

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
December 2019

## Ugly Sweater Holiday Party

**Thursday, December 5 from 4:00pm-7:30pm**

Time for another festive holiday evening event! Dress up in your ugly sweater and join us for a night of dinner, dancing, treats, and our favorite photo wall. Costume contest for the ugliest and most creative sweater. **Please sign up at the front office by November 29.** Price is \$8.00 per person. Menu will be Chicken Kiev, Green Beans Almondine, Oven Roasted Potatoes, Dinner Roll, with Chocolate Layer Cake for dessert.

## 2019 Annual Craft & Holiday Fair

**Wednesday, December 11 from 10:30am-1:00pm**

We are excited to display the talents of our very own Senior Center members! Our sewing, knitting, ceramics, art classes, and clubs will be selling their homemade items. We will also have a cookie bake sale sponsored by Red Hat Society members. The fair is open to the public. Vendors tables are just \$10 charge. Anyone interested in having a table or donating a raffle basket should contact the front office.

## Tis The Season for a Senior

**Friday, December 20 at 10:30am**

Natalie Gill, our Social Services Worker, has organized our 5<sup>th</sup> Senior Gift Program to provide a Christmas/Holiday gift to those who sign up. Members are invited to sign up starting December 2 until all the spots are filled. This event is first come, first serve since there are a limited number of gifts available.

**Please see page 8 for more information.**

22 West Main Street, Meriden, CT 06451 [www.meridenct.gov](http://www.meridenct.gov)

**Welcome to the Meriden Senior Center Newsletter.** Our mission is to provide the seniors of our community a safe and welcoming space, where they can gain access to information and programs that enhance their quality of life. Please enjoy reading about our programs, events and trips, and let us know if you have any questions.



**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, Fridays 11:00am	Lower Level	<b>Please bring an extra pair of dry sneakers for exercise classes during inclement 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


  
 The Senior Center will be closed Wednesday, December 25, 2019 in observance of Christmas Day and New Years Day, January 1, 2020. The center will be closing early at 3:00pm on Christmas Eve, last bus ride will be at 2:30pm and on New Years Eve the center will be closing at 4:00pm, the last bus ride will be at 3:30pm.
   


**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.

**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	203-630-4706
Kathryn Longley, Community Services	203-630-4708
Meeting Office	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Noel Aube, Tom O'Malley, Mike Connolly,  
 Lisa Mesite  
 Kitchen Staff: Melba Leary, Marisol Pelletier

**Program, Trip and Event Signup Day****Monday, December 2 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.

**Hot Cocoa with Liz and LPI Senior Newsletters****Monday, December 3 from 10:30am-11:15am**

Please join our Recreation Coordinator Liz Parra and Jim Kurmaskie from LPI Senior Newsletters in the Activity Room to learn about advertising opportunities for our monthly newsletter and updates about upcoming events and trips with our center.

**Young At Heart Ensemble****Holiday Sing-a-Long****Wednesday, December 4 at 11:00am**

You are cordially invited to a holiday sing-a-long given by The Young at Heart Ensemble at the Senior Center in the Dining Room. Save the date and join us in song.

**Breakfast with Companions & Homemakers****Monday, December 9 from 10:30am-11:30am**

Please join Laurie Stifel from Companions & Homemakers who will be sharing information on home care services and payment options. Laurie will be providing Coffee/Assorted Breads (Cranberry/Banana)/Fresh Fruit and Donuts! **Please sign up in the front office.**

**Angel Pinecone Craft with Liz****Thursday, December 12 from 10:30am-11:30am**

Please join Liz in the Activity Room. We will be creating angels out of pinecones, feathers, and more! **Please sign up in the front office.**

**Retirement Do's and Don'ts with Toomey Investment****Monday, December 16 from 10:30am-11:30am**

Please join Financial Advisor, Dan Perreault from Tommey Investment in the Mezzanine for complimentary coffee and snacks as he spends approximately 45 minutes discussing various topics about your retirement.

