

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
June 2019

The 49th Annual Special Day For Special People Picnic

Saturday, June 1st from 11:00am to 3:00pm

Meriden Senior Citizens are welcome to join us in Hubbard Park for a free picnic. Student volunteers will serve hotdogs, chips, popcorn, soda, watermelon, and ice cream. The Meriden Antique Veterans will open the program with a flag raising ceremony. Free BINGO with prizes will start at 12:30pm under the pavilion. Walter Martin will be our DJ to entertain us throughout the day. For more information on transportation call the Mini-Bus Office at (203) 237-3338.

Rain date is Sunday, June 2, 2019.

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

Program, Trip and Event Signup Day**Monday, June 3rd 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.

49th Annual Special Day for Special People Picnic**Saturday, June 1st from 11:00am to 3:00pm**

Meriden Senior Citizens are welcome to join us in Hubbard Park for free weekend picnic. Student volunteers will serve hotdogs, chips, popcorn, soda, watermelon, and ice cream. The Meriden Antique Veterans will open the program with a flag raising ceremony. Free BINGO with prizes will start at 12:30pm under the pavilion. Walter Martin will be our DJ to entertain us throughout the entire day. For more information on transportation to Hubbard Park call the Mini-Bus Office at (203) 237-3338. **Rain Date is Sunday, June 2, 2019.**

Mary Kay Demonstration**Monday, June 3rd from 10:30am to 11:30am**

Please join Elisa Castenada in the Activity Room for a fun demonstration of their hand and face products.

Coffee with Liz**Wednesday, June 4 at 10:00am**

Please join our new Recreation Coordinator Liz in the Dining Room for a roundtable discussion with thoughts, suggestions, or concerns regarding activities and trips offered here at the Center. We are open to new ideas and suggestions!!!

Computer One On One with Liz**Friday, June 7th & 21st at 10:00am**

Liz will be available to help with many computer questions you may have, including setting up emails, or help with your tablet or smartphone. Slots are limited to 15 minute sessions between 10:00am to 11:00a.

Please sign up in the front office.**Crafting with Liz****Monday, June 10th at 10:30am**

Join our new Recreation Coordinator, Liz in the Main Activity Room for a fun Gel Air Freshener craft! We will be making a Chemical-Free, Non-Toxic Air Freshener with unflavored gelatin, essential oil and a little food coloring.

Goodwin College - Oral Health**Presentation****Tuesday, June 11th from 10:30am to 11:30am**

Please join us for a presentation by the students of the dental hygiene program at Goodwin College. This will be an informative presentation discussing oral health, hygiene, nutrition as it relates to oral health, care of oral prosthesis, etc. We also play games and give out dental goodies, all free of charge!

**Prize Bingo with Best Life Hearing Center****Wednesday, June 12th from 10:30am to 11:30am**

Jennifer from Best Life Hearing Center will be hosting a Prize Bingo game and will do a small introduction about their center in the Dining Room.

BIRTHDAY PARTY!**Thursday, June 20th, 12:30pm**

This month's birthday cake and small gifts will be sponsored by: **Autumn Lake Healthcare.**



Your birthday must be in June. Please sign up by Thursday, June 13th to be guaranteed a gift. The signup book is in the Dining Room.

Happy Birthday to all members who were born in June!

Southern Connecticut State University**Health Fair****Wednesday, June 20th from 10:00am to 1:00pm**

Cheryl Resha and students from their clinical program will be hosting a health fair focusing on Sun Safety, Staying Hydrated and Nutrition for Seniors. They will provide a Blood Pressure Clinic as well!

Web Wednesday

Will resume in the Fall. **Stay tuned.**



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
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

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

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

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.**

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!

Attention NEW Members!

Thursday, June 27th at 12:30pm

We will be hosting our New Member Orientation in June! This program helps introduce participants to the Senior Center, with a designated time to properly 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. Hope to see you there! **Please sign up in the front office.**



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
- Liz Parra, 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, Mike Connolly,
Tanya Vega

Kitchen Staff

HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING: BEREAVEMENT SUPPORT

Are you grieving a loved one? Is sadness ruling your life? Hartford HealthCare at Home Hospice offers two free bereavement support groups on the second and fourth Tuesdays of each month in Meriden. Next meetings are June 11 and 25, 5:30pm-6:30pm, at MidState Medical Center, 435 Lewis Ave. Chaplain Doreen Bottone leads, providing compassionate Support and helpful tips. For more information, call 1.855.HCC.HERE / 1.855.442.4373.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, can connect older adults and families with services and resources to help navigate the changes and difficulties of life. Call Marc Levesque, senior resource manager, at MidState Medical Center, 203.694.5721, or the Center for Healthy Aging, 1.877.424.4641 or visit <http://hhccenterforhealthyaging.org>. Connect to healthier!

