

The Lisbon Link

December 2015/January 2016



BUS TRIP ~ DECEMBER 9TH
\$100

CALL TO SEE IF TICKETS ARE AVAILABLE

*** IF YOU ARE GOING, PLEASE REMEMBER
THE BUS WILL LEAVE PROMPTLY AT 8AM!!

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Check out the new

**SENIORCENTERCT.ORG**

For events, trips and activities at the "senior  
centers of Eastern Connecticut." See a full  
article about this great resource on page 7.

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Don't forget **BINGO!**
Every **Thursday** at **12:15**



"like" us on
facebook



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

AT A GLANCE

Tuesday, December 1st

- 11:30 Wii Bowling with Preston

Thursday, December 3rd

- 11:30 Nita's Restaurant

Tuesday, December 8th

- 11:00 LCS Craft Show

Wednesday, December 9th

- 8:00 Radio City Music Hall Bus Trip

Thursday, December 10th

- 11:30 Holiday Party

Sunday, December 13th

- 11:15 Bradley Playhouse "It's a
Wonderful Life"

Monday, December 14th

- 11:00 LCS Craft Show

Tuesday, December 15th

- 12:00 Birthday Cake

Wednesday, December 16th

- 9:00 Foot Clinic

Thursday, December 17th

- 11:00 LCS Craft Show

Friday, December 18th

- 9:00 Skillet Breakfast
- 12:00 Joy of Painting w/ Carrie

HAPPY 2016 !!!

Wednesday, January 6th

- 12:15 Club Lisbon with Linda Belt

Wednesday, January 13th

- 1:30 Special Bingo w/ St. Joseph
Living Center

Thursday, January 14th

- 12:00 Birthday Cake

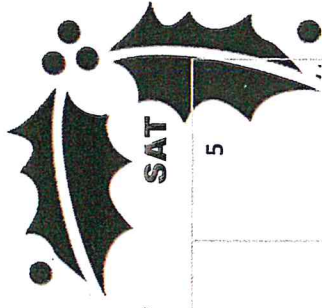
Friday, January 15th

- 12:00 Joy of Painting w/ Carrie
subject TBD

Thursday, January 28th

- 12:15 Blowout Bingo

December 2015



SUN MONDAY

TUESDAY

WEDNESDAY

THURSDAY

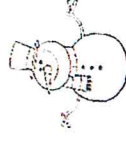
FRIDAY

SAT

<p>6</p> <p>HAPPY HOLIDAYS!</p>	<p>7</p> <p>11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)</p>	<p>1</p> <p>9:30 Exercise 9:30 Quilting 11:30 Wii bowling w/ Preston 10:30 Rummikub 11:30 Lunch</p>	<p>2</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars EX</p>	<p>3</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Nita's Restaurant 11:30 Lunch 12:15 Bingo</p>	<p>4</p> <p>9:30 Crafting 11:30 Lunch 1:00 Rummikub</p>	<p>5</p>
<p>13</p> <p>11:15 Bradley Playhouse trip "It's a Wonderful Life"</p>	<p>14</p> <p>11:30 Lunch 11:00 LCS Craft Show 12:30 Drawing 2:00 Pickelball (school)</p>	<p>8</p> <p>9:30 Exercise 9:30 Quilting 11:00 LCS Craft Show 10:30 Rummikub 11:30 Lunch</p>	<p>9</p> <p>8:00 Radio City Bus Trip 9:30 Chair caning/ carving 11:30 Lunch</p>	<p>10</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Holiday Party 11:30 Lunch 12:15 Bingo</p>	<p>11</p> <p>9:30 Crafting 11:30 Lunch 1:00 Rummikub</p>	<p>12</p>
<p>20</p>	<p>21</p> <p>11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)</p>	<p>15</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Wii bowling</p>	<p>16</p> <p>9-11:30 Foot Clinic 9:30 Chair caning/ carving 11:30 Lunch 12:30 Shooting Stars EX</p>	<p>17</p> <p>9:30 Exercise 10:30 Rummikub 11:00 LCS Craft Show 11:30 Lunch 12:15 Bingo</p>	<p>18</p> <p>9:00 Breakfast 9:30 Crafting 10:30 Book Club 11:30 Lunch 12:00 Joy of Painting w/ Carrie 1:00 Rummikub</p>	<p>19</p>
<p>27</p>	<p>28</p> <p>CLOSED</p>	<p>22</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch</p>	<p>23</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club</p>	<p>24</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p>25</p> <p>CLOSED</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>CLOSED</p>	<p>29</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p>30</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club</p>	<p>31</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch</p>		



