

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
September 2021

Celebrate National Senior Center Month with Us!

Grandparents Day Celebration

Wednesday, September 15 from 10:30am to 12:00pm

In honor of Grandparent's Day, we invite our members to join us in the Dining Room for musical entertainment by Jose Paulo that starts at 10:30am.

Enjoy a Wheel of Fortune game with prizes and raffles during our event, sponsored by Anthem Blue Cross & Blue Shield. All proceeds from our raffles will be donated to the Meriden Senior Center Team for the Connecticut Chapter of the Alzheimer's Association. **Regular lunch will be served.**

Alzheimer's Awareness Month

During the month of September, the Meriden Senior Center Team will be holding raffles, selling T-Shirts and crocheted bookmarks in support of the Alzheimer's Association, Connecticut Chapter. Sponsored by Elizabeth's Home Care Agency LLC, Anthem Blue Cross & Blue Shield and our Knit & Crochet Club. Check donations for the Connecticut Chapter of the Alzheimer's Association can be made out to:

Alzheimer's Association Connecticut Chapter, 200 Executive Blvd, Suite 4B, Southington, CT 06489 * Please write in the memo: Meriden Senior Center Team

22 West Main Street, Meriden, CT 06451 www.meridenct.gov

Program & Event Signup Day**Wednesday, September 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.**

**Activity Meeting with Liz****Thursday, September 2 at 10:30am**

Please join our Recreation Coordinator Liz in the Dining Room to learn about the latest updates about our activities this month.

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. **No Walk on September 1 & 15**

**Scrabble Game with Carol****Tuesdays, September 7 & 21 from 10:30am-11:30am**

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

**Estate Planning: What You Need to Know****Wednesday, September 8 at 10:30am**

Everyone, both young and old, needs an estate plan. It protects you and your assets not just after you die, but during your life as well. Will you be prepared when life takes a turn? Please join Attorney Ruth Fortune in the Dining Room who will explain estate planning basics and documents every adult should have.

**Tie-Dye T-Shirts with Liz****Thursday, September 9 from 10:15am-11:30am**

Please join Liz in the Activity Room for a Tie-Dye craft. **You must bring your own white T-Shirt.** Please sign up in the front office.

**BIRTHDAY PARTY!****Thursday, September 16 at 11:30am**

This month's birthday gifts will be sponsored by: **Hartford HealthCare Integrated Care Partners.** Your birthday must be in September.

Please sign up by Thursday, September 9 to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in September!

**Red Hats Society Members****Monday, September 20 at 12:30pm**

Welcome back Red Hats! Please join our wonderful Red Hat Society in the Mezzanine. Club dues are \$7.00 and there will be no food allowed at this meeting until further notice. Thank you for your patience!

**Veteran Services with George Messier****Tuesday, September 21 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.

**Understanding Alzheimer's and Dementia****Wednesday, September 22 from 10:30am-11:30am**

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us in the Dining Room to learn about the impact of Alzheimer's, the difference between Alzheimer's and Dementia and more. Presented by Maria Tomasetti from the Alzheimer's Association CT Chapter.

Medicare 102 Presentation**Wednesday, September 29 from****10:30am-11:30am**

Medicare's Annual Enrollment Period: Why Shop? Join us in the Dining Room to learn about Medicare's Annual Enrollment Medicare Plan, plus Q&A with the expert. Presented by Marissa Hiebel, Hartford Healthcare Educator, and sponsored by Hartford HealthCare's Integrated Care Partners.





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	Please bring an extra pair of dry sneakers for exercise classes during rainy weather.
Sit Down and Tone Up	Mondays, 10:30am, Thursdays, 10:30am	Lower Level	
Strength & Tone	Mondays, 12:30pm (No Class August 16)	Lower Level	
Tai/Chi/Qigong	Tuesdays, Thursdays, 1:30pm	Lower Level	
Weight Training	Tuesdays, 11:00am	Lower Level	
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.**

ATTENTION

Creative Writing

There will be no summer classes for creative writing. Classes are expected to resume in the fall.

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**

Staff

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,

Film Fridays — TV Room

Friday, September 10 at 12:30pm

"Grumpy Old Men" (1993)

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. Starring: Walter Matthau, Jack Lemmon and Ann-Margret


Friday, September 24 at 12:30pm

“Grumpier Old Men” (1995)



John and Max resolve to save their beloved bait shop from turning into an Italian restaurant, just as it's new female owner catches Max's attention. Starring: Walter Jack Lemmon and Ann-Margret

The Senior Center will be closed
Monday, September 6, 2021 in
observance of Labor Day.



