

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
May 2019

Annual Senior Health Fair

Wednesday, May 8th from 9:00am to 11:30am

Informational displays from agencies serving Meriden Seniors. Free box lunch for the first 150 people. Handouts, giveaways, Health Screenings (blood pressure and blood sugar) and much more! The 2019 Annual Senior Health Fair is sponsored by Meriden Center Genesis Healthcare. We encourage you to attend and learn about all that is offered for seniors in our community!

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 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.**

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

Program, Trip and Event Signup Day**Wednesday, May 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.

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.

Annual Senior Health Fair**Wednesday, May 8 from 9:00am-11:30am**

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Seated Yoga Demonstration**Friday, May 10 from 10:45am to 11:15am**

Getting in shape for summer?

Interested in exercise you can do from the couch, an airplane, seat, a wheelchair, or at the dinner table?

Curious about the yoga craze but unable to touch your toes? This demo is for you! Come experience RX Relax Seated Yoga, a form of light exercise, mindfulness and breathing all completed while seated. Come participate in 15-20 minutes of a demonstration and learn about free opportunities for ongoing participation with Allison Mesa—Speech Therapist and Lisa O'Brien—Physical Therapist both from The Hospital For Special Care.

**BIRTHDAY PARTY!****Thursday, May 16th, 12:30pm**

This month's birthday cake and small gifts will be sponsored by the Meriden Senior Center.



Your birthday must be in May. Please sign up by Thursday, May 9th to be guaranteed a gift. The signup book is in the Dining Room.

Happy Birthday to all members who were born in May!

Game Day with the Success Academy**Thursday, May 16th, from 10:00am-11:00am**

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

Web Wednesday**Wednesday, May 22 from 10:15am-11:15am****Platt High School, 220 Coe Ave**

Join us for the return of Web Wednesdays! Google Apps is this month's May Web Wednesday. Learn about the many free apps Google offers. **Please sign up in the front office.**

AARP SAFE DRIVER COURSE**Wednesday, May 22 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.

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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.**



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

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, May 30th at 12:30pm

We will be hosting our New Member Orientation in April! 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
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



Mini-Bus Lunch Trips

Colony Diner in Wallingford

Tuesday, May 7th
 Bus leaves the Center at 10:45am.



Joey Garlics in Newington

Tuesday, May 21st
 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

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

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

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



Monthly Shopping Schedule

- Big Y** (Includes stores in Town Line Square)
 Tuesday — May 7 and May 21
- Stop and Shop/Save-A-Lot/Cindi's Diner**
 Thursday — May 2, 9, 16, 23, 30
- Walmart or Shop Rite**
 Friday — May 3, 17
- Target or Mall — May 10**
- Goodwill/Aldi's**
 Friday — May 24

MONDAY	TUESDAY	WEDNESDAY
		9:30 Art Class 10:00 Trip Sign Up Day 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Lunch: Pork Loin W/Gr
9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo  <p style="text-align: right;">6</p> Lunch: Taco Bake W/Tortilla Chip	8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:45 Lunch Trip to Colony Diner 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong  <p style="text-align: right;">7</p> Lunch: Arroz Con Pollo (Chicken and Rice)	9:00 Annual Senior He 1:15 Creative Writing  Lunch: Sliced Turkey W
9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo  <p style="text-align: right;">13</p> Lunch: Beef and Bean Chili	10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong  <p style="text-align: right;">14</p> Lunch: Turkey Salad on Whole Wheat Kaiser Roll	9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Lunch: Stuffed Salmon
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 style="text-align: right;">20</p> Lunch: Chicken Parmesan	8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:45 Lunch Trip to Joey Garlics 11:00 Veteran Services 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong  <p style="text-align: right;">21</p> Lunch: Chef Salad	9:00 AARP Safe Driver 9:30 Art Class 10:15 Wii Bowling 10:15 Web Wednesday 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Lunch: Salisbury Steak V
<p style="text-align: center;"><u>CLOSED</u></p>  <p style="text-align: right;">27</p>	10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong  <p style="text-align: right;">28</p> Lunch: Sweet & Sour Pork	9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Lunch: Memorial Day S Cheeseburger V

WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p>	<p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 2</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>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Chicken Cordon Bleu</p>	<p>9:00 Advisory Board 3</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: Pink</u></p> <p>Lunch: Broccoli Quiche</p>
<p>Health Fair</p>  <p>8</p>	<p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 9</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>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Spinach, Broccoli, Mushroom Quiche</p>	<p>10:00 Yoga</p> <p>10:45 Seated Yoga Demonstration 10</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Target/Mall</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Green</u></p> <p>Lunch: Spaghetti W/Clam Sauce</p>
<p>15</p> 	<p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 16</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 Game Day with the Success Academy</p> <p>12:30 Birthday Party/Strength & Tone</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>1:00 Poker Club</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Baked Chicken Qtr</p> 	<p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Double Bingo 17</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Black</u></p> <p>Lunch: Vegetable Lasagna Rollup</p>
<p>Course</p> <p>22</p> 	<p>8:30 Mini-Bus Shopping: Stop & Shop/ Save-a-Lot/Cindi's Diner 23</p> <p>9:30 Art Class / Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:30 Walking Club with Rick</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: Potato Crusted Fish</p> 	<p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini Bus Shopping: Goodwill/Aldi's</p> <p>12:30 Movie of the Month — Hitch 24</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Red</u></p> <p>Lunch: Ratatouille W/Chick Peas</p>
<p>Special</p> <p>W/Saute'ed Onions</p> <p>29</p> 	<p>8:30 Mini-Bus Shopping: Stop & Shop/ Save-a-Lot/Cindi's Diner 30</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>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>12:30 New Member Orientation</p> <p>1:00 Poker Club</p> <p>1:30 Tai Chi Gong</p> <p>Lunch: California Chicken Salad</p>	<p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 NO Mini-Bus Shopping 31</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Stripes</u></p> <p>Lunch: Cheese Baked Ziti</p>

May 2019 Social Services



Caregiver Homes offers Adult Family Living which is a paid caregiver support program for your Medicaid/Medicaid eligible clients home with live-in caregivers.

We provide a financial tax-free stipend, education & resources for family caregivers **helping your residents have a safe place to age in place and significantly reduce their return to the hospital and ER.**

Criteria: 65+, on or eligible for Medicaid and a waiver program (CHCPE, MFP, PCA) and must live together and require 2 or more ADL's.

**Caregiver can be anyone but a spouse.*

Contact Karen Pliego at
860-637-2702

Kpliego@caregiverhomes.com

Shutoff Notices

Did you get a shut off notice in the mail? If you did received a shutoff from your utility company, bring the shutoff notice to New Opportunities of Greater Meriden, 74 Cambridge St. between 8:00am and 6:00pm Monday-Friday to obtain assistance.

**Natalie Gill
Social Services
Worker
Call
203-630-4273
to schedule an
appointment
Mon-Fri
8:30am-3:30pm**

Rent Rebate Program



What documents to bring to your appointment?

If you receive regular Social Security income -bring your **1099 form from 2018**

- If you receive SSI - bring a **letter from Social Security** which clearly states your **total 2018 income**. Call 1-800-772-1213 to request this document if you do not have it.
- If you are younger than 65 and you have a disability - you **MUST bring proof of disability** from the Social Security Administration.
- Proof of any other of **2018** income (pension, employment, interest, dividends, etc.)
- A copy of the **2018 Income Tax Return** signed and submitted to the IRS (if you filed one with the IRS).
- Proof of **all 2018 rent payments** (rent receipts for each month in 2018 signed by landlord or rent ledgers from housing complex.)
- Proof of **all 2018** utility payments; i.e. electric, gas, oil, and water *bring a full year print out from Eversource etc. for **2018**

Must have all documents to complete application!