January 2016



SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT

3	4 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	5 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	6 9:30 Chair caning/ carving 11:30 Lunch 12:15 Club Lisbon w/ Linda 12:30 Shooting Stars EX	7 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	8 9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	2
10	11 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	12 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	13 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 1:30 Special Bingo w/ St. Joseph's Living Center	14 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	15 9:30 Crafting 11:30 Lunch 1:00 Rummikub 12:00 Joy of Painting w/ Carrie subject TBD	16
17	18 Martin Luther King Jr. Day	19 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	20 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	21 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	22 9:30 Crafting 11:30 Lunch 1:00 Rummikub	23
24	25 11:30 Lunch 12:30 Drawing 2:00 Pickelball (school)	26 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	27 9:30 Chair caning/ carving 11:30 Lunch	28 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Blowout Bingo	29 9:30 Crafting 11:30 Lunch 1:00 Rummikub	30





*Thank
you*



I would like to wish everyone a very Happy Holiday and all the best for the New Year. I also want to take a moment to thank everyone for being so welcoming and so much help during my first year. This has become more than a job for me – I look forward to coming in each and every day to see everyone, help where ever I can and always having something to make me smile and laugh. My door is always open and I welcome any ideas or suggestions (I value all you have to offer.) I truly appreciate everyone here and look forward to many years to come!

~Karen

The Joy of Painting w/Carrie of



December 18th 11:30
Snowy Cardinals

*Fun winter scene
in blue, red and white.*

January 15th 11:30

Subject to be determined

~No prior painting experience necessary ~

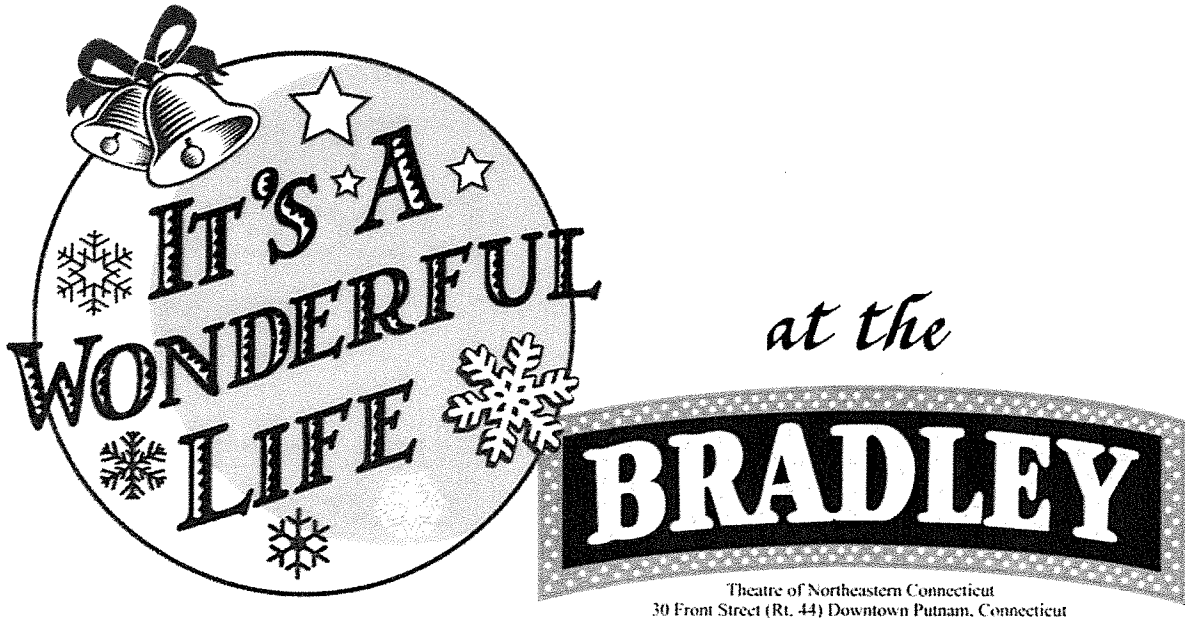
Class limited to 12

\$12.00

(all supplies included)