**Red Hat Society Members****Monday, December 16, 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 with George Messier****Tuesday, December 17 from 11:00am-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— Homemade Gift Ideas****Wednesday, December 18 from 10:15am-11:15am****Maloney High School, 121 Gravel St.**

The topic for this Web Wednesdays will be "Homemade Gift Ideas". **Please sign up at the front desk.** Mini bus will leave the center @ 9:45am.

**Assurance Wireless Help with Martha****Wednesday, December 18 at 10:30am**

Martha from Assurance Wireless will be at our center in the Dining Room to help with all of your questions about their services and plans.

**Game Day with Success Academy****Thursday, December 19 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, December 19, 11:30am**

This month's birthday cake and gifts will be sponsored by: **Skyview Rehab & Nursing.** Your birthday must be in December. Please sign up by Thursday, December 12th to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in December!







### Mini-Bus Lunch Trips

#### Panera Bread and Christmas Tree Shop in Manchester

**Tuesday, December 10**

Bus leaves the Center at 10:45am. Pickup from Stew Leonard's at 2:15pm

#### Asian Buffet and Burlington Coat Factory in Meriden

**Tuesday, December 17**

Bus leaves the Center at 10:45am.



**Calling for new members, please join us for these ongoing activities and bring a friend!!!**

### Scrabble Game with Carol

**Tuesday's at 12:30pm**

Please join Carol for a fun game of Scrabble in the Activity Room. Please sign up in the front office.



### 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!



### Calling All Card Players!

**Poker club** meets on Thursdays at 12:30pm

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

New players are welcome.

### Calling All Veterans!

The Antique Veterans are looking for new members to join their group. The Antique Veterans of Meriden Honor Guard was formed in 1996 and meets weekly each Thursday morning at 9:00am. If you would consider joining this organization please contact Ed Lynch: 203-686-0473, email: elynch77@hotmail.com or Ray Bednarz: 203-237-9730, email: whaler44@att.net.

