

The Lisbon Link

February/March 2017

****IMPORTANT NOTICE****

Due to cost constraints this will be the last full mailing of the Lisbon Link. Going forward this publication will only be mailed out to those who contact us and request to be kept on the mail distribution

As always, there will be paper copies available at the Senior Center and the Town Hall

You may request to be put on our email distribution by emailing:

kashington@lisbonct.com

It will be posted on the Town Hall website:

lisbonct.com

An up-to-date, complete list of all activities can be found at our senior center combined website:

seniorcenterct.org/lisbon



AT A GLANCE

Wednesday, February 8th

- 11:30 Souper Bowl
- 12:30 Shooting Stars
- 1:30 Nutritional Bingo

Monday, February 13th

- 10:45 Cracker Barrel Trip

Tuesday, February 14th

- 9:00 Enhanced Benefits
- 12:00 Birthday Cake
- 12:30 Wii Bowling w/Preston

Wednesday, February 15th

- 9:00 Foot Clinic

Friday, February 17th

- 12:00 Joy of Painting w/Carrie

Monday, February 20th

- **CLOSED-President's Day**

Friday, February 24th

- 10:30 Book Club
- 4:30 The Gnog Show

Tuesday, February 28th

- 10:45 Make your own Pizza

Wednesday, March 8th

- 12:30 Shooting Stars

Friday, March 10th

- 8:30 Foxwoods Trip (Bingo)

Tuesday, March 14th

- 9:00 Enhanced Benefits

Wednesday, March 15th

- 11:30 Corned Beef Luncheon

Followed by – MAGIC SHOW

Friday, March 17th

- 12:00 Joy of Painting w/ Carrie

Wednesday, March 22nd

- 4:00 Texas Roadhouse Trip

Thursday, March 23rd

- 12:00 Birthday Cake

Tuesday, March 28th

- 9:00 Spring Breakfast

Friday, March 31st

- 10:30 Book Club

UPCOMING EVENTS

April 7 – AARP Driving Class

April 22 – Yard Sale

April 27 – Blowout Bingo

February 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 9:30 Chair caning/ carving 10:15 Shooting Stars EX 11:30 Lunch 12:30 Yarn club	2 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	3 9:30 Crafting 11:30 Lunch	4
5	6 11:30 Lunch 12:15 Pokeno 12:30 Drawing	7 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	8 9:30 Chair caning/ carving 11:30 Souper Bowl 12:30 Shooting Stars 12:30 Yarn club 1:30 Nutritional Bingo	9 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	10 9:30 Crafting 11:30 Lunch	11
12	13 10:45 Cracker Barrel 11:30 Lunch 12:15 Pokeno 12:30 Drawing	14 9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Wii bowling w/Preston	15 9:00 Foot Clinic 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	16 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	17 9:30 Crafting 11:30 Lunch 12:00 Joy of Painting	18
19	20 	21 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling	22 9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club	23 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	24 9:30 Crafting 10:00 Book Club 11:30 Lunch 4:30 Groton Sr Ctr	25
26	27 11:30 Lunch 12:15 Pokeno 12:30 Drawing	28 9:30 Exercise 9:30 Quilting 10:30 Rummikub 10:45 Make your own pizza 11:30 Lunch 12:15 Wii bowling				31

March 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			<p>1</p> <p>9:30 Chair caning/ carving 10:15 Shooting Stars EX 11:30 Lunch 12:30 Shooting Stars</p>	<p>2</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p>3</p> <p>9:30 Crafting 11:30 Lunch</p>	<p>4</p>
<p>5</p>	<p>6</p> <p>11:30 Lunch 12:15 Pokeno 12:30 Drawing</p>	<p>7</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p>8</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club</p>	<p>9</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p>10</p> <p>8:30 Foxwoods Trip 9:30 Crafting 11:30 Lunch</p>	<p>11</p>
<p>12</p>	<p>13</p> 	<p>14</p> <p>9:00 Enhanced Benefits 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p>15</p> <p>9:30 Chair caning/ carving 11:30 Corned Beef Luncheon 12:30 Yarn club</p>	<p>16</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p>17</p> <p>9:30 Crafting 11:30 Lunch 12:00 Joy of Painting</p>	<p>18</p>
<p>19</p>	<p>20</p> <p>11:30 Lunch 12:15 Pokeno 12:30 Drawing</p>	<p>21</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p>22</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club 4:00 Texas Roadhouse</p>	<p>23</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Birthday Cake 12:15 Bingo</p>	<p>24</p> <p>9:30 Crafting 11:30 Lunch</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>11:30 Lunch 12:15 Pokeno 12:30 Drawing</p>	<p>28</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii bowling</p>	<p>29</p> <p>9:30 Chair caning/ carving 11:30 Lunch 12:30 Yarn club</p>	<p>30</p> <p>9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo</p>	<p>31</p> <p>9:30 Crafting 10:00 Book Club 11:30 Lunch</p>	

Do you know how decisions affecting the Senior Center are made? Do you know who makes them? Do you know about the **TOWN OF LISBON COMMISSION ON AGING**? This is a small group of appointed volunteers who meet once a month (first Monday at 7pm) to discuss all manner of issues relating to our Senior Center. These folks work to develop the Senior Center budget; consider and revise (if necessary) the Policies and Procedures handbook and Commission by-laws; hear reports on attendance, programs and activities taking place at the Center; approve/ratify bills to be paid out of the Senior Center budget; make recommendations to the Board of Selectmen regarding Commission membership, building and transportation issues; suggest development of activities addressing Senior concerns and education. Come sit in on a meeting to see how we shape our Center for everyone it benefits.

