

#### **Program & Event Signup Day** Friday, October 1 at 10:00am

Trip, mini-bus, and event sign ups start the first working day of each month. Please visit or call the front office at 203-237-0066. Sign ups begin at 10:00am for walk-ins and 11:00am for phone registrations. Walk-ins give their name to the front desk upon arrival to the Senior Center. Names will begin to be called at 10:00am in order of sign up. You must be present at 10:00am to register. If an event is booked up before your name is called, you will be put on the waiting list in numerical order.

#### Fall Sangria (non-alcoholic) with Liz Monday, October 4 at 10:30am





#### Scrabble Game with Carol

Tuesdays, October 5 & 19 from 10:30am-11:30am



Please join Carol for a fun game of Scrabble on the Lower Level. Please sign up with Liz.

#### New Tile Game: Mah Jong — Lower Level Every Tuesday from 10:00am-12:00pm

Mah Jong is a game of skill, strategy and luck, in which tiles of various designs are drawn and discarded according to established rules. The objective is to create a combination of tiles that match a design on the current Mah Jong card. Players must bring their own 2021 Mah Jong card to take part in the game.



#### Walking Club with Liz Every Wednesday at 10:30am

If you are interested in joining Liz for a fitness walk at the Meriden Green, please sign up at the front office. Please meet at 10:15am in the front office area. We will return at 11:30am. Always weather permitting. Please wear warm clothes!

#### **Spooky Crystal Ball Craft with Liz**

Thursday, October 14 from 10:15am-11:30am

Please join Liz in the Activity Room to learn how to make a spooky crystal ball. Please sign up in the front office.



#### **Red Hat Society Members**

Monday, October 18 at 12:30pm \*Location to be Determined\*



Please join our wonderful Red Hat Society for their monthly meeting. Meetings typically include a fun afternoon of snacks, bingo, raffles, and presentations! Throw on your red and purple and join this amazing group of women!

#### **Veteran Services with George Messier**

Tuesday, October 19 at 11:00am Conference Room on the Main Level

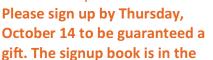


George Messier visits the Senior Center every third Tuesday of every month. He provides info and administrative assistance to veterans and dependents eligible for veteran's benefits. Please call George to schedule your appointment at 203-294-2165.

#### **BIRTHDAY PARTY!**

Thursday, October 21 at 11:30am

This month's birthday gifts will be sponsored by: Always Best Care. Your birthday must be in October.





**Dining Room.** Happy Birthday to all members who were born in October!





#### Stay In Shape with Us!

Senior Center members are encouraged to join our **free** exercise programs. Come get in shape, make new friends, and join in on the fun!



#### **Weekly Exercise Classes**

Aerobics	Mondays, Wednesdays, Fridays, 11:00am	Lower Level	
Sit Down and Tone Up	Mondays, 10:30am, Thursdays, 10:30am	Lower Level	Please bring an
Strength & Tone	Mondays, 12:30pm	Lower Level	extra pair of dry sneakers for
Tai/Chi/Qigong	Tuesdays, Thursdays, 1:30pm	Lower Level exercise classes	
Weight Training	Tuesdays, 11:00am		during rainy weather.
Arthritis Exercise	Tuesdays, 12:30pm	Lower Level	
Latin Rhythm Exercise	Thursdays, 11:00am	Lower Level	
Yoga	Fridays, 10:00am	Matt Dominello Community Room	

#### **Weekly Art Classes**

Art Class	Mondays, Wednesdays, Thursdays, 9:30am Lower Level, Art Studio	
Ceramics	Tuesdays, Thursdays, 12:30pm	Lower Level, Ceramics Studio
Knitting & Crochet	Thursdays, 12:30pm	First Floor, Meeting Room
Sewing & Quilting	Monday's 9:30am	First Floor, Meeting Room

\*\*Please note that our Computer Room and part of our Activity Room will be utilized



by the Meriden Health Department until further notice. \*\*Card tables have been relocated to the lower level for our Setback Club on Fridays. Poker Club will have the Domino Room (3rd Floor) reserved on Tuesdays and Thursdays. There will be one computer available for use on the Lower Level.

