

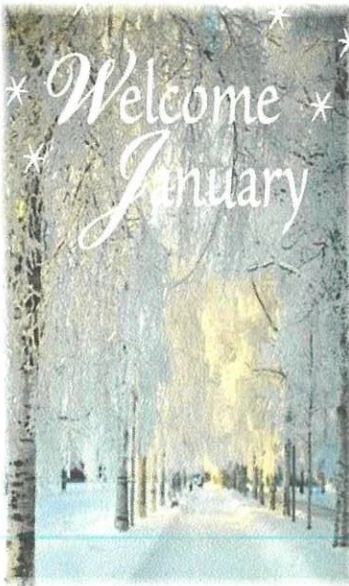


SENIORS ON THE GREEN

January 2024

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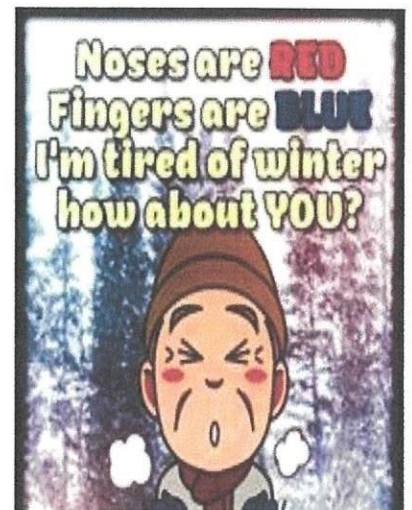
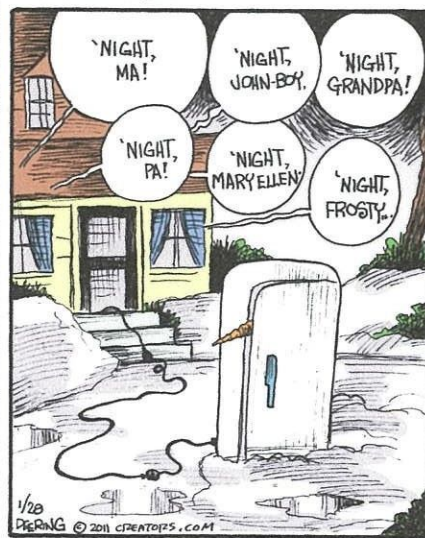


We are all here on earth to help others; what on earth the others are here for I don't know. W.H. Aldin

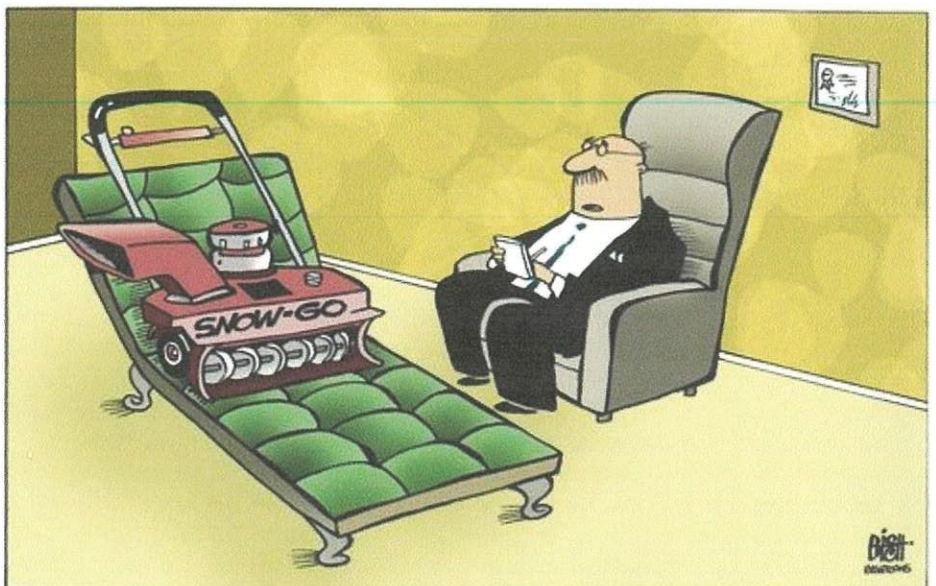
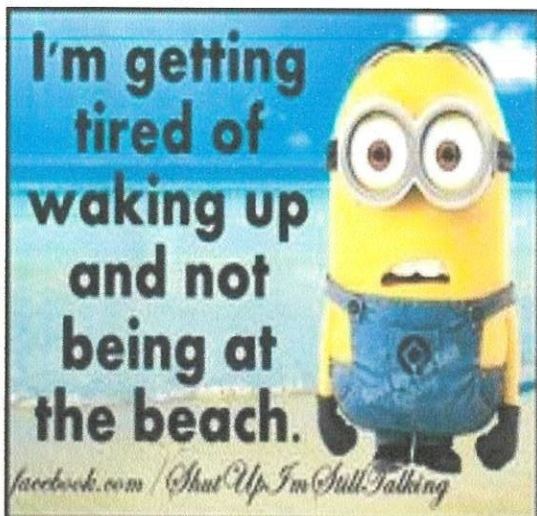
Senior Center Hours:

