



# SENIORS ON THE GREEN

April 2024

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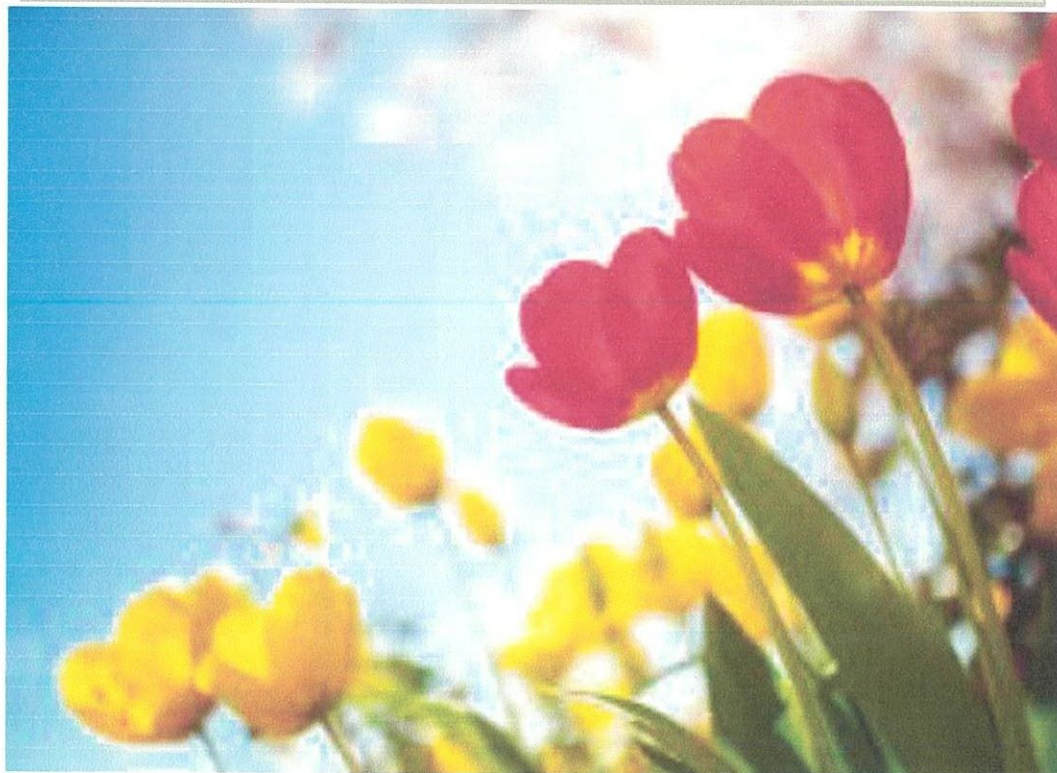


By the time you're eighty years old you've learned everything. You only have to remember it." – Bill Vaughan