Thank you to our friends at Meriden Center Genesis Healthcare for sponsoring our Annual Senior Health Fair in May. It was a great day!!!

Attention Medical Transportation Riders

Starting on June 1st, 2019 we will be making it easier to schedule medical rides!!! Typically we need 5 days advanced notice to make a medical appointment. As of June 1st we are going to change that to **three days**. We will evaluate this change over the summer in an effort to make it permanent.

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!

Renters Rebate

Appointments Available

Tuesday, Wednesday, Thursday

The City of Meriden will start accepting applications for the State of Connecticut Renters' Rebate Program from April 2, 2019 until October 1, 2019. **Please call the front office a 203-237-0066 to sign up.**

"Grease"

Friday, June 28 at 12:30pm

Experience the friendships, romances

and adventures of a group of high school kids in the 1950s.

Welcome to the singing and dancing world of "Grease," the most

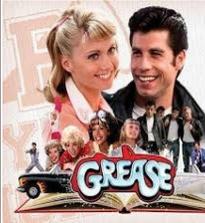
successful movie musical of all time. A

wholesome exchange student (Olivia Newton-John) and a leather-clad Danny

(John Travolta) have a summer

romance, but will it cross

clique lines?



Game Day with the Success Academy

Thank you to the students from Success Academy for board games with our seniors. Will resume in the Fall. **Stay tuned.**

Red Hat Society Members

Monday, June 17 at 12:30pm

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



Veteran Services

Tuesday, June 18 from 11:00am to 12:00pm

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.

Meriden Senior Center Walking Club

Thursday, June 19, 10:30am-11:30am

If you are interested in joining Liz for a fitness walk at Red Bridge Trail, please sign up at the front office. Please meet at 10:15 in the front office area. The bus will pick us back up at 11:45am. **Always weather permitting.**





Mini-Bus Lunch Trips

Popeye's in Wallingford

Tuesday, June 11th

Bus leaves the Center at 10:45am.



Hen House Bar-B-Q in Southington

Thursday, June 25th

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.

Important Notice - To all drivers who drive to the senior center. A six month construction project is scheduled to start in April and end by November 2019 in the Hanover Street parking lot. A section of the lot will remain open for Senior Center Members. If that lot is full, Senior Center members can park in the municipal garage on Church Street, behind the Corner Coffee Shop. The remainder of the lot will be blocked for materials and vehicles related to the construction. After the project the lot will be Reopened. Please be aware of this change and contact Rick, for more information.

Upcoming Trips for 2019

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

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

CT Lighthouse Cruise—Southern New England & Long Island
July 18, 2019 —\$100pp

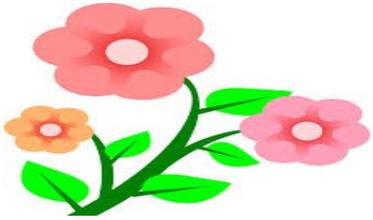
Friesians of Majesty—VT
August 21, 2019 —\$97pp

The River Rose Cruise—Newburgh, NY
October 3, 2019—\$97pp



Monthly Shopping Schedule

Big Y (Includes stores in Town Line Square)
Tuesday — June 4 and June 18
Stop and Shop/Save-A-Lot/Cindi's Diner
Thursday — June 6, 13, 20, 27
Walmart or Shop Rite
Friday — June 7, 21, 28
Target or Mall — June 14

MONDAY	TUESDAY	WEDNESDAY
<p>9:30 Art 9:30 Sewing & Quilting 10:00 Trip Sign Up Day 10:30 Sit Down & Tone Up 10:30 Mary Kay Presentation 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">3</p>  <p>Lunch: BBQ Chicken Qtr</p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:00 Coffee with Liz 11:00 Weight Training 12:30 Ceramics 12:00 Poker Club 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai-Chi-Gong</p> <p style="text-align: right;">4</p> <p>Lunch: 3 Bean Salad/Egg Salad Vegetable Gumbo Soup</p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing</p> <p>Lunch: Hot Open Turkey</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 10:30 Crafting with Liz 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">10</p>  <p>Lunch: Pork Loin W/Gravy</p>	<p>10:00 Young at Heart Ensemble 10:30 Goodwin College-Oral Health Presentation 10:45 Lunch Trip to Popeye's 11:00 Weight Training 12:30 Ceramics 12:00 Poker Club 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai-Chi-Gong</p> <p style="text-align: right;">11</p> <p>Lunch: Veal Parmesan/Penne Pasta</p>	<p>9:30 Art Class 10:15 Wii Bowling 10:30 Prize Bingo with Center 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing</p> <p>Lunch: Chef Salad/Min</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Red Hat Society</p> <p style="text-align: right;">17</p>  <p>Lunch: Beef Taco/Black Bean Soup</p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 11:00 Veteran Services 1:00 Weight Training 12:00 Poker Club 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">18</p>  <p>Lunch: Herb Baked Chicken</p>	<p>9:30 Art Class 10:15 Wii Bowling 10:30 Walking Club with 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing</p> <p>Lunch: Meatball W/Sausage Grinder Roll</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">24</p> <p>Lunch: Chicken Cordon Bleu</p>	<p>10:00 Young at Heart Ensemble 10:45 Lunch Trip to Hen House Bar-B-Q 11:00 Weight Training 12:30 Ceramics 12:00 Poker Club 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">25</p>  <p>Lunch: Tortellini W/Ham/Tomato</p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing</p> <p>Lunch: Ginger Garlic Salmon</p>
 		