If you are interested in being a part of this decision making arm of our town government, contact Karen at the Senior Center (860 376-2329 or kwashington@lisbonct.com) or Commission chairperson Lee Szruba (860 376-9510 or leeshrub@att.net). And you don't need to be a senior either!

ARE YOU DUE FOR A



We can provide a preliminary screening for many general state and/or federal benefits or supports. These program include energy assistance, Connecticut Home Care Program for Elders, Prescriptions, SNAP (food stamps), Medicaid (Title 19), Medicare, Veteran Benefits, Energy bills, Housing, Tax Relief, Supplemental Security Income and much more.

It is completely confidential. Your name or social security number is not required

Held every 2nd Tuesday of the Month by appointment

Give us a call at 860-376-2329 to sign up

ENERGY ASSISTANCE 2016-2017 SEASON

March 15, 2017 – Deadline for fuel authorizations or deliveries.

May 1, 2017 – Last day that a household can apply to establish its eligibility for benefits unless the household is utility heated and has a shut off notice for its primary source of heat.

May 15, 2017 – Last day that a utility heated household with a shut off notice for its primary source of heat can apply to establish its eligibility for benefits.

May 31, 2017 – Last day to submit deliverable fuel bills.

Call **860-425-6681** to see if you qualify

Wednesday, February 15th
9am-12pm

FOOT HEALTH CENTER
Dr. Thomas H. Walter, D.P.M

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.

CORNER BEEF & CABBAGE LUNCHEON



Wednesday, March 15th 11:30

w/carrots, potatoes, & dessert

\$10

Followed by

MAGIC!! With David Reed Brown



LUNCH SERVED DAILY

11:30 (order by 11:15)

Sandwiches • Salads • Homemade Soups

*** Weekly Specials***



Wednesday, February 8th
11:30

Delicious Bowl of
Cream of Broccoli Soup
in a Bread Bowl

\$6

MAKE YOUR OWN
PIZZA

Tuesday, Feb 28th
10:45



\$3

SPRING

BREAKFAST

Tuesday, March 28th
9am

Golden Oven Omelet



\$3

*****LET'S GO!*****



Monday, February 13th

Bus Leaves Lisbon at 10:45^{am}

\$5

**Bus trip
to the Groton Senior Center:**

THE GNOG SHOW!!

Friday, February 24th

Bus Leaves Lisbon at 4:30^{pm}

Dinner 5:30^{pm}

Showtime 6:30^{pm}

Menu: Chicken Marsala, salisbury steak, mushroom gravy, mashed potatoes, spinach, side salad, rolls, punch, tea, coffee & dessert after the show!

\$18 for bus, dinner & show



FOXWOODS
RESORT ♦ CASINO

Bingo or just free time

Receive \$10 slot play and free buffet

Friday, March 10th

Bus leaves Lisbon at 8:15^{am}

Bus leaves casino at approx 5^{pm}

Games start at 10:30^{am}

\$10 for Bus



Wednesday, March 22nd

Bus Leaves Lisbon at 4:00^{pm}

\$5

Join the **LUNCH BUNCH** w/Tom & the Senior Van
He will take you to a mystery restaurant – Always a pleaser!!

March 29th

Van leaves @ 11:30-Call 860-376-2329

Limited seating



"Last Friday Book Club

Friday, February 24th

The Perfect Horse – Elizabeth Letts

Friday, March 31st

The Wedding Shop – Rachel Hauck

10am

The Joy of Painting w/Carrie

FRIDAY, February 17th

FRIDAY, March 17th

12:00

TAKE HOME YOUR OWN

UNIQUE FINISHED PIECE OF ARTWORK

\$12 (all supplies)



Call 860-376-2329 to SIGN UP TODAY

Save the Date



**ANNUAL YARD SALE
and Bake Sale**

APRIL 22nd

**Donations will be
accepted beginning**

March 15th



Presents

Nutritional Bingo!!

@ Lisbon Senior Center

Free to play

Goodie bags and snacks!!

February 8th 1:30_{pm}

Call 860-376-2329 to sign up

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

ALLERGIES
APRIL
BASEBALL
BEES
CROCUSES
CYCLAMENS
DAFFODILS
DANDELIONS
EASTER
EQUINOX
FLOWERS

FROGS
GOLF
GRASS
GREEN
GROWTH
IRISES
LILIES
MARCH
MAY
NEW LEAVES
PLANTING

RAIN
RENEWAL
ROBINS
SEASON
SNOWMELT
SOFTBALL
SPRING BREAK
SPRING CLEANING
TULIPS
WARMER
WET

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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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 Szafranski

Nutrition Site Server

Glenda White

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.