

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
February 2019

## Live Well Workshop

**Friday, February 1st, 8th, 15th, 22nd from 1:00pm-3:30pm**

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety, or depression? Do you care for someone who does? This workshop can help you or your loved one learn to be in control and feel better. Join our FREE 6-week **Live Well Workshop** in the Mezzanine on Friday afternoons. It's Your Life...Live it Well!

**Kindly RSVP to the front office.**

## Free Tax Assistance

AARP volunteers affiliated with the national Tax-Aide Program will offer free income tax assistance on Wednesdays, beginning **February 6th**, in the Mezzanine. Under the direction of Meriden Tax-Aide Coordinator Rick O'Donnell, trained volunteers will prepare and E-file your federal and state tax returns for 2018. **Appointments can be made by calling 203-237-0066.** Please be sure to be on time for your appointment and to bring a copy of your **2018 income tax return, all income records from 2018, and a photo ID.**

**Program, Trip and Event Signup Day****Friday, February 1st 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 a trip is booked up before your name is called, you will be put on the waiting list in numerical order.

**Informational Coffee Hour  
with Charm Medical Supply****Thursday, February 7th at 10:00am**

\*Do you or someone you love suffer from Incontinence?  
 \*Do you struggle to pay for Pull-Ups, Briefs, Bladder Control Liners, Bed Pads, Gloves, Catheters or Leg Bags?  
 \*Do you struggle to pay for Compression Stockings?  
 \*Is getting to the store to purchase these items a challenge?  
 If you answered "yes" to any of these questions, Charm Medical Supply may be able to help you! They will be hosting an informational coffee hour in the dining room at the Senior Center.

**Lunch and Learn at Westfield Care & Rehab****Tuesday, February 12th at 11:00am**

Take a minibus trip to Westfield Care & Rehab for lunch and an afternoon of Valentine's Day Bingo! The mini-bus will be leaving the Senior Center at 10:45am. **Please sign up in the front office.**

**AARP SAFE DRIVER COURSE****Tuesday, February 12th 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 \$15.00, and non-members is \$20.00. **Please make checks payable to AARP.** Sorry, no cash! Call the front office at 203-237-0066 to sign up.



*The next class will be Wednesday, May 8<sup>th</sup>, 2019.*

**Game Day with the Success Academy****Thursday, February 21st, from 10:30am-11:00am**

Join the kids from Success Academy in the dining room for your favorite board games and cards.

**BIRTHDAY PARTY!****Thursday, February 21st, 12:30pm**

This month's birthday cake and small gifts will be sponsored by: **Christian Meola from Farmers Insurance in Meriden.**



Your birthday must be in February. Please sign up by Thursday, February 14<sup>th</sup> to be guaranteed a gift. The signup book is in the Dining Room.

Happy Birthday to all members who were born in February!

**Blood Pressure Screenings****Monday, February 25th, 10:30am-11:30am**

This month, staff from the Meriden Health and Human Services Department will provide blood pressure checks for our members. The blood pressure checks will be held in the main floor clinic room.

**Attention NEW Members!****Thursday, February 28th at 12:30pm**

We will be hosting another New Member Orientation in February! New Member Orientation helps introduce participants to the Senior Center, with a designated time to proper tour the center and learn what we have to offer such as programs, services, activities, and trips. New Member Orientation will be held on the last Thursday of every month. Our New Member Volunteer Committee, Director, and Recreation Coordinator hope to see you there! **Please sign up in the front office.**

**Creative Writing****Wednesdays from 1:15pm to 2:15pm**

Learn to put your thoughts and ideas onto paper, express yourself effectively, and share your ideas with others. **Classes will be held in the Mezzanine.**



**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 the fun!!

**Weekly Exercise Classes**

Aerobics	Mondays, Wednesdays and Fridays 11:00am	Lower Level	<b>Please bring an extra pair of dry sneakers for exercise classes during rainy weather.</b>
Sit Down and Tone Up	Mondays, 10:30am, Thursdays 10:00am	Lower Level	
Strength and Tone	Thursdays 12:30pm	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	Mondays, 9:30am	First Floor, Meeting Room

