

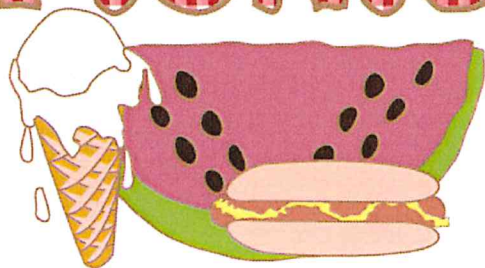
# The Lisbon Link

August/September 2018

Wednesday, August 22<sup>nd</sup>

10:30am

# PICNIC



Join in the FUN  
games & prizes!

With caricatures by Bill Dougal

**\$5.00**

Van availability Mon-Fri for Dr, Shopping, etc.

Lisbon is part of a Dial-a-Ride grant for medical appointments. 48 one way rides available 24/7 for \$24. Call 860-376-2329 for more information

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**
- **12:30 Cribbage**

#### **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**

# August 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
			1 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	2 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	3 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch	4
5	6 <i>9-12 Energy Assist</i> 11:30 Lunch 12:30 Drawing 12:30 Cribbage <i>1-3 Energy Assist</i>  7:00 pm COA	7 9:30 Exercise 9:30 Quilting <i>9:45 Trip to Log Cabin</i> 10:30 Rummikub 12:15 Wii Bowling	8 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:30 Shooting Stars</i> 12:30 Yarn Club	9 9:30 Exercise 10:30 Rummikub 11:30 Lunch <i>12:00 Birthday Cake</i> 12:00 Bingo	10 <i>9:30 Senior Expo</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch"	11
12	13 11:30 Lunch 12:30 Drawing 12:30 Cribbage	14 <i>9:30 Trip to Aqua Turf</i>  Primary Elections	15 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> <i>11:30 Turkey Grinders</i> 12:30 Yarn Club	16 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	17 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch	18
19	20 11:30 Lunch 12:30 Drawing 12:30 Cribbage	21 9:30 Exercise 9:30 Quilting <i>10:15 RI Bay Cruise</i> 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	22 9:30 Chair caning baskets/carving <i>10:30 Picnic</i> 12:30 Yarn Club	23 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	24 9:30 Crafting 10:00 Pokeno 11:30 Lunch	25
26	27 11:30 Lunch 12:30 Drawing 12:30 Cribbage	28 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	29 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	30 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	31 9:30 Crafting 10:00 Pokeno 11:30 Lunch	

# September 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2	3 	4 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	5 9:30 Chair caning baskets/carving 12:30 Yarn Club	6 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	7 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch"	8 <i>10:30 Trip Theatre by the Sea CHICAGO</i>
9	10 11:30 Lunch 12:30 Drawing 12:30 Cribbage  7:00 pm COA	11 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch <i>12:00 Birthday Cake</i> 12:15 Wii Bowling	12 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> <i>12:30 Shooting Stars</i> 12:30 Yarn Club	13 9:30 Exercise <i>10:00 Blowout Bingo</i> 10:30 Rummikub 11:30 Lunch	14 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i>	15
16	17 11:30 Lunch 12:30 Drawing 12:30 Cribbage	18 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	19 <i>8:30 Trip to Big E</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	20 9:30 Exercise <i>9:30 Trip to Wrights</i> 10:30 Rummikub 11:30 Lunch 12:00 Bingo	21 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Paint-a-Long</i>	22
23 <hr/> 30	24 11:30 Lunch 12:30 Drawing 12:30 Cribbage	25 <i>9:00 Fall Breakfast</i> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	26 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	27 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	28 9:30 Crafting 10:00 Pokeno 11:30 Lunch	29





## Thames Valley Council for Community Action, Inc.

### ENERGY ASSISTANCE PROGRAM

#### APPLICATION HELP

**MONDAY, AUGUST 6<sup>TH</sup>**

**9am-12pm & 1pm-3pm**

**Call 860-376-2329 to set up appt.**

Please provide the following:

1. Date of birth and SS#s of all household members
2. Proof of all gross income 4 weeks prior to appt
3. Current proof of all assets: bank statements for each acct.
4. Current copy of lease/rent receipt or a mortgage statement
5. Electric or natural gas, provide a complete utility bill (top & bottom)

