

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
March 2019

8th Annual Josephine E. Bradley Spelling Bee

Thursday, April 4th from 11:30am—1:15pm

Save The date! Students from Washington and Lincoln Middle schools are paired with seniors in this fun, educational event! **Please sign up in the front office** to be part of a team for our Intergenerational Spelling Bee!

Tax Assistance

AARP volunteers affiliated with the national Tax-Aide Program will offer free income tax assistance on Wednesdays, **thru April 10th**, 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, March 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.

Book Of Poetry

Wednesday, March 6 at 11:00am

Please join talented Meriden Author Sally Smith who will be discussing her new book, "Goodbye with Love". Her book of poetry was written in 1991 when she lost five of her family members, three months apart. Join us for this deep and uplifting presentation of her new book.

Energize Connecticut

Monday, March 11 at 11:00am

Please join Lori Cohen. Energy savings are hiding in your house. Learn how to reduce your monthly heating and electric bills with a Home Energy Assessment from Bantam Wesson. Learn how our Building Performance Institute certified technicians can seal drafts & cracks, check insulation, test duct work, provide energy-efficient light bulbs and improve water usage. Bantam Wesson is an authorized contractor of Energize Connecticut.

Root Beer Floats

Thursday, March 14th at 11:45am

It's your LUCKY day! Please join Nory from Westfield Care and Rehab for root beer floats to celebrate St. Patrick's Day. If you miss out, you're sure to be GREEN with envy!



Spring Wreath Craft

Monday, March 18 at 10:00am

Get an early taste of spring with our Spring Wreath Craft! Join us in the main meeting room, where the talented Justine will teach you how to make a bright, lively spring wreath to adorn your door or wall! **Please sign up in the front office.**

Veteran Services

Tuesday, March 19 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.

Web Wednesday

Wednesday, March 20 from 10:15am-11:15am

Platt High School, 220 Coe Ave

Join us for the return of Web Wednesdays! March Web Wednesday will focus on email address and the basics of email communication. **Please sign up in the front office.**



Game Day with the Success Academy

Thursday, March 21st, from 10:00am-11:00am

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



BIRTHDAY PARTY!

Thursday, March 21st, 12:30pm

This month's birthday cake and small gifts will be sponsored by: **Miriam Perez-Arnel from Blue Cross and Blue Shield.**



Your birthday must be in March. Please sign up by Thursday, March 14th to be guaranteed a gift. The sign up book is in the Dining Room.

Happy Birthday to all members who were born in March!

Attention NEW Members!

Thursday, March 28th at 12:30pm

We will be hosting our New Member Orientation in March! This program 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. Hope to see you there! **Please 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 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

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!



Calling All Card Players

Poker club meets on Thursdays at 1:00pm

Setback club meets on Fridays at 12:45pm

Senior Center Pool Team

Friday, March 8, 1:00pm, vs Wallingford

Friday, March 22, 1:00pm, vs Southington

The Senior Center Pool Team will be facing the Southington and the Wallingford Senior Center pool teams this month.



Renters Rebate

The City of Meriden will start accepting applications for the State of Connecticut Renters' Rebate Program from April 2, 2019 until October 1, 2019. For more information please see page 8.

**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
Nicky Steeves, Front Office 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: Flu Season

Flu season generally peaks December to February but it can last until May, according to the Centers for Disease Control and Prevention. Those who are most at risk are age 65 and older. Approximately 54-74% of flu-related hospitalizations are attributed to those whom are 65+.

Tips to staying well:

- Get the flu shot.
- Manage existing health conditions – especially COPD or asthma, diabetes or heart disease.
- Hand-wash with warm water and soap for 20 seconds as the best line of defense against spreading viruses and germs.
- Cover your nose and mouth when coughing/sneezing.
- Avoid close contact.

Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, has more information about achieving an optimal quality of life for seniors and caregivers. Call Marc Levesque, senior resource case manager, at MidState Medical Center, 203.694.5721. Or call the Center for Healthy Aging, 1.877.424.4641 or visit <http://hhccenterforhealthyaging.org>.