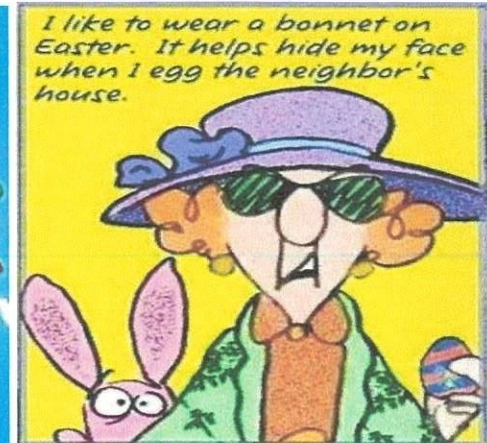
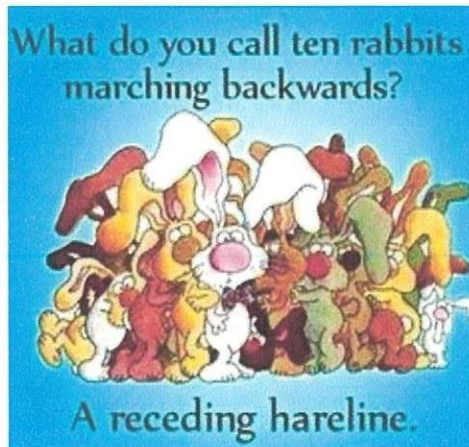
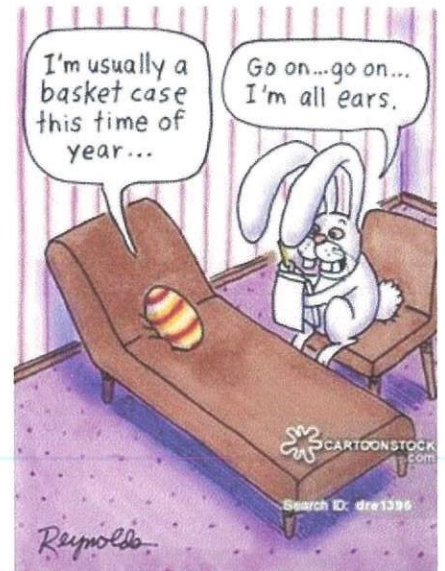
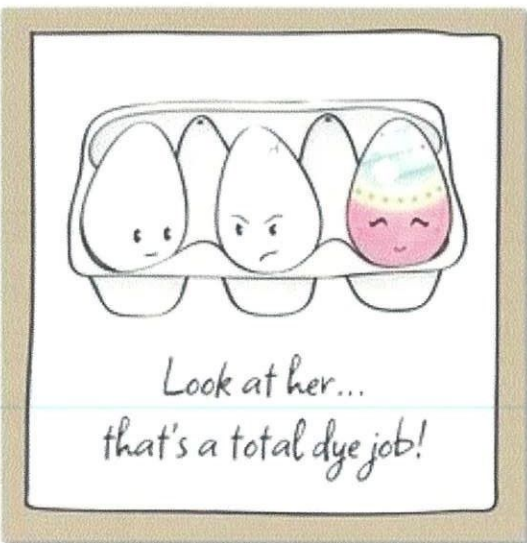
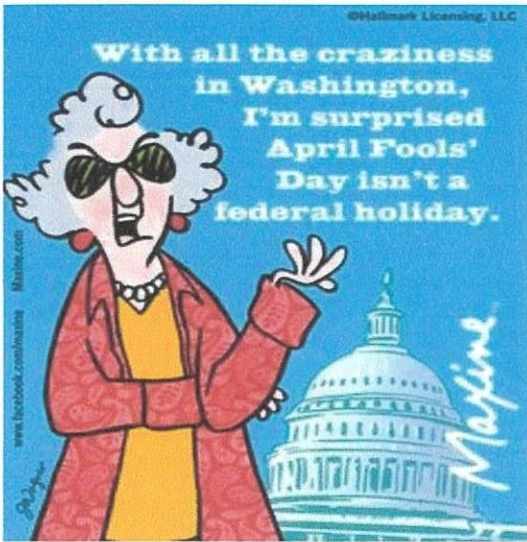


## Senior Center Hours:

Mon - Fri: 9 - 4pm  
Senior Ctr. 860-642-3040  
Ctr. Director: Darcy Battye  
860-642-2042  
Van Coord: 860-642-2024  
Eillean Weinsteiger  
Trans. Clerk: Susan Talbot  
860-642-2024











### Wellness Trips:

4/12 Dennison Home-  
stead Museum , Engine  
Room lunch, Mystic  
4/26 N.E. Air Museum,  
Cracker Barrel lunch  
5/10 Hank's Dairy Bar  
Yantic Falls, Norwich



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### Lunch Menu (\$7special)

4/2 Easter lunch (\$7)  
4/9 Tuna Salad Plate  
4/16 Meatball Sand.  
4/23 Vanderman  
Rehab lunch  
4/30 Taco Salad



## 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 Back in business, Tues & Weds.

Tracy Kelley

Hair cuts ONLY  
(\$15) hours 9-12

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  
reweather for whatever  
reason.



## 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



## Health and Wellness Tid Bit

### THE CTALERT—EMERGENCY NOTIFICATION SYSTEM

Overview: The State of Connecticut has a state-of-the-art emergency notification system alerting you of emergencies in your area. (State of CT Emergency Notification System)

To Sign-up for CT ALERT go to the website by clicking:

[Member.everbridge.net/index/982807736721724#.signup](http://Member.everbridge.net/index/982807736721724#.signup)

Enter the provided information to Register





STARTING  
APRIL  
**24**

## **LEBANON SENIOR GOLF 2024**

Everyone is welcome. Beginners to old pros. Gals and Guys! Invite your friends. There is no fee to belong.

Contact Janet Wislocki

[janet.wislocki@gmail.com](mailto:janet.wislocki@gmail.com). or call 203-464-7192

We meet at Chanticleer Golf Course in Colchester every Wednesday morning starting April 24th.

Tee time is 10 am so arrive around 9:30 to set up and organize groups. You can choose to ride in a golf cart or walk the 9 holes. You pay Chanticleer directly the day you play.