#### **Renters' Rebate**

The City of Meriden will continue to accept applications (In person or over the phone) for the State of Connecticut Renters' Rebate Program until October 1, 2021. Please call 203-237-0066 to schedule your appointment. For more information please see page 8.

#### **Calling All Card Players**



Poker Club meets Tuesdays and Thursdays at 12:30
Setback Club meets Fridays at 12:30pm
New Players welcome!

# City of Meriden Health and Human Services Department Meriden Senior Center 22 West Main Street, Meriden, CT 06451 Open Monday-Friday, 8:30am—4:00pm

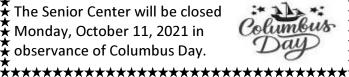
Rick Liegl, Senior Affairs Administrator	203-630-4701
Keira Merrill, Front Office	203-237-0066
Liz Parra, Recreation Coordinator	203-630-4703
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Pedroso, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Allan Church, Meriden Transit	203-630-4706
Tanniece Ulett, Community Services	203-630-4708
Conference Room	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Lisa Mesite, Tanya Vega, Guy Racine,

## **Movie Mahem Month** Every Friday at 12:30pm For the month of October we will be showing a spooky movie every Friday in the T.V Room. Please see Liz if you have any requests or any movies you would like to bring in from home to show in advance! 10/1 — Hocus Pocus 10/8 — Goosebumps 1 **10/15** — Goosebumps 2 10/22 — Twilight 10/29 — Inception

\*

🖟 The Senior Center will be closed 💃 Monday, October 11, 2021 in ★ observance of Columbus Day.



#### **New Member Orientation**

Thursday, October 28 at 12:30pm



Join Rick Liegl, Senior Affairs Administrator for a guided tour of our Senior Center while he provides information on our programs and services. New Member Orientation will be held on the last Thursday of every month. Hope to see you there! Please sign up in the front office.

#### Safety Tips for Seniors on Halloween



Here are some tips for safety:

- Keep trick-or-treaters outside sometimes it can be tempting to invite trick-or-treaters into your home but that's an easy way to invite safety concerns. Instead keep trick-or-treaters on your porch or front step.
- Be smart about decorations Jack-O-Lanterns can be a fire hazard if they're in an area where they can easily be tripped over. Window decorations can also be a problem if they prevent visibility, so make sure that your decorations don't prevent from seeing who's on your lawn or at your door.

Following these tips will ensure a fun & safe Halloween for all.

#### **HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING Presents: Medicare Annual Election Period (AEP)**

Mark your calendars! The Medicare AEP is available from October 15 through December 7th. You will have the option to shop for a new plan, switch your Medicare Advantage Plan, change from Original Medicare to a Medicare Advantage plan, and add or remove prescription drug coverage.

#### Know your eligibility

- Prospective member Medicare, you will need to sign up for Medicare Part A and Part B before you enroll in a Medicare Advantage plan this period.
- Currently enrolled in a Medicare plan? You may be able to lower your monthly premium.

#### Choose the best coverage

Relying just on Parts A and B for coverage would only cover about 80% of your expenses. The remaining 20% is your responsibility. To have the best coverage, many people select a Medicare Advantage Plan, Part C plan that includes Medicare Parts A and B benefits and may have supplemental benefits like dental and hearing. These plans may also include a Part D plan to cover drug costs.

For more information contact 1-844-267-2322 (TTY:711). Our local, licensed Medicare Agents can help answer any of your questions about AEP.

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servicios gratuitos de asistencia lingüística. Llame al 1.888.341.1507 (TTY: 711).

#### **Farmers Market at the Meriden Green**

**Location:** Mill St. (Between State and Pratt Streets) Dates: Saturdays, July 10th through October 16,

2021

Time: 8:30am-12:00pm

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#### **Attention All Bingo Lovers**

The Meriden Senior Center is looking for new volunteers to call Bingo on Mondays, Wednesdays and every third Friday of the month. Please visit the front office if you are interesting in participating!