Inclement Weather Reminder

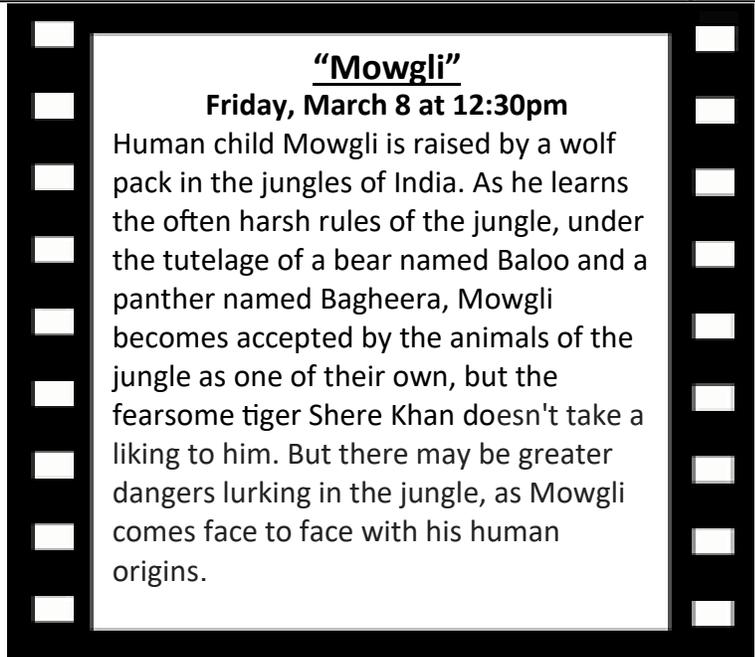
The Senior Center follows the Board of Education closure policy. If Meriden Schools are closed due to inclement weather, the Senior Center will be open, but we will not offer any programs, transportation, or lunch. In this event, “Meriden Senior Center-No Activities/No Transportation” will be posted 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.



Daylight Savings

Begins Sunday, March 10 at 2:00am

The ending is near from the long hours of darkness! Set your clocks forward as Spring and Summer aren’t far away.



“Mowgli”

Friday, March 8 at 12:30pm

Human child Mowgli is raised by a wolf pack in the jungles of India. As he learns the often harsh rules of the jungle, under the tutelage of a bear named Baloo and a panther named Bagheera, Mowgli becomes accepted by the animals of the jungle as one of their own, but the fearsome tiger Shere Khan doesn’t take a liking to him. But there may be greater dangers lurking in the jungle, as Mowgli comes face to face with his human origins.

Red Hat Society Members

Monday, March 18 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!!



Creative Writing

Will resume in April. Stay tuned for date to be determined.

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 2nd 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.

- 3/1 - The Dark Knight (2008)**
- 3/8 - Mowgli (2018)**
- 3/15 - The Little Rascals (1994)**
- 3/22 - The Switch (2010)**
- 3/29 - It Takes Two (1995)**





Mini-Bus Lunch Trips

Rick's On 5 in Wallingford

Tuesday, March 5th
Bus leaves the Center at 10:45am.



99 Restaurant

Tuesday, March 19th
Bus leaves the Center at 10:45am.



St. Patrick's Day Celebration

Tuesday, March 5 at 11:00am
Join us in the dining room for great Irish entertainment by Willie Ninniger.

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!

Upcoming Trips for 2019

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

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 — March 5 and March 19
- Stop and Shop/Save-A-Lot/Cindi's Diner**
Thursday — March 7, 14, 21, 28
- Walmart or Shop Rite**
Friday — March 1 and March 15
- Target or Mall** — March 8
- Goodwill/Family Dollar**
Friday — March 22

MONDAY	TUESDAY	WEDNESDAY
		
<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;">4</p>  <p>Lunch: Beef and Bean Chili</p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:45 Lunch Trip to Ricks On Five 11:00 Entertainment in Dining Room 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">5</p>  <p>Lunch: Pot Roast/Gravy</p>	<p>8:45 Tax Assistance 9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 11:00 Book Of Poetry 12:30 Bingo</p> <p>Lunch: Ash Wednesday Fish Almondine</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 11:00 Energize Connecticut 12:30 Bingo</p> <p style="text-align: right;">11</p>  <p>Lunch: Chicken Parmesan</p>	<p>10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">12</p>  <p>Lunch: Chef Salad</p>	<p>8:45 Tax Assistance 9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Salisbury Steak</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:00 Spring Wreath Craft with Justine 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Red Hat Society</p> <p style="text-align: right;">18</p>   <p>Lunch: Tuna Salad</p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:45 Lunch Trip to 99 Restaurant 11:00 Weight Training 11:00 Veteran Services 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">19</p>   <p>Lunch: Sweet & Sour Pork</p>	<p>8:45 Tax Assistance 9:30 Art Class 10:15 Wii Bowling 10:15 Web Wednesday 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Swedish Meatballs</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;">25</p>  <p>Lunch: Unstuffed Cabbage</p>	<p>10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">26</p>  <p>Lunch: Fish Sticks</p>	<p>8:45 Tax Assistance 9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Pork Loin/Gravy</p>

