

The Lisbon Link

June/July 2019



LET'S GET OUTSIDE AND
ENJOY THIS BEAUTIFUL
WEATHER

THEATRE – LIGHTHOUSES - MUSIC!

& a LUAU

Pages 5 & 6

LISBON FARMERS' MARKET

Starts Thursdays 3:30-6:30 - end of June

You may request to be put on our email
distribution by emailing:

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

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

Call 860-376-2329 to arrange a ride

WEEKLY ACTIVITIES

11:30 Daily Lunch

MONDAYS

- **Crafting**

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**
- **12:00 Darts**

FRIDAYS

- **10:00 Pokeno**

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


**See Calendar for
other events**

June 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Crafts 11:30 Lunch 12:00 Crafts 7:00 COA	4 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	5 9:30 Chair caning baskets/carving 11:30 <i>Grinder Special</i> 12:30 Yarn Club	6 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	7 9:00 <i>Hairdresser</i> 10:00 Pokeno 11:30 Lunch
10 10:00 Crafts 11:30 Lunch 12:00 Crafts	11 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	12 9:30 Chair caning baskets/carving 11:30 Lunch 11:30 <i>Trip to Bali Village</i> 12:30 <i>Shooting Stars</i> 12:30 Yarn Club	13 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	14 10:00 Pokeno 11:30 Lunch 12:00 <i>Movie</i>
17 10:00 Crafts 11:30 Lunch 12:00 Crafts	18 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	19 9:00 <i>Foot Clinic</i> 9:30 Chair caning baskets/carving 10:00 <i>BP Clinic</i> 11:30 Lunch 12:00 <i>Birthday Cake</i> 12:30 Yarn Club	20 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	21 9:00 <i>Summer Breakfast</i> 9:00 <i>Hairdresser</i> 10:00 Pokeno 11:30 Lunch 12:00 <i>Art Class</i> 6-8pm <i>Family Paint Night</i>
24 10:00 Crafts 11:30 Lunch 12:00 Crafts	25 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11am-4pm <i>Blood Drive</i> NO Wii Bowling	26 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	27 9:30 Exercise 10:30 Rummikub 10:30 <i>Wright's trip</i> 11:30 Lunch 12:00 Bingo 12:00 Darts	28 10:00 Pokeno 11:30 Lunch

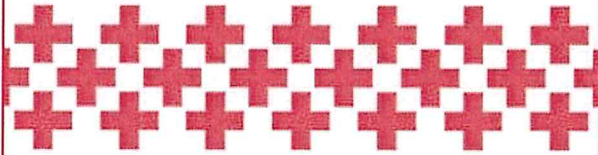
July 2019

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 10:00 Crafts 11:30 Lunch 12:00 Crafts 7:00 COA	2 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:00 Theatre by the Sea 11:30 Lunch 12:15 Wii Bowling	3 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	4 	5 9:00 Hairdresser 10:00 Pokeno 11:30 Lunch
8 10:00 Crafts 11:30 Lunch 12:00 B'day Cake 12:00 Crafts	9 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Luau 12:15 Wii Bowling	10 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Shooting Stars 12:30 Yarn Club	11 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	12 10:00 Pokeno 11:00 Rhode Island Bay Cruise 11:30 Lunch 12:00 Movie
15 10:00 Crafts 11:30 Lunch 12:00 Crafts	16 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	17 9:30 Chair caning baskets/carving 10:00 BP Clinic 11:30 Lunch 12:30 Yarn Club	18 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	19 9:00 Hairdresser 10:00 Pokeno 11:30 Lunch 12:00 Art Class
22 10:00 Crafts 11:30 Lunch 12:00 Crafts	23 9:30 Exercise 9:30 Quilting 9:45 Log Cabin-Motown 10:30 Rummikub 11:30 Lunch 12:15 Wii Bowling	24 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club	25 9:30 Exercise 10:30 Rummikub 11:30 Lunch 12:00 Bingo 12:00 Darts	26 10:00 Pokeno 11:30 Lunch
29 10:00 Crafts 11:30 Lunch 12:00 Crafts	30 9:30 Exercise 9:30 Quilting 10:30 Rummikub 11:30 Wings Special 12:15 Wii Bowling	31 9:30 Chair caning baskets/carving 11:30 Lunch 12:30 Yarn Club		

American Red Cross

Give blood. Help save lives.