#### **Antique Veterans Honor Guard**

The Antique Veterans of Meriden Honor Guard was formed in 1996. Weekly meetings have been on hold due to the pandemic at the Meriden Senior Center. The unit is still doing military honors. Please call Ed Lynch with any inquiries:

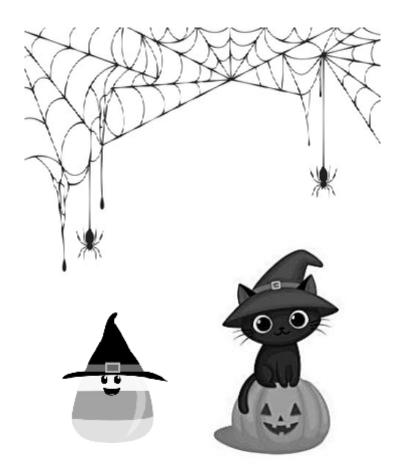
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#### **Billiards Room**

There will be no pool teams playing against other Senior Centers until further notice.

The billiards room is available for individual use with other Meriden Senior Center members.



# Senior Center Mini-Bus Transportation Program (203) 237-3338

Rides are available for Meriden residents aged 55 and over, as well as rides to medical appointments for people with disabilities under age 55. Applications for passengers are available in the Mini-Bus Office.

- Due to high rider demand, if your ride is not pre-scheduled there will be no additional trips scheduled for that day. Only trips on the schedule will be made. If you need to cancel your reservation, please call the Dispatcher beginning at 8:00am.
- Please schedule medical trips at least three (3) days in advance. Riders can only be transported to one medical appointment per day.

Rides are free; funds come from the City of Meriden, the CT DOT, and the Agency on Aging of South Central CT. Donations are gratefully accepted. Please see the schedule below for scheduled shopping trips through the Mini-Bus program. Please note that there is a two (2) bag limit for shopping trips.

#### **For All Members**

Please be sure to have your photo ID on hand to sign in when arriving at the Senior Center. If you do not have a new photo ID, we have a guest card that can be used to sign in. You must select an option on the main screen before hitting the save button in order to record your attendance.