New Member Orientation

Thursday, September 30 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.**



HARTFORD HEALTHCARE CENTER FOR **HEALTHY AGING Presents: How to Stay Cool** **in the Heat**

Summer the season of fun and excruciating sun. With the warmer weather comes an increased risk of heat stress, especially for older adults. Heat related stress can occur if you are exposed to high temperatures for a longer period of time without proper hydration.

Heat Stroke vs Heat Exhaustion

Heat stroke is an illness that causes the body's temperature to reach 104 degrees or higher within 1-15 minutes with an inability to sweat. Signs include fainting, staggering, acting strangely, and more.

Heat exhaustion is a mild illness that can progress into a heat stroke. Signs include sweating, muscle cramping, headache, and more.

Cool Tips for Hot Days

- Stay hydrated
- Reduce time in elements
- Take a cool shower
- Wear breathable clothing
- Keep a healthcare plan handy

Get in touch with CarePartners of Connecticut at **1.844.411.8863** (TTY: 711) today.

We contract with other Medicare Advantage/Part D plans. CarePartners of Connecticut complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation or gender identity.

ATENCIÓN: Si habla español, tiene a su disposición 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



Friday at 12:30pm — September 24

MONDAY	TUESDAY	WEDNESDAY
		9:30 Art Class 10:00 Program & Event Sign Up Day 10:30 Walking Club with 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo Lunch: Cheese Baked Ziti
<p><u>CLOSED</u> 6</p> 	10:30 Scrabble Game with Carol  7 11:00 Weight Training 12:30 Ceramics 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong  Lunch: Spinach Quiche	9:30 Art Class 10:00 Wii Bowling 10:30 Walking Club with 10:30 Estate Planning: Need to Know 11:00 Aerobics 12:30 Bingo Lunch: Chicken Piccata
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone  Lunch: Chicken a la King	11:00 Weight Training 12:30 Ceramics 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong  14 Lunch: Pork Loin w/gravy	9:30 Art Class 10:00 Wii Bowling 10:30 Celebrate National Month 10:30 Walking Club with 11:00 Aerobics 12:30 Bingo Lunch: Potato Crust
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Red Hats Society 12:30 Strength & Tone  Lunch: Spinach Grandioli	10:30 Scrabble Game with Carol 21 11:00 Weight Training 11:00 Veteran Services  12:30 Ceramics 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong   Lunch: Oven Baked Chicken	9:30 Art Class 10:00 Wii Bowling 10:30 Walking Club with 10:30 Understanding Alzheimer's And Dementia 11:00 Aerobics 12:30 Bingo  Lunch: BBQ Pulled Pork
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone  Lunch: Stir Fry Beef	11:00 Weight Training 12:30 Ceramics 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong  28 Lunch: Macaroni & Cheese w/ham	9:30 Art Class 10:00 Wii Bowling 10:30 Walking Club with 10:30 Medicare 102 Pro 11:00 Aerobics 12:30 Bingo  Lunch: Philly Cheese Steak

WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>SIGN UP TODAY!</p>  	<p>2</p> <p>9:30 Art Class 10:30 Sit Down & Tone Up 10:30 Activity Meeting with Liz 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot </p> <p>12:30 Poker Club 1:30 Tai QiGong</p> <p>Lunch: Salisbury Steak</p>	<p>3</p> <p>9:00 Commission on Aging & Disabilities 10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Shop Rite/Walmart </p> <p><u>Color of the Day: Purple</u></p> <p>Lunch: Sweet & Sour Pork</p>
<p>8</p>   	<p>9</p> <p>9:30 Art Class 10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot 12:30 Ceramics/12:30 Knit & Crochet 12:30 Poker Club 1:30 Tai Chi QiGong </p> <p>Lunch: Turkey w/gravy</p>	<p>10</p> <p>10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Target/Mall 12:30 Movie — “Grumpy Old Men” (1993) 12:30 Setback  </p> <p><u>Color of the Day: Purple</u></p> <p>Lunch: Vegetable Lasagna Roll</p>
<p>15</p> <p>Senior Center</p>  	<p>16</p>  <p>9:30 Art Class 10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 11:30 Birthday Party 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot 12:30 Ceramics/12:30 Knit & Crochet 12:30 Poker Club 1:30 Tai QiGong </p> <p>Lunch: Spaghetti w/Meatballs</p>	<p>17</p> <p>10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Double Bingo 12:30 Setback  </p> <p><u>Color of the Day: Purple</u></p> <p>Lunch: Grilled Chicken Sandwich</p>
<p>22</p> <p>Alzheimer's</p>  	<p>23</p> <p>9:30 Art Class 10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot </p> <p>12:30 Ceramics/12:30 Knit & Crochet 12:30 Poker Club 1:30 Tai QiGong</p> <p>Lunch: Cheese Omelet</p>	<p>24</p> <p>10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Big Y/Goodwill Aldi's/Kohls 12:30 Movie — “Grumpier Old Men” (1995) 12:30 Setback  </p> <p><u>Color of the Day: Purple</u></p> <p>Lunch: Meatloaf w/gravy</p>
<p>29</p>   	<p>30</p> <p>9:30 Art Class 10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot </p> <p>12:30 Ceramics/12:30 Knit & Crochet 12:30 New Member Orientation 12:30 Poker Club 1:30 Tai QiGong </p> <p>Lunch: Chicken Parmesan</p>	



