

# The Lisbon Link

October/November 2017

**PEN TURNING & OPEN HOUSE**

**SATURDAY, OCT. 21<sup>st</sup> 9-3**

TURN YOUR OWN PEN "FREE"



ALSO FEATURING

*Quilt Show*



**CARVING DEMONSTRATION**



**& Bake Sale**

**Many items will be for sale:**

**Including quilting remnants for 75¢ each,  
5 for \$3 or 10 for \$5**

**Coffee 50¢ per cup**

To be added to our email distribution send message to:

[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**

#### **MONDAYS**

- **12:30 Drawing**

#### **TUESDAYS**

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

#### **WEDNESDAYS**

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

#### **THURSDAYS**

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

#### **FRIDAYS**

- **9:30 Crafting**
- **10:00 Pokeno**

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








**See Calendar for  
other events**

# October 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 11:30 Lunch 12:30 Drawing 7:00pm COA	3 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 11:45 <i>Ice Cream/Medicare</i> 12:15 Wii Bowling	4 9:30 Chair caning baskets/carving <i>11:30 Ham &amp; Bean</i> 12:30 Yarn Club	5 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	6 9:30 Crafting 10:00 Pokeno 11:30 Lunch	7
8	9  	10 9:00 Exercise 9:30 Quilting 10:30 Rummikub <i>10:30 Essex Steam Train</i> 11:30 Lunch 12:15 Wii Bowling	11 9:30 Chair caning baskets/carving <i>11:00 Flu Clinic</i> 11:30 Lunch <i>12:15 SHOOTING STARS</i> 12:30 Yarn Club	12 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:15 Bingo	13 9:30 Crafting <i>9:30 AARP Driving</i> 10:00 Pokeno 11:30 Lunch	14
15 <i>FYI- Medicare Open Enrollment Begins</i>	16 11:30 Lunch 12:30 Drawing	17 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	18 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club <i>1:00 Red Cross Blood Drive</i>	19 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 <i>Birthday Cake</i> 12:15 Bingo	20 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Paint-a-Long</i>	21 <i>Pen Turning Open House Quilt Show Carving Craft Sale Bake Sale</i>
22	23 11:30 Lunch 12:30 Drawing	24 9:00 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	25 9:30 Chair caning baskets/carving <i>11:30 Lunch Bunch</i> 12:30 Yarn Club <i>3:45 Texas Roadhouse</i>	26 9:30 Exercise <i>10:00 Blowout Bingo</i> 10:30 Rummikub 11:30 Lunch	27 9:30 Crafting <i>10:00 Book Club</i> 10:00 Pokeno 11:30 Lunch	28
29	30 11:30 Lunch 12:30 Drawing	31 9:00 Exercise 9:30 Quilting 10:30 Rummikub 12:15 Wii Bowling				

# November 2017

**SUN MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SAT**

			1 9:30 Chair caning baskets/carving <i>10:00 Halloween Party</i>	2 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	3 9:30 Crafting 10:00 Pokeno 11:30 Lunch	4
5	6 11:30 Lunch 12:30 Drawing	7  	8 <i>9:30 NE Air Museum &amp; Cracker Barrel</i> 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:15 SHOOTING STARS</i> 12:30 Yarn Club	9 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo	10  	11
12	13 11:30 Lunch 12:30 Drawing 7:00pm COA	14 9:00 Exercise <i>9:30 Aqua Turf</i> 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	15 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	16 9:30 Exercise 10:30 Rummicub <i>11:30 Pot Luck w/Turkey then Auction w/Judy</i>	17 9:30 Crafting 10:00 Pokeno <i>10:00 Book Club</i> 11:30 Lunch <i>12:00 Paint-a-long</i>	18
19	20 11:30 Lunch 12:30 Drawing	21 9:00 Exercise 9:30 Quilting 10:30 Rummikub <i>11:30 Hank's</i> 12:15 Wii Bowling	22 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	23 	24  	25
26	27 11:30 Lunch 12:30 Drawing	28 9:00 Exercise 9:30 Quilting 10:30 Rummikub <i>11:30 PIZZA</i> 12:15 Wii Bowling	29 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	30 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:15 Bingo		

**Come get the  
scoop on  
Medicare and  
Connecticut  
Medicaid.**



Come out for an ice cream social - it's free!

While you're enjoying your treat, I can explain the wide range of quality benefits that come with our Medicare Advantage plans. Including our monthly SilverSneakers® membership at no additional cost. I can also answer your questions about Medicare and Connecticut Medicaid and explain your options.

**David MacNiven**

Anthem Blue Cross Blue Shield  
an authorized licensed insurance agent for  
Anthem Blue Cross and Blue Shield in Connecticut  
License number: 2466508  
**2032339862 TTY:711**  
9 a.m. to 5 p.m., 5 days a week  
david.macniven@anthem.com

Let's meet for ice cream  
and get the scoop on Medicare.



LISBON SENIOR CENTER  
11 NEWENT ROAD LISBON, CT 06351  
10/3/2017  
12:00 PM TO 12:45 PM

\*\*\*\*\*

**CALL 1-800-733-2767 TO SCHEDULE APPT**

Carve out a  
new tradition.

**Give Blood!**



**Blood Drive**

**Lisbon Senior Center**

Held in the Community Room  
11 Newent Road  
Lisbon, CT 06351

**Wednesday, October 18, 2017**  
**1:00 PM to 6:00 PM**

Please call 1-800-RED CROSS (1-800-733-2767)  
to schedule an appointment.

Or visit [redcrossblood.org](http://redcrossblood.org)



Download the Blood Donor App today. Get your digital donor card, schedule your next appointment, track your lifetime donations, view your blood pressure, and follow your donation on its way to a hospital.