Medicare Fraud

Telemarketers claiming to work with Medicare are illegally soliciting beneficiaries by offering free braces and other items. Solicitation is also happening through television ads and post cards. Telemarketers are calling beneficiaries several times a day, day after day saying they can help with their pain. They obtain their Medicare numbers and then make money off of billing Medicare. Some beneficiaries unknowingly say yes, others are mailed items they never agreed to receive. Beneficiaries may be responsible for copayment of these items. One CT woman was charged \$761. If you hear of people affected by this scam have them call their local Agency on Aging at 1-800-994-9422 and ask to speak with someone from the Senior Medicare Patrol.

MENU CAN CHANGE WITHOUT ADVANCED NOTICE

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE Nutrition for Mind, Body and Spirit May 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
		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 Tossed salad w/French dressing ½ cup fresh zucchini 1 slice wheat bread 1 tsp margarine ½ cup apricots 8 oz low fat milk	
6	7	8	9	10	
Cinco de Mayo Taco bake with tortilla chip Lettuce, tomato, cheese, sour cream and taco sauce Fiesta corn Rice pudding with raisins and whipped topping	1 cup Arroz con Pollo (chicken and rice) ½ cup spinach 1 piece corn bread 1 tsp margarine 4 oz apple juice ½ cup fruited jello 8 oz low fat milk	3 oz sliced turkey/gravy ½ cup stuffing ½ cup Tuscan blend 1 Tbsp cranberry sauce 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk	Mother's Day Special Fresh fruit cup Spinach, broccoli and mushroom quiche Home fries Tossed salad with tomato and Italian dressing Cinnamon coffee cake 8 oz low fat milk	½ cup spaghetti with 3 oz clam sauce ½ cup broccoli/ cauliflower 1 slice Italian bread 1 tsp margarine 4 oz grape juice marble cake 8 oz low fat milk	
13	14	15	16	17	
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	Happy Birthday 1/2c Turkey Salad W/ Celery on Whole Wheat Kaiser Roll 1c. pasta Salad W/LS Dressing 1/2c Chickpea Salad W/ Onion, Green Pepper & Garlic 1 tsp margarine 4 oz grape juice lemon cake 8 oz low fat milk	6 oz cream of zucchini soup/crax 3 oz stuffed salmon ½ cup wild and brown rice pilaf Tossed salad w/Italian dressing Pumpnickel dinner roll 1 tsp margarine Baked apple slices 8 oz low fat milk	3 oz herb baked chicken 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- up 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	
20	21	22	23	24	
3 oz chicken parmesan ½ cup penne pasta 1 Tbsp parmesan cheese 1 cup tossed salad with tomato and Italian dressing 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	3 oz potato crusted fish 1 Tbsp tartar sauce ½ cup macaroni and cheese ½ cup zucchini and tomato 1 slice rye bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz ratatouille with chick peas over ½ cup Brown rice 1 cup spinach salad with fresh mushrooms and raspberry vinaigrette dressing wheat breadstick 1 tsp margarine 4 oz apple juice brownie 8 oz low fat milk	
27	28	29	30	31	
CLOSED MEMORIAL DAY	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	Memorial Day Special Cheeseburger with sautéed onions and peppers Hamburger roll Ketchup Potato salad Baked beans Pickle wedge Blueberry pie 8 oz low fat milk	6 oz Vegetable soup 1 pkt crackers 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 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 dressing 1 slice garlic bread fresh fruit 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

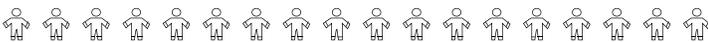


Attention Seniors!!!

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.

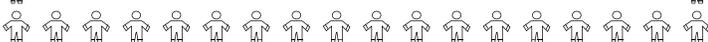


We ask that you please follow this important policy.



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.



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

HAPPY 98TH BIRTHDAY!



8th Annual Josephine E. Bradley Spelling Bee! Congratulations to all!