

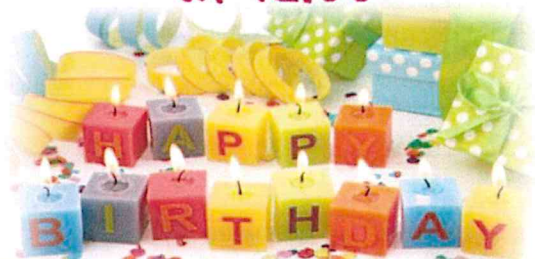
The Lisbon Link

June/JULY 2018



Join us to celebrate
**ALL JUNE & JULY
BIRTHDAYS**

June 13th & July 13th
at 12:00



As part of the town of Lisbon's emergency preparedness, we are looking to find those with the most urgent needs in the event of a power outage. This would include those on oxygen, medications that require refrigeration, etc. Please contact Karen at the Senior Center with any names and addresses you are aware of so we may respond in the event of an emergency.

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

Newsletter is 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

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

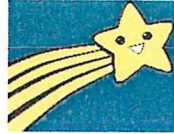
**See Calendar for
other events**

June 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 9:00 Hairdresser 9:30 Crafting 10:00 Pokeno 11:30 Lunch	2
3	4 11:30 Lunch 12:30 Drawing 12:30 Cribbage 7:00 pm COA	5 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 American Chop Suey 12:15 Wii Bowling	6 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	7 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	8 9:30 Crafting 10:00 Pokeno 11:30 Lunch 12:00 Movie "The Help"	9
		LANCASTER TRIP				
10	11 11:30 Lunch 12:30 Drawing 12:30 Cribbage	12 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	13 9:30 Chair caning baskets/carving 11:30 Lunch 12:00 Birthday Cake 12:30 Shooting Stars 12:30 Yarn Club	14 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	15 9:00 Hairdresser 9:30 Crafting 10:00 Pokeno 11:30 Lunch 12:00 Paint-a-Long	16
17	18 11:30 Lunch 12:30 Drawing 12:30 Cribbage	19 8:45 Lighthouse Cruise 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	20 9:30 Chair caning baskets/carving 10:00 BP Clinic 11:30 Lunch 12:30 Yarn Club	21 9:00 Summer Breakfast 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	22 9:30 Crafting 10:00 Pokeno 11:30 Lunch	23
24	25 11:30 Lunch 12:30 Drawing 12:30 Cribbage	26 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	27 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	28 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	29 9:30 Crafting 10:00 Pokeno 11:30 Lunch	30

July 2018

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	3 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	4 	5 9:30 Exercise 10:30 Rummikub 12:00 Bingo	6 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno	7 <i>10:30 Trip Theatre by the Sea Mamma Mia</i>
8	9 11:30 Lunch 12:30 Drawing 12:30 Cribbage 7:00 pm COA	10 <i>9:00 Elizabeth Park</i> 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	11 9:30 Chair caning baskets/carving <i>11:30 Make your own pizza</i> <i>12:30 Shooting Stars</i> 12:30 Yarn Club	12 9:30 Exercise 10:30 Rummikub <i>10:30 Wrights Chicken Farm</i> 11:30 Lunch 12:00 Bingo	13 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Birthday Cake</i> <i>12:00 Movie "Beauty & the Beast"</i>	14
15	16 11:30 Lunch 12:30 Drawing 12:30 Cribbage	17 9:30 Exercise 9:30 Quilting <i>10:00 Essex Steamtrain</i> 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	18 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 12:30 Yarn Club	19 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo	20 <i>9:00 Hairdresser</i> 9:30 Crafting 10:00 Pokeno 11:30 Lunch <i>12:00 Paint-a-Long</i>	21
22	23 11:30 Lunch 12:30 Drawing 12:30 Cribbage	24 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	25 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	26 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo <i>3:30 Farmer's Market</i>	27 9:30 Crafting 10:00 Pokeno 11:30 Lunch	28
29	30 11:30 Lunch 12:30 Drawing 12:30 Cribbage	31 9:30 Exercise 9:30 Quilting 10:30 Rummikub <i>11:30 Ham & Swiss Croissant</i> 12:15 Wii Bowling				



The Shooting Stars is the support organization for the Lisbon Senior Center. Over the years it has purchased various tables and chairs, two pool tables (which it also maintains), refrigerator and dishwasher, several television sets, sports equipment, craft supplies, etc. It also paid for minor building modifications like the built-in bookcases in the library. This is the sponsoring group for the day and overnight trips and luncheon outings. It subsidizes special meal events like the annual holiday gathering in December and activities with neighboring senior centers. Five monetary awards are presented every year to members of the graduating class of Lisbon Central School.

In order to accomplish all this, several yearly fund raisers are planned and held. For many years there was a semiannual and then annual yard sale. This has given way to a semiannual craft fair. The first one was held at the beginning of May and the next one is planned for the beginning of November and will include the highly successful pen turning event and quilt show. The students at Lisbon Central School look forward to the Christmas craft sale where they can purchase handmade items for gift giving.

As with many organizations in this day and age, the active membership is going down. The craft making sessions and monthly meetings are being attended by fewer and fewer people. If you feel the work of the Shooting Stars is worthwhile won't you consider attending one of our meetings? They are held after lunch (approximately 12:30) on the second Wednesday of each month. A new meeting format is being tried out – a round-table discussion type rather than an organized formal head table. We are also in desperate need of a recording secretary to take notes at both the Executive Board and general membership meetings.