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

**9am-12pm**

### FOOT HEALTH CENTER

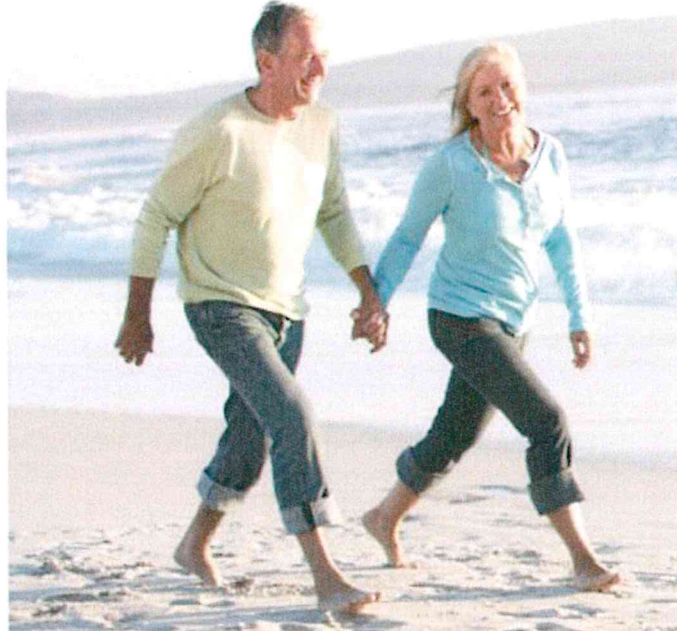
**Dr. Thomas H. Walter, D.P.M**

### 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.



## Be on the lookout

### You're Getting a New Medicare Card!



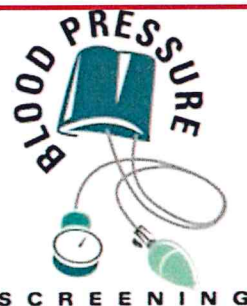
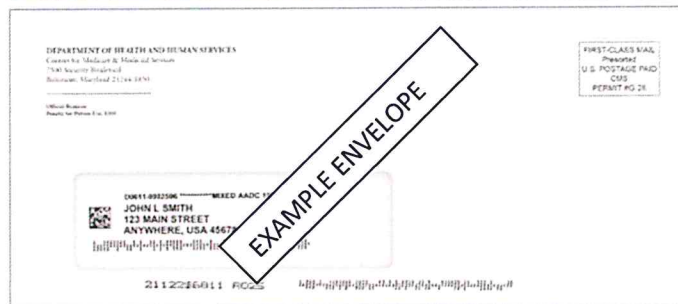
Medicare will mail new Medicare cards between April 2018 – April 2019. Your card will have a new Medicare Number instead of a Social Security Number.

Make sure your mailing address is up to date so you get your new card. Visit [ssa.gov/myaccount](http://ssa.gov/myaccount) or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address.

Visit [Medicare.gov](http://Medicare.gov) for the latest updates.



CMS Product No. 12006  
August 2017



**WEDNESDAY, AUGUST 15<sup>TH</sup>**  
**WEDNESDAY, SEPTEMBER 19<sup>TH</sup>**

**10:00 – 12:00**

## "Living Today for a Better Tomorrow"

### 2018 Southeast Healthy Living Expo

**Friday, August 10, 2018**  
**9:30 a.m. - 12:30 p.m.**

**Griswold Middle School**  
**211 Slater Avenue**  
**Griswold, CT 06351**

 **Senior Resources**  
AGENCY ON AGING

**&**  
**The Bulletin**  
**& The Griswold Senior Center**

## LUNCH SERVED DAILY

11:30 (order by 11:15) or call ahead!

Sandwiches • Salads • Homemade Soup

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

### TURKEY GRINDERS

Wednesday, August 15<sup>th</sup> 11:30



w/chips

**\$3.50**



### BREAKFAST

Tuesday, Sept. 25<sup>th</sup> 9am

Maple Sausage Casserole



Mini Muffins, Fresh Fruit

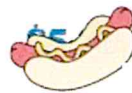
Coffee

**\$3.00**

WEDNESDAY, AUGUST 22<sup>nd</sup>

10:30

### ANNUAL PICNIC/FAIR



\$5

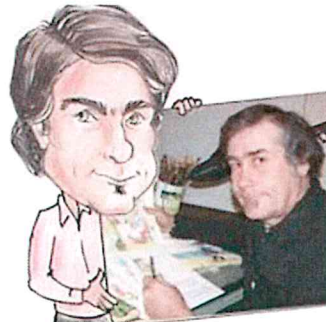
Hot dogs  
Beans  
Potato Salad  
Popcorn  
Ice Cream