#### **Monthly Shopping Schedule**

**Shop Rite/Walmart** 

Tuesdays at 12:30pm — October 5, 12, 19, 26 Fridays at 12:30pm — October 8, 22

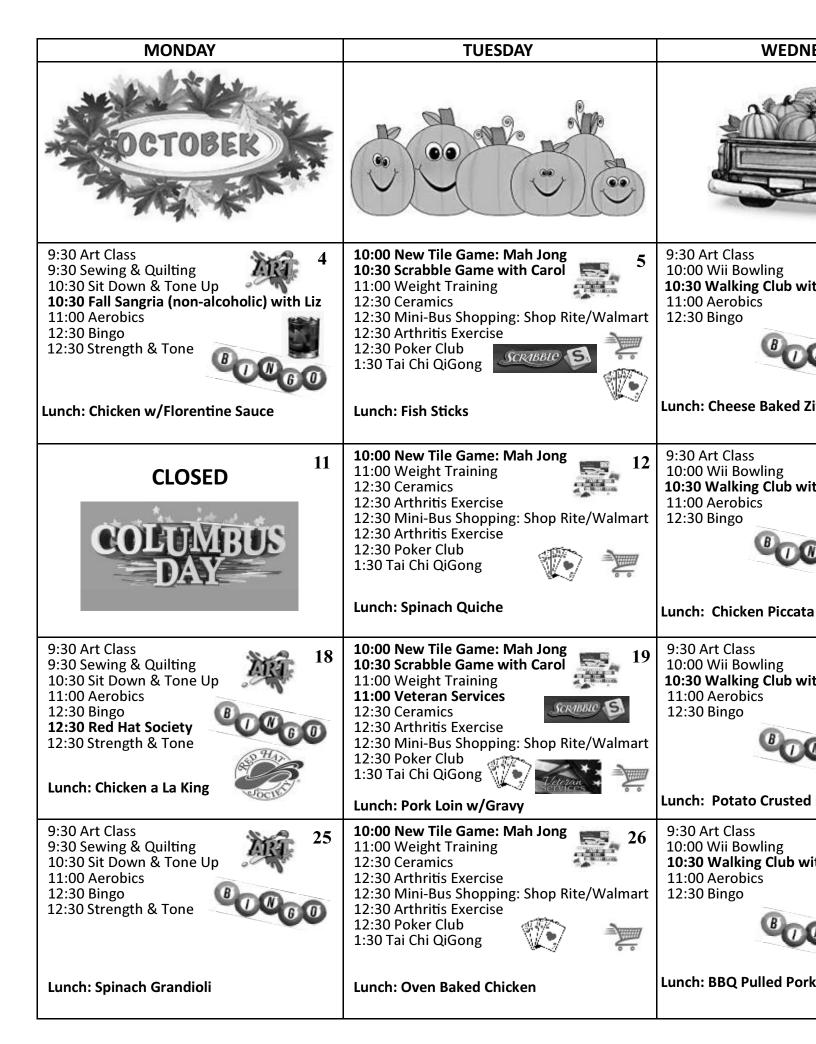
Stop and Shop/Save-A-Lot

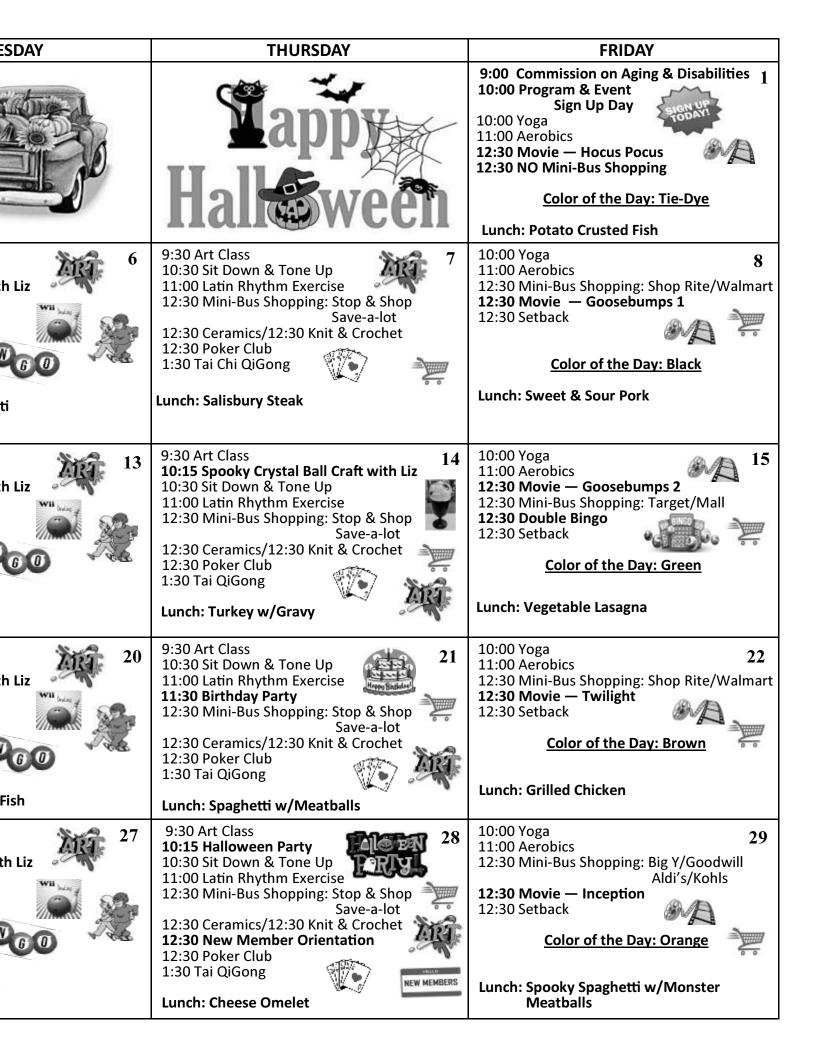
Thursdays at 12:30pm — October 7, 14, 21, 28

Target/Mall

Friday at 12:30pm — October 15
Big Y/Aldi's/Kohls/Goodwill

Friday at 12:30pm — October 29







# October 2021 Social Services



#### Renters' Rebate Program Extension Request

You have until December 15th to request an extension of time to file your renters rebate with a doctor's letter indicating that you were under their care. If you are interesting please contact 203-630-4708 for details.