SUNDAY, December 13th



In this quintessential Christmas story of commitment, sacrifice, and family, George Bailey, the “everyman” from Bedford Falls, dreams of adventure and escape. He sacrifices it all because of family obligations and civic duty in this heartwarming classic

Bus leaves Lisbon at 11:15

Show is at 2:00

Price is \$28*

Lunch on your own at The Courthouse

***MUST BE PAID AT TIME OF SIGN UP – Please see Karen for further information**



**EXCELLENT FOOD FROM
NITA'S POLISH
RESTAURANT**

**THURSDAY
DECEMBER
3RD**

WILLIMANTIC, CT

**\$5 FOR BUS
LUNCH ON YOUR OWN**

**BUS LEAVES SENIOR
CENTER AT 11:30**

FOOT HEALTH CENTER

Dr. Thomas H. Walter, D.P.M

Wednesday, December 16, 2015

9:00-12:00

*******Must call for appointment*******

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.

Holiday Craft Show at Lisbon Central School

Tuesday, December 8th
Monday, December 14th
Thursday, December 17th

Volunteers are needed

to help sell crafts to the students.

GIFTS



11:00 – 1:00

seniorcenterct.org

An exciting new website for nine towns in southeastern CT. This brand new site covers East Lyme, Griswold, Groton, Lisbon, Lyme/Old Lyme, Montville, New London, Norwich and Preston. **seniorcenterct.org** is a one-stop resource for you, your families and caregivers to find all events, options and resources. It is complete with a main page plus landing pages for each town's senior center.

The calendar features a multi town calendar on the main page as well as individual calendars on the town's home pages. You can add senior center events to your outlook calendar and to your smartphone calendar. You

can forward events to friends. You can also email yourself reminders from the calendar pages. This site is searchable. Find what you're looking for by typing in a few key words. You, also, can contact the individual senior centers with questions or information.

This brand new website is in the soft launch phase with a targeted full launch on January 4, 2016. If you see that something isn't quite working, please, contact Judy Jencks at jmjencks@gmail.com. That's how we'll work out the bugs.

And thanks for visiting seniorcenterct.org

FREE show!

Club Lisbon

WEDNESDAY

JANUARY 6TH

12:15 PM

Comedy

with



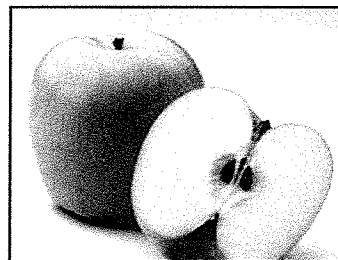
LINDA BELT

Winter salad

Ingredients

SERVES 4

- 1 head (about 4 cups) red leaf lettuce
- 1 head (about 4 cups) Romaine lettuce
- 1 Granny Smith apple, cored but unpeeled, and cut up
- ½ cup raisins
- 1 small red onion, thinly sliced
- 1 Bosc (brown) pear or Anjou (red) pear, cored but unpeeled, and cut up



Poppy seed dressing:

- 2 tablespoons honey
- ¼ cup canola oil
- ¼ cup lemon juice
- 1 tablespoon poppy seeds
- 1 teaspoon Dijon mustard

Dietitian's Tip: Replacing the raisins with dried cranberries, craisins, chopped dried apricots or even a mixture of several varieties of dried fruit can make the salad more colorful and add greater complexity to its taste. The calorie count should not change significantly with this substitution.