POP THE BALLOON

INDOOR HORSE RACES

Featuring: Bill Dougal CariCatures



## BLOWOUT BINGO

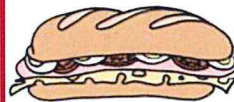
Thursday, September 13<sup>th</sup>

10:00

Call to sign up

**\$5.<sup>00</sup>**

**\$3.<sup>00</sup>**



Ham Grinder  
& chips

OR



Salad Plate



**ALL TRIPS MUST BE PAID IN FULL WITHIN 2 WEEKS OF TRIP**

## RHODE ISLAND BAY CRUISES

**TUESDAY, AUGUST 21<sup>ST</sup>**

Leaving at 10:15



**Bus & Ticket \$45**

cruise starts at 12:00 for approx. 2 hours

Followed by lunch on your own at  
Tavern by The Sea

### 10 RHODE ISLAND LIGHTHOUSES OF NARRAGANSETT BAY

This 90-minute cruise showcases some of Rhode Island's most beautiful Lighthouses. Our captain will take you throughout Narragansett Bay bringing you up close and personal to these historic landmarks; this truly is a one-of-a-kind cruise that you will remember forever.

Call 860-376-2329 to sign up

**SAT, Sept 8<sup>th</sup>**



\$90 includes bus, ticket & lunch at *Bistro by the Sea*  
(choice of 4 entrees, veg., rolls, & dessert)

Bus leaves at 11am

CALL 860-376-2329

## AQUA TURF

*Tuesday August 14, 2018*

**BUS LEAVES AT 9:30**

*A Little Bit Country/*

*A Little Bit Rock-n-Roll!!*

Featuring:

**Jimmy Mazz!!**



*Coffee & Donuts  
Door Prizes*

*Complimentary Glass of Beer or Wine*

Jimmy Mazz takes you back to visit great classics by Patsy Cline, Hank Williams and Johnny Cash but quickly crosses over in to the Rock N Roll world of Bobby Darin, Neil Diamond and Billy Joel.

These extraordinary impressions of these great performers are a tribute to the look, personality and voices of these great artists!

**You can dance if you want to!**

*Family Style:*

*Salad/ Pasta / Chicken Katherine/  
Baked Ham/ Potato/ Vegetable/  
Dessert*

**\$60.00**

***Includes bus, show & meal***

*Contact Lisbon Senior Center*

*860-376-2329*

**Wed, Sept 19<sup>th</sup>**

## THE BIG E Connecticut Day



**\$30 Payable to  
"The Shooting Stars"**

**Includes Bus and Ticket**

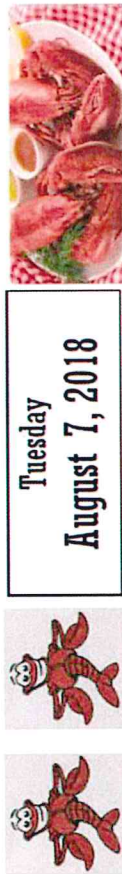
**Bus leaves at 8:30**

**Call 860-376-2329**



Lisbon Senior Center presents...

# TWIN LOBSTERS at Log Cabin With Simon & Garfunkel tribute show



Tuesday  
August 7, 2018

Your sure to hear all your favorites, including "Bridge over Troubled Water", "Mrs. Robinson", "Fazy Shade of Winter", "Slip Sliding Away" and MORE!!  
These extremely talented men will be at The Log Cabin, Holyoke, MA



## Package Includes:

- Roundtrip Motor Coach Transportation
- TWIN LOBSTERS with drawn butter (Prime Rib is the Substitute)
- Simon & Garfunkel Show with special guest, James Taylor
- Driver Gratuities



**\$81**

Per Person

Meal Includes  
Clam Chowder  
Rolls and Butter  
**Twin Lobsters**  
OR Prime Rib  
Baked Potato  
Vegetable  
Ice Cream & Coffee



**TWO LOBSTERS  
& Special Guest  
James Taylor  
impersonator**

For Reservations:  
**Karen at**  
**(860) 376-2329**

Departs 9:45 a.m.  
**Senior Center**  
**Lisbon, CT**  
Returns 4:30 p.m.

