Max E. Muravnick
Meriden Senior Center Newsletter
December 2022

**Ugly Sweater Holiday Party**
Thursday, December 8 from 4:00pm—7:30pm
Time for another festive holiday evening event! Dress up in your ugly sweater and join us in the Dining Room for a night of dinner, dancing, treats, and our favorite photo wall. Costume contest for the ugliest and most creative sweater. Music by Vicky Rose.
Menu will be: Chicken Cordon Bleu, Green Beans Almondine, Oven Roasted Potatoes, and Dinner Roll, with Chocolate Layer Cake for dessert.
Please sign up and pay at the front office by December 6. Price is $8 per person, cash only. Call 203-630-4703 with any questions.

**2022 Annual Craft & Holiday Fair**
Friday, December 16 from 10:30am—1:00pm
We are excited to display the talents of our very own Senior Center members! Our sewing, crocheting, ceramics, art classes, and clubs will be selling their homemade items as well as crafter from our local community. The fair is open to the public.
Anyone interested in donating a raffle basket should contact the front office.

**‘Tis The Season for a Senior**
Friday, December 16 at 12:00pm
We will be having our 8th Annual Senior Gift Program to provide a Christmas/Holiday gift in the Dining Room to those who sign up. You can sign up starting Thursday, December 1 until all the spots are filled. This event is first come first serve since there are limited amount of gifts. Those who signed up are not guaranteed a specific gift, as all gifts are donated by our generous community. You must be present to receive your gift. There might be a special visit by someone special.
**Program, Trip & Event Signup Day**
Thursday, December 1 at 10:00am
Signups begin at 10:00 am for walk-ins and 11:00 am 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 10:00 am in order of signup. You must be present at 10:00 am to register. If an event is booked up before your name is called, you will be put on the waiting list in numerical order. **Trip, minibus, and event signups start the first working day of each month. Please visit or call the front office at 203-630-4703.**

**Christmas in London Virtual Tour with Deb**
Wednesday, December 14 at 10:30 am
Have you ever traveled to London during the holiday season? Learn what it’s like to be in this city during the most magical time of the year through this virtual tour held in the Mezzanine with Deb from Hamden Rehabilitation and Health Care Center. Sign up in the front office.

**Hot Cocoa with Liz**
Friday, December 2 at 11:00 am
It’s hot cocoa month! Enjoy a warm hot cocoa with our Recreation Coordinator Liz in the Dining Room and learn about the latest updates about our activities this month. Sign up in the front office.

**Gnome Wine Topper Craft with Deb**
Monday, December 5 from 10:30 am—11:15 am
Learn how to create a gnome with a wine bottle and some holiday spark with Deb Urso from Hamden Rehabilitation and Health Care Center in the Mezzanine. Sign up in the front office.

**AARP Driver Safety Course**
Wednesday, December 7 from 9:00 am—1:00 pm
IN-PERSON DRIVER SAFETY CLASSES RETURN!
Taking this safe driver course could save you money on your car insurance! Check with your Insurance Agent to see how much of a discount you could receive. Cost for AARP members is $20.00, and non-members is $25.00. Please make checks payable to AARP. Sorry, no cash! Call the front office at 203-237-0066 to sign up. Course held in the Mezzanine.

**BIRTHDAY PARTY**
Thursday, December 15 at 11:30 am
This month’s birthday gifts will be sponsored by: **United Healthcare.**
Your birthday must be in December.
Please sign up by Thursday, December 8 to be guaranteed a gift. The signup book is in the Dining Room. A special performance from our Ukulele Class will be included in this celebration! Happy Birthday to all members who were born in December!

**Red Hat Club**
Monday, December 19 at 11:15 am
The Red Hat Club will be going to the American Steakhouse in Meriden for a holiday lunch together. Don’t forget to bring your $10 grab bag gift! This trip is only for members of the Red Hat Club. There will be no meetings until March after this month. Yearly dues for Red Hat Club is $15.00. Please meet at the Front Lobby.