**Young at Heart Ensemble**

**Tuesdays from 10:00am-11:00am**

Our talented Young at Heart Ensemble meets every Tuesday upstairs in the Mezzanine. If you enjoy singing or play an instrument, come and be part of the fun! **Our next performance will be Wednesday, February 13th, 2019 at 11:00am.**

**Learn About Senior Transportation**

**Monday, February 11th at 11:00am**

Please join our Administrator, Rick Liegl, and Ruth Kusek, our Senior Transportation Coordinator, in the dining room for a presentation on the Mini-Bus Senior Transportation Program. The Mini-Bus Program is supported by funding from the **City of Meriden**, the **CT Department of Transportation** and the **Area Agency on Aging of South Central Connecticut**.

**Web Wednesday**

Web Wednesday will return in the spring on March 20<sup>th</sup>, 2019 at Platt High School. The topic will be pertaining to emailing. Stay tuned!

**Calling All Card Players**

**Poker club** meets on Thursdays at 1:00pm

**Setback club** meets on Fridays at 12:45pm

**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	203-237-0066
Nikky Steeves, Front Office	203-237-0066
Recreation Coordinator	203-237-0066
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Kusek, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Allan Church, Meriden Transit	203-235-6851
Renter's Rebate	203-639-1746
5th District Congressional Office	860-223-8412

Mini Bus: Noel Aube, Tom O'Malley, Tanya Vega  
Kitchen Staff: Elizabeth Gomez

**HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING Presents: Connect To Healthier at Healthy FunFest**

**Thursday, February 24th from 10:30am - 3:00pm This is OFFSITE. Please see address below for event location.**

The area's favorite event, centered on healthy living, provides people of all ages, including seniors, countless ways to "connect to healthier."

Celebrating it's 10th year, the free FunFest features health and wellness info, health screenings, demonstrations, and special activities.

**This event will be held at the Aqua Turf Club, 556 Mulberry St., Plantsville.** Special guests are Renee DiNino, Cory Myers, and Rob Dibble.

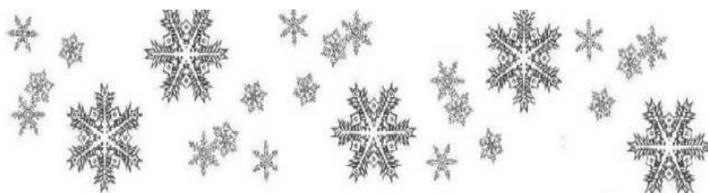
Featured areas include:

- Aging Well
- Women's Health
- Sports Medicine
- Healthy Minds
- And More

Healthy Family Funfest's premier sponsor is Bradley Barnes & Leila Barnes Memorial Trust at Main St Community Foundation. Presented by Hartford HealthCare & Southington-Cheshire Community YMCA. Visit [www.healthfamilyfunest.org](http://www.healthfamilyfunest.org); Healthy Family Funfest on Facebook; or call 860.378.1268.

**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.



**"The Theory of Everything"**  
**Friday, February 8 at 12:30pm**

In the 1960s, Cambridge University student and future physicist Stephen Hawking (Eddie Redmayne) falls in love with fellow collegian Jane Wilde (Felicity Jones). At 21, Hawking learns that he has motor neuron disease. Despite this -- and with Jane at his side -- he begins an ambitious study of time, of which he has very little left, according to his doctor. He and Jane defy terrible odds and break new ground in the fields of medicine and science, achieving more than either could hope to imagine.



**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 interested in participating!

**Red Hat Society**

The Red Hat Society will resume meetings beginning in March. Put on your red and purple and join us on Monday, March 18th at 12:30pm in the Mezzanine!



**Film Fridays**

**Every Friday, at 12:30pm**

We will be playing a movie every Friday afternoon! The movie of the month will still be held on the 2<sup>nd</sup> Friday of the month in the dining room. Otherwise, the movie will be shown in our TV Room every remaining Friday. Please visit the front office if you have any requests or any movies you would like to bring in from home to show in advance! Sign up in the main office if you'd like to attend.

**2/1 - Monty Python & The Holy Grail**  
**2/8 - The Theory of Everything**  
**2/15 - The Road to El Dorado**  
**2/22 - Seven Pounds**





**Mini-Bus Lunch Trips**

**A & A Family Restaurant in Meriden**

**Tuesday, February 5th**

Bus leaves the Center at 10:45am.