Blood Drive Lisbon Senior Center

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

TUESDAY, JUNE 25, 2019

11:00am to 4:00pm

Please call 1-800-RED CROSS (1-800-733-2767)

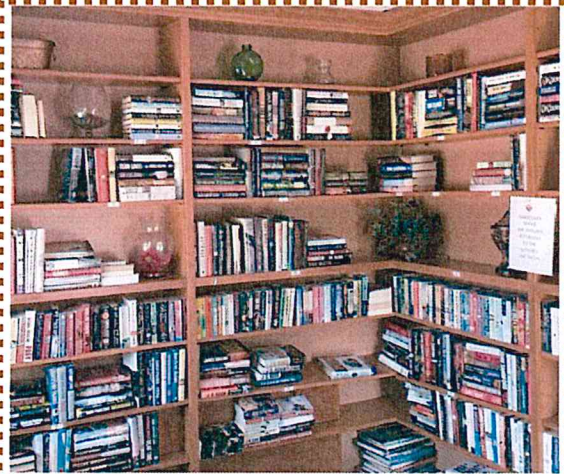
to schedule an appointment

Or visit us online at REDCROSSBLOOD.ORG

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

1-800-RED-CROSS | 1-800-733-2767 | redcrossblood.org

Download the Blood Donor App



LENDING LIBRARY

Pick up a book (or two or three!) to take home and enjoy. If you have a book to spare, you're welcome to share 😊

Wednesday, June 19th

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.

ARE YOU DUE FOR A



Senior Resources provides preliminary screening for many general state and/or federal benefits or supports. These program include energy assistance, Connecticut Home Care Program for Elders, Prescriptions, SNAP (food stamps), Medicaid (Title 19), Medicare, Veteran Benefits, Energy bills, Housing, Tax Relief, Supplemental Security Income and much more.

It is completely confidential. Your name or social security number is not required

Held every 2nd Tuesday of the Month by appointment

Give us a call at 860-376-2329 to sign up

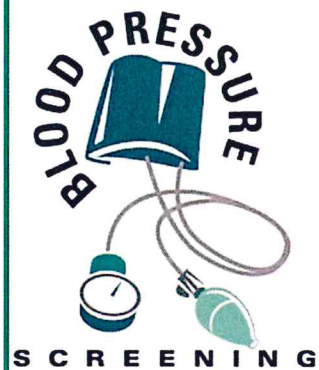
You will need to provide the following when you arrive

- | | |
|--|--|
| • State & zip code | • Veteran status for self and spouse |
| • Date of Birth for self and spouse | • Employment history for self and spouse |
| • Type of residence (house, apt. or mobile home) | • Current income and assets |
| • Length of time in residence | • Estimate of current expenses |
| • Names of prescription medications | |

 **Senior Resources**
AGENCY ON AGING

Every 3rd WED

10:00 – 12:00



LUNCH SERVED DAILY

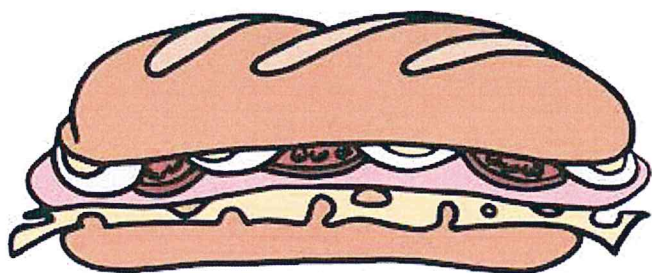
11:30 (order by 11:15) or call ahead!