**Festival of Silver Lights at Hubbard Park**
Friday, December 9 at 4:00 pm
Join us for Meriden’s spectacular display with 200,000 white lights and more than 300-lighted characters throughout the park. Light displays are in trees, on the ponds, and nestled in the natural habitat. Mini-bus pickups will begin at 4:00 pm for an early dinner at McDonald’s. **If you are driving to the center to meet the mini-bus, the mini-bus will be departing from the West Main St entrance at 3:30 pm. Space is limited. Please sign up at the front desk.**

**Game Day with Success Academy**
Thursday, December 15 from 10:00 am—11:00 am
Welcome back Success Academy! Join the kids from Success Academy in the Dining Room for your favorite board games and cards.

**Blood Drive with American Red Cross**
Thursday, December 22 from 9:00 am—2:00 pm
Everyday, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood. If you wish to donate blood at this blood drive please call 1-800-733-2767 to register or go to their website at https://www.redcrossblood.org/give.html/find-drive
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days and Times</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Aerobics</td>
<td>Mondays, Wednesdays, Fridays, 11:00am</td>
<td>Lower Level</td>
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<tr>
<td>Sit Down and Tone Up</td>
<td>Mondays, 10:30am, Thursdays, 10:30am</td>
<td>Lower Level</td>
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<tr>
<td>Strength &amp; Tone</td>
<td>Mondays, 12:30pm</td>
<td>Lower Level</td>
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<tr>
<td>Tai/Chi/Qigong</td>
<td>Tuesdays, Thursdays, 1:30pm</td>
<td>Lower Level</td>
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<tr>
<td>Weight Training</td>
<td>Tuesdays, 11:00am</td>
<td>Lower Level</td>
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<td>Arthritis Exercise</td>
<td>Tuesdays, 12:30pm</td>
<td>Lower Level</td>
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<tr>
<td>Latin Rhythm Exercise</td>
<td>Thursdays, 11:00am</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Yoga</td>
<td>Fridays, 10:00am</td>
<td>Mezzanine</td>
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</table>

Please bring an extra pair of dry sneakers for exercise classes during rainy weather.

Weekly Art Classes

<table>
<thead>
<tr>
<th>Art Class</th>
<th>Days and Times</th>
<th>Location</th>
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<tbody>
<tr>
<td>Art Class</td>
<td>Mondays, Wednesdays, Thursdays, 9:30am</td>
<td>Lower Level, Art Studio</td>
</tr>
<tr>
<td>Ceramics</td>
<td>Tuesdays, Thursdays, 12:30pm</td>
<td>Lower Level, Ceramics Studio</td>
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<tr>
<td>Knitting &amp; Crochet</td>
<td>Thursdays, 12:30pm</td>
<td>First Floor, Meeting Room</td>
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<tr>
<td>Sewing &amp; Quilting</td>
<td>Monday's 9:30am</td>
<td>First Floor, Meeting Room</td>
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Blood Pressure Checks with Juniper Home Care
Monday, December 19 from 10:30am—11:30am
Staff from Juniper Home Care will provide blood pressure checks for our members. The blood pressure checks will be held in the main floor, Conference Room. Sign up in the front office.

Christmas Tree Craft with Liz
Wednesday, December 21 at 10:00am
Learn how to make a Christmas tree with our Recreation Coordinator Liz in the Activity Room using foam tree cones, buttons and more! Sign up in the front office.

Scrabble Game with Carol
Tuesday, December 27 at 10:00am—11:30am
Please join Carol for a fun game of Scrabble in the Activity Room. Please sign up in the front office.

Calling All Card Players
Poker Club meets Thursdays at 12:30
Setback Club meets Fridays at 12:30pm
Dominoes Club meets Tuesdays at 12:30pm

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
Jenni Campis
Kitchen Staff: Melba Leary, Marisol Pelletier
Movie of the Month — TV Room
Friday, December 23 at 10:00am
“Falling for Christmas” — 1hr. 33min. (2022)
In the days leading up to Christmas, a young and newly engaged heiress experiences a skiing accident. After being diagnosed with amnesia, she finds herself in the care of the handsome lodge owner and his daughter.