**Ruby Tuesday in Meriden**

**Thursday, February 14th**

Bus leaves the Center at 10:45am.



**The Flavor Point in Meriden**

**Tuesday, February 26th**

Bus leaves the Center at 10:45am.



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



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

We provide rides to go shopping, to the bank, pharmacy, hair salon, convalescent home visiting, and to/from the Senior Center. To make a reservation, please call Ruth by 12:30pm the day before your ride. She must have an accurate location of your pick up and drop off.

Due to full rider demand, if your ride is not pre-scheduled there will be no additional scheduling for that day. Only trips on the schedule will be made, we cannot bring you anywhere other than your scheduled appointment. If you need to cancel your reservation, please call the Dispatcher beginning at 8:00am.

Please schedule medical trips at least five (5) days in advance. Only one medical appointment can be scheduled 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 2 bag limit for shopping trips. Friday shopping leaves from the Senior Center; all other shopping is from your home.



**Monthly Shopping Schedule**

- Big Y** (Includes stores in Town Line Square)  
Tuesday — February 5 and February 19
- Stop and Shop/Save-A-Lot/Cindi's Diner**  
Thursday — February 7, 14, 21, 28
- Walmart or Shop Rite**  
Friday — February 1 and February 15
- Target or Mall** — February 8
- Ocean State Job Lot/Family Dollar**  
Friday — February 22

**The Senior Center will be closed on Monday, February 18th, 2019 in observance of Presidents' Day.**

**Upcoming Trips for 2019**

**MGM Casino** — Springfield, MA  
February 23, 2019 — \$50pp

**Atlantic City** — New Jersey  
March 31 thru April 2, 2019 — \$231pp

**Winner, Winner, Chicken Dinner** – RI  
April 26, 2019 — \$67pp

**9/11 Memorial Museum at the World Trade Center Site** — New York City  
May 21, 2019 — \$82pp

**Island Hopping Nantucket & Martha's Vineyard** — MA  
June 7-9, 2019 — \$527pp

**Luncheon Show at Saint Clements Castle** — Portland, CT  
June 19, 2019 — \$85pp

MONDAY	TUESDAY	WEDNESDAY
		
<p>9:30 Art 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;"><b>4</b></p>  <p><b>Lunch: California Chicken Salad W/Cream Of Carrot Soup</b></p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble <b>10:45 Lunch Trip to A &amp; A Family Restaurant</b> 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>5</b></p> <p><b>Lunch: Cheeseburger W/Steak Fries</b></p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics <b>11:00 Bus Talk With A...</b> 12:30 Bingo <b>1:15 Creative Writing C...</b></p> <p><b>Lunch: Roasted Turkey</b></p>
<p>9:30 Art 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics <b>11:00 Learn About Senior Center Transportation</b> 12:30 Bingo</p> <p style="text-align: right;"><b>11</b></p> <p><b>Lunch: Chicken Parmesan</b></p>	<p><b>9:00 AARP Safe Driver Course</b> 10:00 Young at Heart Ensemble 11:00 Weight Training <b>11:00 Lunch &amp; Learn at Westfield Care &amp; Rehab</b> 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>12</b></p> <p><b>Lunch: Beef Teriyaki</b></p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics <b>11:00 Young At Heart F...</b> 12:30 Bingo <b>1:15 Creative Writing C...</b></p> <p><b>Lunch: Turkey Salad Sa... Wedding Soup</b></p>
<p style="text-align: center;"><b>CLOSED</b></p> <p style="text-align: right;"><b>18</b></p> 	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 11:00 Weight Training <b>11:00 Veteran Services</b> 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>19</b></p>  <p><b>Lunch: Chicken Pot Pie</b></p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo <b>1:15 Creative Writing C...</b></p> <p><b>Lunch: Meat Loaf W/Gr...</b></p>
<p>9:30 Art / Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up <b>10:30 Blood Pressure Screenings</b> 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;"><b>25</b></p>  <p><b>Lunch: Turkey Salad on Kaiser Roll</b></p>	<p>10:00 Young at Heart Ensemble <b>10:45 Lunch Trip to Flavor Point</b> 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>26</b></p> <p><b>Lunch: Sausage &amp; Peppers</b></p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo <b>1:15 Creative Writing C...</b></p> <p><b>Lunch: Chicken Florenti...</b></p>

