

The Lisbon Link

December 2016/January 2017



Let's start some new activities
Call us with your ideas
Games, exercise, trips....let us know
what you would like to do

Visit us at:
seniorcenterct.org/lisbon



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

AT A GLANCE

Thursday, December 1st

- 12:00 Birthday Cake

Thursday, December 8th

- 11:30 Holiday Lunch

Tuesday, December 13th

- By Appointment – Enhanced Benefits
- 9:30 Aqua Turf

Wednesday, December 14th

- 9:00 Foot Clinic
- 12:30 Shooting Stars

Thursday, December 15th

- 9:00 Energy Assistance
- 11:00 LCS Craft Sale

Friday, December 18th

- 12:00 Joy of Painting w/Carrie

Monday, December 19th

- 1:30 Trip to Yankee Candle
Forest Park/Cracker Barrel

Tuesday, December 20th

- 9:00 Winter Breakfast
- 11:00 LCS Craft Sale

Friday, December 23rd

- 10:30 Book Club
-

HAPPY 2017 !!!

Tuesday, January 10th

- By appointment - Enhanced Benefits

Wednesday, January 11th

- 12:15 Club Lisbon

w/Magician David Reed-Brown

Wednesday, January 18th

- 12:30 Shooting Stars
- 1:30 St. Joseph Bingo

Thursday, January 19th

- 12:00 Birthday Cake

Friday, January 20th

- 12:00 Joy of Painting w/ Carrie

Monday, January 23rd

- 10:30 Slater Museum w/Brunch

Friday, January 27

- 10:30 Book Club

December 2016

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo	2 9:30 Crafting 11:30 Lunch 1:00 Rummikub	3
4	5 11:30 Lunch 12:15 Pokeno 12:30 Drawing	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 EX 11:30 Lunch 12:30 Yarn club	8 9:30 Exercise 10:30 Rummikub 11:30 Holiday Lunch	9 9:30 Crafting 11:30 Lunch 1:00 Rummikub	10
1	12 11:30 Lunch 12:15 Pokeno 12:30 Drawing	13 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	14 9:00 Foot Clinic 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 12:30 Shooting Stars	15 9:00 Energy Assistance 9:30 Exercise 10:30 Rummikub 11:00 LCS Craft Sale 11:30 Lunch 12:15 Bingo	16 9:30 Crafting 11:30 Lunch 12:00 Joy of Painting w/ Carrie 1:00 Rummikub	17
18	19 11:30 Lunch 12:15 Pokeno 12:30 Drawing 1:00 Yankee Candle/ Forest Park/Cracker Barrel	20 9:00 Winter Breakfast 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:00 LCS Craft Sale 11:30 Lunch 12:15 Wii bowling	21 9:30 Chair caning/ carving 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 1:00 Rummikub	24
25	26 CLOSED	27 CLOSED	28 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	29 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	30 9:30 Crafting 11:30 Lunch 1:00 Rummikub	31

January 2017

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

Bus leaves at 9:30 sharp

Aqua Turf Club

Tuesday, December 13th, 2016

JIMMY MAZZ HOLIDAY SHOW!!

\$48 per person payable to "The Shooting Stars"



1. **Avoid Slipping on Ice** Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
2. **Dress for Warmth**
Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.
3. **Check the Car**
Driving during the winter can be hazardous. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your [AAA membership](#) is up-to-date in case of emergencies.
4. **Prepare for Power Outages**
Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.
5. **Eat a Varied Diet**
Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency. Eat foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.
6. **Prevent Carbon Monoxide Poisoning**
Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.



Thames Valley Council
for Community Action, Inc.

ENERGY ASSISTANCE PROGRAM
APPLICATION HELP

THURSDAY, DECEMBER 15TH 9AM-12PM

2017 income guidelines

Household Size

1	2	3	4	5
\$33,880.70	\$44,305.54	\$54,730.37	\$65,155.00	\$75,580.03

Call 860-376-2329 to set up appointment

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FOOT HEALTH CENTER

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

Wednesday, December 14th 9am-12pm

OPENINGS AVAILABLE

Call for appointment

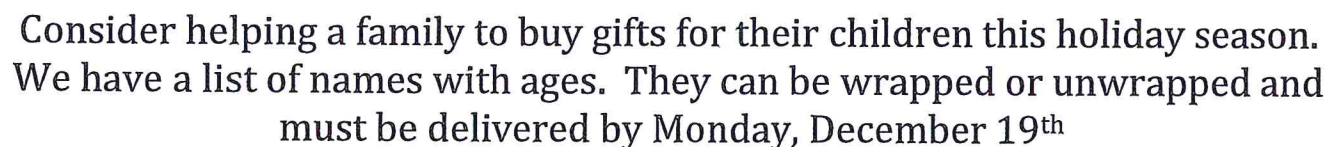
860-376-2329

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.

11:00 – 1:00

Bus leaves at 10:30

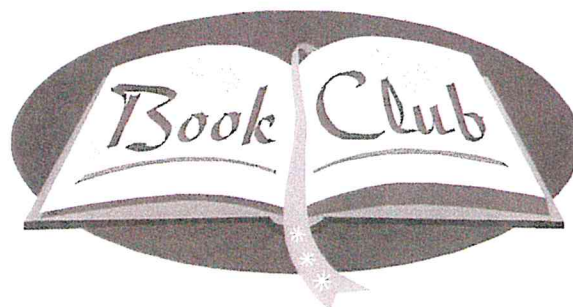
Accepting gently used coats
Will be donated on December 15th



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!

Do you read?
Do you like talking about the books you read?
Do you like recommending good books for others to read?



Please consider joining the

"Last Friday Book Club"

They meet monthly and hold an informal discussion, pick books for future months and share good times.

Friday, December 23rd
Small Great Things – Jodi Picoult

Friday, January 27th
The Horse Boy – Rubert Isaacson

10:30 am

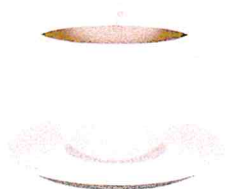
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WINTER Breakfast

9:00 am Dec. 20th

Breakfast Stacks
(Tater tots/Sausage/Eggs)

\$3⁰⁰



The Joy of Painting w/Carrie

FRIDAY, December 16th 12:00



January 20th at 12:00

**Subject to be
determined**

Great Paint-a-Long Fun!!!

\$12 for all supplies

Take home your own finished piece of art

Absolutely no experience needed!!!



IT'S A NEW YEAR!

LET'S START SOME NEW ACTIVITIES!!

**CALL AND GIVE US YOUR IDEAS. WE ARE
OPEN TO NEW AND EXCITING ADVENTURES!!**

New Year's Word Search

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

Words to Find!

BEGINNING
 FRIENDS
 MIDNIGHT
 TIME

CELEBRATIONS
 GAMES
 NEW
 YEAR

EXPECTATIONS
 HAPPY
 PARADES
 JOY

FAMILY
 HOLIDAY
 PARTIES

FOOD
 HOPE
 PLANS

FOOTBALL
 JANUARY
 RESOLUTIONS

Lisbon's Longevity Link

PRST STD

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

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NORWICH, CT
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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

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.