CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
November 2026

Veteran's Day Celebration

Thursday, November 12 from 10:30am — 11:30am

Our Meriden Antique Veteran Honor Guard will be holding a flag presentation in honor of all Veterans who have served our great nation. Please join us in the Dining Room to honor and support all branches of the armed forces. Enjoy music by Jim Moore! A special meal for the Veterans will be provided. Non-veterans will enjoy the regular hot lunch meal. Wear Red, White and Blue! **If you are a Veteran, please RSVP in the front office by November 6.** Regular lunch reservations can be made in the dining room or by calling (203) 630-4704 as normal.

Diabetes Prevention Presentation with Susan Sewersky

Tuesday, Novemer 17 from 10:00am — 11:00am

Join us in the Main Activity Room for an informative presentation with Susan Sewersky in recognition of Diabetes Prevention Month. Learn about ways to reduce your risk of developing diabetes through healthy lifestyle choices, nutrition, and physical activity. Take this opportunity to gain helpful tips and information to support your health and well-being! **Please sign up in the front office.**

The Meriden Senior Center will be closed on Thursday, November 26 and Friday, November 27, in observance of Thanksgiving.

Sign Up Day

Monday, November 2 from 9:00am—11:00am

Signups begin on the first working day of each month and are handled on a first-come, first-served basis.



Walk-ins: The signup list will be available at 8:00am at the Volunteer Desk in the Front Lobby. When you arrive, give your name to the Front Desk. Names will begin to be called at 9:00am in the order they appear on the list. You must be in the building when your name is called to register. **Phone registrations:** Phone signups begin at approximatley 11:00am. Please call the Front Office at (203) 237-0066. If you reach voicemail, please leave your name, the activities you wish to sign up for, and the best phone number to reach you. Calls will be returned in the order they are received. **Additional Information:** Each person may sign up for themselves and one additional person. Activities are filled on a first-come, first-served basis. If an activity fills up before your name is called, you will be placed on the waiting list in numerical order. **Thank you for your patience and cooperation! If you have any questions, please contact our Recreation Coordinator, Irma Garcia.**

Sign Language Class with Lynn

Friday, November 6 from 10:00am — 11:00am



American Sign Language (ASL) is a complete visual language used by Deaf communities throughout the United States and parts of Canada. It uses hand signs, facial expressions, and body movements to communicate.

Lynn Gaudette, a Meriden Senior Center member, brings her experience teaching sign language and working in schools for the deaf and blind to these classes. Please join Lynn in the Main Activity Room for a fun and welcoming opportunity to learn the basics of ASL, and discover new ways to communicate!

Class schedule: Friday, November 6, 13 and 20.

Space is limited, sign up in the Front Office!

Craft with Theresa!

Monday, November 16 from 10:00am — 11:00am



Get creative with Theresa on Monday in the Main Activity Room as she shows us how to make beautiful beaded jewlery! Join us for a fun, hands-on crafting session where you can learn a new skill, create something special, and enjoy time with fellow members. Come ready to craft and let your creativity shine! **Sign up in the front office.**

Birthday Party

Thursday, November 19 from 11:00am—12:00pm

This month's birthday gifts will be sponsored by **Hamden Rehabilitation & Healthcare Center.**



Your birthday must be in **November. Please sign up by Friday, November 13** 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 **November!**

FREE A1c Testing & Balance Clinic with Monitor My Health

Monday, November 23 at 10:00am



Join **Monitor My Health** for free health screenings and a balance clinic!

Free Health Screenings include:

- A1c testing to check blood sugar levels
- Blood pressure checks
- Social determinants of health screenings and referrals

Monitor MyHealth
DIABETES AND CARDIOVASCULAR DISEASE PREVENTION

Free Balance Clinic for Adults Ages 60+

Thanks to a grant from the Connecticut Department of Aging and Disability Services, adults age 60 and older can also participate in a free, 20-minute balance clinic designed to help reduce fall risk and promote stability. **Each session includes:**

- The CDC's *Stay Independent* fall-risk survey
- Three brief balance assessments
- Personalized strength-training recommendations, education, and demonstrations
- A free exercise handbook and set of resistance bands

Appointments are required! Appointments are available on a first-come, first-served basis, so be sure to reserve your spot!

Please sign up in the front office.