September 2021 Social Services

Renters' Rebate Program

**This is the last month to apply, as program ends on
October 1st**

Upon making an appointment, you have the option to do an in person appointment or a phone appointment. If you choose a phone appointment, an application packet will be mailed to you to fill in, sign, and send in with your supporting documentation from 2020

In order to process the application, the Meriden Senior Center needs your application and documentation submitted prior to the date of your phone appointment.

- Documents and application can be sent via mail to:
Meriden Senior Center, 22 West Main St. Meriden, CT 06451
Attn: Renter's Rebate
 - Documents and application can be sent via fax: 203-235-7149
 - Documents and application can be dropped off in our mailbox that is attached to our building-front entrance
- Call 203-630-4708, 203-630-4273 or 203-237-0066 to schedule an in person or phone appointment.

Emergency Mortgage Assistance Program

Are you facing foreclosure or struggling to pay your mortgage?

CHFA's Emergency Mortgage Assistance Program (EMAP) is a 30-year, fixed-rate loan for eligible homeowners who are having trouble making their mortgage payments. If you are behind on your mortgage, expect to fall behind or are facing foreclosure due to a financial hardship, EMAP can help you catch up or stay current with your payments.

With EMAP, you may qualify for monthly financial assistance to pay your mortgage for up to 60 months. The amount you can receive each month depends on your financial situation and the median income in your area. CHFA will determine when you are ready to start paying back your EMAP loan and, until then, no interest will accrue.

Additional Resources

Homeowners struggling with their mortgage payments are encouraged to contact a housing counseling agency to explore all foreclosure prevention options available.

Contact the CHFA Customer Call Center at (860) 571-3500 or toll free at (877) 571-CHFA.

Natalie Gill-Social Services Worker

203-630-4273

Monday-Friday 8:00 am-4:30pm

Tanniece Ulett-Community Services Worker

203-630-4708

UniteCT

Emergency Rental Assistance for Connecticut's Economy

UniteCT Program is administered by the Department of Housing on behalf of the US Treasury. UniteCT provides up to \$15,000 rental and up to \$1,500 electricity payment assistance on behalf of Connecticut households financially impacted by the COVID-19 pandemic. UniteCT is stabilizing CT's rental housing market by financially supporting those households up to 80% of HUD's Area Median Income (AMI)

Tenants and landlords use the UniteCT Rent Relief software to submit their own sections of the application creating a unique case file for decision making evaluation.

You must first register to get an email invitation to start your application. Paper applications will not be accepted.

If you need further assistance, please call 1-844-UniteCT 1-844-864-8328 or email DOH-UniteCT@ct.gov. List of requirement documentation can be found on the UniteCT website · <http://www.bit.ly/UniteCT>

Meet Tanniece Ulett-New Community Services Worker at the Meriden Senior Center.