WEDNESDAY	THURSDAY	FRIDAY
		<p>9:00 Advisory Board Meeting 10:00 Trip Sign Up Day 1 10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Movie — “The Dark Knight” 12:45 Setback Club <u>Color of the Day: Irish Green</u> Lunch: Grandioli</p>
<p>6</p>   <p>Special e</p>	<p>7</p> <p>8:30 Mini-Bus Shopping— Stop&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 & Tone Up 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club 1:30 Tai Chi Gong Lunch: Herb Baked Chicken Qtr</p>	<p>8</p> <p>10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Target/Mall 12:30 Movie — “Mowgli” 12:45 Setback Club 1:00 Pool Team Home versus Wallingford <u>Color of the Day: Orange</u> Lunch: Vegetable Lasagna Roll</p>
<p>13</p>   <p>Gravy</p>	<p>14</p> <p>8:30 Mini-Bus Shopping: Stop&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 & Tone/11:00 Latin Rhythm Exercise 11:45 Root Beer Floats 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club 1:30 Tai Chi Gong Lunch: St. Patricks Day Special Corned Beef and Cabbage</p> 	<p>15</p> <p>10:00 Yoga 11:00 Aerobics 12:30 Double Bingo 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Movie — “The Little Rascals” 12:45 Setback Club <u>Color of the Day: Navy Blue</u> Lunch: Ratatouille W/Chick Peas</p>
<p>20</p>  <p>alls</p>	<p>21</p> <p>8:30 Mini-Bus Shopping— Stop & Shop/ Save-a-Lot/Cindi’s Diner 9:30 Art Class 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Sit Down & Tone Up 10:00 Game Day with the Success Academy 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Birthday Party 12:30 Strength & Tone 1:00 Poker Club 1:30 Tai Chi Gong Lunch: Hot Open Turkey Sandwich</p> 	<p>22</p> <p>10:00 Yoga 11:00 Aerobics 12:30 Mini Bus Shopping: Goodwill/Family Dollar 12:30 Movie — “The Switch” 12:45 Setback Club 1:00 Pool Team Home versus Southington <u>Color of the Day: Yellow</u> Lunch: Cheese Baked Ziti</p>
<p>27</p> 	<p>28</p> <p>8:30 Mini-Bus Shopping— Stop & Shop/ Save-a-Lot/Cindi’s Diner 9:30 Art Class 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 12:30 New Member Orientation 1:00 Poker Club 1:30 Tai Chi Gong Lunch: Chicken Cordon Bleu</p>	<p>29</p> <p>10:00 Yoga 11:00 Aerobics 12:30 No Mini-Bus Shopping 12:30 Movie — “It Takes Two” 12:45 Setback Club <u>Color of the Day: Purple</u> Lunch: Broccoli Quiche</p>

March 2019 Social Services



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door

St. Patrick's
Day

Spring

What is Renters' Rebate?

It's a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies.

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

Call 203-237-0066 to schedule an appointment

The Medicare Advantage Open Enrollment Period (MA OEP)

Beginning in 2019, Medicare Advantage Open Enrollment Period (MA OEP) from January 1 through March 31 each year. During this time, MA-eligible beneficiaries will be able to change their MA Plan or elect Original Medicare and coverage under Part D. Changes are effective the first of the following month.

The MA OEP replaces the Medicare Advantage Disenrollment Period (MADP), which previously gave beneficiaries the option to disenroll from MA and enroll in Original Medicare from January 1 through February 14. Now, in addition to switching to Original Medicare, individuals can use the MA OEP to switch to another MA Plan.

New Renters' Rebate Income Guidelines

Applicant's qualifying income in the calendar year 2018 must not exceed \$36,000 if unmarried, or \$43,900 if married.