Blood Pressure Checks with Hunters Ambulance

Tuesday, November 24 from 10:00am—11:00am



Staff from Hunters Ambulance will provide blood pressure checks for our members. The blood pressure checks will be held in the Activity Room.

Sign up in the front office.



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!



Strength & Tone	Mondays, 1:30 pm	Lower Level
Weight Training	Tuesdays, 10:15 am	Lower Level
Arthritis Exercise	Tuesdays, 12:30 pm	Lower Level
Aerobics	Wednesdays, 10:15 am	Lower Level
Balance	Wednesdays, 12:30 pm	Lower Level
Dance	Thursdays, 10:15 am	Lower Level
Tai Chi/ Qigong	Thursdays, 12:30 pm	Lower Level
Yoga	Fridays, 10:00 am	Mezzanine



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



Weekly Classes	Quilting	Mondays, 9:30 am	First Floor, Activity Room
	Sound Healing & Meditation	Mondays, 10:15 am	Mezzanine
	Art Class	Wednesdays & Thursdays, 9:30 am	Lower Level, Art Studio
	Ceramics	Tuesdays & Thursdays, 12:30 pm	Lower Level, Ceramics Studio
	Crochet	Thursdays, 12:30 pm	First Floor, Activity Room



Calling All Card Players



Cribbage meets Tuesdays at 9:30 am
Spades Club meets Tuesdays at 12:30 pm
Pinochle meets Tuesdays at 1:30 pm
Poker Club meets Thursdays at 12:30 pm
Setback Club meets Fridays at 12:25pm

The Senior Center will be closed, Thursday, November 26 and Friday, November 27 in observance of Thanksgiving. Frozen Meals will be provided Wednesday, November 25 due to closure of LifeBridge.





Exercise Updates

Tai Chi/QiGong: No class Thursday, November 12
Dance Class: No class on Thursday, December 3.
*Make up day is Monday, November 30
Art Class: No classes from December 2 — January 28

City of Meriden
Health and Human Services Department
Meriden Senior Center

22 West Main Street, Meriden, CT 06451

Staff

Rick Liegl: Senior Affairs Administrator	203-630-4701
Front Office: Arleen Pabon	203-237-0066
Irma Garcia: 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: Community Services Supervisor	203-630-4273
Anthony Roldan: Social Services Worker	203-630-4708
Carmen Acevedo: Community Services Worker	203-630-4706
Conference Room:	860-223-4812
Senior Center Fax:	203-235-7149

Mini Bus: Tanya Vega, Gary Franzo, Mark Fazo, Christine Rosado
Kitchen Staff: Melba Leary, Marisol Pelletier

Creative Writing with Barbara



Tuesday, November 3 & 17



Join us in the Main Activity Room to explore how to express your thoughts and ideas on paper. Develop your writing skills and share your creativity with others.
Please sign up in the Front Office.

Meriden Preparedness & Response Education Program for Seniors (PREPS)

Wednesday, November 4 from 10:00am — 11:00am

Are you prepared for an emergency such as a power outage, flooding, or extreme weather?



Learn how to build a kit, make a plan and stay informed before, during, and after an emergency or disaster. Get a FREE emergency "go bag" with basic preparedness items.



There is one remaining training session on November 4 in the Main Activity Room. Limited to 15 people per session - sign up at the Meriden Senior Center Front Office or call (203) 237-0066. Open to all Meriden residents age 50 and over. **This project was made possible for the community due to the generous support of AARP.**

Meriden Veterans Honor Guard Meeting

Thursday, November 12 from 9:00am—10:00am



The Meriden Veterans Honor Guard has bi-monthly meetings in the Mezzanine on the 2nd and 4th Thursday of each month. They are accepting new Members, Male or Female, who have been Honorable Discharged and are willing to provide help at funerals and other civic events. If interested please contact Clark Doehr (Commander) at (203) 213-3328 or Ray Bednarz (Vice Commander) at (860) 690-5833.

5 Card Bingo

Friday, November 13 from 10:00am—11:00am
Date change due to a trip on this day



In the 5-card Bingo Game, the dealer distributes 5 playing cards to each player. The caller announces cards from their deck and the first person to match their cards with the dealer's calls wins! Players will be charged $1.00 per round. We will average about 10 games in 1 hour. Collection of money will be before every round. This game is played once a month in the Dining Room.
Please bring $1 bills to play. Please join us!

