



NEWSLETTER

October 2023



Veteran's Breakfast

HONORING ALL WHO SERVED ★ THANK YOU

LISBON SENIOR CENTER

Friday Oct. 20th 9:30am

Egg bake, muffin, fruit cup, juice, coffee/tea

Vegan and gluten free options will be available but please let us know if you have any other food allergies or intolerances and we can make sure to have food available that you can enjoy.

You are also welcome to bring your own food and just join us for the good conversation and comradery.

Sign up at
Griswold Veteran's Coffee House
or call 860-376-2329

Veterans Only Please

Love on a Plate

Wednesday October 11th

11:30am



Beef Stew

Please sign up by Wednesday Oct 4th

WEEKLY ACTIVITIES

11:30 Daily Lunch
Lunch Special every
Thursday

MONDAYS

- **Sign up day for paid trips/events**
- **10:00 Crafting (Jewelry Making and more)**
- **12:00 Chair Yoga**
- **1:00 Senior Fitness**

TUESDAYS

- **9:30 Quilting**
- **10:00 Crafting**
- **10:30 Rummikub**
- **12:00 Pitch**

WEDNESDAYS

- **Sign up day for paid trips/events**
- **9:30 Caning, Carving & Basket Making**
- **10:00 Pool**
- **10:00 2nd Wed-Shooting Stars Mtg**

THURSDAYS

- **12:00 Bingo-sales**
from 10:30-11:30

FRIDAYS

- **11:00 Crafting (Diamond Art and more)**

See Calendar for special events

***Reminder: We will be closed on October 9th to honor Columbus Day & Indigenous Peoples' Day**

October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3 9:30 Quilting 10:00 Crafting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>4 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch</p>	<p>5 9:00 Blood Pressure/Flu Vaccine Clinic 11:30 Lunch Special 12:00 Bingo</p>	<p>6 11:00 Crafting (Diamond Art) 11:30 Lunch</p>
<p>9 CLOSED</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p>10 9:30 Quilting 10:00 Crafting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>11 Sign up day 9:30 Chair caning baskets/carving 10:00 Shooting Stars Meeting 10:00 Pool 11:30 Lunch 11:30 Love on a Plate Lunch Special: Beef Stew 12:00 Movie Matinee (Green Card)</p>	<p>12 11:30 Lunch Special 12:00 Bingo</p>	<p>13 11:00 Crafting (Diamond Art) 11:30 Lunch 11:30 Art Class</p>
<p>16 Sign up day 10:00 Crafting: Scarecrow, pumpkin donuts, and hot chocolate 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>17 9:30 Quilting 10:00 Crafting 10:00 Chair Massage 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>18 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 10:30 Fall Foliage Cruise 11:30 Lunch</p>	<p>19 11:30 Lunch Special 12:00 Bingo</p>	<p>20 9:30 Veteran's Breakfast No Crafting Today 11:30 Lunch</p>
<p>23 Sign up day 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>24 9:30 Quilting 10:00 Crafting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>25 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Medicare Advocacy & Movie 11:30 Lunch</p>	<p>26 8:30 Trip to New London Senior Center for Halloween Party 11:30 Lunch Special 12:00 Bingo</p>	<p>27 11:00 Crafting (Diamond Art) 11:30 Lunch 12:00 Birthday Cake</p>
<p>30 Sign up day 10:00 Crafting (Jewelry making) 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>31 9:30 Quilting 10:00 Crafting 10:30 Rummikub 11:30 Lunch 12:00 Pitch</p>	<p>HAPPY HALLOWEEN!</p> 	<p>SAVE THE DATES! Nov. 14th Turkey Luncheon Dec. 5th Holiday Luncheon</p>	<p>Pen Turning Class on Saturday Oct. 28th 10-2 (12yrs & up)</p>

Connecticut Energy Assistance Program – CEAP: 2023-2024

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH OIL AND OTHER DELIVERABLE FUELS:

09/01/23: First day that households can begin to apply for CEAP.

11/01/23: First day for authorization of fuel deliveries (oil, wood and wood pellets, propane, kerosene, coal).

03/31/24: Deadline for deliverable fuel authorizations or deliveries from Basic Benefits, Crisis Assistance, or Safety Net Assistance, **for clients already awarded CEAP benefits.**

05/31/24: Last day to apply for CEAP.

06/16/24: Last day for submission of deliverable fuel bills.