**Lisbon Senior Center**

**2017 Flu Clinic**

**Wednesday, October 11<sup>th</sup>**  
**11:00 - 1:00**



Call to sign up

**Wednesday, November 22<sup>nd</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.



**DRIVER  
SAFETY**

**Friday, Oct 13<sup>th</sup> 9:30**

**\$15 for AARP members**

**\$20 for non-members**

Lunch is ordered & paid for  
upon arrival - served at 11:30

## LUNCH SERVED DAILY

11:30 (order by 11:15)

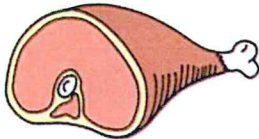
Sandwiches • Salads • Homemade Soups

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

Wednesday, October 4<sup>th</sup> 11:30

## Ham & Beans

**\$5.00**



## BLOWOUT BINGO

Thursday, Oct 26<sup>th</sup> 10:00

Salami Grinder \$5 or

Salad Plate \$3

Call to sign up



\$7 to play - plus 50¢ quickies

## HALLOWEEN PARTY

w/special guests: New London Sr. Center

**Wed, Nov 1<sup>st</sup>**

Spookghetti w/Monster Meatballs

Goulish Garlic Bread & Scary Salad



Costume contest!

Funniest/Scariest/Creative

10:00 Bingo

11:30 Lunch

12:00 Roseland Band



w/TURKEY

Thurs, Nov 16<sup>th</sup> 11:30

Bring your  
favorite dish to share

FOLLOWED BY:

**The infamous auction by Judy!!**

*Bring a wrapped item (of insignificant value!!)*

## MAKE YOUR OWN PIZZA

Tuesday, Nov 28<sup>th</sup> 10:45

**\$3.50**



**ALL TRIPS MUST BE PAID IN FULL WITHIN 1 WEEK OF TRIP**

**TUES, OCT 10<sup>TH</sup>  
LEAVING AT 10:00**



**\$60 for bus  
lunch, train & boat**  
CALL 860-376-2329 TO SIGN UP

**AQUA TURF  
TUESDAY, NOV 14<sup>TH</sup>  
Leaving at 9:30  
CHER & ELVIS**



Recreating the essence of two musical icons,  
including four decades of their greatest hits.

**Bus & Ticket \$55**

**WED., OCT. 25<sup>TH</sup>  
LEAVING AT 3:45**



**\$5 for bus**

CALL 860-376-2329 TO SIGN UP

**WED, NOV 8<sup>TH</sup>  
LEAVING AT 9:00**



**NEW ENGLAND  
AIR MUSEUM**

Followed by lunch on your own at:



**\$25 for bus &  
admission w/tour**

CALL 860-376-2329 TO SIGN UP



**TUESDAY, NOV 21<sup>ST</sup>  
LEAVING AT 11:30**

Choice of:  
Roast Beef, Roast Turkey, Baked Scrod  
Tossed Salad  
Vegetable  
Potato  
Rolls  
Dessert, Coffee or Tea

**\$23**

**Save the date:**

Dec 7<sup>th</sup> – Holiday Luncheon

Dec 9<sup>th</sup> – Providence Performing Arts – "Kinky Boots"

Dec 11<sup>th</sup> – Yankee Candle/LaSalette Lights/Cracker Barrel

Dec 14<sup>th</sup> – Goodspeed Opera House – "A Connecticut Christmas Carol"

Dec 20<sup>th</sup> – Newport Playhouse

Jan 10<sup>th</sup> – Club Lisbon

# 2018 MEDICARE OPEN ENROLLMENT DATES

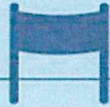
Dates and deadlines you need to know



**OCT. 15, 2017**

OPEN ENROLLMENT BEGINS

This is the first day you can enroll for 2018 health coverage.



**DEC. 7, 2017**

OPEN ENROLLMENT ENDS

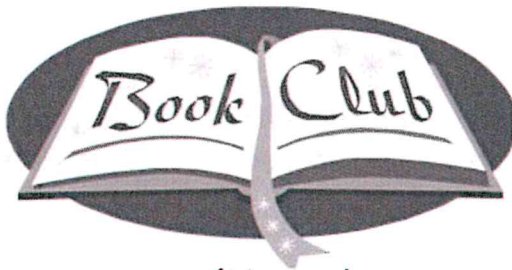
This is the last day you can enroll for 2018 health coverage.



**JAN. 1, 2018**

FIRST DATE COVERAGE CAN START

Even if you enroll in December 2017, your new Medicare plan won't go into effect until Jan. 1, 2018.



*with Judy*

**Friday, October 27<sup>th</sup>**

A Drop of Ink – Megan Chance

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

The Thirteenth Tale– Diane Setterfield

**10:00 AM**

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

FRIDAY, October 20<sup>th</sup>

FRIDAY, November 17<sup>th</sup>

**12:00**

TAKE HOME YOUR OWN  
UNIQUE FINISHED PIECE OF ARTWORK

**\$12 (all supplies)**



Call 860-376-2329 to SIGN UP TODAY



CRAFTERS NEEDED FOR OUR ANNUAL SALE AT LISBON CENTRAL SCHOOL. HELP US MAKE ITEMS FOR THE CHILDREN TO BUY AS GIFTS FOR THEIR FAMILY & FRIENDS. ABSOLUTELY NO EXPERIENCE NEEDED. ALL IDEAS WELCOME. JOIN US FRIDAY MORNINGS – ALL SUPPLIES YOU COULD EVER NEED ARE HERE!!!!

## **Lisbon's Longevity Link**

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

Issue October/November 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.