Antique Veterans of Meriden
Honor Guard Meeting
Thursday, December 8 at 9:00am
The Antique Veterans of Meriden Honor Guard has bi-monthly meetings on the 2nd and 4th Thursdays of each month. They are accepting new Members, Male or Female, who have been Honorable Discharged. If interested please contact Clark Doehr at 203-213-3328 or Ray Bednarz: 860-690-5833.

Veteran Services with George Messier and Eric Vickers
Tuesday, December 20 at 11:00am
George Messier and Eric Vickers visit the Senior Center in the Activity Room every third Tuesday of each month. They provide info and administrative assistance to veterans and dependents eligible for veteran’s benefits. Sign up in the front office.

Volunteer Opportunities!
- Looking for a volunteer to lead our Young at Heart Ensemble. If you are interested in leading our talented Young at Heart Ensemble please contact Liz Parra at 203-630-4703 for more information. This group enjoys singing and playing instruments on a weekly basis and our members are looking forward to having this group start up again at our Center.
- Looking for Front Desk volunteers for afternoons. Please contact Liz Parra at 203-630-4703 for more information.

HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING Presents: Seven Ways to Avoid Winter Back Injury in Snowy, Icy Conditions
Winter is almost here, bringing, ice, sleet and snow—a perfect storm for slips, falls and back problems.

Here’s how to prevent an injury this winter.

“Most people aren’t exercising — they’re hibernating, which leads to a deconditioning of their core muscles,” said Gerard Girasole, MD, co-medical director of Connecticut Orthopedic Institute (COI) at St. Vincent’s Medical Center in Bridgeport.

Low back strains and disc herniation's are two common resulting spine injuries, explained Robert Stockton, DO, from COI at MidState Medical Center in Meriden.

When shoveling, Drs. Grisole and Stockton recommend:

- Stretching before activity.
- Shoveling in stages.
- Lifting with your hips and knees, not your back.
- Pushing the snow not throwing it over your Shoulder.

When walking in icy conditions:

- Have one foot on the ground and use the other to test the ground ahead.
- Slowly walk.
- Watch out for black ice.

Inclement Weather Reminder
The Senior Center follows the Board of Education closure policy. If Meriden Schools are closed due to snow, the Senior Center will be open, but we will not offer any programs, transportation, or lunch. In this event, “Meriden Senior Center-No Activities/No Transportation” will be posted on WFSB TV Channel 3. In the event of a delay for the Meriden Schools, we run on a normal schedule, but please use your best judgement on whether it’s safe to leave your house.
Mini-Bus Lunch Trip
Panera Bread & Christmas Tree Shop in Manchester - Tuesday, December 13
Bus leaves the Center at 10:45am.
Pickup from Christmas Tree Shop at 2:00pm. **Sign up with the front office.**

From the Director
Dear Friends,
On behalf of all of us at the Meriden Senior Center, we wish you a festive holiday season and a Happy New Year! Thank you to all the staff and volunteers who make our Center a welcoming and fun place to be. Please continue to invite new friends to join us in 2023. Happy Holidays and a Healthy New Year to all!
Rick Liegl, Senior Affairs Administrator

The Senior Center will be closed Monday, December 26, 2022 in observance of Christmas Day and Monday, January 2, 2023 in observance of New Years Day.

Senior Center
Mini-Bus Transportation Program (203) 237-3338
Rides are available for Meriden residents aged 55 and over, as well as riders 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.

Transportation Reminder
You can be added to the pickup list for the center by either filling out the weekly signup sheet located on the table outside the Transportation Office or calling Transportation at 203-237-3338. Bus routes start at 8:30am. Seniors should be ready and waiting for their ride. Drivers will wait 5 minutes and then continue on their route.