Mon - Fri: 9 - 4pm
Senior Ctr. 860-642-3040
Ctr. Director: Darcy Battye
860-642-2042
Van Coord: 860-642-2024
Eileen Weinstein
Trans. Clerk: Walter Riley
860-642-2024





If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough.
-Oprah Winfrey



I SEE... TELL ME MORE ABOUT THIS FEELING OF USELESSNESS THAT YOU'VE BEEN EXPERIENCING



Wellness Trips:

1/12 Blessed Michael
McGivney Pilgrimage Ctr.
(KofC Museum) lunch at
Chilis in East Haven

1/26 Shops at Marlbor-
ough Barn w/lunch at
Sadler's Ordinary



Lunch Menu

1/2 Stuffed Shells
1/9 Scalloped potato
w/ham
1/16 American Chop
Suey
1/23 Chili
1/30 Pork Lo Mein



SENIOR CENTER SERVICES

Massage w/ Sue McCaffery - Please con-
tact the senior center to
schedule your appts by
calling 860-642-3040.
The price is \$20 for 25
mins. and \$40 for 50
mins.

Did you know we have
assorted assisted living
devices for loan? We
have canes, walkers,
bath chairs, wheel chairs
and a hospital bed.
Please call the senior
center at 860-642-3040
for more information.

**The senior center hours
are 9-4 Monday-Friday.**

**. Please sign up ahead of
time for lunch so we will
know how much food we
should prepare.**

**Salon Servies (returning
in February**

Tracy Kelley

**Hair cuts ONLY
(\$15) Wed. 8:30-3**

Appts: 860-642-3041

If you are aware of some-
one who is ill or has been
ill, please let us know.

There is a signup sheet at
the main desk of the sen-
ior center where you can
add someone's name.

Darlene Hathaway has
taken charge of sending
out get-well cards to those
people who are under the
weather for whatever rea-
son.



HONORARY DONATIONS

A gift to the Senior Center
in honor of or in memory of
a loved one will assist the
center in serving other
seniors today and through-
out the coming years.
Such gifts will be very
much appreciated and
should be made out and
sent to:

Friends of Leb. Sen. Ctr.

22 Imogene Lane

Lebanon Ct. 06249

"I am enclosing \$___ in hon-
or or memory of:

Name _____

Donor's name _____

Address _____

A special acknowledgement
will be sent as you direct::