TIMETABLE FOR HOUSEHOLDS THAT HEAT WITH ELECTRICITY OR GAS:

09/01/23: First day that households can begin to apply for CEAP.

05/31/24: Last day a household heated with gas or electricity can apply.

To start an application, individuals can:

- Contact TVCCA at [\(860\) 425-6681](tel:8604256681)
- Visit www.ct.gov/heatinghelp/apply for more information on eligibility and required documents.
- Or text CTWARM to 898211.
- Or call 2-1-1.

LISBON SENIOR CENTER VAN RIDES

THE SENIOR VAN IS AVAILABLE TO LISBON RESIDENTS AGES 60 AND OVER FOR THE FOLLOWING:

* APPOINTMENTS (Doctor, Dentist, Banking, Haircuts, etc.)

* SHOPPING

Walmart

Better Valu (Tues & Wed are senior discount days)

Other local stores

* TO & FROM THE SENIOR CENTER (for events, classes, trips)

Schedule your appointments from 10:15 to 11:00 or 12:15 to 2:15 Call us as soon you have your appointment



860-376-2329

The newsletter is posted on the Town Hall website:

lisbonct.com

and to be added to our email distribution send message to: awilnas@lisbonct.com

Lisbon Senior Center has no membership fees!
Join us for some fun!

*Sponsored by Shooting Stars

Medicare Education & A Movie

AT LISBON LANDING AMC MOVIE THEATER

Wednesday October 25

Bus leaves Lisbon Senior Center at 11:30am
Presentation starts at noon

**DO YOU HAVE QUESTIONS ABOUT
MEDICARE? THE CENTER FOR MEDICARE
ADVOCACY CAN ANSWER THEM!**

They provide education, advocacy, and assistance to help older people get access to Medicare coverage and quality healthcare.



\$12 Prepaid for bus from Lisbon Senior Center and ticket for presentation and movie

\$6.99 plus tax paid directly to the theater if you meet us there

CALL 860-376-2329 TO RESERVE A SPOT TO MEET US THERE OR COME IN TO LISBON SENIOR CENTER TO PREPAY FOR THE BUS



Family members encouraged to attend

Medicare can be confusing!

**FEEL
EMPOWERED!**

Join us before you participate in open enrollment

MEDICARE OPEN ENROLLMENT PERIOD



Get your Flu Shot at Lisbon Senior Center

Come in to sign up for a ten minute slot and fill out the paperwork



**Thursday
Oct 5th
from
9-11am**

**Vaccines given by
Uncas Health District**

FREE CHAIR MASSAGE

with Licensed Massage Therapists: **Tuesday Oct. 17th**
Donna (19 years experience) **10am - 12pm**
and Juliette (23 years experience)

Massage therapy could provide many health benefits including: stress relief, improved circulation, decreased muscle tension, less pain, and better sleep

Call 860-376-2329, or stop by the Lisbon Senior Center to sign up for your own 15 minute session*.

If possible, please wear a loose fitting shirt. It may get massage oil on it.

LAST CHANCE FOR THE FALL FOLIAGE CRUISE! Sign up by Oct 2:

Don't forget binoculars!

Sail down the CT river for a

FALL FOLIAGE CRUISE

Oct 18th

with RiverQuest in Essex CT

\$43 for bus and ticket

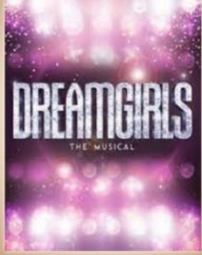
Picnic Lunch option for additional \$7

BUS LEAVES AT 9:45AM FROM THE LISBON SENIOR CENTER

Come in to sign up Mondays or Wednesdays

Sign up for Dreamgirls by Nov. 6th:

Thank you to Shooting Stars for sponsoring our trip to see



at the Goodspeed Opera House

Wednesday December 13th

\$80/person for the show
Lunch on your own

Bus leaves at 11:00am for lunch and the 2:00pm show

Halloween Party & Bingo

with New London Senior Center

Thursday Oct. 26th

Bus leaves Lisbon Senior Center at 8:30am returning around 2:30pm

9:30 - 11:30 Bingo (\$0.50/card and you can play up to 8 cards)

11:30 Lunch

12-1:30 Entertainment and costume judging

\$3 for bus
Pay for bingo on your own!

Dress in costume! You may win a prize!