WEDNESDAY	THURSDAY	FRIDAY
 <h1 data-bbox="178 231 682 399" style="color: red; text-align: center;">2019</h1>		<p><b>10:00 Trip Sign Up Day</b> <span style="float: right;"><b>1</b></span>  10:00 Yoga  11:00 Aerobics  12:30 Mini-Bus Shopping: Walmart/Shop Rite  <b>12:30 Movie — Monty Python &amp; The Holy Grail</b>  12:45 Setback Club  <b>1:00 Live Well Workshop</b>  <u>Color of the Day: Red</u></p> <p><b>Lunch: Three Bean Vegetarian Chili</b></p>
 <p><b>6</b></p> <p>Class</p> <p>W/Gravy</p>	<p><b>7</b></p> <p>8:30 Mini-Bus Shopping– Stop&amp;Shop/ Save-a-Lot/Cindi’s Diner  9:30 Art Class / Antique Veterans  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit Down &amp; Tone Up  <b>10:00 Informational Coffee Hour With Charm Medical Supply</b>  11:00 Latin Rhythm Exercise  12:30 Ceramics/12:30 Knit &amp; Crochet  12:30 Strength &amp; Tone  1:00 Poker Club/ 1:30 Tai Chi Gong  <b>Lunch: Sloppy Joe</b></p>	<p><b>8</b></p> <p>10:00 Yoga  11:00 Aerobics  12:30 Mini-Bus Shopping: Target/Mall  <b>12:30 Movie of the Month —The Theory of Everything</b>  12:45 Setback Club  <b>1:00 Live Well Workshop</b></p> <p><u>Color of the Day: Pink</u></p> <p><b>Lunch: Mushroom Quiche</b></p>
<p><b>13</b></p> <p>Performance Class</p>  <p>Sandwich W/Italian</p>	<p><b>14</b></p> <p>8:30 Mini-Bus Shopping: Stop&amp;Shop/ Save-a-Lot/Cindi’s Diner  9:30 Art Class /Antique Veterans  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit &amp; Tone/11:00 Latin Rhythm Exercise  <b>10:45 Lunch Trip to Ruby Tuesday</b>  12:30 Ceramics/12:30 Knit &amp; Crochet  12:30 Strength &amp; Tone  1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p><b>Lunch: Beef Braciolo W/Gravy</b></p>	<p><b>15</b></p> <p>10:00 Yoga  11:00 Aerobics  <b>12:30 Double Bingo</b>  12:30 Mini-Bus Shopping: Walmart/Shop Rite  <b>12:30 Movie — The Road to El Dorado</b>  12:45 Setback Club  <b>1:00 Live Well Workshop</b></p> <p><u>Color of the Day: Navy Blue</u></p> <p><b>Lunch: Tuna Casserole</b></p>
<p><b>20</b></p> <p>Class</p> <p>Gravy</p>	<p><b>21</b></p> <p>8:30 Mini-Bus Shopping– Stop &amp; Shop/ Save-a-Lot/Cindi’s Diner  9:30 Art Class  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit Down &amp; Tone Up  <b>10:30 Game Day with the Success Academy</b>  11:00 Latin Rhythm Exercise  12:30 Ceramics/12:30 Knit &amp; Crochet  <b>12:30 Birthday Party</b>  12:30 Strength &amp; Tone  1:00 Poker Club/ 1:30 Tai Chi Gong</p>  <p><b>Lunch: Stuffed Salmon</b></p>	<p><b>22</b></p> <p>10:00 Yoga  11:00 Aerobics  12:30 Mini Bus Shopping: Ocean State Job Lot/Family Dollar  <b>12:30 Movie — Seven Pounds</b>  12:45 Setback Club  <b>1:00 Live Well Workshop</b></p> <p><u>Color of the Day: Irish Green</u></p> <p><b>Lunch: Chef Salad</b></p>
<p><b>27</b></p> <p>Class</p>  <p>ne</p>	<p><b>28</b></p> <p>8:30 Mini-Bus Shopping– Stop &amp; Shop/ Save-a-Lot/Cindi’s Diner  9:30 Art Class  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit Down &amp; Tone Up  11:00 Latin Rhythm Exercise  12:30 Ceramics/12:30 Knit &amp; Crochet  12:30 Strength &amp; Tone  <b>12:30 New Member Orientation</b>  1:00 Poker Club/ 1:30 Tai Chi Gong  <b>Lunch: Roast Beef W/Gravy</b></p>	

