a fleece vest.

Hey do you play basketball? There is interest in playing 3 on 3. They figure Tuesdays at 3:00 on the court behind the track for a half hour to start. If you are interested meet us there April 9 at 3:00 and we will see what we can work out.

HealthSmart

Advice from **The Doctors**

5 early warning signs of Alzheimer's

THINK YOU'RE TOO young to worry about Alzheimer's? Most people — more than 5 million, according to latest counts — develop the disease after age 65. But 200,000 Americans have been diagnosed in their 40s and 50s. Alzheimer's can't be prevented or cured, but the sooner you're diagnosed, the sooner you can take steps to manage symptoms and live better for longer. Here are five warning signs.



You forget what you read. Memory loss is the most common sign, but not every lapse is symptomatic. Occasionally losing track of car keys can happen to anyone. But not remembering recently learned information, such as a conversation you just had, could be cause for concern. Other memory-related signs: forgetting important dates or asking for the same information over and over.

You call a tea kettle a water pot. Struggling more to find the right words to identify objects is an early sign of Alzheimer's, as is difficulty expressing your thoughts or participating in conversations.



One clue: Tasks that used to be routine become more of a challenge.

You run more red lights. Not because you're in a rush, but because you misjudged the distance. Alzheimer's may disrupt your brain's ability to understand spatial relationships, interpret what you see and even sense of time and place.

You act differently. Perhaps you feel inexplicably anxious, confused or depressed, maybe you're more irritable or aggressive, you may also become easily upset or fearful for no real reason. People with Alzheimer's also start withdrawing from hobbies and once-loved social activities.

Your walk is wobbly. The science behind this is preliminary, but it's backed by three new studies. Researchers found that changes in gait, such as more variable strides, may indicate a decline in cognitive function, and provide an early clue to Alzheimer's. ☐

THE DOCTORS is an award-winning daytime TV show. Check TV listings.

Lisbon Senior Center

Monday - Friday

9:00am - 3:00pm

86-376-2329

Board of Selectmen

Thomas Sparkman

Robert Browne

John Gwiazdowski

Lee Szruba, Chair

Lisbon Commission on Aging

Judith M. Jencks

Director

Vikki

Van Driver

Glenda

Nutrition Site Server

The Lisbon Senior Center is for the young, vibrant 60+ through folks in their 90's looking for a club like setting that includes socialization, activities, trips, classes, information, etc.

The Lisbon Senior Center is open to all Lisbon residents 60+ and their spouses. We welcome others to stop in and visit. Lunches are served daily at 11:30. Reservations for the TVCCA meal need to be made in advance and the suggested donation is \$2.50. Or place an order for our fresh made sandwiches and cold salad plates which are available for a fixed price.

Transportation is available for Doctor, Dentist appointments, banking, the hairdresser or barber, shopping, etc. For a ride call the Senior Center at 860-376-2329 as soon as you have your appointment. For other rides call Monday of that week.

Help is available for paperwork, applications and insurance decisions. Information is available on aging and the programs designed to make life easier. Services are available for maintaining health, independence and the well-being of seniors.

Our Sunshine Committee sends cards to those who are enduring a loss or who are ill. Call Carolyn at 860-376-9770 with the name and address of who needs a card.

Call 860-376-2329 for more information.

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