#### What is the Emergency Broadband Benefit Program?

The Emergency Broadband Benefit Program is a Federal Communications Commission (FCC) program that provides a temporary discount on monthly broadband bills for qualifying low-income households. If your household is eligible, you can receive:

- Up to a \$50/month discount on your broadband service and associated equipment rentals
- Up to a \$75/month discount if your household is on qualifying Tribal lands
  - A one-time discount of up to \$100 for a laptop, tablet, or desktop computer (with a co-payment of more than \$10 but less than \$50)

Only one monthly service discount and one device discount is allowed per household.

The FCC expects enrollment for the Emergency Broadband Benefit Program to open later this month. It will end when the fund runs out of money, or six months after the Department of Health and Human Services declares an end to the COVID-19 health emergency, whichever is sooner.

For more information go onto the website

https://getemergencybroadband.org/ or contact the Toll-free support number: (833) 511-0311



Open Enrollment for Medicare Advantage and Medicare Prescription Drug Coverage is from

#### October 15th-December 7th

Please contact us if you are interested in changing your plan or looking at other options.

Are your heating costs more than you can afford?



You may qualify for energy assistance!

New Opportunities will be scheduling appointments for energy assistance.

Call the appointment line at: 203-235-0278



The Salvation Army has new pantry hours: Tuesdays and Thursday from 9am-12pm They are located at 23 St. Casimir Drive

Natalie Gill-Social Services Worker 203-630-4273 Monday-Friday 8:00 am-4:30pm Tanniece Ulett-Community Services Worker 203-630-4708

# LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ Nutrition for Mind, Body and Spirit October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				3 oz Potato crusted fish ½ cup Rice pilaf ½ cup Scandinavian blend Multigrain bread 1 tsp margarine 4 oz mixed fruit juice Iced chocolate cake 8 oz low fat milk
4	5	6	7	8
3 oz Chicken with Florentine sauce ½ cup sweet potato pone ½ cup Green beans Breadstick 1 tsp margarine ½ cup Peaches 8 oz low fat milk	6 oz Beef Barley soup 1 pkt crax 3 oz Fish sticks 1 pkt tartar sauce ½ cup Brown rice and orzo pilaf ½ cup Zucchini WG dinner roll 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	1 cup Cheese Baked ziti ½ cup Spinach ½ cup Cauliflower 1 pkt parmesan cheese Italian bread 1 tsp margarine Fresh Fruit 8 oz low fat milk	3 oz Salisbury Steak/ mushroom gravy ½ cup roasted potato ½ cup Glazed Carrots WG dinner roll 1 tsp margarine 4 oz Apple juice Chocolate chip cookie 8 oz low fat milk	3/4 cup Sweet and sour pork 1/2 cup brown rice 1/2 cup Asian blend veggies Wheat bread 1 tsp margarine 1/2 cup Pineapple tidbits 8 oz low fat milk
11	12	13	14	15
CLOSED	1/6 Spinach quiche ½ cup Stewed tomato ½ cup Bean blend Garlic breadstick 1 tsp margarine 4 oz Grape Juice ½ cup Chocolate pudding 8 oz low fat milk	3 oz Chicken Piccata ½ cup Rice pilaf ½ cup Broccoli Pumpernickel bread 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Turkey/gravy ½ cup Baked acorn squash ½ cup Green peas 1 pkt cranberry sauce Corn bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk	1 roll Vegetable Lasagna ½ cup Seasoned cannellini beans ½ cup Carrots 1 pkt parmesan cheese Italian bread 1 tsp margarine ½ cup Fresh Fruit 8 oz low fat milk
18	19	20	21	22
3/4 cup Chicken a la king 1/2 cup Brown rice 1/2 cup Broccoli Biscuit 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Pork loin/gravy ½ cup mashed potato ½ cup Sauteed red cab- bage Rye bread 1 tsp margarine ½ cup Applesauce 8 oz low fat milk	3 oz Potato crusted fish ½ cup Macaroni and cheese ½ cup Peas Dinner roll 1 tsp margarine 4 oz Orange Juice Pound cake/berries 8 oz low fat milk	3 oz Meatballs ½ cup Spaghetti ½ cup Spinach 1 pkt parmesan cheese Wheat breadstick 1 tsp margarine ½ cup Fruited Jell-O 8 oz low fat milk	Minestrone soup/crax 3 oz Grilled chicken 1 sandwich bun ½ cup sweet potato fries ½ cup Green beans 1 pkt BBQ sauce 1 tsp margarine Fresh fruit 8 oz low fat milk
25	26	27	28	29
3 oz Spinach Grandioli in parmesan white sauce ½ cup stewed tomato ½ cup Zucchini Italian bread 1 tsp margarine 4 oz Grape Juice Carrot cake 8 oz low fat milk	3 oz Oven baked chicken ½ cup roasted potato ½ cup mixed vegetables Biscuit 1 tsp margarine ½ cup baked apple slices 8 oz low fat milk	3 oz BBQ pulled pork ½ cup Baked beans ½ cup Corn WG sandwich roll ½ cup Tropical fruit 8 oz low fat milk	6 oz Cream of zucchini soup/crax 1 Cheese omelet ½ cup Obrien potato ½ cup Beets WGR Blueberry muffin 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	Halloween Celebration ½ cup spooky spaghetti 3 oz monster meatballs ½ cup ghoulish green beans 1 batty breadstick 1 tsp margarine 4 oz witches brew 1 candy corn brownie 8 oz low fat milk

