

The Lisbon Link

April/May 2019

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **Crafting**

TUESDAYS

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

WEDNESDAYS

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

THURSDAYS

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

FRIDAYS

- **10:00 Pokeno**

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

**See Calendar for
other events**



Van availability Mon-Fri for
Medical Appointments, Pharmacy, Shopping,
to and from the Sr. Center, etc.

Call 860-376-2329 to arrange a ride

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

April 2019

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|-----|---|--|--|--|--|-----|
| | <p>1</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts</p> <p>7:00 COA</p> | <p>2</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 12:15 Wii Bowling 12:30 Cribbage</p> | <p>3</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club</p> | <p>4</p> <p>9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo</p> | <p>5</p> <p><i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Art Class</i> <i>12:00 B'day Cake</i></p> | 6 |
| 7 | <p>8</p> <p><i>9:45 Trip to Log Cabin</i> 10:00 Crafts 11:30 Lunch 12:00 Crafts</p> | <p>9</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub <i>11:30 Wings & Fries</i> 12:15 Wii Bowling 12:30 Cribbage</p> | <p>10</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch <i>12:00 Bingo w/St. Joseph Living Center</i> <i>12:30 Shooting Stars</i> 12:30 Yarn Club</p> | <p>11</p> <p>9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo</p> | <p>12</p> <p><i>9:30 AARP Driver Class</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i></p> | 13 |
| 14 | <p>15</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts</p> | <p>16</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage</p> | <p>17</p> <p><i>9:00 Foot Clinic</i> 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> <i>10:45 Groton Sr Ctr</i> 11:30 Lunch 12:30 Yarn Club</p> | <p>18</p> <p>9:30 Exercise <i>10:00 Blowout Bingo</i> 10:30 Rummicub 11:30 Lunch</p> | <p>19</p> <p> </p> | 20 |
| 21 | <p>22</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts</p> | <p>23</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage</p> | <p>24</p> <p>9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club</p> | <p>25</p> <p>9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo</p> | <p>26</p> <p>10:00 Pokeno 11:30 Lunch</p> | 27 |
| 28 | <p>29</p> <p>10:00 Crafts 11:30 Lunch 12:00 Crafts</p> | <p>30</p> <p>9:30 Exercise 9:30 Quilting 10:30 Rummikub 12:15 Wii Bowling 12:30 Cribbage</p> | | | | |

May 2019

| 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 Rummicub 11:30 Lunch 12:00 Bingo | 3 <i>9:00 Hairdresser</i> 10:00 Pokeno <i>11:30 Tacos</i> | 4 |
| 5 | 6 10:00 Crafts 11:30 Lunch 12:00 Crafts | 7 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 8 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 Rummicub 11:30 Lunch 12:00 Bingo | 10 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i> | 11 <i>CRAFT FAIR</i> <i>9AM-2PM</i> |
| 12 | 13 10:00 Crafts 11:30 Lunch 12:00 Crafts 7:00 COA | 14 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch <i>12:00 B'day Cake</i> 12:15 Wii Bowling 12:30 Cribbage | 15 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> <i>10:00 Groton Sr Ctr</i> 11:30 Lunch 12:30 Yarn Club | 16 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo | 17 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch <i>12:00 Art Class</i> | 18 |
| 19 | 20 10:00 Crafts 11:30 Lunch 12:00 Crafts | 21 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 22 9:30 Chair caning baskets/carving <i>11:30 Burgers & Chips</i> 12:30 Yarn Club | 23 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo | 24 10:00 Pokeno 11:30 Lunch | 25 |
| 26 | 27   | 28 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 29 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club | 30 9:30 Exercise 10:30 Rummicub 11:30 Lunch 12:00 Bingo | 31 <i>10:00 Essex</i> <i>Steam Train</i> 10:00 Pokeno 11:30 Lunch | |

DISC GOLF is one of the best lifetime fitness sports. It is easy to learn, a healthy activity and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and you like to have fun, you can play disc golf. There is a 9-hole disc golf course right here in our own Lisbon Meadows. We are looking for anyone who would like to learn a fun new outdoor game.



Objective of the Game

Disc Golf is played like traditional "ball" golf, but with **disc golf discs** instead of balls and clubs. One point (stroke) is counted each time the disc is thrown and when a penalty is incurred. The goal is to play each hole in the fewest strokes possible. The player with the lowest total strokes for the entire course wins.

AARP
DRIVER SAFETY

Friday, April 12th 9:30
\$15 for AARP members
\$20 for non-members

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



BINGO

w/Lynn from **ST. JOSEPH Living CENTER**

Prizes include goodie bags with useful items such as kitchen items, toiletries, household cleaning supplies, stationary, etc. AND delicious homebaked snacks

APRIL 10 Noon

MUST ATTEND SHOOTING STARS MEETING THAT FOLLOWS



Wednesday, APR 17th

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.

Homeowner's Tax Relief

Homeowners must be over 65 or totally disabled and live in the home to qualify. This program is income qualifying and proof of income is required by the State every two years to have benefits continue. Applications are available Feb. 1st through May 15th annually at the Assessor's Office. Please contact the Assessor's office for current qualifying income limits and documentation needed to file. The application is available on-line or in the tax assessor's office.

