



# Lisbon Active Aging Center

## April 2024 NEWSLETTER

**FREE**

**TRADITIONAL  
Chinese  
Dance Class**

**Mon. April 8th  
10am**

NO EXPERIENCE NECESSARY

**GENTLE EXERCISE!**

Call the Center at 860-376-2329  
or stop by to sign up

### 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 2<sup>nd</sup> Wed-Shooting Stars Mtg**

#### THURSDAYS

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

#### FRIDAYS

- **See calendar for special events**

### 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 April 2<sup>nd</sup> for Elections**

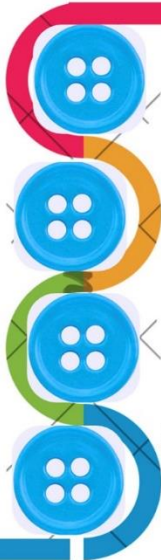
## April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <span style="color: magenta;">Sign up day</span> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>2</b> <b>CLOSED</b> for Voting	<b>3</b> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch	<b>4</b> 9:30 Pool <b>9:30 Blood Pressure Clinic</b> 11:30 Lunch Special 12:00 Bingo	<b>5</b> 11:30 Lunch
<b>8</b> <span style="color: magenta;">Sign up day</span> <b>10:00 Traditional Chinese Dance Class (FREE)</b> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>9</b> 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) & Knitting/Crochet Club (Community room)	<b>10</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch <b>12:00 Shooting Stars Public Meeting</b>	<b>11</b> 9:30 Pool 11:30 Lunch Special 12:00 Bingo	<b>12</b> 11:30 Lunch <b>11:00 Art Class</b>
<b>15</b> <span style="color: magenta;">Sign up day</span> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>16</b> 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) & Knitting/Crochet Club (Community room)	<b>17</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving 10:00 Pool 11:30 Lunch <b>12:00 Movie Matinee (Downton Abbey Ep. 2)</b>	<b>18</b> 9:30 Pool 11:30 Lunch Special 12:00 Bingo	<b>19</b> <b>9:30 Veteran's Breakfast</b> 11:30 Lunch
<b>22</b> <span style="color: magenta;">Sign up day</span> <b>10:00 Crafting with Kasey (Button Art Bird)</b> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>23</b> 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) & Knitting/Crochet Club (Community room)	<b>24</b> <span style="color: magenta;">Sign up day</span> 9:30 Chair caning baskets/carving 10:00 Pool <b>11:30 Love on a Plate</b> <b>12:00 April Birthday Celebration</b>	<b>25</b> 9:30 Pool 11:30 Lunch Special 12:00 Bingo	<b>26</b> <b>9:30 AARP Safe Driving Class</b> 11:30 Lunch
<b>29</b> <span style="color: magenta;">Sign up day</span> 11:30 Lunch 12:00 Chair Yoga 1:00 Senior Fitness	<b>30</b> 9:30 Quilting 10:30 Rummikub & Board/Card Games 11:30 Lunch 12:00 Pitch (Pool room) & Knitting/Crochet Club (Community room)			



# BUTTON ART CLASS

Monday, April 22, 2024  
10am-12pm



Class includes all Supplies. Frame, thousand of buttons to choose from, pattern, etc.

**COST: \$25**

Early birds that sign up and pay by April 8th will get a \$5 discount! Please sign-up no later then April 17th to reserve your spot.

We will create a bird sitting on a branch. You may make it your own and change the color. Button art is not difficult to learn. No artistic skills needed.

Sign up on Mondays & Wednesdays at the Active Aging Center

Call 860-376-2329 for more info

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!



# PAINTING Class w/ Jacqui

Friday, April 12th  
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

*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

**AARP DRIVER SAFETY**

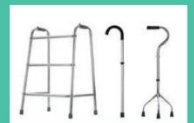
**FRIDAY APRIL 26TH 9:30AM-2PM**

\$20 FOR AARP MEMBERS  
\$25 FOR NON-MEMBERS

CALL 860-376-2329 TO SIGN UP

# Medical Equipment and Depends AVAILABLE

Call 860-376-2329 to reserve



The Chelsea Foundation in Groton, CT, also is a great resource for free medical equipment that may be more difficult to find  
(860)448-2263



# Lunch Specials

**Thursday 4/4** EXTRA LARGE CHILI DOG  
\$4.50

**Thursday 4/11** SMALL MEATBALL  
GRINDER WITH  
MOZZERELLA \$4

**Thursday 4/18** BROCCOLI CHEDDAR SOUP  
\$4

**Thursday 4/25** CHICKEN SALAD ON A  
CROISSANT \$4.50

*Come Celebrate  
April Birthdays  
with us*

**Wednesday April 24th 12pm**

**BIRTHDAY CAKE WILL  
BE SERVED**

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

## Veteran's Breakfast

HONORING ALL WHO SERVED ★ THANK YOU

**Friday April 19th  
9:30am**

at  
**LISBON ACTIVE AGING CENTER**  
(formerly Lisbon Senior Center)



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



Veterans Only Please

## Love on a Plate

**Wednesday April 24th  
11:30am**



**Baked Ham**

**with roasted  
sweet potato &  
veggies**

**Please sign up on Mondays &  
Wednesdays at the Active Aging  
Center by April 17th**

*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*

LEARN

**BEGINNER  
PITCH**



**TUESDAYS  
12:00**

## 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

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

## 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

**MARCH**  
**MOVIE**  
**MATINEE**

Wednesday  
April 17th  
at Noon

**FREE**

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

Popcorn or  
Chips \$.75  
Soda \$1

FEATURED SHOW

**Downton  
Abbey**

Season 1 Episode 2

01234

01234



BUMBLEBEE  
BUNNY  
BUTTERFLY  
CATERPILLAR  
CHICK

DUCKLING  
EASTER  
EGGS  
FLOWERS  
GRASS

GREEN  
GROW  
LAMB  
NEST  
ROBIN

ROSES  
SEEDS  
SHOWERS  
SUNSHINE  
TULIP  
WORMS

<https://everydaychaosandcalm.com>

**The newsletter is posted on the Town Hall  
website: [lisbonct.com](http://lisbonct.com)**  
**and to be added to our email distribution  
send message to: [awilnas@lisbonct.com](mailto:awilnas@lisbonct.com)**

## Lisbon's Longevity Link

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

Issue April 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.