

The Lisbon Link

December 2018/January 2019

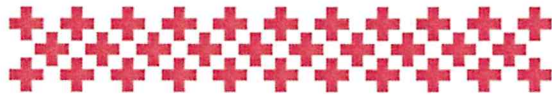
'TIS THE SEASON FOR GIVING



For LCS families in need:
Pick up a ticket
with gift info
at reception desk
Dec 14th deadline

American Red Cross

Give blood. Help save lives.



Blood Drive **Lisbon Senior Center**

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

FRIDAY, JAN 4, 2019

11:00 am to 4:00 pm

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

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 Crafting**

TUESDAYS

- **9:30 Exercise**
- **9:30 Quilting**
- **9:30 Crafting**
- **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**

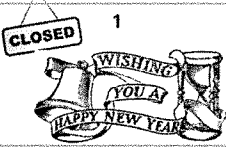
LUNCH SPECIALS...PAGE 5
TRIPS.....PAGE 6

**See Calendar for
other events**

December 2018

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|---|--|---|---|--|--|-----|
| | | | | | | 1 |
| 2 <i>Bradley Playhouse Theatre A Christmas Story 11:00</i> | 3 11:30 Lunch 12:30 Crafts 7:00 COA | 4 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 5 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club | 6 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 7 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch | 8 |
| 9 | 10 11:30 Lunch <i>12:30 Yankee Candle Forest Park/Cracker Barrel</i> 12:30 Crafts | 11 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 12 <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 | 13 9:30 Exercise 10:30 Rummikub <i>11:30 Holiday Lunch NO Bingo</i> | 14 10:00 Pokeno 11:30 Lunch <i>12:00 Movie</i> | 15 |
| 16 | 17 11:30 Lunch 12:30 Crafts | 18 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 19 <i>9:00 Winter Breakfast</i> 9:30 Chair caning baskets/carving <i>10:00 BP Clinic</i> 11:30 Lunch 12:30 Yarn Club <i>2:00 LaSalette Shrine</i> | 20 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 21 <i>9:00 Hairdresser</i> 10:00 Pokeno 11:30 Lunch | 22 |
| 23 30 | 24 11:30 Lunch 12:30 Crafts 31 11:30 Lunch 12:30 Crafts | 25  CLOSED | 26  CLOSED | 27 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 28 10:00 Pokeno 11:30 Lunch | 29 |

January 2019

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT |
|-----|--|--|--|---|--|-----|
| | |  1 CLOSED | 2 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club | 3 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 4 9:00 Hairdresser 10:00 Pokeno 11:30 Lunch | 5 |
| 6 | 7 11:30 Lunch 12:30 Crafts 7:00 COA | 8 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 9 9:30 Chair caning baskets/carving 10:45 Groton Sr Ctr 11:30 Lunch 12:30 Yarn Club 12:30 Shooting Stars | 10 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 11 10:00 Pokeno 11:30 Lunch 12:00 Movie | 12 |
| 13 | 14 11:30 Lunch 12:30 Crafts | 15 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Club Lisbon | 16 9:30 Chair caning baskets/carving 10:00 BP Clinic 11:30 Lunch 12:30 Yarn Club | 17 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 18 9:00 Hairdresser 10:00 Pokeno | 19 |
| 20 | 21 11:30 Lunch 12:30 Crafts | 22 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 10:45 Groton Sr Ctr 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 23 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club | 24 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | 25 10:00 Pokeno 11:30 Beef Stew | 26 |
| 27 | 28 11:30 Lunch 12:30 Crafts | 29 9:30 Exercise 9:30 Quilting 9:30 Crafting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling 12:30 Cribbage | 30 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club | 31 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo | | |

IF OUTDOOR ACTIVITY WEATHER HAS COME TO AN END

Don't let that stop you from staying in shape ☺



REPLACE WITH INDOOR EXERCISE!! WE HAVE A TREADMILL, TWO BICYCLES AND A STAIR STEPPER FOR USE ANYTIME. STOP BY AND WE WILL SHOW YOU HOW TO PROPERLY USE THEM.



