

The Lisbon Link

June/July 2015



1990-2015



Join the celebration

Thursday, June 25, 2015

11:00

Sit down lunch

With choice of:

Grilled Marinated Chicken Breast

With Fresh Mango Sauce

OR

Roasted Butternut Squash Lasagna

With Hazelnut Pesto Cream Sauce

Cost: \$15 payable at sign up

AT A GLANCE

Tuesday June 2nd

- ♦ Make your own pizza

Tuesday June 9th

- ♦ Birthday Cake 12:00

Wednesday, June 17th

- ♦ Elvis Remembered 12:30

Friday, June 19th

- ♦ Breakfast 9:00

Saturday, June 20th (date change)

- ♦ Ivoryton Playhouse
- ♦ Calendar Girls

Wednesday, June 24th

- ♦ Reverse Mortgage 12:00
- ♦ Lunch Bunch 12:00

Thursday, June 25th

- ♦ 25th Anniversary 11:00
- ♦ No Bingo

Wednesday, July 8th

- ♦ Mystic Aquarium Presentation 1:30

Friday, July 10th

- ♦ Wright's Chicken Farm

Wednesday, July 15th

- ♦ Lunch Bunch 12:00

Saturday, July 18th

- ♦ Ivoryton Playhouse
- ♦ South Pacific

Wednesday, July 22nd


- ♦ Birthday Cake 12:00

Thursday, July 30th

- ♦ Blowout Bingo 10:00



June 2015

Mon Tue Wed Thu Fri Sat

	1 11:30 Lunch 12:30 Drawing Pickleball 7:00 COA	2 9:30 Exercise 9:30 Quilting 10:30 Rummicub <u>11:30 Pizza</u> 12:15 Wii bowling	3 9:30 Chair caning, carving 11:30 Lunch 10:15 Shooting Stars EX Pickleball	4 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	5 9:30 Crafting 11:30 Lunch 1:00 Rummicub	6
7	8 11:30 Lunch 12:30 Drawing Pickleball	9 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch <u>12:00 Birthday Cake</u> 12:15 Wii bowling	10 9:30 Chair caning, carving 11:30 Lunch 12:30 Shooting Stars <u>2:00 Raffle Drawing</u> Pickleball	11 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	12 9:30 Crafting 11:30 Lunch 1:00 Rummicub	13
14	15 10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing Pickleball	16 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	17 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club <u>12:30 Elvis Remembered</u> Pickleball	18 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	19 <u>9:00 Breakfast</u> 9:30 Crafting 11:30 Lunch 1:00 Rummicub	20  <u>Ivoryton</u> Leave 10:30 sharp Lunch on your own at Fish Tale
21	22 11:30 Lunch 12:30 Drawing Pickleball	23 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	24 9:30 Chair caning, carving 11:30 Lunch <u>12:00 Reverse Mortgage</u> <u>12:00 Lunch Bunch</u> 12:30 The yarn club Pickleball	25 9:30 Exercise 10:30 Rummicub <u>11:00 25th Anniversary</u> No Bingo	26 9:30 Crafting 11:30 Lunch 1:00 Rummicub	27
28	29 11:30 Lunch 12:30 Drawing Pickleball	30 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling				

July 2015

Sun Mon Tue Wed Thu Fri Sat

			1	2	3	4
			9:30 Chair caning, carving 11:30 Lunch 10:15 Shooting Stars EX Pickleball	9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	CLOSED 4th of July 	
5	6 DEADLINE FOR ART 11:30 Lunch 12:30 Drawing Pickleball 7:00 COA	7 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	8 9:30 Chair caning, carving 11:30 Lunch 12:30 Shooting Stars 1:30 Mystic Aquarium Presentation Pickleball	9 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	10 9:30 Crafting 10:30 Wright's Farm 11:30 Lunch 1:00 Rummicub	11
12	13 10:30 Lisbon TALK 11:30 Lunch 12:30 Drawing Pickleball	14 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	15 9:30 Chair caning, carving 11:30 Lunch 12:00 Lunch Bunch 12:30 The yarn club Pickleball	16 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	17 9:30 Crafting 11:30 Lunch 1:00 Rummicub	18  Leave 10:30 sharp Lunch on your own at Fish Tale
19	20 11:30 Lunch 12:30 Drawing Pickleball	21 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	22 9:30 Chair caning, carving 11:30 Lunch 12:00 Birthday Cake 12:30 The yarn club Pickleball	23 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	24 9:30 Crafting 11:30 Lunch 1:00 Rummicub	25
26	27 11:30 Lunch 12:30 Drawing Pickleball	28 9:30 Exercise 9:30 Quilting 10:30 Rummicub 11:30 Lunch 12:15 Wii bowling	29 9:30 Chair caning, carving 11:30 Lunch 12:30 The yarn club Pickleball	30 9:30 Exercise 10:00 Blowout Bingo 10:30 Rummicub 11:30 Lunch	31 9:30 Crafting 11:30 Lunch 1:00 Rummicub	