Veteran Services with George Messier

Tuesday, November 17 from 11:00am—12:00pm



George Messier visits the Senior Center in the Main Activity Room every third Tuesday of each month. He provides info and administrative assistance to Veterans and dependents eligible for Veteran's benefits. **Please call George at (203) 294-2165 for your appointment.**

New Member Orientation



Thursday, November 19 at 12:00pm



Meet in Front Lobby Please join Rick Liegl, Senior Affairs Administrator for a guided tour of our Senior Center while he provides information on our programs and services.

Senior Tech Support



Every Thursday from 10:00am — 12:00pm



Living Without Limits is excited to host the Senior Technology Program at the Meriden Senior Center! A professional Assistive Technology staff member will be here 1 hour per week to provide individualized, hands-on technical assistance with personal devices, as well as offer troubleshooting for smartphones, tablets, computers and other assistive technologies. This program also seeks to facilitate connections to family members, healthcare providers, and community resources through technology. Device setup, installation, and basic literacy training will be offered as needed. No registration is needed. We hope to see you in the Computer Room!

Book Club with Barbara

Friday, November 20 from 10:00am—11:00am



Join Barbara in our Main Activity Room every last Friday for a book club meeting where we discuss the book of the month.



This month's book will be "The Women" by Kristin Hannah. This book club is partnered with the Meriden Public Library.



You must bring your Meriden Public Library card to receive a book. Library card applications are available in the recreation or front office. Books will be available for pickup during book club meetings.
Sign up in the front office.







Red Hat Divas



Monday, November 16 from 12:30pm — 1:30pm
Throw on your red and purple and join this amazing group of women! Meetings held in the Mezzanine which typically include a fun afternoon of snacks, bingo, raffles and more.

Meriden Senior Center Theatre Group Presents: The Ridiculous Grinch



Tuesday, December 8 at 10:00am
Get ready for some holiday laughs with "The Ridiculous Grinch," a hilarious play written by Trudy Holst, Donna Buonanni, and Hope Storrs! Watch as the Grinch comes up with ridiculous and hilarious ways to wreak havoc on the town. Will he succeed, or will the townspeople come together to stop his mischievous plans?
Join Producer Geraldine Fleming for this fun-filled holiday performance in the Dining Room!
Interested in joining the cast?
Rehearsals: Wednesdays at 10:00 am, except for the week of November 11. That week, rehearsal will take place on Tuesday, November 10, at 10:00 am. If you're interested in participating, please contact Co-Directors Trudy Holst or Hope Storrs. Come find out just how mean and ridiculously funny the Grinch can be!



Monthly Shopping Schedule

Shop Rite/Walmart
Tuesdays at 12:30pm — November 13, 17, 24
Stew Leonard's
Wednesday at 12:30pm — November 18
Stop and Shop/Popeye's
Thursdays at 12:30pm — November 5, 19
Whole Foods
Thursday — November 12
Target/Mall/Aldi's/Dollar Tree
Friday at 12:30pm — November 20
Big Y/Kohl's/Aldi's/Goodwill/Dollar Tree
Friday at 12:30pm — November 13



No Mini Bus Shopping: November 6, 10, 26, 27

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.

Transportation Reminder

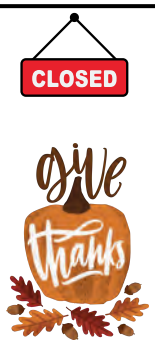
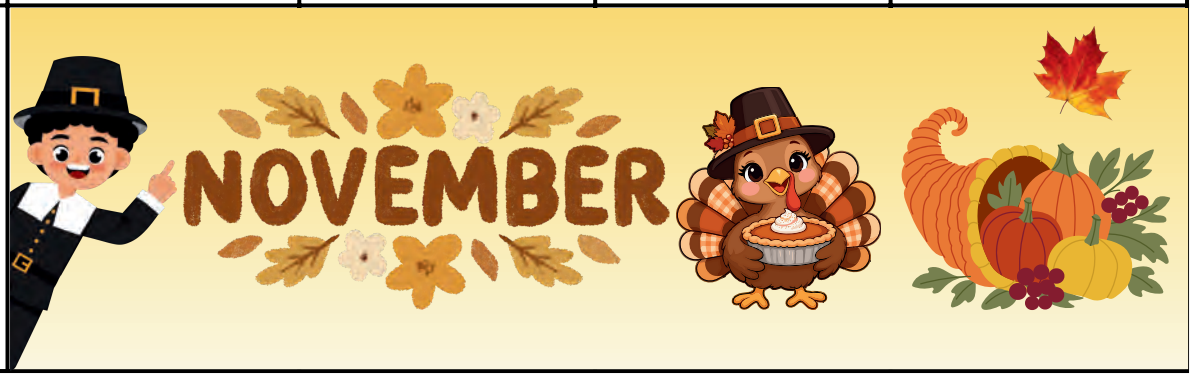
You can be added to the pickup list for the center by either filling out the weekly signup sheet located on the table outside the Transportation Office or calling Transportation at (203) 237-3338.
Bus routes start at 8:30am. Seniors should be ready and waiting for their ride. Drivers will wait 5 minutes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

