



Lisbon Active Aging Center

May 2024 NEWSLETTER

WEEKLY ACTIVITIES

***11:30 Daily Lunch
(order by 11am)***

Lunch Special every Thursday

MONDAYS

- **Sign up day for paid trips/events**
- **12:00 Chair Yoga**
- **1:00 Senior Fitness**

TUESDAYS

- **9:30 Quilting**
- **10:30 Rummikub (and other board/card games)**
- **12:00 Pitch**
- **NEW! 12:00 Knitting/Crochet Club**

WEDNESDAYS

- **Sign up day for paid trips/events**
- **9:30 Caning, Carving & Basket Making**
- **10:00 Pool**
- **NEW TIME! 12:00 2nd Wed-Shooting Stars Mtg**

THURSDAYS

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

FRIDAYS

- **See calendar for special events**

MAY IS Invest in your creativity this month!
CREATIVE BEGINNINGS MONTH

If you would like to invest in our community too...

FROM MAY 1ST - AUGUST 30TH

DONATE A HOMEMADE CRAFT TO THE ACTIVE AGING CENTER FOR OUR DECEMBER FUNDRAISING CRAFT SALE AT LISBON CENTRAL SCHOOL

LET'S WORK TOGETHER TO EXCEED LAST YEAR'S GOAL OF \$800

All money earned at the annual craft fair goes directly to our non-profit organization, Shooting Stars, and helps to pay for entertainment at events, food for Veteran's breakfasts, craft supplies, trips, and essentials for the center

ALL CRAFTS WILL BE DISPLAYED THROUGHOUT THE SUMMER

COME IN SEPTEMBER 3RD - 6TH TO VOTE ON YOUR FAVORITES

WIN PRIZES!
 in many categories such as FAN FAVE, MOST UNIQUE and more.

ACTIVE AGING 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

***Reminder: We will be closed on May 27th for Memorial Day**

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;">Happy Creative Beginnings Month!</p>	<p>1 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch</p>	<p>2 9:30 Pool 9:30 Blood Pressure Clinic 11:30 Lunch Special 12:00 Bingo</p>	<p>3 11:30 Lunch</p>
<p>6 Sign up day 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>7 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) & Knitting/Crochet Club (Community room)</p>	<p>8 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Cinco de Mayo  Love on a Plate 12:00 Shooting Stars Public Meeting (All are welcome)</p>	<p>9 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>10 11:30 Lunch 10:00 Traditional Chinese Dance Class 1:30 Mother's Day Tissue Paper Flowers Craft & Snack</p>
<p>13 Sign up day 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>14 9:30 Quilting 10:00 Chair Massage 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch & Knitting/Crochet Club</p>	<p>15 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch</p>	<p>16 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>17 11:00 Art Class 11:30 Lunch</p>
<p>20 Sign up day 10:00 Traditional Chinese Dance Class 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness</p>	<p>21 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch & Knitting/Crochet Club</p>	<p>22 Sign up day 9:30 Chair caning baskets/carving 10:00 Pool</p>	<p>23 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>24 11:00 Crafting with Kasey (Button Art) 11:30 Lunch</p>
<p>27 CLOSED for Memorial Day</p>	<p>28 9:00 Yarn/Fabric Store Trip *No Quilting or Knitting/Crochet Club* 10:30 Rummikub & Board/Card Games (in Pool Room) 11:30 Lunch 12:00 Pitch (Pool room) 1:00 Red Cross Blood Drive</p>	<p>29 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch 12:00 May Birthday Celebration</p>	<p>30 9:30 Pool 11:30 Lunch Special 12:00 Bingo</p>	<p>31 11:30 Lunch</p>



Lisbon-Grissold Centennial Lions Club Blood Drive

Tuesday May 28th 2024 1pm – 6pm

LISBON SENIOR CENTER Community Room

www.redcrossblood.org or call 1.800.RED.CROSS(1.800.733.2767)

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!



Renter's Rebate

Applications

Now available at the Active Aging Center & Town Hall.