by David Devonshuk

Wednesday, June 17th at 12:30

No charge—please sign up for a headcount

The "Elvis Remembered" show is a recreation of an actual Elvis Presley concert showcasing David's unbelievable voice and comes complete with music and costumes. Although he has received lots of laughs for his impersonations over the years, there was one that always stood out as no joke. That was his impersonation of Elvis Presley. David's fantastic voice is able to capture the full and rich quality of Elvis' in a way that leaves you wondering if David is really doing the singing.

The show's exciting musical score is pre-recorded and delivered with amazing power and clarity using a concert-quality digital sound system. This allows David the flexibility of performing without the need for a live orchestra. But make no mistake, the voice you hear, as hard as it may be to believe, will be all David's, live and with no lip-synching.

During one of his songs, just close your eyes and see if you can tell the difference.

Everyone is encouraged to dress for the period!

but it is not required

ELVIS PRESLEY SONGS WORD SEARCH PUZZLE



ALL SHOOK UP	DEVIL IN DISGUISE	JAILHOUSE ROCK	STUCK ON YOU
ALWAYS ON MY MIND	GIRL HAPPY	KING CREOLE	SUSPICIOUS MINDS
BLUE SUEDE SHOES	HEARTBREAK HOTEL	LOVE ME TENDER	TEDDY BEAR
BURNING LOVE	HOUND DOG	LOVING YOU	UNCHAINED MELODY
CLAMBAKE	IN THE GHETTO	RETURN TO SENDER	VIVA LAS VEGAS

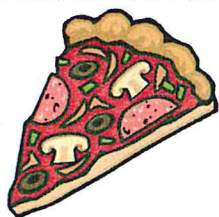
www.WordSearchAddict.com

Reverse Mortgage Workshop

Wednesday June 24, 2015

12:00

Lisbon Senior Center is pleased to be offering this opportunity to our members. Reverse mortgages are available to qualified members 62 years of age or older. Reverse mortgages give you the opportunity to access into your equity from your primary residence with no monthly payment. Nationally studies have indicated that homeowners have 60% of their net worth in their home and a reverse mortgage gives you the ability to access it.



Tuesday, June 2nd
Make your own pizza \$3.00

Friday, June 19th 9:00

SUMMER BREAKFAST

\$3.00

Overnight
soaked
French toast

Fresh Fruit



Friday, July 10th

best



\$20 per person

Paid at time of sign up!

**Bus leaves at 10:30
sharp**



Hot weather is dangerous, but seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

Here are some guidelines for keeping safe in hot weather:

1. **Drink plenty of liquids** - Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.
2. **Wear appropriate clothes** - An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, light-weight, loose-fitting clothes and a wide-brimmed hat.
3. **Stay indoors during the hottest part of the day** - During periods of extreme heat, the best time to go out and about is before 10am or after 6pm, when the temperature tends to be cooler.
4. **Take it easy** - Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
5. **Keep an eye on the heat index** - When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.
6. **Seek an air conditioned environment** - Seniors whose houses aren't conditioned should consider seeking an air conditioned space during extreme heat. The mall, library, or movie theater are all popular options. During heat waves many cities also set up "cooling centers", air conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air conditioned place might consider a cool bath or shower.
7. **Know the warning signs of heat-related illness** - Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.