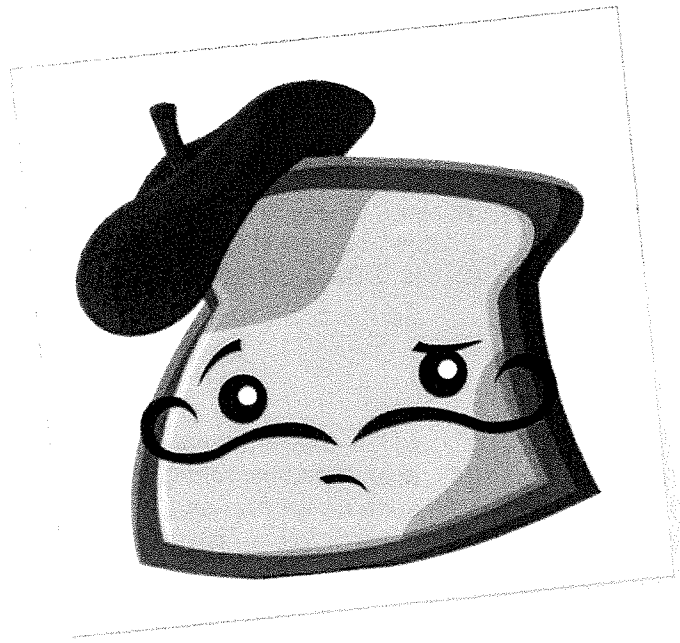
Directions

Tear red leaf lettuce and Romaine lettuce into bite-sized pieces. Place in large bowl. Add apple, raisins, onion slices, and pear. Toss gently.

Mix dressing ingredients in a separate bowl or a jar with a tight-fitting lid. Pour dressing over salad just before serving.

Nutritional Analysis (per serving)

- Calories 284
- Protein 2 g
- Carbohydrate 38 g
- Total fat 14 g
- Saturated fat 1 g
- Monounsaturated fat 9 g
- Cholesterol 0 mg
- Sodium 56 mg
- Fiber 4 g



STUFFED FRENCH TOAST BREAKFAST

\$5

**Friday
December 18th
9:00**

JOIN US FOR



THURSDAYS AT 12:15

**PLEASE HELP US KEEP
OUR BINGO GOING. THE
MORE PLAYERS WE GET,
THE BIGGER THE
PAYOUTS!**

**DO YOU OR SOMEONE
YOU KNOW DEPEND ON
DISPOSABLE
UNDERGARMENTS?**



A local program is available for those with limited incomes to receive one package per month at no cost! Visit www.dub4u.org or call "Discreet Undergarments 4 U" 860-383-2290 x4.

You will only have to supply your address, gender and age. They will not ask for your name, social security number or date of birth.

Cholesterol Helpful Hints

Problem	Leading causes	How to modify	For better numbers
Elevated LDL ("bad") Cholesterol	High dietary saturated fats and trans fats	Limit saturated fats, trans fats, high cholesterol foods	Use cholesterol-lowering foods with plant sterols, such as Benecol and Promise activ. Increase intake of foods high in soluble fiber, such as oatmeal, apples, kidney beans
Low HDL ("good") cholesterol	Sedentary lifestyle and lack of exercise	Significantly increase the frequency and intensity of exercise on a consistent basis	Boost HDL-friendly omega-3 fatty acid intake by eating fatty fish (such as salmon and mackerel) or taking fish oil supplements
High triglycerides	Being overweight, high intake of sugary foods, excessive alcohol consumption	Cut back on calories, limit sugar, limit alcohol, sustain loss of excess weight, get regular exercise	Eat foods with complex carbohydrates, such as whole-grain foods, instead of refined carbohydrates such as white flour. Take fish oil supplements.

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

**WEDNESDAY, JANUARY 13
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!!!!

PLEASE CONSIDER COMING TO JOIN US.



Winter Wordsearch



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

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS

Lisbon's Longevity Link

PRST STD

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

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

Issue October/November 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
Dan Ostrowski

Commission on Aging

Lee Szruba, Chairman

Senior Coordinator

Karen Washington

Van Driver

Vikki

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.