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 — December 6, 20, 27
Stop and Shop/Save-A-Lot
Thursdays at 12:30pm — December 1, 8, 22, 29
Job Lot/Popeye’s/Family Dollar
Thursdays at 12:30pm — December 15
Target/Mall/Aldi’s
Fridays at 12:30pm — December 9, 23
Big Y/Aldi’s/Kohl’s/Goodwill
Fridays at 12:30pm — December 2, 16, 30

Last Upcoming Trip for 2022
A Christmas for Carol - Newport Playhouse
Newport, RI
December 6, 2022 — $137pp
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td><strong>9:30 Art Class</strong>&lt;br&gt;9:30 Sewing &amp; Quilting&lt;br&gt;&lt;b&gt;10:30 Gnome Wine Topper Craft with Deb&lt;/b&gt;&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;11:00 Aerobics&lt;br&gt;12:30 Bingo&lt;br&gt;12:30 Strength &amp; Tone</td>
<td><strong>8:30 Day Trip: A Christmas Carol—Newport Playhouse—Newport, RI</strong>&lt;br&gt;11:00 Weight Training&lt;br&gt;12:30 Ceramics&lt;br&gt;12:30 Arthritis Exercise&lt;br&gt;12:30 Mini-Bus Shopping: Shop Rite/Walmart&lt;br&gt;1:30 Tai Chi QiGong</td>
<td><strong>9:00 AARP Driver Safety</strong>&lt;br&gt;9:30 Art Class&lt;br&gt;10:00 Wii Bowling&lt;br&gt;11:00 Aerobics&lt;br&gt;12:30 Bingo</td>
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<td>Lunch: Potato Crusted Pollock</td>
<td>Lunch: Chicken Tenders</td>
<td>Lunch: BBQ Pork Riblets</td>
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<td><strong>9:30 Art Class</strong>&lt;br&gt;9:30 Sewing &amp; Quilting&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;&lt;b&gt;10:30 Blood Pressure Checks with Juniper home Care&lt;/b&gt;&lt;br&gt;11:00 Aerobics&lt;br&gt;11:15 Red Hat Club&lt;br&gt;12:30 Bingo&lt;br&gt;12:30 Strength &amp; Tone</td>
<td><strong>10:45 Lunch Trip—Panera Bread and Christmas Tree Shop—Manchester</strong>&lt;br&gt;11:00 Weight Training&lt;br&gt;12:30 Ceramics&lt;br&gt;12:30 Arthritis Exercise&lt;br&gt;12:30 Dominoes Club&lt;br&gt;12:30 NO Mini-Bus Shopping&lt;br&gt;1:30 Tai Chi QiGong</td>
<td>Lunch: Cranberry Dijon</td>
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<td>Lunch: Meat Loaf w/Gravy</td>
<td>Lunch: Beef &amp; Bean Chili</td>
<td>Lunch: Fish Nuggets</td>
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<td><strong>CLOSED</strong>&lt;br&gt;Observance of Christmas Holiday</td>
<td><strong>11:00 Veteran Services</strong>&lt;br&gt;11:00 Weight Training&lt;br&gt;12:30 Ceramics&lt;br&gt;12:30 Arthritis Exercise&lt;br&gt;12:30 Dominoes Club&lt;br&gt;12:30 Mini-Bus Shopping: Shop Rite/Walmart&lt;br&gt;1:30 Tai Chi QiGong</td>
<td><strong>9:30 Art Class</strong>&lt;br&gt;10:00 Christmas Tree Shopping&lt;br&gt;10:00 Wii Bowling&lt;br&gt;11:00 Aerobics&lt;br&gt;12:30 Double Bingo</td>
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<td>Lunch: Sweet &amp; Sour Pork</td>
<td>Lunch: Salisbury Steak w/Gravy</td>
<td>Lunch: Fish Nuggets</td>
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<td><strong>10:00 Scrabble with Carol</strong>&lt;br&gt;11:00 Weight Training&lt;br&gt;12:30 Ceramics&lt;br&gt;12:30 Arthritis Exercise&lt;br&gt;12:30 Dominoes Club&lt;br&gt;12:30 Mini-Bus Shopping: Shop Rite/Walmart&lt;br&gt;1:30 Tai Chi QiGong</td>
<td><strong>10:00 Scrabble with Carol</strong>&lt;br&gt;11:00 Weight Training&lt;br&gt;12:30 Ceramics&lt;br&gt;12:30 Arthritis Exercise&lt;br&gt;12:30 Dominoes Club&lt;br&gt;12:30 Mini-Bus Shopping: Shop Rite/Walmart&lt;br&gt;1:30 Tai Chi QiGong</td>
<td>Lunch: Roasted Turkey</td>
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<td>Lunch: Lemon Dill Chicken</td>
<td>Lunch: Lemon Dill Chicken</td>
<td>Lunch: Roasted Turkey</td>
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<tr>
<td>DAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
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<tr>