A group of extraordinary women, members of a very ordinary Yorkshire Women's Institute, spark a global phenomenon by persuading one another to pose au naturel for a charity calendar with a difference! As interest snowballs, the Calendar Girls find themselves revealing more than they'd ever planned... One of the best-selling plays in British theatre history, this dazzlingly funny and shamelessly sentimental story is guaranteed to make you laugh, cry and walk out singing Jerusalem!

Saturday, June 20th \$40

MUST BE PAID AT TIME OF SIGN UP

Bus leaves Lisbon at 10:30 sharp

Lunch on your own at Fish Tale

2:00 show

+++++



Who doesn't love this extraordinary show that includes "Some Enchanted Evening", "Younger Than Springtime", "Bali Ha'i", "There Is Nothin' Like A Dame", and "A Wonderful Guy"? But *South Pacific* is also a deeply felt drama. Its portrayal of Americans stationed in an alien culture in wartime is as relevant today as when it first thrilled audiences back in 1949.

Saturday July 18th \$40

MUST BE PAID AT TIME OF SIGN UP

Bus leaves Lisbon at 10:30 sharp

Lunch on your own at Fish Tale

2:00 show



The Foundation of the American Academy of Ophthalmology

EyeCare America offers two types of service:

1. One for seniors who have not had an eye examination in 3 years and are age 65 and older. They receive a medical eye exam and care for up to one year at no out-of-pocket cost. Patients are billed through Medicare and/or supplemental insurance, but any co-payment is legally waived. Uninsured are seen at no cost.
2. Those not eligible for the above service are automatically screened for their increased risk for glaucoma (age, race, and family history of glaucoma). Those eligible and uninsured receive a glaucoma exam at no charge. Those eligible with insurance are billed (normal office procedure).

Visit www.eyecareamerica.org for more details and to see if you qualify

Looking ahead:

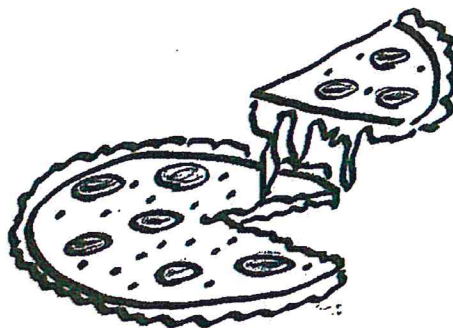
Sun. August 2nd Bradley



Sun. Sept 27th Ivoryton



Tuesday. August 25th
Make your own pizza



Annual Senior Art Show

at

the East Lyme Senior Center
37 Society Road, East Lyme, CT

Displayed from July 6th to July 10th

Artwork must be in by Monday, July 6th

Categories:

1. Painting

- a. Oil
- b. Acrylic
- c. Water Color,
Pen & Ink Wash

2. Photography

3. Sculpture

4. Drawing

- a. Pastel
- b. Charcoal
- c. Pen, Ink, Pencil

5. Collage

- * Artists may submit up to 2 pieces of original artwork, not to exceed 44" on the longest side, properly wired (no brackets please) for hanging
- * Artwork must be framed. Please affix name, address, phone number and category to art work.
- * Sorry, no prints accepted. All artwork should be created in the past year July 2014 to July 2015

For more information call 860-739-5859

Winners to be entered into
Regional Art Show

Regional Senior Art Show

Southeast Healthy Living Expo

July 15th from 9:30am to 12:30pm

Norwich Technical High School



MYSTIC AQUARIUM

LOOKING FOR VOLUNTEERS

The Aquarium is looking for volunteers in a variety of areas. In addition to making a difference, you'll meet new friends and enjoy numerous benefits, such as free admission and discounts

**A presentation for more details will be held on
Wednesday, July 8th at 1:30**

LET'S PLAY.....



INDEPENDENCE DAY VERSION

**Looking for 3 contestants, 1 scorekeeper,
prop builders and a fun audience!!**

See Karen for more information

Lisbon's Longevity Link

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

PRST STD
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Issue June/July 2015

RETURN SERVICE REQUESTED

Lisbon Senior Center

Monday – Friday
9:00 am – 3:00 pm
860-376-2329

Board of Selectman

Thomas Sparkman
Robert Browne
John Gwiazdowski

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

Van Driver

Vikki

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for young, vibrant folks, age 60+ to 90+ looking for a club-like setting that includes socialization, activities, trips, classes, information, etc.

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 serviced 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.