Medical Transportation To and From Your Home is Available

Please contact our Mini Bus Dispatcher at (203) 237-3338 for more details. Our service provides free transportation to medical appointments in Meriden, donations accepted. Funding for the Senior Medical Transportation program is provided in part by the South Central Area Agency on Aging.

Attention: Housing Information

Meriden Housing Authority contact phone number is (203) 235-0157.
Imagineers contact phone number is (860) 768-3300.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Sign Up Day 2 9:30 Quilting 10:15 Sound Healing & Meditation 12:30 Bingo 1:30 Strength & Tone	9:30 Cribbage 3 10:15 Weight Training 10:30 Pool Team Practice 12:30 Ceramics/Spades/ Arthritis Exercise 12:30 Mini-Bus Shopping: Walmart/Shop Rite 1:30 Pinochle 1:30 Creative Writing with Barbara	**9:00 AARP Drivers Safety Course** 4 9:30 Art Class **10:00 Play Rehearsal: "The Ridiculous Grinch** 10:00 Nintendo Switch Bowling **10:00 Meriden Preparedness & Response Education for Seniors (PREPS)** 10:15 Aerobics 10:30 Cribbage 12:30 Balance 12:30 Double Bingo	9:30 Art Class 5 10:00 Ukulele 10:00 Senior Tech Support 10:15 Dance 10:30 Pool Team Practice 12:30 Ceramics/Poker/ Dominoes/Crochet/ TaiChi-Qigong 12:30 Mini-Bus Shopping: Stop & Shop/Popeye's	**9:00 Commission on Aging & Disabilities** 6 **10:00 Sign Language Class with Lynn** 10:00 5 Card Bingo **10:00 Mini Bus Lunch Trip: Golden Corral (Springfield, MA)** 10:00 Yoga 12:25 Setback **12:30 No Mini-Bus Shopping** **Color of the Day: Burgandy**
9:30 Quilting 9 10:15 Sound Healing & Meditation 12:30 Bingo 1:30 Strength & Tone	9:30 Cribbage 10 **10:00 Play Rehearsal: "The Ridiculous Grinch** 10:15 Weight Training 10:30 Pool Team Practice **11:30 Day Trip: Jukebox 45 (Waterbury, CT)** 12:30 Ceramics/Spades/ Arthritis Exercise **12:30 No Mini-Bus Shopping** 1:30 Pinochle	9:30 Art Class 11 10:00 Nintendo Switch Bowling 10:15 Aerobics 10:30 Cribbage 12:30 Balance 12:30 Bingo	9:00 Meriden Veterans Honor Guard Meeting 12 9:30 Art Class 10:00 Ukulele 10:00 Senior Tech Support 10:15 Dance **10:30 Veterans Day Celebration** 10:30 Pool Team Practice 12:30 Ceramics/Poker/ Dominoes/Crochet/ ~~TaiChi-Qigong~~ 12:30 Mini-Bus Shopping: Whole Foods	10:00 5 Card Bingo 13 10:00 Yoga 12:25 Setback 12:30 Mini-Bus Shopping: Big Y/Kohls/$ Tree/Aldi's Goodwill **Color of the Day: Plaid**
9:30 Quilting 16 **10:00 Craft with Theresa!** 10:15 Sound Healing & Meditation 12:30 Bingo 12:30 Red Hat Divas 1:30 Strength & Tone	9:30 Cribbage 17 **10:00 Diabetes Prevention Presentation with Susan Sewersky** 10:15 Weight Training 10:30 Pool Team Practice 11:00 Veteran Services with George Messier 12:30 Ceramics/Spades/ Arthritis Exercise 12:30 Mini-Bus Shopping: Walmart/Shop Rite 1:30 Creative Writing with Barbara 1:30 Pinochle	9:30 Art Class 18 **10:00 Play Rehearsal: "The Ridiculous Grinch** 10:00 Nintendo Switch Bowling 10:15 Aerobics 10:30 Cribbage 12:30 Balance 12:30 Double Bingo 12:30 Mini-Bus Shopping: Stew Leonard's	9:30 Art Class 19 10:00 Ukulele 10:00 Senior Tech Support 10:15 Dance 10:30 Pool Team Practice **11:00 Birthday Party** **12:00 New Member Orientation** 12:30 Ceramics/Poker/ Dominoes/Crochet/ Tai Chi- Qigong 12:30 Mini-Bus Shopping: Stop & Shop/Popeye's	**10:00 Book Club with Barbara** 20 10:00 Yoga 12:25 Setback 12:30 Mini-Bus Shopping: Target/Mall/Dollar Tree/ Aldi's **Color of the Day: Cardigan or Your Favorite Sweater**
9:30 Quilting 23 **10:00 Free A1c Testing & Balance Clinic with Monitor My Health** 10:15 Sound Healing & Meditation 12:30 Bingo 1:30 Strength & Tone	9:30 Cribbage 24 **10:00 The Ridiculous Grinch (Play Rehearsal)** 10:15 Weight Training 10:00 Blood Pressure Checks with Hunter's Ambulance 10:30 Pool Team Practice 12:30 Ceramics/Spades/ Arthritis Exercise 12:30 Mini-Bus Shopping: Walmart/Shop Rite 1:30 Pinochle	9:30 Art Class 25 **10:00 Play Rehearsal: "The Ridiculous Grinch** 10:00 Nintendo Switch Bowling 10:15 Aerobics 10:30 Cribbage 12:30 Balance 12:30 Bingo **4:00 Festival of Silver Lights Lighting Ceremony**	26 	27 
9:30 Quilting 30 10:15 Sound Healing & Meditation 10:00 Dance Class **(make up)** 12:30 Bingo 1:30 Strength & Tone				