<td>9:30 Art Class</td>
<td><strong>10:00 Program, Trip &amp; Event Sign Up Day</strong>&lt;br&gt;10:00 Ukulele Class&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;11:00 Latin Rhythm Exercise&lt;br&gt;12:30 Ceramics/12:30 Knit &amp; Crochet&lt;br&gt;12:30 Mini-Bus Shopping: Stop &amp; Shop Save-a-lot&lt;br&gt;12:30 Poker Club/1:30 Tai QiGong&lt;br&gt;Lunch: Pork w/Mushroom Gravy</td>
<td><strong>9:00 Commission on Aging &amp; Disabilities</strong>&lt;br&gt;10:00 Yoga&lt;br&gt;11:00 Aerobics&lt;br&gt;<strong>11:00 Hot Cocoa with Liz</strong>&lt;br&gt;<strong>12:30 Double Setback</strong>&lt;br&gt;12:30 Mini-Bus Shopping: Big Y/Kohl’s/Aldi’s Goodwill&lt;br&gt;<strong>Color of the Day: Green</strong>&lt;br&gt;Lunch: Taco, Brown Rice</td>
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<td>7</td>
<td><strong>Antique Veterans Meeting</strong>&lt;br&gt;9:30 Art Class&lt;br&gt;10:00 Ukulele Class&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;11:00 Latin Rhythm Exercise&lt;br&gt;12:30 Ceramics/12:30 Knit &amp; Crochet&lt;br&gt;12:30 Mini-Bus Shopping: Stop &amp; Shop Save-a-lot&lt;br&gt;12:30 Poker Club/1:30 Tai QiGong&lt;br&gt;4:00 Ugly Sweater Holiday Party&lt;br&gt;Lunch: Honey Garlic Chicken</td>
<td>10:00 Yoga&lt;br&gt;11:00 Aerobics&lt;br&gt;<strong>12:30 Double Setback</strong>&lt;br&gt;12:30 Mini-Bus Shopping: Target/Mall/Aldi’s&lt;br&gt;<strong>4:00 Festival of Lights at Hubbard Park</strong>&lt;br&gt;<strong>Color of the Day: Red &amp; White</strong>&lt;br&gt;Lunch: Meat Lasagna</td>
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<td>14</td>
<td><strong>10:00 Virtual Tour</strong>&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;11:00 Latin Rhythm Exercise&lt;br&gt;12:30 Ceramics/12:30 Knit &amp; Crochet&lt;br&gt;12:30 Mini-Bus Shopping: Job Lot/Popeye’s Family Dollar&lt;br&gt;12:30 Poker Club/1:30 Tai QiGong&lt;br&gt;Lunch: Ravioli</td>
<td>10:00 Yoga&lt;br&gt;11:00 Aerobics&lt;br&gt;<strong>12:30 Birthday Party</strong>&lt;br&gt;12:00 ’Tis The Season for a Senior&lt;br&gt;12:30 Mini-Bus Shopping: Big Y/Kohl’s/Aldi’s&lt;br&gt;<strong>Color of the Day: Favorite Holiday Outfit</strong>&lt;br&gt;Lunch: Pork Roast w/Gravy</td>
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<td>21</td>
<td><strong>9:00 Blood Drive with American Red Cross</strong>&lt;br&gt;9:30 Art Class&lt;br&gt;10:00 Ukulele Class&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;11:00 Latin Rhythm Exercise&lt;br&gt;11:30 Birthday Party&lt;br&gt;12:30 Ceramics/12:30 Knit &amp; Crochet&lt;br&gt;12:30 Mini-Bus Shopping: Stop &amp; Shop Save-a-lot&lt;br&gt;12:30 Poker Club/1:30 Tai QiGong&lt;br&gt;Lunch: (Holiday Special) Chicken Cordon Bleu</td>
<td><strong>10:00 Movie of the Month—Falling for Christmas (2022)</strong>&lt;br&gt;10:00 Yoga&lt;br&gt;11:00 Aerobics&lt;br&gt;12:30 Setback&lt;br&gt;12:30 Mini-Bus Shopping: Target/Mall/Aldi’s&lt;br&gt;<strong>Color of the Day: Blue</strong>&lt;br&gt;Lunch: Cheese Baked Ziti</td>
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<td>28</td>
<td>9:30 Art Class&lt;br&gt;10:00 Ukulele Class&lt;br&gt;10:30 Sit Down &amp; Tone Up&lt;br&gt;11:00 Latin Rhythm Exercise&lt;br&gt;12:30 Ceramics/12:30 Knit &amp; Crochet&lt;br&gt;12:30 Mini-Bus Shopping: Stop &amp; Shop Save-a-lot&lt;br&gt;12:30 Poker Club/1:30 Tai QiGong&lt;br&gt;12:30 New Member Orientation&lt;br&gt;Lunch: Apricot Mustard Pork</td>
<td>10:00 Yoga&lt;br&gt;11:00 Aerobics&lt;br&gt;12:30 Setback&lt;br&gt;12:30 Mini-Bus Shopping: Big Y/Kohl’s/Aldi’s Goodwill&lt;br&gt;<strong>Color of the Day: Favorite Sweater</strong>&lt;br&gt;(New Year’s Special)&lt;br&gt;Lunch: Chicken Breast w/Spinach &amp; Peppers</td>
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‘Tis the Season for a Senior

