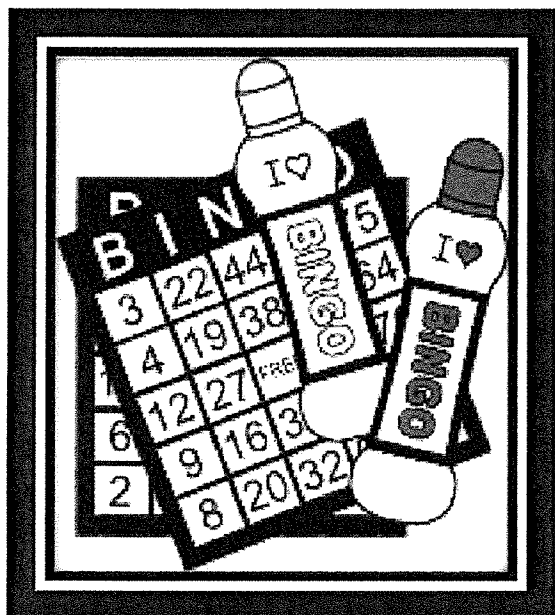


# The Lisbon Link

June/July 2016

**\*\* Big BINGO Announcement!! \*\***



## BINGO HAS BEEN CHANGED TO PAPER CARDS

- Each game will be different
  - Daubers will be used
  - Easier than the slides
- See page 10 for details

[seniorcenterct.org](http://seniorcenterct.org)



"like" us on  
**facebook**



Email: [kwashington@lisbonct.com](mailto:kwashington@lisbonct.com) to  
receive your newsletters by email