Mini Bus Lunch Trip: Golden Corral (Springfield, MA)

Friday, November 6 from 10:00am — 2:30pm

Please meet in the front lobby. Our minibus will be leaving the center at **10:00am** for **Golden Corral in Springfield, MA! Please sign up in the Front Office. Separate checks are guaranteed.**

Important: Please be aware we cannot guarantee a specific return time of you are using our minibus for this trip. If you have time constraints or an appointment on the day of the trip, we kindly ask you refrain from registering for this program.





Festival of Silver Lights Lighting Ceremony

Wednesday, November 25

Join us for the Annual Festival of Silver Lights Lighting Ceremony! Enjoy Meriden's spectacular display featuring 300,000 white lights and more than 300 illuminated characters throughout the park. Take in the beautiful light displays in the trees, across the ponds, and throughout the park's natural surroundings. We'll depart the Senior Center at 4:00 pm for an early dinner at McDonald's before heading to Hubbard Park for the lighting ceremony at 5:30 pm. Please meet in the front lobby by 3:45 pm.

Space is limited, so be sure to sign up at the front desk!

Upcoming Day Trips for 2026

Jukebox 45

La Bella Vista — Waterbury, CT: November 10

$99 per person — final payment was due September 4.

If you haven't paid yet, please reach out to Irma

A Tribute to the Platters

Aqua Turf — Plantsville, CT: December 9

$90 per person



COMMUNITY SERVICES



Open Enrollment for Medicare Advantage and Medicare Prescription Drug Coverage

Important changes coming to 2027

Open enrollment:

October 15th - December 7th

ConnetiCare, CarePartners, and SilverScript are leaving CT in 2027. Affected beneficiaries will NOT be automatically enrolled in a new plan and should make a change by Dec 31, 2026. In most cases, if you do not enroll, you may go without coverage until 2028. HealthSpring has also discontinued some Medicare Advantage/ D-SNP plans and there are other plans that shifted things around. Medicare Advantage and Part D options and costs are changing, with fewer plan options and higher premiums in some areas. Please plan ahead and start reviewing options early.



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

The (CEAP) Energy Assistance program is now Open!