___ Birthday

___ Anniversary

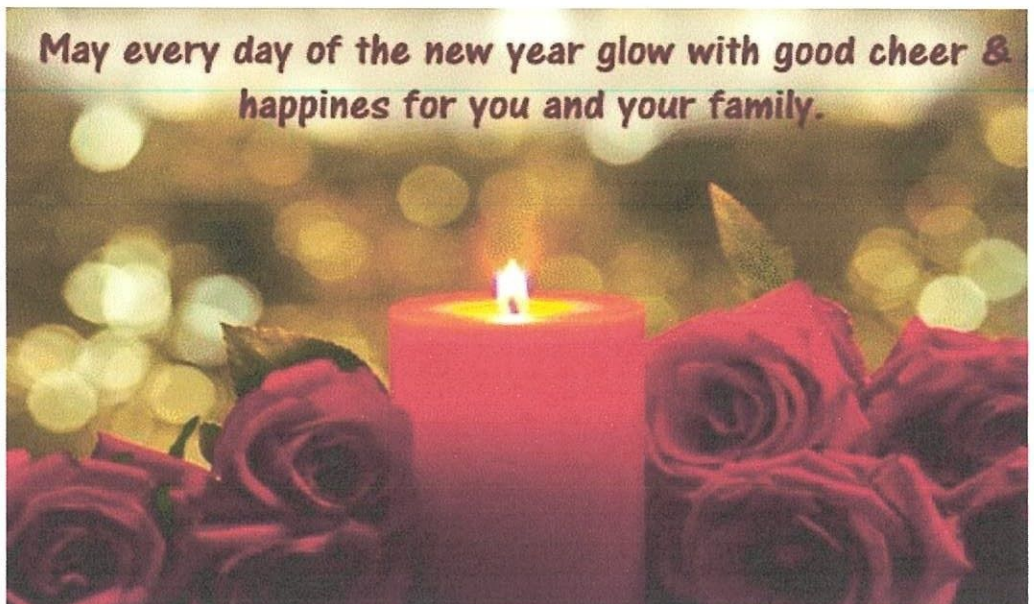
___ Memorial

___ In Honor of

___ Other



**May every day of the new year glow with good cheer &
happines for you and your family.**





CT BAR ASSOCIATION VIRTUAL FREE LEGAL ADVICE CLINIC

Tues. Jan. 23, 2024 -- 10:00 a.m. - 6:00 p.m.

Wed. Jan. 24, 2024 -- 10:00 a.m. - 6:00 p.m.

**Meet with a volunteer lawyer for 30 minutes to receive free legal advice on
Zoom in one of the following areas:**

- Bankruptcy
- Family Law
- Fraudulent Business or Debt Collection
- Immigration Law
- Landlord/Tenant
- Pardons
- Tax Law
- Unemployment or employee rights

**Pre-registration is required. Sign up at
ctbar.org/FreeLegalAdviceClinic by **January 9, 2024****

Please note: No exceptions can be made to the pre-registration deadline.

Pre-registration is required so that we can find and match you with an attorney with knowledge and experience related to your legal issue.

Volunteer lawyers will provide brief legal advice on the date of the clinic. They will *not* continue to represent you, file documents in court, or go to court with you.

Before the clinic, you will receive a call from one of our volunteers to learn more about your legal question. It is important you speak to the volunteer so that we can match you with an attorney.

We will do our best to schedule meetings for everyone that registers and accommodate schedule requests. We cannot guarantee that a volunteer attorney will be available or that your meeting will be at the time you prefer.

**If you have any questions about the Clinic or need help with how to use Zoom,
email us at FreeLegalAdviceClinic@ctbar.org or call (877) 410-7221
(when leaving a message please refer to "Free Legal Advice Clinic")**





Programs Supported by Friends of the Senior Center 2023

**Thank you for your support in our effort to enhance the
quality of life for seniors in our community.**

90th Birthday party and 25 outreach deliveries for all residents over 90

Afternoon Teas

Alzheimer's Association Donation \$1,400

Bingo supplies budget \$1,000

Brain Training activities and Tai Chi budget \$1,000

Cabaret Events

Crafts, Beading, card making supplies

Donation Summer Dance Fest \$500

Donation Supplies and Holiday gifts for Vanderman Place

Donation to Lebanon Food Pantry \$800

Exercise classesupplies including Exercise bands, Yoga, Cardio Drumming

Holiday Cheer to 40 seniors. Candy, cookies, mugs with chocolate and tea

Landscaping -- New plantings, weeding and upkeep of gardens Budget \$1,000

**Memorial Bench and Chairs for Garden-purchased bench for Sue Bender and
chairs for Ellen Lathrop and Lois Cotter for memorial garden and path
to be completed in spring of 2024**

Scholarship for Lyman Senior was not awarded—no applications

Senior Center Brochure mailed to entire community \$3,000

Veterans Luncheon November

Volunteer Luncheon and Volunteer of Year. Gift cards and thank you gifts.

