

# The Lisbon Link

June/July 2017



LET'S GET OUTSIDE  
AND ENJOY THIS  
BEAUTIFUL WEATHER

**TRAINS, RIVERBOATS & FERRIES!**

See page 6

**LISBON FARMERS' MARKET**

**Starts Thursdays 3:30-6:30 - end of June**

**Senior Day July 20<sup>th</sup>**

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

[kwashington@lisbonct.com](mailto:kwashington@lisbonct.com)

Newsletter is posted on the Town  
Hall website

[lisbonct.com](http://lisbonct.com)

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

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

## WEEKLY ACTIVITIES

### **11:30 Daily Lunch**

#### **MONDAY**

- **12:30 Drawing**

#### **TUESDAY**

- **9:30 Exercise**
- **9:30 Quilting**
- **10:30 Rummikub**
- **12:15 Wii Bowling**

#### **WEDNESDAY**

- **9:30 Caning,  
Carving &  
Basket Making**
- **12:30 Yarn Club**

#### **THURSDAY**

- **9:30 Exercise**
- **10:30 Rummikub**
- **12:00 Bingo**

#### **FRIDAY**

- **9:30 Crafting**


LUNCH SPECIALS...PAGE 5  
TRIPS.....PAGE 6

**See Calendar for  
other events**

# SPECIAL EVENTS for June 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2 10:30 Book Club	3 10:30 Riverdance Providence Performing Arts
4	5 7:00 COA	6	7	8	9	10
11	12	13 9:00 Enhanced Benefits 11:15 Lighthouse Cruise (Classic)	14 11:30 Special - Tacos 12:00 Birthday Cake 12:30 Shooting Stars	15	16	17
18	19	20	21 11:15 Lighthouse Cruise (Lights & Sights)	22	23	24
25 <hr/>	26	27 9:00 Summer Breakfast	28 9:00 Foot Clinic	29	30 10:30 Book Club 12:00 Paint-a-Long	

# SPECIAL EVENTS for July 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3	4 Independence Day 	5	6 10:30 Essex Steam Train & Riverboat Lunch Excursion	7	8
9	10  7:00 COA	11 9:00 Enhanced Benefits 12:00 Birthday Cake	12 11:30 Special - Wings 12:30 Shooting Stars 1:00 Nutritional Bingo	13	14 9:30-12:30 Senior Expo at Norwich Tech	15
16	17	18 11:30 Special - Luau	19 10:30 Thimble Islands	20  3:30 Senior Day @ Lisbon Farmer's Market	21 12:00 Paint-a-long	22
23 <hr/> 30	24 <hr/> 31	25 10:30 Abbotts	26 11:30 Lunch Bunch	27	28 10:30 Book Club	29

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 (COA)**? 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](mailto:kwashington@lisbonct.com)) or Commission chairperson Lee Szruba (860 376-9510 or [leeshrub@att.net](mailto:leeshrub@att.net)). And you don't need to be a senior either!

ARE YOU DUE FOR A



Senior Resources provides 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 2<sup>nd</sup> Tuesday of the Month by appointment**

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

**You will need to provide the following when you arrive**

- |  |  |
|--|--|
| • State & zip code                               | • Veteran status for self and spouse     |
| • Date of Birth for self and spouse              | • Employment history for self and spouse |
| • Type of residence (house, apt. or mobile home) | • Current income and assets              |
| • Length of time in residence                    | • Estimate of current expenses           |
| • Names of prescription medications              |  |



Wednesday, June 28<sup>th</sup>

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.

*"Living Today for a Better Tomorrow"*

**SAVE THE DATE**

**2017 SOUTHEAST  
HEALTHY LIVING EXPO**

Friday, July 14, 2017

9:30 a.m. - 12:30 p.m.

**Norwich Technical High School  
7 Mahan Drive, Norwich, CT 06360**

Visit [SeniorResourcesEC.org](http://SeniorResourcesEC.org) for more information or call Senior Resources at 800.690.6998.