**COAT
DRIVE**

ACCEPTING
DONATIONS

UNTIL
DECEMBER 12TH

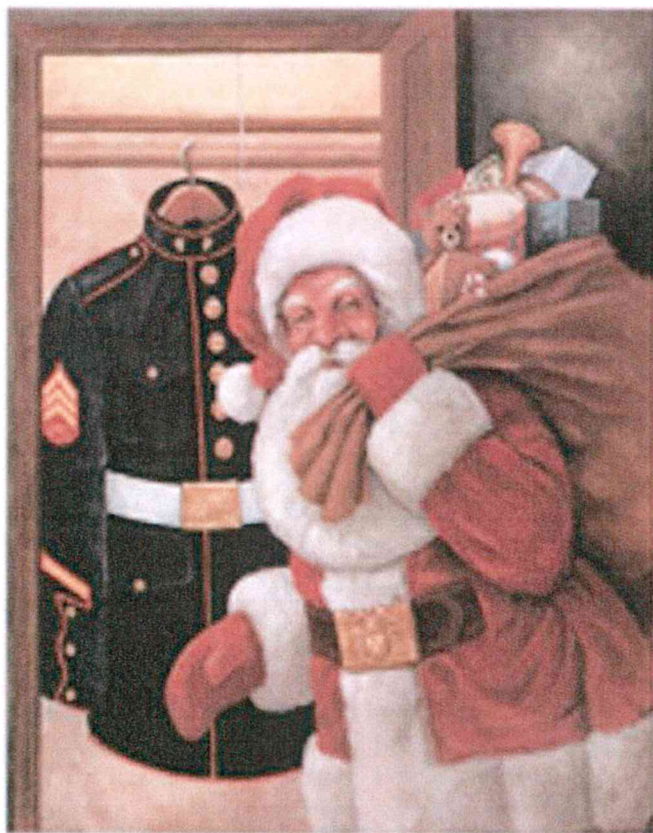


Every 3RD WED
10:00 – 12:00



BLOOD PRESSURE
SCREENING

TOYS FOR TOTS



U.S. MARINE CORPS RESERVE

Collecting new unwrapped
toys until December 12th

LET'S MAKE 2019 A YEAR OF KINDNESS 10 EASY ACTS OF KINDNESS



According to the Random Acts of Kindness foundation (RAK), performing just one act of kindness per day can reduce stress and anxiety – for you and the person you help. Kindness doesn't have to be complicated. Here are 10 easy ways to start down a kinder path.

- | | |
|---|---|
| 1 REPLACE ONE COMPLAINT WITH A COMPLIMENT EACH DAY | 6 DONATE WORN TOWELS AND BLANKETS TO A LOCAL ANIMAL SHELTER |
| 2 PAY FOR THE PERSON BEHIND YOU IN THE DRIVE-THROUGH | 7 GIVE UP A PRIMO PARKING SPOT IN A CROWDED LOT |
| 3 USE A MEAL-DONATION SERVICE TO GIVE A FRIEND A WEEK OFF FROM KITCHEN DUTY | 8 SMILE – IT'S CONTAGIOUS!! |
| 4 SEND A NICE E-MAIL OR LETTER | 9 LEAVE YOUR SERVER OR BARISTA A GENEROUS TIP |
| 5 IMRESSED WITH SOMEONE'S WORK? LET HIS OR HER MANAGER KNOW | 10 TUCK AN ENCOURAGING NOTE INTO A RANDOM BOOK AT THE LIBRARY |