Sandwiches • Salads • Homemade Soup

*** Weekly Specials***

HAM GRINDERS

Wednesday, June 5th 11:30



w/chips

\$3.50



BREAKFAST

Friday, June 21st 9am

Golden Oven Omelet

Banana Bread

Fresh Fruit

Coffee

\$3.00

LUAU PARTY

TUESDAY, JULY 9TH

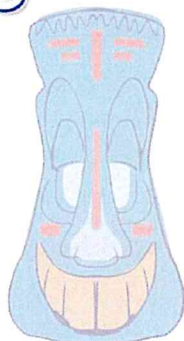
11:00-1:00

FEATURING MUSIC BY:

**AIRBORNE
JAZZ
TRIO**

\$5

Punch
Pulled Pork
Coleslaw
Dessert



WINGS



Tuesday, July 30th

11:30

\$5.00

w/Fries

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



THURSDAY, JUNE 27TH

LEAVING AT 10:30

\$21 for bus and meal

RHODE ISLAND BAY CRUISES

FRIDAY, JULY 12TH

Leaving at 11:00



Bus & Ticket \$45

**Lunch on your own at 12:00
@ Gregg's Restaurant**

Cruise starts at 2:00 for approx. 90 minutes

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.

Tues, July 2nd



\$80 includes bus, ticket

& lunch at *Bistro* by the Sea

Bus leaves at 11am

Lisbon Seniors Celebrates ...

log cabin
WE ARE ON TOP OF IT

The Magic of MOTOWN & TWIN LOBSTERS at the Log Cabin



**Tuesday
July 23, 2019**



Package Includes:

- Roundtrip Motorcoach Transportation
- TWIN LOBSTERS with drawn butter (OR Prime Rib)
- MOTOWN Review Show
- Meal Taxes and Gratuities



\$88
Per Person

Departs 9:45 a.m.
Lisbon Senior Center
Returns 4:45 p.m.



Meal Includes:
Clam Chowder
Rolls and Butter

**Give Meal choice with
Reservation
TWIN LOBSTERS
or Prime Rib**

Potato, Vegetable
Dessert & Coffee



**MOTOWN
GOLD**

**For Reservations:
Karen
860-376-2329**

Save the date: August 6th – Log Cabin-Elton John Tribute

August 7th – Essex Riverboat Pirate Adventure

August 12th – Newport Playhouse - Lobsterfest

**LEARN CHAIR CANING
& BASKET MAKING
WEDNESDAYS AT 9:30**

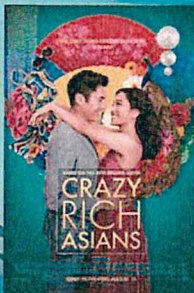


**Second Friday
MOVIES
@ NOON**

JUNE 14th



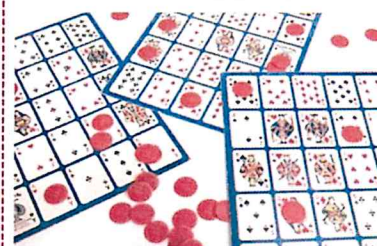
JULY 12th



**LOOKING FOR DARTS PLAYERS!
NO EXPERIENCE NECESSARY
JOIN US **THURSDAYS AT 12:00****



**Thursdays @ Noon
POKENO**



**Fridays at 10am
Bring your pennies!**

CRIBBAGE
OFF FOR THE SUMMER. SEE
YOU IN THE FALL!

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

**4TH OF JULY
WORD SEARCH**

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

PAINT NIGHT

w/ Nicole
FRIDAY JUNE 21

6:00-8:00 pm @ Lisbon Senior Center

\$15 Adults/\$10 for 12 and under



Space is limited – Call 860-376-2329 to reserve a spot

Lisbon's Longevity Link

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

Issue June/July 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.