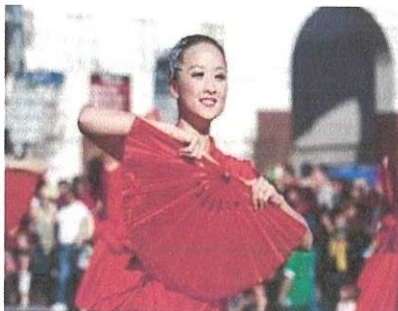




## SENIORS ON THE GREEN

What type of activities are you interested in for the warmer weather coming up?? Speak up & let us know what you might be interested in doing?

Walking Club, on the town Green?



Ancient Chinese Fan Dancing?

Playing horseshoes?





## Beginning Mahjong

Every Tuesday starting on April 18 until June 18th

If you ever wanted to learn Mahjong now is your chance.

Lebanon Senior Center  
Tuesdays  
1:00 pm

There will be tables for experienced players and there will be a table for beginners.

You don't need to bring anything except a willingness to learn and have fun.

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Any questions contact Janet Wislocki  
[janet.wislocki@gmail.com](mailto:janet.wislocki@gmail.com)  
203-464-7192

I ♥ Mahjong

gg75279953 GoGraph.com

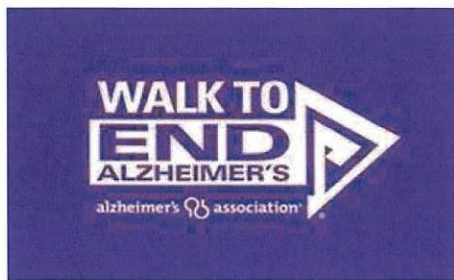
**The Friends of the Lebanon Senior Center**  
**present**  
**The Flamingo Big Band & Chocolate**  
**Buffet**



**Friday April 19<sup>th</sup> 7:00 pm – 10:00 pm**

**Tickets \$20.00 pp**

Flamingo is a fifteen piece, all-female big band of experienced professional musicians. We specialize in music from the swing era, with a sprinkling of rock 'n roll, pop tunes, rhythm, and blues. Formed in 1992, Flamingo has performed for weddings, dances, parties, fundraisers, concerts, and receptions in locations throughout Connecticut and southern Massachusetts.



**To Benefit Team Sparklers**



# **Tag Sale**

## **Friends of the Lebanon Senior Center**

**Saturday May 18  
9:00 - 2:00**

*Stop in at the new Senior Center  
for great deals on  
jewelry, household items and  
craft supplies.*

**All proceeds benefit programs for seniors.**

*Donations can be dropped off at the Senior Center  
Wednesday 5/15 through Friday 5/17 from  
9:30-3:30*

*No books, large furniture, or clothing!!*





## **CLEAN OUT YOUR CLOSETS FOR AMERICAN CANCER SOCIETY RELAY FOR LIFE THE BELIEVERS TEAM!**

This is our annual Savers FUNDrive for  
Relay for Life.

Our goal is \$600 - 131 large yard bags

All proceeds will go to the American Cancer Society

We will be collecting donations at  
187 Trumbull Highway, Lebanon

Saturday, March 2, 11 am-12 pm

Saturday, April 6, 11 am-12 pm

Saturday May 4, 11 am-12 pm

### **WE ARE COLLECTING:**

**CLOTHES:** MEN'S, WOMEN'S AND CHILDREN'S  
CLOTHES, COATS, SHOES, SCARVES, HANDBAGS,  
WALLETS, FASHION ACCESSORIES, TIES, BELTS,  
BACKPACKS, ETC

**HOUSEHOLD TEXTILES:** BEDDING, COMFORTERS,  
BLANKETS, SHEETS, TOWELS, LINEN, TABLECLOTHS,  
CURTAINS, PILLOWS, ETC

PLEASE GATHER CLOTHES AND HOUSEHOLD  
TEXTILES IN BAGS. ALL ITEMS MUST BE CLEAN AND  
IN SELLABLE CONDITION.

