

# The Lisbon Link

February/March 2018



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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

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**Inclement Weather**-If the senior center is closed due to weather it will be announced on WICH & WTCY and WFSB TV Channel 3

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

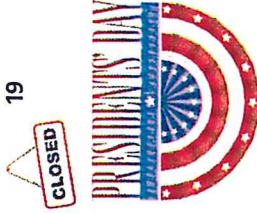
#### FRIDAYS

- 9:30 Crafting
- 10:00 Pokeno

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


**See Calendar for other events**

# February 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2	3
					<i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch	
4	5 11:30 Lunch 12:30 Drawing COA	6 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	7 9:30 Chair caning baskets/carving <i>11:30 Souper Bowl</i> 12:30 Yarn Club	8 9:30 Exercise 10:30 Rummikub 12:00 Bingo	9 9:30 Crafting 10:00 Pokeno 11:30 Lunch	10
11	12 11:30 Lunch 12:30 Drawing	13 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	14 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:00 Birthday Cake</i> <i>12:30 Shooting Stars</i> 12:30 Yarn Club	15 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	16 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Paint-a-Long</i>	17
18	19 	20 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	21 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 12:30 Yarn Club	22 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	23 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>10:00 Book Club</i>	24
25	26 11:30 Lunch 12:30 Drawing	27 9:30 Exercise 9:30 Quilting 10:30 Rummikub <i>10:45 Make Your Own Pizza</i> 12:15 Wii Bowling	28 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club			30



# March 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1	2 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch	6
4	5 11:30 Lunch 12:30 Drawing  COA	6 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	7 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:00 Birthday Cake</i> 12:30 Yarn Club	8 9:30 Exercise 10:30 Rummikub 12:00 Bingo	9 9:30 Crafting 10:00 Pokeno 11:30 Lunch	13
11	12 11:30 Lunch 12:30 Drawing	13 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	14 9:30 Chair caning baskets/carving 11:30 Lunch <i>12:30 Shooting Stars</i> 12:30 Yarn Club	15 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	16 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno <i>11:30 Corned Beef Luncheon</i> <i>12:00 Paint-a-Long</i>	20
18	19 11:30 Lunch 12:30 Drawing	20 <i>9:00 Spring Breakfast</i> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	21 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 12:30 Yarn Club	22 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	23 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>10:00 Book Club</i>	27
25 <hr/>	26 11:30 Lunch 12:30 Drawing	27	28 <i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	29 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	30 	31

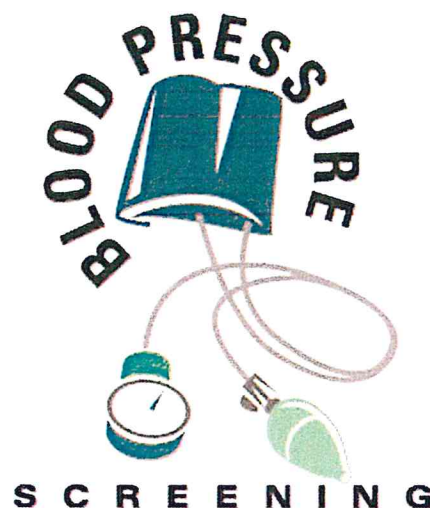




**WEDNESDAY, February 21<sup>st</sup>**

**WEDNESDAY, March 21<sup>st</sup>**

**10:00 – 12:00**



Wednesday, March 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.

## ENERGY ASSISTANCE 2017-2018 SEASON

**March 15, 2018** – Deadline for fuel authorizations or deliveries.

**May 1, 2018** – 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, 2018** – 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, 2018** – Last day to submit deliverable fuel bills.

Call TVCCA at 860-425-6681 to see if you qualify

**Hairstylist now available**

**Every 1<sup>st</sup> and 3<sup>rd</sup> Friday from 9-1**

**Offering haircuts, styles, and manicures!**

**Men's haircuts \$7, Womens \$9**

**Manicures \$7, Basic Style \$9 and up.**

**Call Dawn 959-929-5709**





## LUNCH SERVED DAILY

11:30 (order by 11:15)

Sandwiches • Salads • Homemade Soup

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



Wednesday, February 7<sup>th</sup>

11:30

Delicious Bowl of  
Cream of Broccoli Soup  
in a Bread Bowl

**\$6.00**

MAKE YOUR OWN PIZZA

Tuesday, February 27<sup>th</sup> 10:45



**\$3.50**

ST. PATRICKS  
**DAY**  
Corned Beef Luncheon

**FRI MARCH 16TH**

11:30  
**\$10**

IRISH MUSIC

**SPRING BREAKFAST**

Tuesday, March 20<sup>th</sup> 9am

**Breakfast Burrito**

**corned beef hash**



**\$3**





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



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

**THE GNOG SHOW!!**

Friday, February 23<sup>rd</sup>

Bus Leaves Lisbon at 4:15<sup>pm</sup>

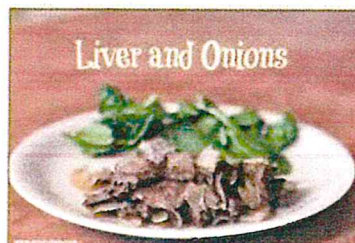
Dinner 5:00<sup>pm</sup>

Showtime 6:30<sup>pm</sup>

Menu: Beef Pot Roast, Pierogis & Onions, Mashed Potatoes, Gravy, Peas & Carrots, Brussel Sprouts, Rolls, Apple Dumplings, Punch, Coffee