It is always best to make your suggestions, ideas and criticisms known at a meeting so they can be properly considered. Please come and join us. We're a friendly bunch!

Without A, B & O, we can't save anybody. You are the #MissingType we need.

Blood Drive

Lisbon Senior Center

Held in the Community Room
11 Newent Road
Lisbon, CT

**Monday, July 2, 2018
1:00 PM to 6:00 PM**

Please call 1-800-RED CROSS (1-800-733-2767)
to schedule an appointment.
Or visit us online at REDCROSSBLOOD.ORG



**Free tee! Come to give July 2 - July 7 for an exclusive Red Cross
T-shirt, while supplies last!**

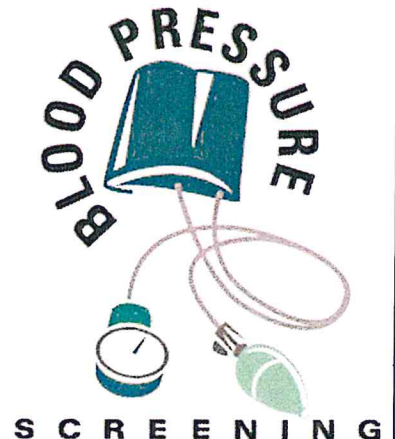
Schedule your blood donation appointment today.
#MissingType | redcrossblood.org/missingtypes | 1-800-RED CROSS

WEDNESDAY, JUNE 20TH

WEDNESDAY, JULY 13TH

10:00 – 12:00

Photo: Photo of Lori Quaresima 2014/05/24 4:00pm



LUNCH SERVED DAILY

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

Sandwiches • Salads • Homemade Soup

*** Weekly Specials***

AMERICAN CHOP SUEY

Tuesday, June 5th 11:30



\$5 w/Bread & Salad

MAKE YOUR OWN PIZZA

Wednesday, July 11th 10:45



\$3.50



SUMMER BREAKFAST



FRENCH TOAST CASSEROLE

Overnight Fruit Cup

Thursday, June 21st 9:00

\$3.00

Call 860-376-2329 to sign up

HAM & SWISS on a CROISSANT

Tuesday, July 31st 11:30



\$3.50 w/chips

Call 860-376-2329 to sign up

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

ESSEX STEAM TRAIN & RIVERBOAT LUNCH EXCURSION

Tuesday, July 17th

\$65 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 10:00 SHARP

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

LIGHTHOUSE CRUISE

(Lights & Sights)



TUES, JUNE 19TH

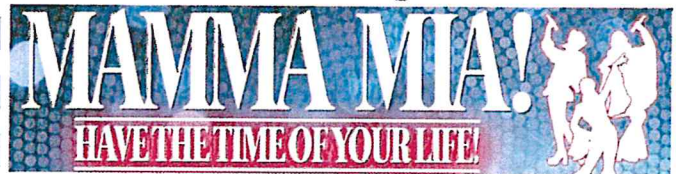
Bus leaves 8:45

Bus & Ticket \$35

cruise starts at 10:00 for approx. 2 hours

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

SAT, July 7th



Bus leaves at 10:30am

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

CALL LISBON SENIOR CENTER 860-376-2329 TO SIGN UP



TRIP TO ELIZABETH PARK

Opened to the public in 1897, Elizabeth Park is the horticultural park of the Hartford park system. Because of its gardens, it has been called the, "Flower of New England Parks." The rose garden is the heart and soul of the park and is the first public rose garden in the country, opened in 1904.

Tuesday, July 10th

Bus leaves at 9:00 am

\$8 for bus

Lunch on your own at the Pond House Cafe



THURSDAY, JULY 12TH

LEAVING AT 10:30

\$21 for bus and meal

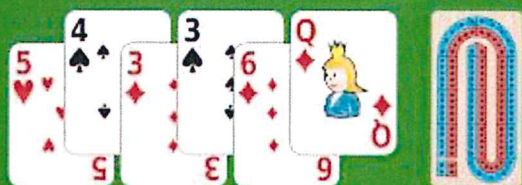
Wii™ Bowling

Tuesdays at 12:15
No experience needed



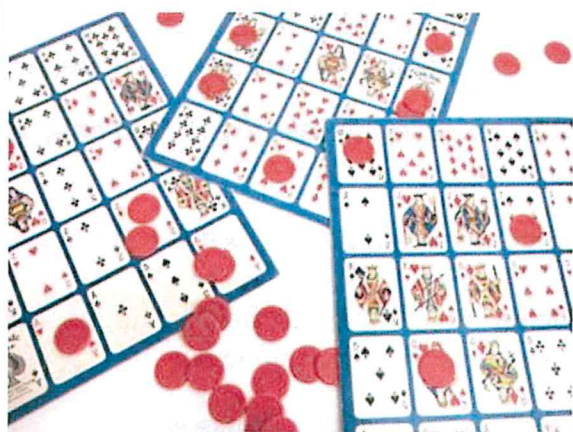
Thursdays @ Noon

CRIBBAGE



LOOKING FOR CRIBBAGE PLAYERS!
NO EXPERIENCE NECESSARY
JOIN US MONDAYS AT 12:30

POKENO



Fridays at 10am
Bring your pennies!

Second Friday
MOVIES
@ NOON

June 8th

the
Help

Based on the
sensational best seller.



July 13th



Lisbon's Longevity Link

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

Issue June/July 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.