Natalie Gill, Social Services Worker  
 Monday-Friday  
 8:30am-3:30pm  
 Please call  
 203-630-4273  
 to schedule an appointment

## Social Services February 2019

### Coat Drive

I would like to thank everyone who donated coats to our 4th annual coat drive at the Meriden Senior Center.

A Special thanks to the Meriden community, Best Cleaners, Siracusa Moving and Storage, Apple Rehab in Rocky Hill, Center Congregational Church, and St. John Lutheran Church for their generous donations, we couldn't have done it without them.

### Energy Assistance

Are your heating costs more than you can afford?

You may qualify for energy assistance!

New Opportunities will be here at the Senior Center on Tuesday mornings by appointment

Even if your heat is included you may still be eligible

If you are interested in scheduling an appointment, please call the main office at 203-237-0066

### Early SNAP benefits for February 2019

The Department of Social Services is working with the federal government to provide your February SNAP benefits earlier than usual.. They are doing this to make sure your February SNAP benefits are not affected by the current partial shutdown of the federal government. If you are eligible for February benefits, they will be in your EBT account by January 20. This is your entire February benefit. This is not an extra or bonus benefit. You will not get any more benefits in early February even if the federal government reopens before February. Please plan your food budget accordingly.



Happy Valentine's Day!

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE**  
**Nutrition for Mind, Body and Spirit**  
**Feb. 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				6 oz Three Bean Vegetarian Chili ½ cup brown rice ½ cup Country Style Veg Corn bread 1 tsp Margarine ½ cup mandarin oranges 8 oz low fat milk
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Cream of carrot soup ¾ c. California Chicken Salad Plate/Shredded Carrots, Sliced Apples, Raisins & Mayo on Bed Of Lettuce/ Croutons 1 c. Pasta, Vegetable, Olive Salad W/Broccoli & Peppers ½ c. Beet Salad ½ cup applesauce 8 oz. LF Milk	3 oz Cheeseburger Patty Wheat burger Roll ½ cup Steak Fries ketchup ½ cup Riviera Veg Coffee Cake 4 oz Orange Juice 8 oz low fat milk	3 oz Roasted Turkey/ gravy Cranberry Sauce ½ cup Mashed squash ½ cup beets 1 Slice Wheat Bread 1 tsp Margarine Fresh fruit 8 oz low fat milk	3 oz sloppy Joe Wheat sandwich bun ½ cup potato tots ½ cup carrots 1 tsp Margarine ½ cup Pineapple 8 oz low fat milk	Mushroom Quiche ½ cup Roasted Sweet Potato ½ cup spinach 1 Slice Wheat Bread 1 tsp Margarine 1 tsp Margarine ½ cup fruited jell-o 4 oz Apple juice 8 oz low fat milk
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
3 oz Chicken parmesan ½ cup Bowtie Pasta Parmesan Cheese ½ cup Zucchini and Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Peaches 8 oz Low Fat Milk	3 oz Beef Teriyaki ½ cup Brown Rice with Pineapple ½ cup oriental blend 1 Wheat Roll 1 tsp Margarine ½ cup Mandarin oranges 8 oz Low Fat Milk	6 oz Italian Wedding Soup/crax ½ cup turkey Salad Sandwich on Wheat Bread ½ cup Macaroni Salad ½ cup Broccoli Slaw ½ cup chocolate pudding 4 oz grape juice 8 oz Low Fat Milk	<b>Valentines Day</b> Beef Bracirole with Gravy Au gratin Potatoes Green Beans Wheat Dinner Roll Holiday Cake	1 cup tuna casserole ½ cup Italian Blend Veg ½ cup spinach Garlic breadstick 1 tsp Margarine Carrot cake 4 oz Mixed Fruit Juice 8 oz Low Fat Milk
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>CLOSED</b>	4 oz Chicken Pot pie with Biscuit ½ cup Carrots ½ cup Green Beans 1 tsp Margarine 4 oz Baked apple slices 8 oz low fat milk	3 oz Meat Loaf/gravy ½ cup Acorn Squash ½ cup Peas and Carrots 1 pumpernickel dinner roll 1 tsp Margarine ½ cup Fresh Fruit 8 oz low fat milk	6 oz French Onion Soup 4 oz Stuffed Salmon with Lemon Butter Sauce ½ cup Wild Rice Pilaf ½ cup Broccoli 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	Chef Salad – 1 oz LS Fresh Roast Turkey/ 1 oz Cheese & 1 Hard Cooked Egg, LS DRESSING 1 Small Whole Wheat Roll ½c. Tomato, Cucumber, Onion, Basil Salad Fresh Fruit 8oz LF Milk
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
¾ c. Roasted Cauliflower Soup/LS Crackers 1/2c Turkey Salad W/ Celery on Whole Wheat Kaiser Roll 1c. Tossed Salad W/LS Dressing 1/2c Chickpea Salad W/ Onion, Green Pepper & Garlic) 1/2c pineapple 8oz Low Fat Milk	3 oz Sausage and Pepper ½ cup Brown Rice Pilaf ½ cup Broccoli 1 Wheat Grinder Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	3 oz Chicken Florentine ½ cup Penne pasta Parmesan Cheese ½ cup Stewed Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Apricots 8 oz low fat milk	<b>Happy Birthday</b> 3 oz Roast Beef/ gravy Open Sandwich on Wheat ½ cup Smashed Potato ½ cup Glazed Carrots Brownie 4 oz Mixed Fruit Juice 8 oz low fat milk	