## AT A GLANCE

**Wednesday, June 8<sup>th</sup>**

- 12:00 Birthday Cake
- 12:30 Shooting Stars
- 1:30 St. Joseph's Living Bingo

**Thursday, June 9<sup>th</sup>**

- 10:30 Wright's Farm Restaurant trip

**Tuesday, June 14<sup>th</sup>**

- By appointment - Enhanced Benefits

**Wednesday, June 15<sup>th</sup>**

- 11:00 Lunch Bunch

**Friday, June 17<sup>th</sup>**

- 12:00 Joy of Painting w/ Carrie

**Tuesday, June 21<sup>st</sup>**

- 9:00 Summer Breakfast

**Friday, June 24<sup>th</sup>**

- 10:30 Book Club

**Tuesday, June 28<sup>th</sup>**

- 11:15 Lighthouse cruise

**Monday, July 4<sup>th</sup>**

- CLOSED for Independence Day

**Saturday, July 9<sup>th</sup>**

- 10:30 Office hour with Doug Dubitsky

**Tuesday, July 12<sup>th</sup>**

- By appointment - Enhanced Benefits

**Wednesday, July 13<sup>th</sup>**

- 9:15 HuKeLua trip
- 12:30 Shooting Stars

**Friday, July 15<sup>th</sup>**

- 6:00 Family Paint night w/ Carrie

**Wednesday, July 20<sup>th</sup>**

- 11:00 Lunch Bunch

**Thursday, July 21<sup>st</sup>**

- 12:00 Birthday Cake


**Thursday, July 28<sup>th</sup>**

- 10:00 Blowout Bingo


**Friday, July 29<sup>th</sup>**

- 10:30 Book Club

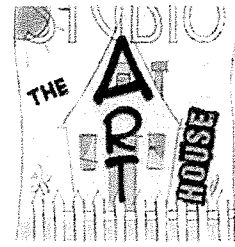
# June 2016

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

# July 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						
3	4	5	6	7	8	9
	<b>CLOSED</b>	9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	9:30 Chair caning/ carving 10:15 Shooting Stars Exec 11:30 Lunch 12:30 Shooting Stars 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	10:30 Doug Dubitsky
10	11	12	13	14	15	16
	11:30 Lunch 12:15 Pokeno 12:30 Drawing 2:00 Pickelball	<b>Enhanced Benefits</b> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	<b>9:15 Hukelau trip</b> 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 12:30 Shooting Stars	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 <b>6:00 PM Family Paint Night w/ Carrie</b>	
17	18	19	20	21	22	23
	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 <b>11:00 Lunch Bunch</b> 11:30 Lunch 12:30 Yarn club	9:30 Exercise 10:30 Rummikub 11:30 Lunch <b>12:00 Birthday Cake</b> 12:15 Bingo	9:30 Crafting 11:30 Lunch 1:00 Rummikub	
24	25	26	27	28	29	30
	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 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn club	9:30 Exercise <b>10:00 Blowout Bingo</b> 10:30 Rummikub 11:30 Lunch 12:15 Bingo	9:30 Crafting 10:30 Book Club 11:30 Lunch 1:00 Rummikub	

The Joy of Painting w/Carrie of



**Friday, June 17, 12:00**  
**"Hammock Sunset"**

*Featuring warm yellows with  
a hammock and palm tree silhouette*

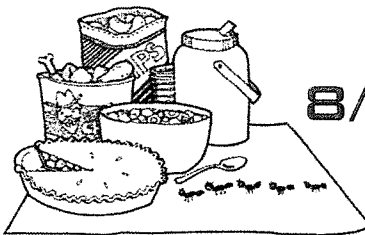
TAKE HOME YOUR OWN UNIQUE FINISHED PIECE

Sign up today! Class limited to 12  
**\$12.00**  
(all supplies included)



# SAVE THE DATES!!!

**8/16 CRACKER BARREL RESTAURANT**

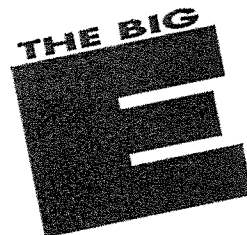


It's Picnic time!!

**8/31 ANNUAL PICNIC**

**9/1 CAP'N JACK'S RESTAURANT**

**9/21 THE BIG E**



# Blowout BINGO!!

**Thursday**  
**July 28<sup>th</sup>**  
**10 AM**

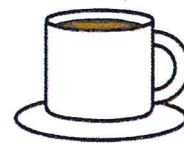
B I N G O				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

Turkey grinders for \$5 or salad for \$3 will be available.



**Summer BREAKFAST**

Sausage Casserole



**Overnight Fruit Cup**

**TUESDAY, JUNE 21<sup>ST</sup> 9:00**

**\$3.00**



Lisbon Senior Center presents ...

# TWIN LOBSTERS & DOO WOP

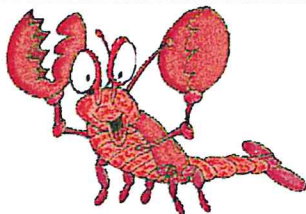
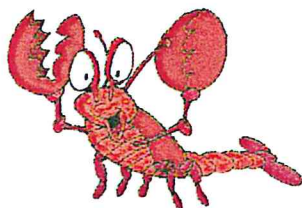
*With the 50's "CORVETTES BAND"*



Wednesday,  
July 13, 2016

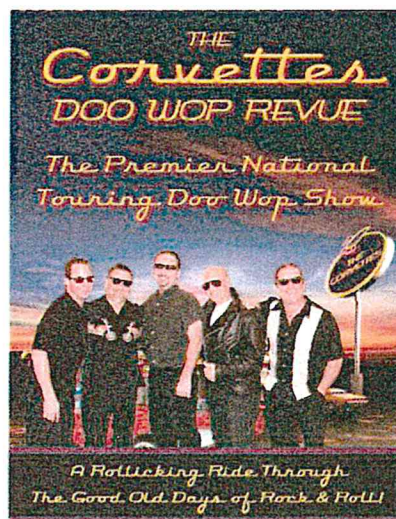


*This High Energy DOO WOP Show is one of the best in the New England area. The Corvettes have been around for the last 25 years! You will enjoy this extremely talented group.*



## Package Includes:

- Roundtrip Motor Coach Transportation
- TWIN LOBSTERS with drawn butter (Prime Rib is the Substitute)
- The Corvettes Doo Wop Review
- All Gratuities



Meal Includes  
Clam Chowder  
Rolls and Butter

**Twin Lobsters  
OR Prime Rib**

Baked Potato  
Vegetable  
Ice Cream & Coffee

**\$85**

Per Person

Contact:  
Karen

860-376-2329



**TWO LOBSTERS  
& DOO WOP SHOW!**

**HUKE LAU**



Trip Departs 9:15 a.m.  
Lisbon Senior Center  
Returns 4:30 p.m.