Please call the automotive system for an appointment at 203-235-0278

(the system will provide detailed information about the required documents)

Clients are required to submit the Social Security Award letter for the year 2026 and 2027 for those who are applying after January of 2027

1099 pension tax form or a copy of the check.

No Exception to guidelines!!!

NOTE- Oil deliveries will not start until November 2nd

CT Foodshare Mobile Pantry

November 5th and November 19th at 1:00 pm-2:00 pm Ceppa Field - 83 Gale Ave.

November 13th at 1:15 pm-2:15 pm Mount Hebron -84 Franklin St.



Please bring reusable grocery bags and/or a mini wheeled grocery cart to transport food home. May be cancelled, weather permitting, sign up by texting the word FOODSHARE to 85511 and follow the prompts. For more information, contact foodshare.org (203) 469-5000

Are you in need of Incontinence Supplies?

First check with your insurance to see if they are covered or if you have full medicaid, if it isn't covered please reach out to Natalie, Anthony, or Carmen. We have a small supply that have been donated by the community.

Renters' Rebate Program

The Renters' Rebate Program has ended.

Rebate checks will be sent out no earlier than November 27, 2026.

Make sure your address is correct!

For any changes, please contact the office at 203-630-4706 or the Renters' Rebate Hotline 860-418-6377

Community Services Supervisor

Natalie Gill 203-630-4273

Social Services Worker

Anthony Roldan 203-630-4708

Community Services Worker

Carmen Acevedo 203-630-4706



MUST MAKE APPOINTMENT, NO WALK-INS PLEASE



November
LifeBridge Congregate Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		**3**		**4**		**5 - Veteran's Day Special**		**6**	
Turkey Orzo Casserole	3/4 c	Potato Crusted Pollock	1 ea	Beef & Bean Chili	3/4 c	Chili Dog	1 ea	Apple Glazed Pork	3 oz
Green Peas	1/2 c	Confetti Brown Rice	1/2 c	Corn	1/2 c	Baked Beans	1/2 c	Whipped Butternut Squash	1/2 c
Cauliflower	1/2 c	Capri Vegetables	1/2 c	Coleslaw	1/2 c	Coleslaw	1/2 c	Tossed Salad	1/2 c
WG Wheat Bread	1 ea	White Bread	1 slc	WG Cornbread Muffin	1 ea	WG Hot Dog Bun	1 ea	WG Wheat Bread	1 slc
Diced Pears	1/2 c	Fresh Seasonal Fruit	1 ea	Mandarin Oranges	1 ea	Fruited Gelatin	1/2 c	Fresh Seasonal Fruit	1 ea
Milk	8 oz	Milk	8 oz	Milk	8 oz	Assorted Fruit Juice	4 oz	Milk	8 oz
Margarine	1 pkt	Margarine	1 pkt	Margarine	1 pkt	Milk	8 oz	Margarine	1 pkt
		Tartar Sauce	1 pkt			Mustard	1 ea	Ranch Dressing	1 pkt
9		**10**		**11**		**12**		**13**	
Chicken Tikka Masala	3 oz	Meatloaf w/Gravy	3 oz	Turkey Divan	3/4 c	Split Pea Soup	6 oz	Tuscan White Bean	1 c
Brown Rice	1/2 c	Whipped Potatoes	1/2 c	WG Elbow Pasta	1/2 c	Hamburger Patty	1 ea	WG Pasta	
Zucchini	1/2 c	Mixed Vegetables	1/2 c	Tossed Salad	1/2 c	Corn O'Brien	1/2 c	Tomato Cucumber Salad	1/2 c
WG Dinner Roll	1 ea	WG Wheat Bread	1 slc	White Bread	1 slc	WG Hamburger Bun	1 ea	Tuscany Vegetables	1/2 c
Fudge Brownie	1 ea	Fresh Seasonal Fruit	1 ea	Tropical Fruit	1/2 c	Fresh Seasonal Fruit	1 ea	Italian Bread	1 slc
Assorted Fruit Juice	4 oz	Milk	8 oz	Milk	8 oz	Milk	8 oz	Diced Peaches	1/2 c
Milk	8 oz	Margarine	1 pkt	Margarine	1 pkt	Ketchup/Mustard	1 pkt	Milk	8 oz
Margarine	1 pkt			Italian Dressing	1 pkt	Saltine Crackers	1 pkt	Margarine	1 pkt
16		**17**		**18**		**19 - Thanksgiving Special**		**20**	
Cheese Ravioli	8 ea	Salisbury Beef	3 oz	BBQ Pork Rib Patty	1 ea	Roast Turkey w/Gravy	3 oz	Potato Crusted Pollock	1 ea
w/Tomato Basil Sauce		w/Mushroom Gravy		Hawaiian Baked Beans	1/2 c	Stuffing	1/2 c	Garlic Whipped Potatoes	1/2 c
Green Peas	1/2 c	Brown Rice	1/2 c	Confetti Coleslaw	1/2 c	Green Beans	1/2 c	California Vegetables	1/2 c
Carrots	1/2 c	Broccoli	1/2 c	WG Hamburger Bun	1 ea	Dinner Roll	1 ea	WG Wheat Bread	1 ea
WG Wheat Bread	1 ea	White Bread	1 slc	Mandarin Oranges	1/2 c	Pumpkin Pie	1 slc	Fresh Baked Cookie	1 ea
Applesauce	1/2 c	Fresh Seasonal Fruit	1 ea	Milk	8 oz	Assorted Fruit Juice	4 oz	Assorted Fruit Juice	1 ea
Milk	8 oz	Milk	8 oz			Milk	8 oz	Milk	8 oz
Margarine	1 pkt	Margarine	1 pkt			Margarine	1 ea	Margarine	1 pkt
								Lemon Packet	1 pkt
23		**24**		**25**		**26**		**27**	
Cheese Omelet	1 ea	Beef/Chicken	3 ea	BBQ Chicken Leg	1 ea	**Closed**		**Closed**	
Roasted Potatoes	1/2 c	Meatballs w/Tomato	(1 oz)	Quarter					
Peppers & Onions	1/2 c	WG Penne	1/2 c	Cheesy Brown Rice	1/2 c				
WG Blueberry Muffin	1 ea	Mixed Vegetables	1/2 c	Garden Vegetables	1/2 c				
Fresh Seasonal Fruit	1 ea	Italian Bread	1 slc	White Bread	1 slc				
Milk	8 oz	Fresh Baked Cookie	1 ea	Applesauce	1/2 c				
Margarine	1 pkt	Assorted Fruit Juice	4 oz	Milk	8 oz				
		Milk	8 oz	Margarine	1 pkt				
		Margarine	1 pkt						
30									
Hamburger Patty	1 ea								
Sliced Cheese	1 slc								
Crinkle Cut Fries	1/2 c								
Green Beans	1/2 c								
WG Hamburger Bun	1 ea								
Fresh Seasonal Fruit	1 ea								
Milk	8 oz								
Ketchup	1 pkt								

