

The Lisbon Link

August/September 2016

**Wednesday, August 24th
10:30 AM**

Annual **PICNIC** *and Fair*

**Join in the FUN,
games & prizes!**

\$5.00

seniorcenterct.org



“like” us on
facebook



Email: kwashington@lisbonct.com to
receive your newsletters by email

AT A GLANCE

Tuesday, August 9th

- By appointment - Enhanced Benefits

Wednesday, August 10th

- 12:30 Shooting Stars
- St. Joseph's Bingo

Tuesday, August 16th

- 10:30 Cracker Barrel trip

Wednesday, August 17th

- 12:00 Birthday Cake

Friday, August 19th

- 12:00 Joy of Painting w/ Carrie

Wednesday, August 24th

- 10:30 Summer Picnic

Friday, August 26th

- 10:30 Book Club

Tuesday, August 30th

- 11:00 Make your own pizza

Wednesday, August 31st

- 11:00 Lunch Bunch

Thursday, September 1st

- 10:30 Cap'n Jack's

Monday, September 5th

- CLOSED for Labor Day

Tuesday, September 13th

- By appointment - Enhanced Benefits

Wednesday, September 14th

- 12:30 Shooting Stars

Thursday, September 15th

- 12:00 Birthday Cake

Friday, September 16th

- 12:00 Joy of Painting w/ Carrie

Wednesday, September 21st

- 8:30 Big E
- 11:00 Lunch Bunch

Tuesday, September 27th

- 9:00 Autumn Breakfast

Thursday, September 29th

- 10:00 Flu Clinic

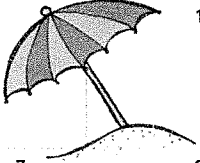

Friday, September 30th

- 10:45 Regional Event

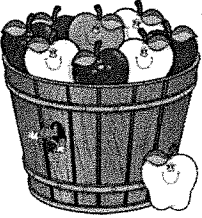
Friday, September 30th

- 10:30 Book Club

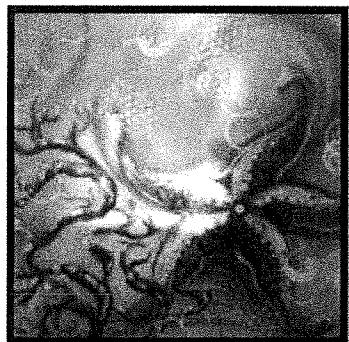
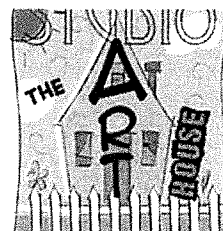
August 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2	3	4	5	6
			9:30 Chair caning/ carving 10:15 Shooting Stars Exec 11:30 Lunch 12:30 Yarn club	9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9:30 Crafting 11:30 Lunch 1:00 Rummikub	
7	8	9	10	11	12	13
	11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 12:30 Shooting Stars 1:30 St. Joseph's Living Bingo	9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9:30 Crafting 11:30 Lunch 1:00 Rummikub	
14	15	16	17	18	19	20
	11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Cracker Barrel 10:30 Rummikub 11:30 Lunch	9:30 Chair caning/ carving 11:30 Lunch 12:00 Birthday Cake 12:30 Yarn club	9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9:30 Crafting 11:30 Lunch 12:00 Joy of Painting w/ Carrie 1:00 Rummikub	
21	22	23	24	25	26	27
	11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning/ carving 10:30 Summer Picnic 11:30 Lunch 12:30 Yarn club	9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	
28	29	30	31			
	11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:00 Make your pizza 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning/ carving 11:00 Lunch Bunch 11:30 Lunch 12:30 Yarn club			

September 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 9:30 Exercise 10:30 Cap'n Jack's 10:30 Rummikub 11:30 Lunch 12:15 Bingo	2 9:30 Crafting 11:30 Lunch 1:00 Rummikub	3
4	5 Labor Day CLOSED	6 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	7 9:30 Chair caning/ carving 10:15 Shooting Stars Exec 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club	8 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9 9:30 Crafting 11:30 Lunch 1:00 Rummikub	10
11	12 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	13 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	14 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 12:30 Shooting Stars	15 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	16 9:30 Crafting 11:30 Lunch 1:00 Rummikub	17
18	19 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	20 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	21 8:30 Big E Trip 9:30 Chair caning/ carving 11:00 Lunch Bunch 11:30 Lunch 12:30 Yarn club	22 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	23 9:30 Crafting 10:30 Book Club 11:30 Lunch 12:00 Joy of Painting 1:00 Rummikub	24
25	26 11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	27 9:00 Autumn Breakfast 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	28 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club	29 9:30 Exercise 10:00 Flu Clinic 10:30 Rummikub 11:30 Lunch 12:15 Bingo	30 9:30 Crafting 10:45 Regional Event 11:30 Lunch 1:00 Rummikub	