### Elderly Nutrition Program

(203) 630-4704

**\$3.00 Suggested Donation for Seniors 60 and Up- \$5.70 Fee for Non-Seniors**

**Ordering:** Sign up for your meal by noon the day before. **Cancelling:** We need you to contact the kitchen 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

Meals on Wheels delivers well-balanced, nutritious meals to those living in Meriden who are unable to get or prepare meals for themselves. For more information, please call: **LifeBridge Community Services**  
**203-752-9919**



### 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.



### **Bus Talk**

**Wednesday, February 6 at 11:00am**  
Meriden Transit Administrator Allan Church, whose office is located in the lower level in the Senior Center, will share basic information about the Meriden bus system, how to purchase multi-ride tickets, and what options there are. He will also describe the routes in the city, and explain how the bus system connects with other public transportation systems in the state.



### Meriden Advisory Board on Aging

The Advisory Board on Aging 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 population. Monthly meetings are open to members of the Senior Center and the general public, and are held at the Senior Center, usually on the first Friday of each month at 9:00 am (summer months excluded). Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

**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 -\$.125

### **Did you know? We Provide Transportation For In Town Medical Appointments!**



Transportation for medical appointments needs to be scheduled at least (5) days in advance. Only 1 medical appointment can be scheduled per day. Funds provided by City of Meriden, the Connecticut DOT and the Area Agency on Aging of South Central CT. Donations are gratefully accepted.

*Happy Valentine's Day*





### Valentine's Day Word Search

c	g	f	l	o	w	e	r	s	i	p
j	s	w	e	e	t	h	r	a	r	t
e	f	p	a	c	u	p	i	d	a	e
v	h	o	i	k	a	c	p	s	r	t
a	o	g	u	y	h	e	a	r	t	s
l	o	v	e	r	r	d	e	g	o	f
e	k	r	a	p	t	r	e	s	p	r
n	r	i	r	o	s	r	e	p	x	r
t	o	h	s	d	r	d	e	n	i	r
i	s	u	h	s	p	i	n	n	h	e
n	r	g	a	r	e	l	l	k	t	s
e	o	s	e	h	o	s	r	o	r	h
s	w	e	e	c	t	s	f	r	i	e
v	c	h	o	c	o	l	a	t	e	k

valentine  
arrow  
cupid  
hearts  
love

red  
fourteenth  
hugs  
chocolate  
pink

roses  
friend  
flowers  
sweetheart  
kisses