**Information for Seniors, Caregivers,  
and Professionals**

Special thanks to  
Norwich Technical  
High School  
Plenty of Free Parking  
Handicap Access

Presented by:



&



19 OHIO AVENUE, SUITE 2, NORWICH, CT 06360 [SeniorResourcesEC.org](http://SeniorResourcesEC.org)

860-887-3561 800-690-6998 FAX 860-886-4736



## LUNCH SERVED DAILY

11:30 (order by 11:15)

Sandwiches • Salads • Homemade Soups

\*\*\* Weekly Specials\*\*\*

### MAKE YOUR OWN TACOS



Wednesday, June 14<sup>th</sup> 11:30

2/\$3.00

### Summer BREAKFAST

MAKE YOUR OWN OMELET



Fruit Slices

TUESDAY, JUNE 27<sup>TH</sup> 9:00

\$3.00

### WINGS



Wednesday, July 12<sup>th</sup>

11:30



\$5.00



Pulled  
Pork

Tuesday, July 18<sup>th</sup>

11:30



\$5.00



Cupcakes

**SATURDAY, June 3<sup>rd</sup>**



**Bus leaves Lisbon at 10:30**

**Lunch on your own at Davenport's Restaurant**

**Show is at 2:00**

**Price is \$49 for bus and show**

**Providence Performing Arts**

**ESSEX STEAM TRAIN AND RIVERBOAT  
LUNCH EXCURSION**

**Thursday, July 6<sup>th</sup>**

**\$58 for Bus, Lunch, Train & Riverboat**



Lunch is served on the train - Choice of:  
Beef Tips/gravy or Baked Chicken  
Tossed Mix Greens Salad, Vegetable, Potato, Roll & Dessert

Enjoy your meal during a 2.5 hour tour  
**BUS LEAVES AT 10:30 SHARP**

**Call Lisbon Senior Center to sign up 860-376-2329**



**TUESDAY, JULY 25<sup>th</sup>**  
**BUS LEAVES AT 10:30**  
**\$5**

**Save the date:**

**Ivoryton Playhouse – Saturday Night Fever – 8/30**

**Aqua Turf (Welcome to Mowtown) 9/12**

**Bourne Scallop Festival: 9/22**

**2 - LIGHTHOUSE CRUISES**

CLASSIC – TUESDAY, JUNE 13<sup>TH</sup>  
LIGHTS & SIGHTS - WEDNESDAY, JUNE 21<sup>ST</sup>

**Leaving at 11:15**



**Bus & Ticket \$35 each**

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

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

**CLASSIC TOUR**

- Latimer Reef Light
- Watch Hill Light
- Historic Ocean House
- Simmons Castle
- Fort Wright
- Race Rock Light
- Little Gull Light
- North Dumpling Light
- New London Harbor Light
- New London Ledge Light
- Avery Point Light
- and much more!

**LIGHTS & SIGHTS TOUR**

- 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

**Call Lisbon Senior Center 860-376-2329 to sign up**

**THIMBLE ISLANDS**



**Relax and enjoy a 45 minute narrated cruise  
around the Thimble Islands**

**Wednesday, July 19<sup>th</sup> - Leaving at 9:15**

**\$20 for Bus and Cruise**

**Then lunch on your own at**

**Welcome to  
THE  
U.S.S. Chowder Pot III  
RESTAURANT**

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

**June 28<sup>th</sup> & July 26<sup>th</sup>**

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

**Limited seating**





## "Last Friday Book Club

**Friday, June 2<sup>nd</sup>**

Room – Emma Donoghue

**Friday, June 30<sup>th</sup>**

The Murder of Willie Lincoln – Burt Solomon

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

Sworn to Silence – Linda Castillo

## Paint-a-long w/The Art House

FRIDAY, June 30<sup>th</sup>

FRIDAY, July 21<sup>st</sup>

12:00

TAKE HOME YOUR OWN

UNIQUE FINISHED PIECE OF ARTWORK

\$12 (all supplies)



Call 860-376-2329 to SIGN UP TODAY



## 4th of July Word Search

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

AMERICA  
BLUE  
FIREWORKS  
FOURTH

FREEDOM  
INDEPENDENCE  
JULY  
PARADE

RED  
STARS  
SUMMER  
WHITE



PrintableParadise.com



Presents



Nutritional Bingo!!

Wednesday, July 12<sup>th</sup>

@ Lisbon Senior Center

Free to play – Min. 10 games

Goodie bags and snacks!!

1:00pm

## **Lisbon's Longevity Link**

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

Issue June/July 2017

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.