The Joy of Painting w/Carrie of



Friday, August 19, 12:00
"Starfish"

Painting with aqua and tan colors

Friday, September 23, 12:00
"Sunflower"

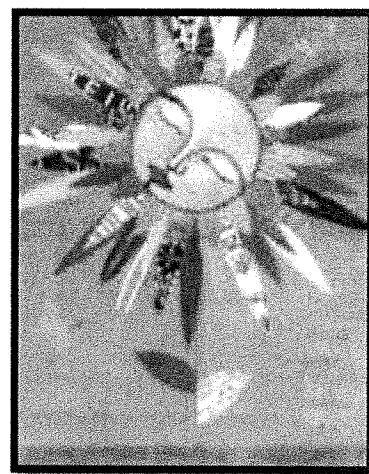
Multimedia project with bright colors

TAKE HOME YOUR OWN UNIQUE FINISHED PIECE

Sign up today! Class limited to 12

\$12.00

(all supplies included)



SAVE THE DATES!!!

10/5 ~HAM & BEAN SUPPER

10/15 ~AARP DIVING CLASS

10/21 ~FREE ELDER LAW & ESTATE PLANNING, PLUS
NEW & IMPROVED REVERSE MORTGAGES 6-7PM

10/21 ~ESSEX STEAM TRAIN & RIVERBOAT
EXCURSION

10/22 ~PEN TURNING/QUILT SHOW/BAKE SALE

10/31 ~HALLOWEEN PARTY

HUMANE SOCIETY DONATIONS WANTED



ITEMS NEEDED

CLEANING SUPPLIES:

Clorox

"Awesome" cleaner – available at The Dollar Store

ITEMS:

Old towels

Beds

Food & Water Dishes

Toys

Leashes

Blankets (small ones)

Unopened bags or cans of food

Treats

New Brushes or Combs

Cages for transport

Monetary donations are always in need

WE WILL COLLECT FROM
AUGUST 10TH TO AUGUST 31ST

ITEMS WILL BE DELIVERED
SHORTLY AFTER THAT

THERE IS A TABLE SET UP IN THE ACTIVITY
ROOM

THURSDAY, SEPT 1ST



LEAVING AT 10:30

\$5

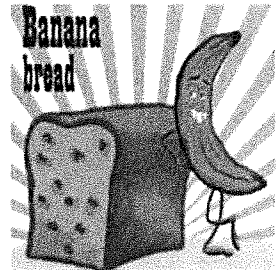
2016 Flu Clinic
Thursday, Sept. 29th
10:00 - 11:00



Call for Appointment

Fall BREAKFAST

Golden Oven Omelet



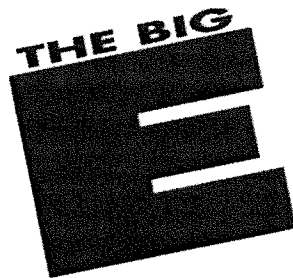
FRESH FRUIT

TUESDAY, SEPTEMBER 27TH 9:00

\$3.00

Bus leaves Lisbon
at 8:30 SHARP

Leaves Big E
at 6:00 SHARP



THE BIG E
Connecticut Day



Wednesday, Sept 21st

\$25 payable to "The Shooting Stars" Includes bus and ticket



**Join us
for our
Annual
SECT
Senior
Centers
Event**

Port 'n Starboard Restaurant at Ocean Beach

Friday, September 30, 2016

11:30am to 3pm

Wear your best glitter and your comfortable denim!

Cost: \$25.00 payable to Senior Resources

\$5 for our bus – leaves at 10:45

Buffet Dinner: Prime Rib, Rosemary Chicken, Vegetables, Red Roasted

Potatoes, Rolls, Coffee, Dessert – Cash Bar

Entertainment: Memories of Patsy – Patsy Cline Tribute Show

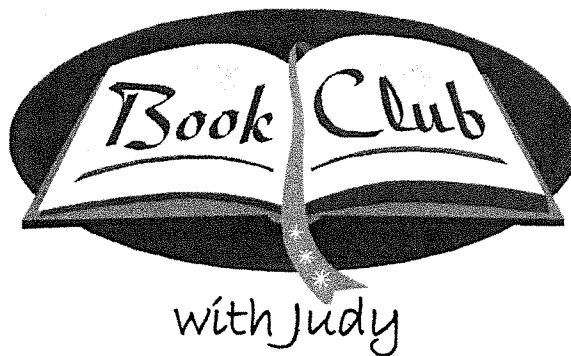
For more information call 860-376-2329

Join the LUNCH BUNCH
with Tom and the Senior Van

She will take you to a mystery restaurant –
always a pleaser!