Lisbon Seniors presents...

# "Georgette Jones"

The daughter of legendary country singers George Jones and Tammy Wynette is coming to the Stadium Theater. You will hear some of her original songs as well as tributes to her famous parents. We are very excited to welcome her to New England and have your groups visit this lovely theatre in Woonsocket, RI.

Thursday, September 20, 2018

## Package Includes

- Roundtrip Motorcoach Transportation
- Family Style Luncheon at Wright's Fam
- Matinee Performance, Georgette Jones at The Stadium Theater
- Driver Gratuities

## The Stadium Theatre (Since 1926)

This beautifully recently renovated Theatre in Woonsocket, Rhode Island is the perfect place for this lovely performer.

Departs 9:45 a.m.

**Senior Center**  
**Lisbon, CT**

Returns Approx 6:30

**\$79.**

PER PERSON



For Reservations:

Contact:

**Karen at**

**(860) 376-2329**



George Jones &  
Tammy Wynette



## Wright's Chicken Restaurant

(Family Style Menu)

Fresh Garden Salad

Rolls & Butter - Pickle Tray

Chicken, Pasta with Sauce

Homemade Hand cut French Fries

Ice Cream & Coffee



## SAVE THE DATE FOR MORE FUN TRIPS



OCTOBER 5<sup>TH</sup> Annual Regional Event @ Port N Starboard – “Senior Prom-Under the Sea” Theme

NOV 12<sup>TH</sup> Aqua Turf – Bob Hoe’s USO Style Show tribute to America’s Viet Nam Veterans

NOV 13<sup>TH</sup> Buddy Holly tribute @ Castle of Knights Banquet House

NOV 27<sup>TH</sup> Foxwoods Legends in Concert

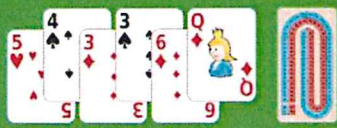


# Wii™ Bowling

Tuesdays at 12:15  
No experience needed



## CRIBBAGE



LOOKING FOR CRIBBAGE PLAYERS!

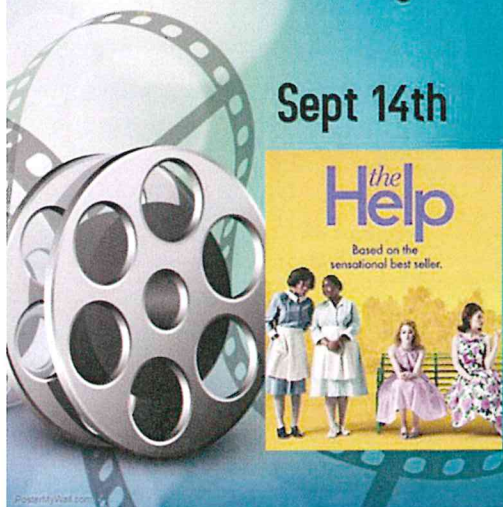
NO EXPERIENCE NECESSARY

JOIN US MONDAYS AT 12:30

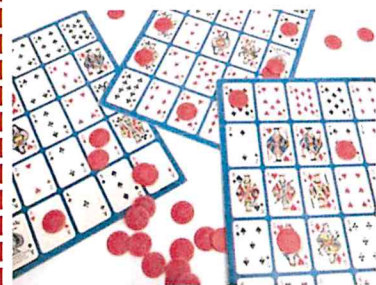
## Second Friday MOVIES @ NOON

No movie in August

Sept 14th



## POKENO



Fridays at 10am  
Bring your pennies!



Thursdays @ Noon

## Summer Word Search



Find these words.

family  
summer  
vacation  
camping  
backyard



beach  
pool  
swimming  
baseball  
fishing



June  
July  
August  
sun  
hot



picnic  
watermelon  
hamburger  
ice cream

© 2015 WindupTeacher

## The Joy of Painting w/ MIXED MEDIA



Friday, Sept 21<sup>st</sup> at 12:00

\$12

Limited seats 860-376-2329

## **Lisbon's Longevity Link**

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

Issue August/September 2018

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.