Tanniece, Is a MSW student at the Southern Connecticut State University. She resides in the city of Meriden and is married. She is passionate about working with the Elderly and is also a Certified Nursing Assistant. She enjoys working with Elders and their families. She previously worked as a High School Guidance Counselor for 6 years. She also worked with United Way of Greater New Haven (CAN) program, working with the homeless population. She is happy to join the amazing team at The Meriden Senior Center and is dedicated to using her skills and expertise in order to provide quality professional service. She is currently coordinating the Renters' Rebate program so if you have any questions or need to schedule an appointment, call 203-630-4708

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE**Nutrition for Mind, Body and Spirit****September 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		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	¾ cup Sweet and sour pork ½ cup brown rice ½ cup Asian blend veg- gies Wheat bread 1 tsp margarine ½ cup Pineapple tidbits 8 oz low fat milk
6	7	8	9	10
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 pud- ding 8 oz low fat milk	6 oz Greek lemon soup 1 pkt crax 3 oz Chicken Piccata ½ cup Rice pilaf ½ cup Broccoli Pumpkin bread 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Turkey/gravy ½ cup Baked acorn squash ½ cup Green beans 1 pkt cranberry sauce Corn bread 1 tsp margarine Fresh fruit 8 oz low fat milk	1 roll Vegetable Lasagna ½ cup Seasoned cannelli- ni beans ½ cup Carrots 1 pkt parmesan cheese Italian bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk
13	14	15	16	17
¾ cup Chicken a la king ½ cup Brown rice ½ cup Broccoli Biscuit 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Pork loin/gravy ½ cup mashed potato ½ cup Sautéed 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 Peaches 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
20	21	22	23	24
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 Blueberry muffin 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	3 oz Meatloaf/gravy ½ cup mashed potato ½ cup California blend Dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
27	28	29	30	
6 oz Chicken rice soup/ crax 3 oz Stir fry beef ½ cup broccoli ½ cup lo mein Wheat bread 1 tsp margarine ½ cup Pineapple tidbits 8 oz low fat milk	1 cup Macaroni and cheese with ham ½ cup peas ½ cup spinach Dinner roll 1 tsp margarine Fresh Fruit 8 oz low fat milk	3 oz Philly Cheese steak with ½ cup onion and pepper ketchup ½ cup Potato wedges 4 in grinder ½ cup Applesauce 8 oz low fat milk	3 oz Chicken parmesan ½ cup Penne pasta ½ cup Zucchini Italian bread 1 tsp margarine Fresh fruit 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 noon 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****203-752-9919**

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

**Attention Seniors!!!**

Please remember that packaging and bringing home any leftovers from our served lunch is **prohibited**.

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.



Be Our Ambassador!

Please help us get the word out about the quality programs, trips and services that our Senior Center provides to the seniors of Meriden. Please take a handful of newsletters to your church, pharmacy, doctor's office or neighbors. We appreciate your help.

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, September 3 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 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.

New Member Orientation**Thursday, September 30 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



**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
Can Soda - Juice - \$1.00	Cookies - \$.75
Sparkling Ice -\$1.00	Flavored Seltzer -\$1.00
Ice-Cream Cups -\$.50	Snapple -\$1.25

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Happy Birthday!



July Birthday gifts sponsored by Regency House Health & Water's Edge Center for Health & Rehabilitation

September Word Search



The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



G	T	Y	J	M	N	E	F	O	X	O	E	J	S	P	I
R	U	O	F	H	G	H	M	U	K	U	S	E	G	T	N
A	E	R	K	X	D	R	E	T	S	A	L	R	G	H	D
N	R	J	O	K	B	G	O	Z	N	A	G	U	O	A	E
D	I	H	R	S	U	B	I	H	C	N	X	P	N	N	P
P	H	V	A	J	E	S	C	S	U	O	S	P	A	A	E
A	P	H	A	R	O	T	T	A	H	C	M	I	S	H	N
R	P	C	F	I	V	L	Q	Y	L	A	S	K	E	S	D
E	A	E	H	N	I	E	L	G	X	Z	L	M	P	A	E
N	S	A	R	B	M	M	S	H	F	L	A	O	T	H	N
T	G	H	R	V	V	U	G	T	D	M	B	Y	E	H	C
S	L	A	W	E	S	I	T	B	W	S	O	C	M	S	E
D	V	I	R	G	I	N	R	U	J	F	R	K	B	O	D
A	O	Y	G	M	I	A	Q	G	A	A	D	K	E	R	A
Y	W	D	L	N	N	U	U	Z	O	F	A	H	R	D	Y
M	O	R	N	I	N	G	G	L	O	R	Y	W	U	Y	U

ASTER
 AUTUMN
 GRANDPARENTS DAY
 HARVEST
 INDEPENDENCE DAY
 (Mexico)
 LABOR DAY

LIBRA
 MORNING GLORY
 OKTOBERFEST
 ROSH HASHANAH
 SAPPHIRE
 SCALES
 (Libra)

SEPTEMBER
 SIMCHAT TORAH
 SUKKOT
 VIRGIN
 (Virgo)
 VIRGO
 YOM KIPPUR