We will be having our 8th Annual Senior Gift Program to provide a Christmas/Holiday gift to those who sign up. It will be held on Friday, December 16th at 12:00pm in the lunch room.

You can sign up starting Thursday, December 1st until all the spots are filled.

This event is first come first serve since there are a limited amount of gifts.

Those who are signed up are not guaranteed a specific gift, as all gifts are donated by our generous community.

Must be present to receive your gift.

There might be a special visit by a special someone.

Meriden YMCA Christmas Dinner

The Meriden YMCA will offer to-go holiday dinners. A traditional holiday ham dinner will be prepared and packaged for individuals to pick up at the Y or delivered to Meriden residents who are homebound. Call the Meriden YMCA at (203) 235-6386 by December 18th to arrange for meal delivery for those who are homebound.

Meals will be available for pick up in front of the YMCA on December 25th starting at 12:00 p.m. while supplies last. The Y is unable to accommodate any special dietary requests.

Franciscan Home Care and Hospice Care

Are you or a loved one needing mental health social services? Franciscan Home Care and Hospice Care, a faith-based home health care agency, is here to help. Through the Community Development Block Grant, the agency can provide social services for low to moderate-income individuals living in Meriden. We are here to help! Contact Franciscan Home Care and Hospice Care by calling: 203-238-1441

A SOCIAL SUPPORT PROGRAM TO HELP SENIORS STAY INDEPENDENT AT HOME.