**FOR ANY QUESTIONS, CONTACT THE FUNDRIVE COORDINATOR:**

SUSAN NOSAL | 860-428-1322 | SNOSAL75@GMAIL.COM

*or ask Darcy*





## 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!

**November & December** **OPEN**

## PLANS FOR 2025

**Viking River Cruise** — Budapest/Regensburg

**Alaska**







## **APRIL AND MAY WELLNESS TRIPS**



### **April 12th**

#### **DAFFODIL WALK @ Denison Homestead Museum / Lunch @ Engine Room, Mystic**

Since 1717 six continuous generations have called this stately manor house their home. Historic rooms and heritage gardens featuring spring daffodils to get the season started. \$5 Senior Admission  
Lunch will follow at the Engine Room, Located in the beautifully restored Lathrop Marine Engine building with views of the Mystic River, we feature craft beers on tap, craft cocktails, a full wine list and a menu of locally sourced, creative American comfort food, with a focus on America's most beloved dish, the burger.

Van is \$5 and leaves at 10:00 am

### **April 26<sup>th</sup>**

#### **New England Air Museum and Cracker Barrel**



Newly renovated! New Exhibits!

The goal of the museum is to restore, exhibit, inspire, educate and showcase Aviation History.

A TOTAL new experience.

W/C accessible, Seniors \$18, Veterans \$12 admission

Van is \$5 and leaves at 9:00 am

### **May 10<sup>th</sup>**

#### **Hank's Dairy Bar-Plainfield and Yantic Falls-Norwich**

Good ole Hank's - Seasonal, casual and relaxing. Picnic tables/nice lawn/music  
The menu offers hot dogs, burgers, seafood, mini meals, milkshakes and ice cream.

If you're "Hankering" for a good meal or a snack join us.

A quick stop at the Yantic Falls follows. If you have never been take this opportunity! No hiking involved, literally 100 feet and you're on the bridge viewing Indian Leap Falls.

Van is \$5 and leaves at 11:00 am





# APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Center Hours</b> <b>Mon–Fri. 9-4</b> <b>Questions</b> <b>642-3040</b>	<b>1</b> 9:30 Exercise 12:15 Bingo	<b>2</b> 9:00 Hair Salon 10:00 Brain Training 11:00 UNCAS HEALTH 12 Lunch-Easter Lunch \$7 1:00 Mahjongg 4pmTai Chi 6:30 Poker	<b>3</b> 9:00 Hair Salon 9:30 Exercise 12:00 Massage Therapy	<b>4</b> 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback  6:30 Tai Chi	<b>5</b> <b>9-1 AARP Driver</b> <b>Safety Class</b> 11 GAP	<b>6</b>
<b>RESERVA-</b> <b>TIONS</b> <b>FOR LUNCH</b> <b>860-642-</b> <b>3040</b>	<b>8</b> 9:30 Exercise 12:15 Bingo	<b>9</b> 9:00 Hair Salon 10:00 Brain Training 12:00 Lunch– Tuna Salad Plate 1:00 Mahjongg 1:30 COA Meeting 4pmTai Chi 6:30 Poker	<b>10</b> 9:00 Hair Salon 9:30 Exercise 12:00 Massage Therapy	<b>11</b> 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback  6:30 Tai Chi	<b>12</b> 9:30 Exercise Wellness Trip-Daffodil Walk & Lunch	<b>13</b>
<b>14</b>	<b>15</b> 9:30 Exercise 12:15 Bingo	<b>16</b> 9:00 Hair Salon 10:00 Brain Training 12 Lunch– Meatball Sand 1:00 Mahjongg 4pmTai Chi 6:30 Poker	<b>17</b> 9:00 Hair Salon 9:30 Exercise 12 Massage Therapy	<b>18</b> 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback  6:30 Tai Chi	<b>19</b> 9:30 Exercise 1:00 Bingo <b>7pm Spring Fling</b> <b>Alzheimer Fundraiser</b>	<b>20</b>
<b>21</b>	<b>22</b> 9:30 Exercise 12:15 Bingo	<b>23</b> 9:00 Hair Salon 10:00 Brain Training 12 Lunch– Vanderman Rehab brings lunch 1:00 Friends Meeting 1pm Mahjongg 4pmTai Chi 6:30 Poker	<b>24</b> 9:00 Hair Salon 9:30 Exercise 12 Massage Therapy	<b>25</b> 9:00 Cardio Drumming 10:00 Brain Training 1:00 Setback  6:30 Tai Chi	<b>26</b> 9:30 Exercise Wellness Trip– N.E. Air Museum	<b>27</b>
<b>28</b>	<b>29</b> 9:30 Exercise 10:30 Art Class 12:15 Bingo	<b>30</b> 9:00 Hair Salon 10:00 Brain Training 12 Lunch– Taco Salad 1pm Friends Meeting 1pm Mahjongg 4pmTai Chi 6:30 Poker				<b>Watch</b> <b>Channel 3</b> <b>For</b> <b>Closings</b>