For more info, call the

Assessor at 860-376-5115



ENERGY ASSISTANCE 2023-2024 SEASON

Important Program Dates

November 1, 2023 First day for fuel deliveries that can be paid by the program.

April 1, 2024 Deadline for fuel authorizations for deliveries.

May 31, 2024 The last day that a household can apply to establish its eligibility for benefits.

June 17, 2023 Last day to submit deliverable fuel bills.

Call TVCCA at 860-425-6681 to see if you qualify

THURSDAY MAY 2ND
9:30-10:30
AND THE 1ST THURSDAY OF EACH MONTH



FREE BLOOD PRESSURE SCREENINGS BEFORE BINGO

CHAIR MASSAGE

with Licensed Massage Therapists:
Donna (19 years experience)
and Juliette (23 years experience)

Tuesday May 14th
10am - 12pm

FREE

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.

NO EXPERIENCE NECESSARY
GENTLE EXERCISE

TRADITIONAL Chinese Dance Class

Fri. May 10th
10am

\$5 per person/per class

Mon. May 20th
10am

Sign up at the Center on Mon. & Wed.

(if the class reaches 8 or more people, you will receive part of your money back on the day of class)





Lunch Specials

Thursday 5/2 STUFFED PEPPER SOUP \$4.50

Thursday 5/9 KIELBASA & BAKED BEANS \$4.50

Thursday 5/16 ANTIPASTO PASTA SALAD \$4.50

Thursday 5/30 CHEDDAR CHEESEBURGER ON SESAME ROLL \$4.50

Thursday 5/30 ZITI MARINARA WITH GARLIC KNOT \$4.50



Love on a Plate \$6

"Make your own" TACO BAR

Wednesday May 8th 11:30am

NEW: You can sign up until the date of the meal but there will be a limited number of meals available.




Lisbon Active Aging Center has
NO
 membership fees!
 Join us for some fun!

Come Celebrate
May Birthdays
with us
 Wednesday
 May 29th 12pm

BIRTHDAY CAKE WILL BE SERVED

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



Join us for lunch

Served Monday - Friday at 11:30am

Salad or Sandwich with:
 Chicken, egg, tuna, or seafood salad
 Grilled Cheese
 Hot dog
 Chips & Soda
 Weekly Specials
 Various Desserts

Order your lunch by 11am



Free Coffee



FABRIC/YARN STORES TRIP

May 28th

Bus
leaves
at 9am

Visit:
Webs American
Yarn Store
&
Valley Fabrics
Northampton, MA



\$15

Per Person,
Picnic Lunch
Included

Sign up at the Active Aging Center
on Mondays & Wednesdays before
May 20th

*Sponsored by Shooting Stars



Happy MOTHER'S DAY Craft & Snack

Celebrate Mothers with the 7th & 8th grade
Junior Honor Society students from Lisbon
Central School



Learn to make tissue
paper flowers

Friday May 10th 1:30pm

Free 

CALL THE ACTIVE AGING CENTER AT 860-376-2329 OR
STOP BY TO SIGN UP before May 9th

New!

Knitting/Crochet Club

Tuesdays 12:00pm

BRING YOUR PROJECTS FOR
SHARING AND HELP

Call Lisbon Active Aging Center at
860-376-2329 for more information



Crafting with Kasey

In case you missed it
in April we are
having one more... at Lisbon Active Aging Center

Button Art Class

Friday May 24th 11am

*No artistic skills
needed!*

\$30* Early birds that sign up by May 8th
will receive a \$5 discount



Sign up at the Active Aging Center at 11 Newent
Rd. (between the Firehouse and Lisbon Central
School) on Mondays & Wednesdays by May 15th
to reserve your spot

*Price includes all supplies needed



PAINTING Class w/ Jacqui

Friday, May 17th
at 11:00am *New Time!*

*Create a
beautiful
Acrylic!!*

\$20 pay at class - Limit 12 people
Sign up at the Active Aging Center
or call (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

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's Longevity Link

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Active Aging Center
11 Newent Road
Lisbon, CT 06351

Issue May 2024

RETURN SERVICE REQUESTED

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

Active Aging Center

(Formerly 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 **Active Aging 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 Active Aging 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.