TRIO Community Meals
Nourishment through compassionate care.

***Friendly reminder: Please reserve your lunch by 12:30pm the day before by calling (203) 630-4704 to avoid being placed on waitlist.**

Elderly Nutrition Program
(203) 630-4704
11:30am—12:00pm

$3.00 Suggested Donation or what you can afford 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 BEFORE a reservation is made 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!!!
Friendly Reminder

Please remember that packaging and bringing home any leftovers from our served lunch i**s 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.

AARP Driver Safety Course
Wednesday, November 4 from 9:00am—1:00pm

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. Class held in the Mezzanine.

Commission on Aging and Disabilities
Friday, November 6 from 9:00am—10:00am

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. Any questions please contact Isabel Rosa Kaiser at 203-314-9324 who also is fluent in Spanish.

Daylight Saving Time Ends
Sunday, November 1 at 2:00am

It's that time again where the clocks return to standard time. Don't forget to set your clocks back 1 hour before going to bed Saturday night. Good news, we also gain an extra hour of sleep and more daylight in the morning hours.

Voting Day
Tuesday, November 3

If you need a ride to vote please contact Ruth in our Transportation Office at (203) 237-3338 to schedule a ride.

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 - $0.75
English Muffin with Egg - $1.50
English Muffin with Egg & Sausage - $2.25
Egg - $0.75 Sausage - $0.75

Thursday
Donuts (when available) - $0.25

Senior Center Café Snack Bar
9:30am - 11:20am
Crackers - $0.50 Chips -$.75
Can Soda - $1.00 Cookies - $.75
Sparkling Ice -$1.00 Flavored Seltzer -$1.00
Ice-Cream Cup -$.75 Snapple -$1.25
Bottled Water - $1.00

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