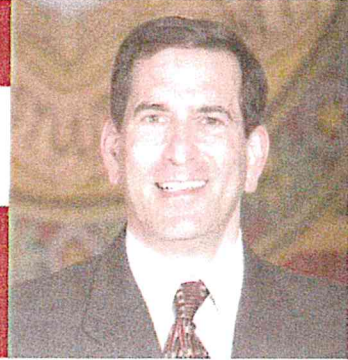


Saturday, July 9<sup>th</sup> at 10:30

**State Representative Doug Dubitsky**

**Legislative Office Hours**

**Please join me to discuss issues and concerns that shaped the recently concluded legislative session.**



A relaxed hour where Representative Dubitsky gets to speak with individuals from the community about questions or concerns they have. Anyone is welcome to attend. His district covers areas of Lebanon, Franklin, Sprague, Norwich, Lisbon, Canterbury, Scotland, Hampton, Chaplin.

**CONFUSED ABOUT MEDICARE?**

**HAVE QUESTIONS?**

**JOIN US ON WEDNESDAY JUNE 15, 2016 LISBON  
SENIOR CENTER 6:00 PM TO 7:00 PM 11 NEWENT  
ROAD LISBON, CT**

**WE WILL BE HAVING A GUEST SPEAKER LICENSED WITH THE STATE OF  
CONNECTICUT TO HELP OUR RESIDENTS WITH THEIR MEDICARE QUESTIONS.  
THEY WILL ALSO ANSWER QUESTIONS RELATED TO YOUR RETIREMENT.**

**BRING YOUR FRIENDS AND PLENTY OF QUESTIONS!!**

**GUEST SPEAKERS WILL BE FROM BANKERS LIFE IN OLD LYME, CT  
REFRESHMENTS AND SNACKS WILL BE PROVIDED**

# LIGHTHOUSE CRUISE

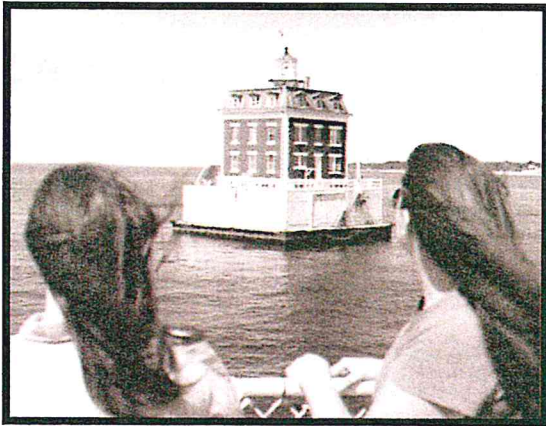
TUESDAY, JUNE 28<sup>TH</sup>

LEAVING AT 11:15 AM

**Bus & Ticket \$30**

**cruise starts at 12:30 for approx. 2 hours**

**Followed by lunch on your own at  
Capt. Scott's Lobster Dock**



- New London Harbor Light
- New London Ledge Light
- Avery Point Light
- Race Rock Light
- Plum Island Light
- Little Gull Light
- North Dumpling Light
- Orient Point Light
- Long Beach Bar (Bug) Light—new!
- Fort Trumbull
- Fort Griswold
- and much more!