Contact: Angel Johnstone, Tax Assessor, 860-376-5115

Renter's Rebate

Renters who are over 65 or totally disabled and meet income guidelines may qualify for rent relief. The program opens on May 15th and closes on Sept. 15th annually. This program is income qualifying and proof of income and certain expenses are required by the State annually. Please contact the Assessor's office for current qualifying income limits and documentation needed to file. The application is available on-line or in the tax assessor's office



EVERY 3RD WEDNESDAY

10:00 – 12:00

BLOOD PRESSURE SCREENING

LUNCH SERVED DAILY

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

Sandwiches • Salads • Homemade Soup

*** Weekly Specials***

WINGS



Tuesday, April 9th

11:30

\$5.00

w/Fries

BLOWOUT BINGO

Thursday, April 18th
10:00

\$5.00



Turkey
Grinder
& chips

\$3.00



Salad Plate

OR



**CINCO
DE
MAYO**

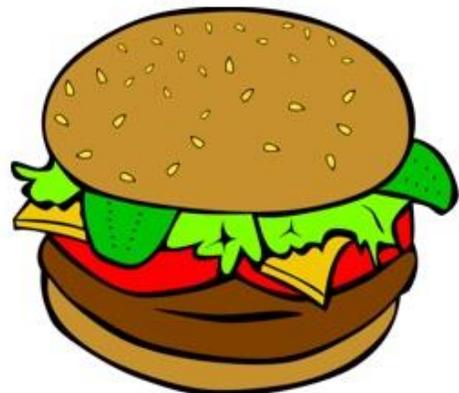
MAKE YOUR OWN TACOS

Friday, May 3rd 11:30

2 for \$3.00

BUILD YOUR OWN BURGER

Wednesday, May 22nd 11:30



\$4.00 w/chips

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



Lisbon Seniors presents ..

A Celebration of Classic Country Music



Country Legends

at the Log Cabin, Holyoke, MA

Enjoy the beautiful Views overlooking Mt Tom at the elegant Log Cabin Banquet Facility

MONDAY, April 8, 2019



Special Tribute Performance by
"The Corvettes"

Package Includes:

- Roundtrip Motorcoach Transportation
- Delicious Plated Meal at The Log Cabin
- Matinee Show "LEGENDS of COUNTRY MUSIC"
- Meal Taxes and Gratuities

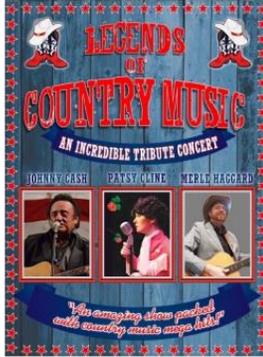
Delicious Luncheon

- Hors D' Oeuvre's
- Signature Bread
- Fresh Garden Salad
- Harvest Chicken
- AND
- Baked Scrod
- Chef's Choice Potato & Vegetable
- Dessert, Coffee or Tea



\$78.

PER PERSON



For Reservations:

Karen

860-376-2329



Departs 9:45 a.m.
Lisbon Sr Center
Lisbon, CT

Bus trip to Groton Sr Center for LUNCH



WED, APRIL 17TH

Bus leaves Lisbon

10:45am SHARP

Only \$1 for the bus!!

ESSEX STEAM TRAIN & RIVERBOAT LUNCH EXCURSION

Friday, May 31st

\$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

GROTON SENIOR CENTER'S *active living* EXPO

**WEDNESDAY
MAY 15, 2019**

10AM TO 1PM

**FREE INFORMATION FOR ALL AGES
ON BETTER LIVING.**

- ◊ HEALTH
- ◊ INSURANCE
- ◊ CLUBS
- ◊ HOME CARE
- ◊ STATE PROGRAMS
- ◊ NUTRITION
- ◊ LEGAL ISSUES
- ◊ VOLUNTEER OPPORTUNITIES
- ◊ TECHNICAL SUPPORT
- ◊ OUTREACH
- ◊ TRIPS/TRAVEL
- ◊ AND MUCH MORE

DISCOVER THE GROTON SENIOR CENTER

For more information call 860-441-6785



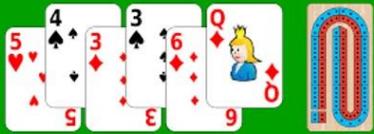
\$5 for bus
Leaves
Lisbon at
9:30am

Wii™ Bowling

Tuesdays at 12:15
No experience needed



CRIBBAGE



LOOKING FOR CRIBBAGE PLAYERS!

NO EXPERIENCE NECESSARY

JOIN US TUESDAYS AT 12:30

Second Friday MOVIES @ NOON

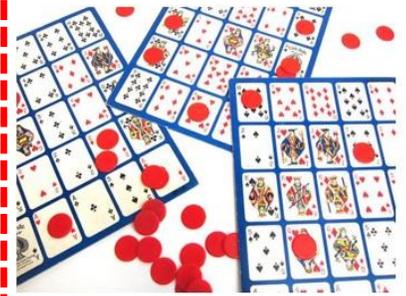
APR 12th



MAY 10th



POKENO



Fridays at 10am
Bring your pennies!



Thursdays @ Noon

LEARN CHAIR CANING & BASKET MAKING WEDNESDAYS AT 9:30



EASTER WORD SEARCH

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

| | | | |
|--------|-------------|--------|--------|
| Easter | Jellybeans | Spring | Bonnet |
| Basket | Celebration | Candy | Fun |
| Bunny | Decorate | Hunt | Sunday |
| Hide | Chocolate | Lily | Parade |
| Eggs | Flowers | Chick | Lamb |



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Paint-a-long w/The Art House

FRIDAY, April 5th

FRIDAY, May 17th



12:00

TAKE HOME YOUR OWN
UNIQUE FINISHED
PIECE OF ARTWORK
\$12 (all supplies)



Call 860-376-2329
SIGN UP TODAY

Lisbon's Longevity Link

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

Issue April/May 2019

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's** mission is to be a welcoming setting for socialization, activities, trips, classes and maintaining the health, independence and well-being of active agers.

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.