**\$20** for bus and ticket

**Bus trip  
Lunch at  
Groton Sr Center**



TUESDAY, FEBRUARY 13<sup>TH</sup>

Bus leaves Lisbon

**10:45<sup>am</sup> SHARP**

**Lunch special  
other delicious  
items available  
including a  
full salad bar!!**

**Only \$1 for the bus!!**

***Wednesday, March 21<sup>st</sup>***

***Aqua Turf Club's  
St. Patrick's Day Celebration!!***

Featuring:

**The Maclean Avenue Band**



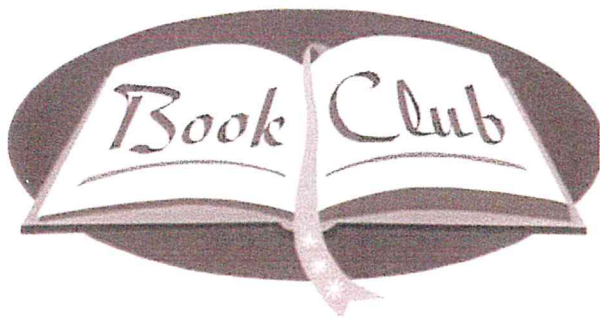
**Bus & Ticket \$55**

Includes Coffee, Donuts, Family Style Corned Beef Meal &  
Complimentary glass of beer or wine

**Bus leaves at 9:30am**



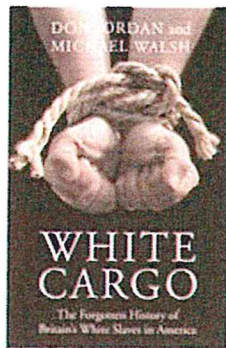
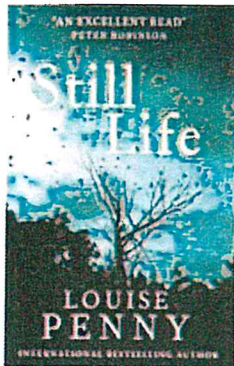
LAST FRIDAY



with Judy

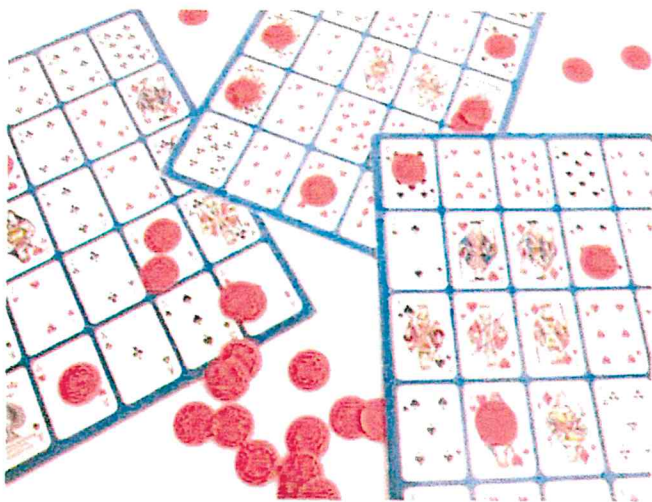
Friday, February 23<sup>rd</sup>

Friday, March 23<sup>rd</sup>



10:00 AM

POKENO



Fridays at 10am

Bring your pennies!

Save the date:

April 1<sup>st</sup> – Red Cross Blood Drive – 11-4

April 6<sup>th</sup> – AARP Driving Class – 9-2

May 5<sup>th</sup> – Craft Sale/Bake Sale – 9-3

Paint-a-Long w/



SILOUETTE PAINTINGS

With Art Instructor Carrie

Friday, February 16<sup>th</sup> at 12:00



TAKE HOME YOUR OWN UNIQUE FINISHED PIECE

SIGN UP TODAY – Limited seats

only \$12



A new theme each month

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

Search  
for  
Spring

BY CHRISTINE  
SORENSEN

In spring on its way  
Search for a by finding  
the words listed below.  
They may be forward,  
backward, up, down, or  
diagonal.

A  
T  
O  
O  
N  
K  
E  
M  
E  
G  
N  
U  
T  
Y  
O  
L  
X  
F  
Y

Anemone  
 Lotus  
 Blossoms  
 Tulips  
 Daisies  
 Butterflies  
 Chicks  
 Rabbits  
 Eggs  
 Flowers  
 Sun  
 Garden  
 Joy and confidence

grass  
 sky  
 sea  
 paddle  
 rain  
 Raindrops  
 seeds  
 spring  
 sprouts  
 sunflower  
 tree  
 umbrella



## **Lisbon's Longevity Link**

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

Issue February/March 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. \*\*Weekly specials\*\***

**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.