Natalie Gill
Social Services Worker
Call to schedule an appointment
203-630-4273

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				6 oz Butternut Squash Soup/ crax 3 oz Grandioli with sauce and Cheese ½ cup Mixed Vegetables Garlic breadstick ½ cup Applesauce 8 oz low fat milk
4	5	6	7	8
3 oz Beef and bean chili Baked potato half ½ cup Mexicali corn Corn bread 1 tsp Margarine ½ cup pineapple 8 oz low fat milk	3 oz pot roast/gravy ½ cup smashed potato ½ cup broccoli 1 slice wheat bread 1 tsp margarine 4 oz grape juice lemon cake 8 oz low fat milk	Ash Wednesday Special 3 oz Fish Almondine ½ baked potato ½ cup French green beans 1 wheat dinner roll 1 tsp margarine Angel food cake with strawberry topping 8 oz low fat milk	3 oz herb baked chick- en qtr ½ cup cut sweet potato ½ cup Bean blend 1 slice Rye bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk	1 vegetable lasagna roll ½ cup roasted squash ½ cup zucchini 1 Tbsp parmesan cheese 1 slice Italian bread 1 tsp margarine fresh fruit 8 oz low fat milk
11	12	13	14	15
3 oz chicken parmesan ½ cup penne pasta 1 Tbsp parmesan cheese 1 cup tossed salad with tomato and Italian dress- ing Garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz lentil soup/ crax Chef salad with 1 oz each turkey, ham, cheese and ¼ Hard cooked egg, 1 cup romaine lettuce, cucumber French dressing 1 slice multigrain bread 1 tsp margarine ½ cup tropical fruit 8 oz low fat milk	3 oz Salisbury steak/ gravy ½ cup mashed potato ½ cup peas and mush- rooms 1 wheat dinner roll 1 tsp margarine ½ cup peaches 8 oz low fat milk	St. Patricks Day Special Corned beef and cab- bage Boiled potatoes Carrots Irish Soda bread Bread pudding with topping 8 oz low fat milk	3 oz ratatouille with chick peas over ½ cup Brown rice 1 cup spinach salad with fresh mushrooms and rasp- berry vinaigrette dressing Wheat breadstick 1 tsp margarine 4 oz apple juice Brownie 8 oz low fat milk
18	19	20	21	22
6 oz tomato Florentine soup/crax ½ cup tuna salad plate with 1 cup lettuce, tomato ½ cup beet salad wheat sandwich roll 1 tsp margarine ½ cup pears 8 oz low fat milk	Happy Birthday 3 oz sweet and sour pork ½ cup brown rice ½ cup oriental blend veggies 1 dinner roll 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk Strawberry Layer Cake	3 oz Swedish meatballs ½ cup bowtie pasta ½ cup carrots 1 slice multigrain bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz hot open turkey sandwich on wheat ½ cup steak fries ½ cup green beans cranberry sauce 4 oz fruit juice fruit strudel 8 oz low fat milk	1 cup cheese baked ziti 1 Tbsp parmesan cheese 1 cup tossed salad with cucumber and ranch dress- ing 1 slice garlic bread fresh fruit 8 oz low fat milk
25	26	27	28	29
1 cup unstuffed cabbage over ½ cup rice ½ cup glazed carrots wheat dinner roll 1 tsp margarine 4 oz orange juice chocolate chip cookie 8 oz low fat milk	3 oz fish sticks/tartar sauce ½ cup macaroni salad ½ cup red cabbage slaw biscuit 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz pork loin/gravy ½ cup mashed potato ½ cup broccoli 1 slice rye bread 1 tsp margarine ½ cup applesauce 8 oz low fat milk	3 oz chicken cordon bleu ½ cup barley ½ cup green beans dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz cream of carrot soup/ crax 1/6 broccoli quiche ½ broiled tomato ½ cup fresh zucchini 1 slice wheat bread 1 tsp margarine ½ cup apricots 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.



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.



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





Word Search

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

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2013

- | | | | |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT | 6. SHAMROCK | 10. LUCK | 14. RAINBOW |
| 3. PATRICK | 7. FOUR | 11. POT | 15. MARCH |
| 4. IRISH | 8. LEAF | 12. GOLD | 16. SEVENTEEN |