LUNCH SERVED DAILY

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

Sandwiches • Salads • Homemade Soup

*** Weekly Specials***



ANNUAL HOLIDAY LUNCHEON



Thursday
December 13th

11:30 \$15

Please bring
one canned
good for
donation



Winter BREAKFAST

Wednesday, Dec 19th 9am



Western
Baked
Omelet

w/Strawberry Fruit Salad

\$3



CLUB LISBON 2019



TUES, JAN 15TH
12:15

Entertainment by John Banker



FREE SHOW WITH SNACKS
PLEASE SIGN UP FOR A HEAD COUNT

Beef Stew w/Cornbread

Friday, Jan 25th 11:30

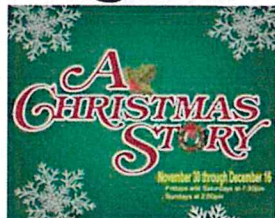


\$5.00 w/dessert

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



Playhouse



Against incredible odds, 10-year-old Ralphie Parker schemes to score the perfect Christmas present: an official "Red Ryder carbine-action, two hundred shot Range Model air rifle with a compass in the stock and this thing which tells time." Will his dream come true, or will he be forever haunted by "You'll shoot your eye out" for the rest of his days?

Sunday, December 2nd

Leaving at 11:00

Lunch on your own within walking distance

Show at 2:00

\$35 for bus and show

**YANKEE CANDLE
FOREST PARK
CRACKER BARREL**

Monday, December 10th

Leaving at 12:30

\$12 for Bus



La Salette Shrine

Wed, Dec 19th

Leaving at 2:00



*Guided Light Tour
Gift Shop & Cafeteria*

\$10 for bus

**2 Bus trips to
Groton Sr Center
for LUNCH**



**WEDNESDAY, JAN 9TH &
TUESDAY, JAN 22ND
Bus leaves Lisbon**

10:45_{am} SHARP

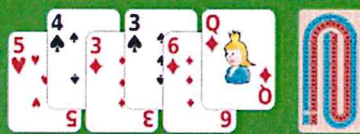
Only \$1 for the bus!!

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

DEC 14th

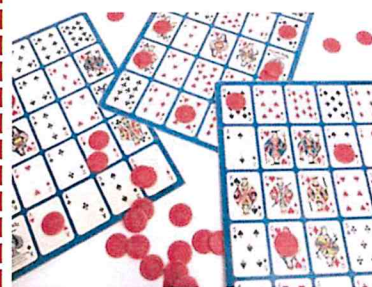


JAN 11th



PosterMyWall.com

POKENO

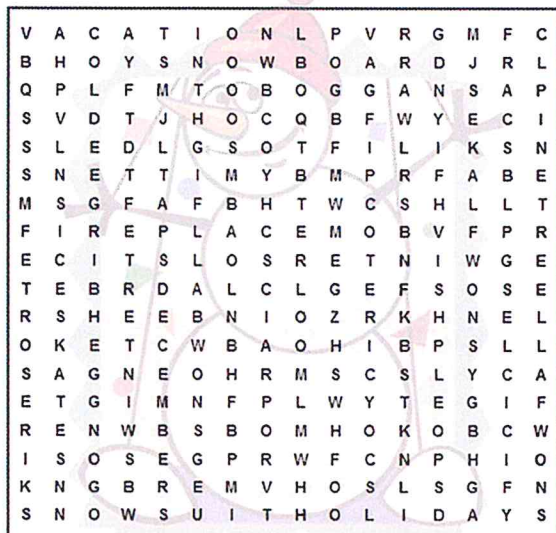


Fridays at 10am
Bring your pennies!



Thursdays @ Noon

WINTER HOLIDAY Word Find



Ice
Sled
Snowboard
Toboggan
Ice Skates
Mittens

Ski Lift
Snowman
Ski Slopes
Snowball Fight
Hot Chocolate
Winter Solstice

Fireplace
Snowflakes
December
Ski Resort
Snowsuit
Vacation

Winter
Eggnog
Hockey
Snowmobile
Snow Boots
Frozen

Snowfall
Pine Tree
Icicles
Holiday
Scarf
Cold

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Paint-a-longs w/

DEC 14th @ noon

Wooden Snowmen



\$15 for class & supplies

JAN 18th @ noon

Winter Wonderland



\$12 for class & supplies

CREATE YOUR OWN WORKS OF ART
w/our art instructor CARRIE
Call 860-376-2329 to sign up

Lisbon's Longevity Link

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

Issue December 2018/January 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.