There is a snack bar on the ferry, or feel free to bring your own



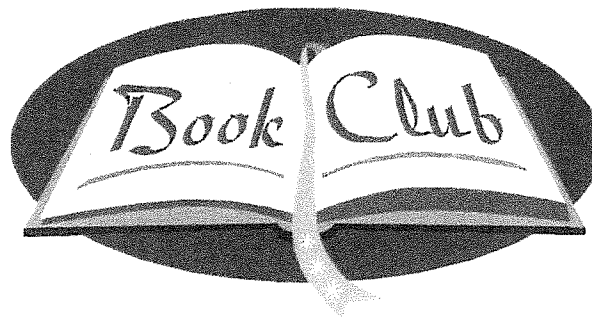
Join the LUNCH BUNCH  
with Vikki and the Senior Van

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

June 15<sup>th</sup>  
and July 20<sup>th</sup>

Van leaves at  
11:30

Call 860-376-  
2329 to join  
Seats are limited!



with Judy

Friday, June 24

The Wedding Dress – Rachel Hauck

Friday, July 29

The Lost German Slave Girl – John Bailey

**10:30 AM**



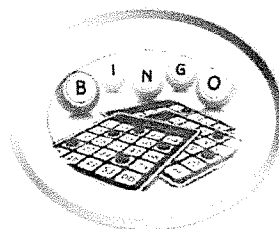
**LEAVING AT**

**10:30**

**THURSDAY  
JUNE 9<sup>TH</sup>!**

**\$21**

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



**WEDNESDAY  
JUNE 8TH  
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!!!!**

# 2016 LISBON SENIOR CENTER BINGO

**ADMISSION:** \$5.00 One set of 9 cards for all regular games and specials  
 \$2.00 Extra strip of 3 cards  
 50¢ Each Quickie

## **SHEET #1 (Blue):**

Window Shade w/wild number

## **SHEET #2 (Orange)**

One Postage Stamp  
 Double Postage Stamp  
 Triple Postage Stamp

## **SHEET #3 (Green)**

Triple Bingo Quinella

## **SHEET #4 (Yellow)**

Wild Number  
 Top Line  
 Bottom Line  
 Top, Middle & Bottom Line

## **Quickie – Green Border**

Full Card  
 2<sup>nd</sup> Chance

## **INTERMISSION**

## **SHEET #5 (Pink)**

Stand up – last person standing wins  
 Crazy "T" w/wild number

## **SHEET #6 (Gray)**

B Row  
 O Row  
 B, N & O Rows

## **SHEET #7 (Green):**

1<sup>st</sup> and 3<sup>rd</sup> numbers are wild  
 Double Bingo  
 Double "L"  
 Fill the Card

# FLAG CAKE

## **Ingredients**

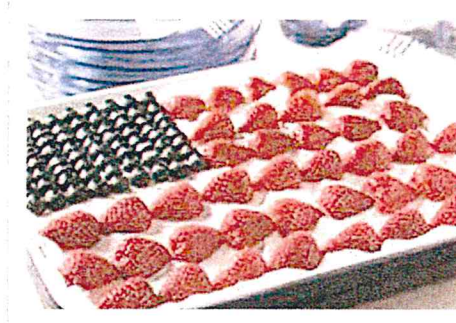
### **1 Box** yellow cake mix

Water, vegetable oil and  
 eggs called for on cake  
 mix box

### **1** Container vanilla frosting

### **1/3 Cup** fresh blueberries

### **1 Pint (2 cups)** fresh strawberries, stems removed, strawberries cut in half



## **Directions**

- **1** Heat oven to 350°F (325°F for dark or nonstick pan). Make and bake cake mix as directed on box for 13x9-inch pan. Cool 10 minutes. Run knife around sides of pan to loosen cake; remove from pan to cooling rack. Cool completely, about 1 hour.
- **2** Place cake on tray. Frost top and sides of cake with frosting.
- **3** For flag design, arrange blueberries on upper left corner of frosted cake to create stars; arrange strawberries in rows over frosted cake to create stripes. Serve immediately. Store covered in refrigerator.

# 4th Of July Word Search



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



FIREWORKS  
LIBERTY  
ANTHEM  
PATRIOTIC



FREEDOM  
FLAG  
JULY  
BARBEQUE



INDEPENDENCE  
AMERICA  
SUMMER  
PHILADELPHIA





## **Lisbon's Longevity Link**

**PRST STD**

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

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

Issue June/July 2016

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**

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.