WEDNESDAY	THURSDAY	FRIDAY
<p>5</p>  <p>Py Sandwich</p>	<p>6</p> <p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class/Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:00 Poker Club</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Cheeseburger</p>	<p>7</p> <p>9:00 Advisory Board</p> <p>10:00 Yoga</p> <p>10:00 Computer One On One with Liz</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Blue & White</u></p> <p>Lunch: Veggie Chili</p>
<p>12</p> <p>Best Life Hearing</p>  <p>estrone Soup</p>	<p>13</p> <p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class / Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:00 Poker Club</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Chicken Florentine</p>	<p>14</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Target/Mall</p> <p>12:30 Movie of the Month — Grease</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Fuchsia</u></p> <p>Lunch: Salmon & Pasta Salad</p>
<p>19</p> <p>th Liz</p>  <p>uce on Wheat</p>	<p>20</p> <p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class / Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit & Tone/11:00 Latin Rhythm Exercise</p> <p>10:00 Southern Connecticut State University Health Fair</p> <p>12:00 Poker Club</p> <p>12:30 Birthday Party</p> <p>12:30 Strength & Tone</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Fish Croquette/Macaroni Salad</p> 	<p>21</p> <p>10:00 Yoga</p> <p>10:00 Computer One On One with Liz</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Double Bingo</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Turquoise</u></p> <p>Lunch: Low Sodium Hotdog On Roll/Chili</p>
<p>26</p>  <p>mon</p>	<p>27</p> <p>8:30 Mini-Bus Shopping: Stop & Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:00 Poker Club</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>12:30 New Member Orientation</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Beef & Bean Burrito</p>	<p>28</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini Bus Shopping: Walmart/Shop Rite</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Yellow</u></p> <p>Lunch: Tuna & Pasta Salad/Tossed Salad</p>
<p>py</p> <p>S DAY</p> 		

June 2019 Social Services



June 15, 2019 is World Elder Abuse Awareness Day

What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

- Neglect or Isolation
- Physical abuse
- Sexual abuse
- Financial abuse and exploitation
- Emotional or psychological abuse (including verbal abuse and threats)

How Can We Report Elder Abuse?

It is up to everyone to prevent and address elder abuse. Report suspected mistreatment to your local adult protective services, long-term care ombudsman or law enforcement agency who can investigate the situation. Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at **1-800-677-1116** (eldercare.gov). **If you believe that an older person is in a life-threatening situation, contact 911 or the local police**

Or contact Protective Services for the Elderly at
1-888-385-4225

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

CT Housing Choice Voucher Program openings

The Housing Authority of the City of Bristol will be opening the Low-Income Public Housing waiting list for households who meet the Elderly (62 years and over) preference ONLY, households meeting this preference will be eligible to apply at this time. Bristol Housing Authority will open the waitlist for qualified households on May 13, 2019 at 8:30 a.m. and will close the waiting list on June 13, 2019 at 4:30 p.m.

The Bristol Housing Authority (BHA) will be closing the current Komanetsky Estates waitlist. It will immediately reopen a new waitlist for interested applicants on Thursday, May 9, 2019 and close on Friday, November 8, 2019.

Komanetsky Estates is a Congregate program for residents that are 62 years or older and have temporary or permanent difficulties with one or more essential activities of daily living. A daily meal is provided in the community dining room and light housekeeping services are provided once a week. Utilities are included in the rent. The income limit for one person is \$52,850.00

The City of Hartford, Department of Development Services announces that it will be opening their Housing Choice Voucher waiting list for households who meet the Chronically Homeless Preference. The voucher program offers rent subsidies to households who meet the Department of Housing and Urban Development (HUD) eligibility guidelines.