LEBANON SENIOR TRAVELER SCHEDULE 2024

February 27-29 “Atlantic City NJ Getaway” Resorts Casino
with **Yakov Smirnoff**, Russian Comedian

March 11 Aqua Turf, Plantsville, CT, **Celtic Dancers**

May 11 Statue of Liberty & Ellis Island ??

July 15 Newport Playhouse & Cabaret for
LobsterFest & to see “**NUNSENSE**”

August 2-15 **Northern European Cruise** with London,
Belgium, Netherlands, Norway & Iceland, 14 Days/12 Nts-56

September 18 Goodspeed Opera House “**MAGGIE**” &
Gelston House for Luncheon before show!

October 15-17 Pennsylvania Dutch Country & **Dutch Apple**
Theater to see “**HAIRSPRAY**” & Sight & Sound Theater-
“**DANIEL**” and Penn Dutch Tour and Buggy Rides too!

Tentative plans - LEBANON SENIOR TRAVELER SCHEDULE 2025

May/June Alaska **TBA**

October 5 Viking Cruise – Regensburg/Budapest



WELCOME 2024



JANUARY WELLNESS TRIPS

January 12th

BLESSED MICHAEL McGIVNEY PILGRIMAGE CENTER

(FORMERLY KNIGHTS OF COLUMBUS MUSEUM) NEW HAVEN

FREE FREE FREE

Exhibits are: Christmas in Americas, Celebrating 800 years of the Crèche, Papal and Catholic History



's Chilis in East Haven for Midafternoon Lunch

Van leaves Senior Center at 10 am/\$5 Van Fee/



January 26th

The Shops at Marlborough Barn

And Sadler's Ordinary

Van \$5/leaves at 10:30 am Walk around the shops and visit Sadler's Restaurant and Bakery

on your own. The visit will be 3 hours long to do as you wish.



JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Center Hours Mon—Fri. 9-4 Questions 642-3040	1 CENTER CLOSED	2 10:00 Brain Training 11:00 UNCAS Health 12 Lunch— Stuffed Shells 1:00 Mahjongg 4pm Tai Chi 6:30 Poker	3 9:30 Exercise 12 Massage Therapy	4 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback 6:30 Tai Chi	5 9:30 Exercise 11 GAP	6
RESERVA- TIONS NEEDED FOR LUNCH 860-642-	8 9:30 Exercise 12:15 Bingo	9 10:00 Brain Training 12 Lunch-Scalloped Potatoes w/ ham 1:00 Mahjongg 4pm Tai Chi 6:30 Poker	10 9:30 Exercise 12:00 Massage Therapy 1-6 Blood Drive	11 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback 6:30 Tai Chi	12 9:30 Exercise Wellness—Blessed Michael McGivney Center	13
14	15 CENTER CLOSED	16 10:00 Brain Training 12 Lunch— American Chop Suey 1:00 Mahjongg 1:30 COA Meeting 4pm Tai Chi 6:30 Poker	17 9:30 Exercise 12 Massage Therapy	18 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback 6:30 Tai Chi	19 9:30 Exercise 1:00 Bingo	20
21	22 9:30 Exercise 12:15 Bingo	23 10:00 Brain Training 12 Lunch— Baked Apricot Chicken 1pm Friends Meeting 1pm Mahjongg 4pm Tai Chi 6:30 Poker	24 9:30 Exercise 12 Massage Therapy	25 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback 6:30 Tai Chi	26 9:30 Exercise Wellness—Shops at Marlborough Barn	27
28	29 9:30 Exercise 12:15 Bingo	30 10:00 Brain Training 12 Lunch— Pork Lo Mein 1pm Mahjongg 4pm Tai Chi 6:30 Poker	31 9:30 Exercise 12 Massage Therapy			