August 31st
September 21st

Van leaves at
11:30
Call 860-376-
2329 to join
Seats are limited!

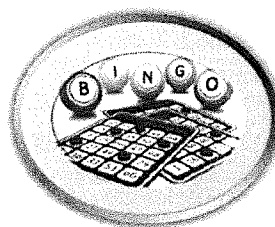


Friday, August 26
The Choice – Nicolas Sparks

Friday, September 23
Love That Boy – Ron Fournier

10:30 AM

COME PLAY **BINGO** WITH LYNN
BELLWARE FROM
ST. JOSEPH LIVING CENTER!



WEDNESDAY
AUGUST 10
1:30 PM

OUR PRIZES
INCLUDE
USEFUL ITEMS

SUCH AS LAUNDRY DETERGENT,
TOOTHPASTE, DEODORANT, KITCHEN
TOWELS, FABRIC SOFTENER, PENS,
PADS, ENVELOPES, KITCHEN POT
HOLDERS, HOLIDAY DECORATIONS
ETC.....EACH PRIZE BAG HAS
THREE TO FOUR USEFUL ITEMS FOR
YOUR HOME. I EVEN BRING A
SNACK.

ALL OF THIS IS FREE!!!!

TUESDAY, AUGUST 16TH

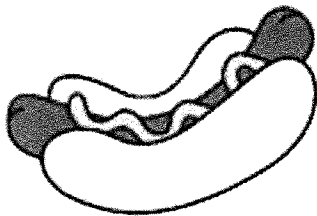
LEAVING AT 10:30



\$5

WEDNESDAY, AUGUST 24th 10:30

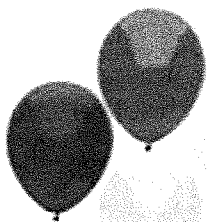
ANNUAL PICNIC/FAIR



\$5.00



***Hot dogs
Beans
Potato Salad
Popcorn
Ice Cream***



POP THE BALLOON



INDOOR HORSE RACES

PRIZES

Gift Cards, Lunch, Trip

**AND MORE—COME JOIN
THE FUN!!**

ATTENTION VETERANS!!!

DD214's have to be on file in the Town Clerks office before Oct. 1st to receive a \$3,000 exemption on your property. The filing is one time only and will be applied every year after the initial filing.

Additional Veterans program:

This program is income qualifying and opens on Feb. 1st and closes on Oct. 1st. The Veteran must be over 65 or totally disabled to receive an additional exemption.

REMINDER: MEDICARE OPEN ENROLLMENT OCTOBER 15TH TO DECEMBER 7TH



Effective August 1st, Vikki Lawhead, our van driver for the past 16 years, will be retired! We want to thank Vikki for everything that she has done over the many years for Lisbon's seniors. Her kindness and thoughtfulness are truly appreciated, and will not be forgotten. So many seniors counted on Vikki for her friendly smile as she delivered meals, and for her compassion and encouragement when she provided rides to the

store or doctor's office. Her efforts are certainly recognized with feedback from some of our seniors: "Always did her best to give us what we needed"; "Always called if she would be even 5 min. late"; "One of the nicest people you could ever meet"; "Very caring person"; "A wonderful person"; and "Will be very missed"

Vikki will be spending time with her granddaughters, Kayla and Annabelle. She will also be traveling with her husband Steve. Everyone at the Senior Center wishes Vikki the best in retirement!!

We also want to extend a big welcome to Tom Szafranski, our new van driver. Tom comes to us with many years of experience transporting individuals of all ages. He lives with his wife of 20 years, Ann and they have a daughter, Erica, who lives in Florida. Tom is an avid Red Sox fan who also enjoys going to concerts, ballgames and playing pinochle with friends and family. You will have to be quick to keep up with his sense of humor!!

Autumn Words

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

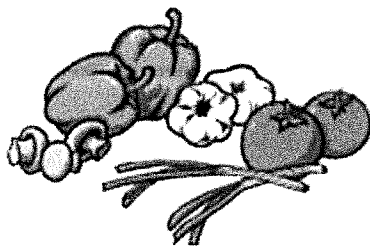


apple
brown
chilly
colors
fall

geese
harvest
hay
leaves
maple tree

October
orange
pear
pumpkin
red

rice
school
sweater
vegetables
yellow



What animal migrates in fall?

How is the weather in fall?

Lisbon's Longevity Link

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

Issue August/September 2016

RETURN SERVICE REQUESTED

PRST STD

**U.S. POSTAGE PAID
NORWICH, CT
PERMIT#86**

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

Nutrition Site Server

Glenda

The **Lisbon Senior Center** is for vibrant folks, 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 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.