If you or someone you know is 60 years or older, Franciscan Home Care and Hospice Care has a program for you. Our social workers can help provide the supportive services you need to remain independent in your home. Would you like a friendly social visit every few weeks? Would you like to know more about the services and opportunities available in our community? If you would like someone to visit at no cost, please call Franciscan Home Care and Hospice Care at 203-238-1441

Senior Assistance Program

The Meriden Senior Center is announcing that we have been awarded funds from The Community Development Block Grant to begin a new program called, The Senior Assistance Program. Our Social Services staff will be distributing Men’s and Woman’s Bags, full of essentials, including toiletries and hygiene products for those in need of these items. As part of the grant they can also assist seniors in need with small household items. Please call 203-630-4273 or 203-630-4708.

The Salvation Army will be providing coats from December 6th-December 23rd

from 9:30am-2:30pm

23 St. Casimir Drive, Meriden, CT 06450

CT increases SNAP eligibility benefits

Under the new eligibility benefit levels, Connecticut residents will qualify for SNAP if their monthly gross income is at or below 200% of the federal poverty level (for example, this would include $2,265 for a single person and $3,052 for a two-person household).
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<th>Tuesday</th>
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<tr>
<td><strong>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</strong></td>
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<td>3oz potato crusted pollock</td>
<td>3 each chicken tenders</td>
<td>3oz BBQ pork riblet</td>
<td>6oz cream of broccoli soup</td>
<td>1 slice meat lasagna</td>
</tr>
<tr>
<td>½ cup confetti rice</td>
<td>½ cup baked beans</td>
<td>½ cup potatoes</td>
<td>3oz honey garlic chicken</td>
<td>½ cup broccoli</td>
</tr>
<tr>
<td>½ cup carrots</td>
<td>½ cup green beans</td>
<td>½ cup mixed vegetables</td>
<td>1/2 cup corn</td>
<td>½ cup cauliflower</td>
</tr>
<tr>
<td>1 slice Italian bread</td>
<td>1 slice marble rye bread</td>
<td>1 hamburger bun</td>
<td>1 slice wheat bread</td>
<td>1 breadstick</td>
</tr>
<tr>
<td>1 piece fresh fruit</td>
<td>½ mandarin oranges</td>
<td>1/2 cup peaches</td>
<td>1 piece fresh fruit</td>
<td>1 chocolate chip</td>
</tr>
<tr>
<td>8oz low fat milk</td>
<td>8oz low fat milk</td>
<td>8oz low fat milk</td>
<td>8oz low fat milk</td>
<td>4oz assorted fruit juice</td>
</tr>
<tr>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>8oz low fat milk</td>
</tr>
<tr>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
<td><strong>15</strong></td>
<td><strong>16</strong></td>
</tr>
<tr>
<td>3oz meatloaf w/gravy</td>
<td>1 cup beef &amp; bean chili</td>
<td>3oz cranberry Dijon chicken</td>
<td>6oz chicken vegetable soup</td>
<td>3oz pork roast w/gravy</td>
</tr>
<tr>
<td>½ cup mashed potatoes</td>
<td>½ cup rice pilaf</td>
<td>½ bowtie noodles</td>
<td>8 each ravioli w/sauce</td>
<td>½ cup mashed yams</td>
</tr>
<tr>
<td>½ cup green peas</td>
<td>½ cup zucchini</td>
<td>½ California vegetable blend</td>
<td>8oz green beans</td>
<td>½ cup broccoli</td>
</tr>
<tr>
<td>1 wheat dinner roll</td>
<td>1 piece cornbread</td>
<td>1 slice multigrain bread</td>
<td>1 breadstick</td>
<td>1 slice rye bread</td>
</tr>
<tr>
<td>½ cup peaches</td>
<td>1 piece fresh fruit</td>
<td>½ cup mandarin oranges</td>
<td>½ cup applesauce</td>
<td>½ cup chocolate pudding</td>
</tr>
<tr>
<td>8oz low fat milk</td>
<td>8oz low fat milk</td>
<td>8oz low fat milk</td>
<td>8oz low fat milk</td>
<td>4oz fruit juice</td>
</tr>
<tr>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>8oz low fat milk</td>
</tr>