JOIN US FOR A TRIP TO

Old Mystic Village

MONDAY NOV. 20TH

PLEASE SIGN UP BY NOV. 6TH

\$7 FOR THE BUS

LUNCH AT ROCKS 21 (PAY AT THE RESTAURANT)

& SHOPPING AMONG THE UNIQUE SHOPS DECORATED FOR THE HOLIDAYS

BUS LEAVES AT 11AM AND WILL RETURN AROUND 6PM

*SPONSORED BY SHOOTING STARS

TRIP INFO



If you need assistance with movement on and off the bus for trips:

Please make sure you have someone sign up for the trip with you who can assist. Unfortunately, our trip escorts are unable to assist in this manner. Thank you!



Also, check out our trip labels:
One Foot - Minimal walking
Two Feet - Some walking
Three Feet - Heavy walking

Lisbon Senior Center
PRESENTS

**OCTOBER
MOVIE
MATINEE**

**FREE
ADMISSION**

Wednesday
October 11th
at Noon

Popcorn or
Chips \$.75
Soda \$1

01234

01234

**MEET JOE
BLACK**

Call 860-376-2329
or stop by to sign up

Come Celebrate
October Birthdays
with us
Friday
October 27th 12pm

BIRTHDAY CAKE WILL BE SERVED

Please call to sign up or put your
name on the sign up sheet

PAINTING
Class w/ Jacqui

Friday, October 13th at 11:30am

*Please bring an old plastic card, like a
credit card or grocery store membership
card, to make this painting*




*Create a
beautiful
Acrylic!!*

\$20 pay at class - Limit 12 people
Sign up in the Lisbon Senior Center
or call (860)376-2329

Holiday Giving

Lisbon Senior Center

**CAN FOOD
DRIVE**

Accepting donations from
Oct. 1st - Nov. 11th



BENEFITS
St. Mary's
Food Pantry

ACCEPTING NON PERISHABLE CAN GOODS

Drop them off at the Senior Center
from 9-3 Monday through Friday

11 Newent Rd. Lisbon CT 06351 860-376-2329

TOYS FOR TOTS AND LISBON SENIOR CENTER

**TOY
DRIVE**

OCT 1ST
THRU
DEC 1



**BRING IN PACKAGED TOYS TO BENEFIT
WINDHAM & NEW LONDON COUNTY
CHILDREN THIS HOLIDAY SEASON**

CALL LISBON SENIOR CENTER FOR
MORE INFORMATION 860-376-2329

FREE Beginner

Fitness Classes

Mondays with Donna

12:00pm Chair Yoga

1:00pm Senior Fitness

**Unsure if this class
is for you?**

**First time attendees can feel free to
stop in and try a class before signing up.**

**Maximum 10 People
Call 860-376-2329 for
more information
about signing up!**



Lunch Specials

Thursday 9/28 BROCCOLI CHEDDAR SOUP
W/ OYSTER CRACKERS \$4

Thursday 10/5 CHEESEBURGERS WITH
PICKLES \$4.50

Thursday 10/12 TACO SALAD \$4.50

Thursday 10/19 VEGETABLE SOUP \$4

Thursday 10/26 CHEESE RAVIOLI WITH
GARLIC BREAD \$4

A Halloween-themed illustration featuring a scarecrow with a glowing jack-o'-lantern head, several lit jack-o'-lanterns in the foreground, a full moon, and a haunted house in the background.

Enjoy free hot
chocolate and
pumpkin
donuts too

**HELP US BUILD A SENIOR CENTER
SCARECROW FOR THE PUMPKINHEAD
SCAVENGER HUNT**

MONDAY OCT 16TH AT 10AM

A photograph of fresh vegetables including red tomatoes, purple onions, and a slice of yellow lemon on a dark wooden surface.

**NEED MEALS
DELIVERED?**

**CALL
860-934-1010
FOR**

**MEALS
ON
WHEELS**

TVCC Nutrition Services

If you have ideas for trips, events, or classes please leave them in the suggestion box at the center or join us for a Shooting Stars meeting.

The next one is on Oct. 11th at 10am. See you there!

Lisbon's Longevity Link

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

Issue September 2023

RETURN SERVICE REQUESTED

«Firstname» «Lastname»
«Address1»
«City», «State» «Zip»

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

Ara Wilnas

Van Driver

Charles Martin

Nutrition Site Server

Kelly Miceli

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 Pauline 860-889-6637 with the name and address of those who should receive a card.