#### **Elderly Nutrition Program** (203) 630-4704

\$3.00 Suggested Donation for Seniors 60 and Up- \$6.00 Fee for Non-Seniors

\*No loose change will be accepted\*

Ordering: Sign up for your meal by 12:30pm the day before. Cancelling: We need you to contact the kitchen at 203-630-4704 to cancel your order A.S.A.P. This will help us reduce the number of wasted meals. A "Form 5" must be filled out when you come for your first lunch and updated yearly after that.

\*Please make sure you arrive no later than 11:25am for your lunch ticket to assure a smooth and prompt lunch service. Thank You!

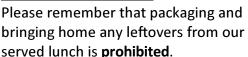
#### Meals on Wheels **LifeBridge Community Services**



Meals on Wheels delivers well-balanced, nutritious meals to those living in Meriden who are unable to prepare meals for themselves.

#### **Attention Seniors!!!**

203-752-9919





If a member goes shopping and has food that needs to be kept cold, they will need to bring it home. We ask that you please follow this important policy.

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### **Be Our Ambassador!**



#### **Transportation Reminder**

The Daily Mini-Bus Sign Up Sheet for the Senior Center for Seniors to call or sign up weekly/daily with their schedules for a ride. Bus Routes start at 8:30am. Seniors should be waiting for their ride. Drivers will wait 5 minutes and then continue on their route.

#### **Commission on Aging and Disabilities** Friday, October 1 at 9:00am

This commission was created by the Meriden City Council to advise and assist the Mayor and the City Council in identifying issues that affect Meriden's aging and disabled population. Meetings are held in the Activity Room and are open to members of the Senior Center and the general public, and are held every first Friday at 9:00am each month at the Senior Center. Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.



On behalf of all of us at the Meriden Senior Center. we wish you all a happy & safe Halloween!







Lunch is served promptly at 11:30am. Breakfast is served Monday – Friday from 9:30am-10:30am.

#### **Monday-Friday**

English Muffin with Peanut Butter, Jelly or Butter- \$0.50 English Muffin with Egg - \$0.75 English Muffin with Egg & Sausage -\$1.25 Egg -\$0.25



#### **Thursday**

Donuts (when available) —\$0.25



#### Senior Center Café Snack Bar 9:30am-11:20am

Crackers -\$.50 Chips -\$.50 Cookies - \$.75 Can Soda - Juice - \$1.00 Sparkling Ice -\$1.00 Flavored Seltzer -\$1.00

Ice-Cream Cups -\$.50 Snapple -\$1.25

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