<tr>
<td><strong>19</strong></td>
<td><strong>20</strong></td>
<td><strong>21</strong></td>
<td><strong>22</strong></td>
<td><strong>23</strong></td>
</tr>
<tr>
<td>3oz sweet &amp;sour pork</td>
<td>5oz Salisbury steak w/gravy</td>
<td>4 pieces fish nuggets</td>
<td>Holiday Special</td>
<td>1 cup cheese baked ziti</td>
</tr>
<tr>
<td>½ cup vegetable lo mein</td>
<td>½ cup confetti rice</td>
<td>½ cup macaroni &amp; cheese</td>
<td>3oz chicken cordon bleu</td>
<td>½ cup carrots</td>
</tr>
<tr>
<td>½ cup Asian vegetable blend</td>
<td>1 wheat dinner roll</td>
<td>½ cup mixed vegetables</td>
<td>½ cup twice baked potato</td>
<td>½ cup green beans</td>
</tr>
<tr>
<td>1 slice white bread</td>
<td>½ cup applesauce</td>
<td>1 slice wheat bread</td>
<td>½ cup green peas</td>
<td>1 slice Italian bread</td>
</tr>
<tr>
<td>1 slice pound cake</td>
<td>8oz low fat milk</td>
<td>½ cup diced pears</td>
<td>1 dinner roll</td>
<td>½ cup mixed fruit</td>
</tr>
<tr>
<td>4oz assorted fruit juice</td>
<td>1tsp margarine</td>
<td>8oz low fat milk</td>
<td>1 slice holiday cake</td>
<td>8oz low fat milk</td>
</tr>
<tr>
<td>8oz low fat milk</td>
<td>1tsp margarine</td>
<td>1tsp margarine</td>
<td>4oz assorted fruit juice</td>
<td>1tsp margarine</td>
</tr>
<tr>
<td>1tsp margarine</td>
<td></td>
<td></td>
<td>6oz cream of mushroom soup</td>
<td>1 cup cheese baked ziti</td>
</tr>
<tr>
<td><strong>26</strong></td>
<td><strong>27</strong></td>
<td><strong>28</strong></td>
<td><strong>29</strong></td>
<td><strong>30</strong></td>
</tr>
<tr>
<td>CLOSED</td>
<td></td>
<td></td>
<td>New Year’s Special</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>3oz chicken breast w/ spinach &amp; peppers</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup brown rice</td>
<td>1tsp margarine</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>½ cup carrots</td>
<td>1 dinner roll</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 holiday cookie</td>
<td>4oz assorted fruit juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>8oz low fat milk</td>
<td>1tsp margarine</td>
</tr>
</tbody>
</table>
Elderly Nutrition Program
(203) 630-4704
$1.00-$3.00 Suggested Donation for Seniors 60 and Up. $6.00 Fee for Non-Seniors and for those who currently receive Meals On Wheels.
*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
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 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.

Commission on Aging and Disabilities
Friday, December 2 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.

New Member Orientation
Thursday, December 29 at 12:30pm
Please 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.

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 - $0.50
Can Soda - Juice - $1.00
Sparkling Ice - $1.00
Ice-Cream Cups - $0.75
Bottled Water—$1.00
Chips - $0.50
Cookies - $0.75
Flavored Seltzer - $1.00
Snapple - $1.25

Happy New Year
**Dr. Christina Lee**

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  - Adults and Children
- Personalized Service
- Innovative Solutions
- Repairs
- Accessories & Assistive Devices

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203-272-4512 | comprehensivehearing.com

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Bill Humphreys

bhumphreys@lpicommunities.com
(800) 477-4574 x6634

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- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4pli.com or www.4pli.com/careers
3rd Annual Celebration of Life in Collaboration with John J. Ferry & Sons Funeral Home

November Birthday Party: Sponsored by Kristina Garcia from Home Helpers Home Care of Farmington Valley with Special Performances by the Ukulele Class

Veteran’s Day Celebration: Thank You Sarah Mach from Whitney Rehabilitation and Care Center for Sponsoring This Event!