The City of New Haven is currently accepting applications for elderly (62 or older) and/or disabled households

***If you are interested in applying for any of these housing options, please call me to schedule an appointment**

MENU CAN CHANGE WITHOUT ADVANCED NOTICE

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

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	7
	3 oz BBQ chicken qtr ½ cup Roasted rosemary potato ½ cup Coleslaw Biscuit 1 tsp margarine ½ cup Watermelon 8 oz low fat milk	6 oz Vegetable gumbo soup 1 pkt unsalted crackers egg salad plate ½ cup egg salad 1 cup lettuce, cucumber ½ cup three bean salad Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Hot open turkey sandwich 3 oz turkey/gravy 1 slice wheat bread ½ cup Smashed potato ½ cup California blend 1 tsp margarine 4 oz grape juice Ice cream cup 8 oz low fat milk	3 oz Cheeseburger Bun ketchup ½ cup Baked beans ½ cup lettuce, tomato, pickles ½ cup Peaches 8 oz low fat milk	1 cup veggie chili ½ cup sweet potato wedges ½ cup broccoli corn bread 1 tsp margarine ½ cup Tropical fruit salad 8 oz low fat milk
	10	11	12	13	14
	3 oz Pork Loin with gravy ½ cup Brown rice ½ cup Broccoli/carrots 1 slice Multi grain bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	Father's Day Veal Parmesan ½ cup penne pasta/sauce Herbed peas and onions Garlic dinner roll Holiday cake Low fat milk	6 oz Minestrone soup 1 pkt unsalted crackers Chef salad with 1 cup lettuce, cucumber, 1 oz each turkey, ham, cheese hard ¼ cooked egg French dressing Wheat dinner roll 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Chicken Florentine ½ cup Bowtie noodles ½ cup Green and wax beans 1 slice Rye bread 1 tsp margarine ½ cup Melon 8 oz low fat milk	3 oz Salmon and pasta salad 1 cup Tossed salad ½ cup beet salad Breadstick 1 tsp margarine 4 oz Grape juice Lemon cookie 8 oz low fat milk
	17	18	19	20	21
	6 oz Black bean soup 1 pkt unsalted crackers 3 oz Beef taco on 1 cup salad with cheese, lettuce, tomato, salsa and salsa/ranch dressing 10 Tortilla chips ½ cup tropical fruit 8 oz low fat milk	3 oz Herb baked chicken ½ cup Sweet potato pone ½ cup Bean blend Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Meatball with sauce small wheat grinder roll 1 cup Tossed salad with cucumber and Italian dressing Fresh fruit 8 oz low fat milk	3 oz Fish croquette/tartar sauce and lemon ½ cup Macaroni salad ½ cup Beet salad Pumpernickel dinner roll 1 tsp margarine 4 oz Apple Juice Berry strudel 8 oz low fat milk	First Day of Summer Low sodium hot dogs on rolls/mustard Chili Coleslaw Ice cream or vanilla pudding Low fat milk
	24	25	26	27	28
	Happy Birthday 3 oz chicken cordon blue ½ cup roast potato ½ cup Carrots Wheat dinner roll 1 tsp margarine 4 oz Orange juice Brownie 8 oz low fat milk	1 cup Tortellini with ham/ tomato and pepper ½ cup Broccoli Herb breadstick 1 tsp margarine 4 oz Grape Juice Italian ice 8 oz low fat milk	6 oz shrimp bisque 1 pkt unsalted crackers 3 oz ginger garlic salmon ½ cup rice pilaf ½ cup spinach Wheat bread 1 tsp margarine ½ cup Melon 8 oz low fat milk	3 oz Beef and Bean burrito ½ cup rice and beans ½ cup fiesta corn corn bread 1 tsp margarine Fresh Fruit 8 oz low fat milk	1 cup tuna and pasta salad 1 cup tossed salad with cucumber/ French dressing 1 Mini bagel 1 tsp cream cheese ½ cup Peaches 8oz low fat milk

Elderly Nutrition Program

(203) 630-4704

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

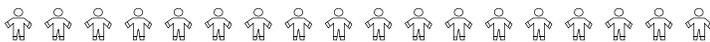


Attention Seniors!!!

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.

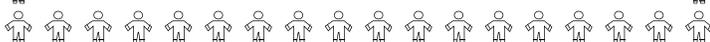


We ask that you please follow this important policy.



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 Rollover Mini-Bus Sign Up Sheet for the Senior Center for Seniors can 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.

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 -\$1.25

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.



Memories

WALKING CLUB



ANNUAL SENIOR CENTER HEALTH FAIR