### Calling all Singers! Join our 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!

## 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

#### **Stop and Shop/Save-A-Lot/Cindi's Diner**

Thursdays — December 5, 12, 19, 26

#### **Walmart or Shop Rite**

Tuesdays — December 3, 17

Fridays — December 6, 20

#### **Target/Mall/Savers**

Friday — December 27

MONDAY	TUESDAY	WEDNESDAY
<p>9:30 Art <span style="float: right;">2</span>            9:30 Sewing &amp; Quilting  <b>10:00 Program, Trip and Event Sign Up Day</b>            10:30 Sit Down &amp; Tone Up            11:00 Aerobics            12:30 Bingo </p> <p><b>Lunch: Fish Croquettes</b> </p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">3</span>  <b>10:30 Hot Cocoa with Liz &amp; LPI Senior Newsletters</b>            11:00 Weight Training             12:30 Ceramics   <b>12:30 Scrabble Game with Carol</b>            12:30 Mini-Bus Shopping: Walmart/Shop Rite            12:30 Arthritis Exercise            1:30 Tai Chi Gong </p> <p><b>Lunch: Chicken Paprikash</b></p>	<p>9:30 Art Class            10:15 Wii Bowling            11:00 Aerobics  <b>11:00 Young at Heart E Sing-a-long</b>             12:30 Bingo </p> <p><b>Lunch: Spaghetti &amp; Meat Sauce</b></p>
<p>9:30 Art <span style="float: right;">9</span>            9:30 Sewing &amp; Quilting  <b>10:30 Breakfast with Companions &amp; Homemakers</b>            10:30 Sit Down &amp; Tone Up             11:00 Aerobics            12:30 Bingo </p> <p><b>Lunch: Chicken Florentine</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">10</span>  <b>10:30 Lunch Trip to Panera Bread and Christmas Tree Shop in Manchester</b>            11:00 Weight Training             12:30 Ceramics   <b>12:30 Scrabble Game with Carol</b>            12:30 Arthritis Exercise            1:30 Tai Chi Gong   </p> <p><b>Lunch: Hot Open Roast Beef Sandwich</b></p>	<p>9:30 Art Class            10:00 Wii Bowling  <b>10:30 2019 Annual Craft Show</b>            11:00 Aerobics             12:30 Bingo</p> <p><b>Lunch: Tuna Salad on Hamburger</b></p>
<p>9:30 Art <span style="float: right;">16</span>            9:30 Sewing &amp; Quilting            10:30 Sit Down &amp; Tone Up  <b>10:30 Retirement Do's and Don'ts with Toomey Investment</b>            11:00 Aerobics             12:30 Bingo  <b>12:30 Red Hat Society</b> </p> <p><b>Lunch: Sliced Turkey W/Gravy</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">17</span>  <b>10:30 Lunch Trip to Asian Buffet and Burlington Coat Factory in Meriden</b>            11:00 Weight Training   <b>11:00 Veteran Services</b>            12:30 Mini-Bus Shopping: Walmart/Shop Rite  <b>12:30 Scrabble Game with Carol</b>            12:30 Ceramics             12:30 Arthritis Exercise             1:30 Tai Chi Gong</p> <p><b>Lunch: Sausage &amp; Peppers on Grinder Roll</b></p>	<p>9:30 Art Class            10:00 Wii Bowling  <b>10:15 Web Wednesday at School</b>  <b>10:30 Assurance Wireline with Martha</b>            11:00 Aerobics             12:30 Bingo</p> <p><b>Lunch: Chicken Cordon Rouge</b></p>
<p>9:30 Art <span style="float: right;">23</span>            9:30 Sewing &amp; Quilting             10:30 Sit Down &amp; Tone Up            11:00 Aerobics            12:30 Bingo  <b>4:00 Festival of Lights at Hubbard Park</b> </p> <p><b>Lunch: Beef Wellington</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">24</span>            11:00 Weight Training            12:30 Ceramics  <b>12:30 Scrabble Game with Carol</b>            12:30 Arthritis Exercise             1:30 Tai Chi Gong   <b>3:00 Senior Center Closing</b></p> <p><b>Lunch: Ravioli</b></p>	<p style="text-align: center;"><b>CLOSING</b>  <b>Christmas</b></p> 
<p>9:30 Art <span style="float: right;">30</span>            9:30 Sewing &amp; Quilting  <b>10:30 Blood Pressure Checks</b>            10:30 Sit Down &amp; Tone Up             11:00 Aerobics            12:30 Bingo </p> <p><b>Lunch: Chicken Parmesan</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">31</span>            11:00 Weight Training  <b>12:30 Scrabble Game with Carol</b>            12:30 Ceramics             12:30 Arthritis Exercise             1:30 Tai Chi Gong</p> <p><b>Lunch: Chicken Breast</b> </p>	

WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p><b>Ensemble Holiday</b></p>  <p>4:00 Ugly Sweater Holiday Party</p> <p><b>Lunch: Turkey Pot Pie</b></p>	<p>5</p> <p>8:30 Mini-Bus Shopping: Stop&amp;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 &amp; Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Strength &amp; Tone</p> <p>1:30 Tai Chi Gong</p> <p><b>4:00 Ugly Sweater Holiday Party</b></p> <p><b>Lunch: Turkey Pot Pie</b></p>	<p>6</p> <p><b>9:00 Advisory Board</b></p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p><b>12:30 Movie— "Home Alone"</b></p>  <p><b>Color of the Day: Deep Blue</b></p> <p><b>Lunch: Veggie Wedge on Grinder Roll</b></p>
<p>11</p> <p><b>Gift &amp; Holiday Fair</b></p>  <p><b>Hotdog Roll</b></p>	<p>12</p> <p>8:30 Mini-Bus Shopping— Stop&amp;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 &amp; Tone Up</p> <p><b>10:30 Angel Pinecone Craft with Liz</b></p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Strength &amp; Tone/1:30 Tai Chi Gong</p> <p><b>Lunch: Roast Pork W/Honey Garlic Sauce</b></p>	<p>13</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p><b>12:30 NO Mini-Bus Shopping</b></p> <p><b>12:30 Movie – "White Christmas"</b></p>  <p>12:45 Setback Club</p> <p><b>1:00 Pool Team—Away @ Wallingford</b></p> <p><b>Color of the Day: Red</b></p> <p><b>Lunch: Spinach Quiche</b></p>
<p>18</p> <p><b>Event at Maloney High</b></p> <p><b>Success Help with</b></p>  <p><b>Bleu</b></p>	<p>19</p> <p>8:30 Mini-Bus Shopping: Stop&amp;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 &amp; Tone/11:00 Latin Rhythm Exercise</p> <p><b>10:00 Game Day with Success Academy</b></p> <p><b>11:30 Birthday Party</b></p>  <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Strength &amp; Tone/1:30 Tai Chi Gong</p> <p><b>Lunch: Pot Roast W/Gravy</b></p>	<p>20</p> <p>10:00 Yoga</p> <p><b>10:30 Tis the Season for a Senior</b></p>  <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p><b>12:30 Double Bingo</b></p>  <p>12:45 Setback Club</p> <p><b>Color of the Day: Brown</b></p> <p><b>Lunch: Vegetable Lasagna</b></p>
<p>25</p> <p><b>Winter Holiday</b></p> 	<p>26</p> <p>8:30 Mini-Bus Shopping— Stop&amp;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 &amp; Tone Up</p> <p>11:00 Latin Rhythm Exercise/12:00 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Poker Club</p> <p><b>12:30 New Member Orientation</b></p>  <p>12:30 Strength &amp; Tone/1:30 Tai Chi Gong</p> <p><b>Lunch: Chicken Piccata</b></p>	<p>27</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini Bus Shopping: Target/Mall</p> <p><b>12:30 Movie — "How the Grinch Stole Christmas"</b></p>  <p>12:45 Setback Club</p> <p><b>1:00 Pool Team—Home vs Southington</b></p> <p><b>Color of the Day: Gold</b></p> <p><b>Lunch: Fish Sticks W/Macaroni &amp; Cheese</b></p>
<p><b>Happy Holidays</b></p> 	<p><b>DECEMBER</b></p> 	

# December 2019 Social Services



## Medicare Open Enrollment

Don't forget Medicare Open Enrollment is until December 7th unless you are on the Medicare Savings Program through DSS.

Call me to schedule an appointment to look at Medicare Plan options.



***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 Tuesdays by appointment or walk-ins will be permitted*

***If you are interested in scheduling an appointment, please call 203-237-0066***

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

## 'Tis the Season for a Senior

We will be having our 5th Annual Senior Gift Program to provide a Christmas/Holiday gift to those who sign up. It will be held on Friday, December 20th at 10:30am in the lunch room.

You can sign up starting Monday, December 2nd until all the spots are filled.

This event is first come first serve since there are a limited amount of gifts.

Those who are signed up are not guaranteed a specific gift, as all gifts are donated by our generous community.

Must be present to receive your gift. There might be a special visit by a special someone.

## Meriden YMCA Christmas Dinner

The Meriden YMCA will hold their annual community Christmas dinner on Wednesday, December 25, 2019. Doors open at 11:45am and the meal will be served at 12:00pm. All are welcome. If you live in Meriden and are homebound, you may call the YMCA and request dinner be delivered to your home. To sign up for meal delivery please call the Meriden YMCA one week before the holiday at 203-235-6386.

Let's  
welcome our  
new staff  
member,  
Kathryn

## Community Services Worker

Monday – Thursday 9:00 am-1:00 pm

Friday's 9:00 am-12:45 pm

Phone: (203) 630-4708

My name is Kathryn Longley, I am the new Community Services Worker here at the Senior Center. I am a hands-on motivated individual that has a passion for helping others. My personal life consists of being a wife and a mother to three beautiful young children. I have a goal to set an example for my family and others that kindness can make a real difference in someone's life.

Please feel free to call to discuss any needs and to schedule an appointment.

\*MENU CAN CHANGE WITHOUT ADVANCED NOTICE\*

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
3 oz fish croquettes tartar sauce ½ cup Rice and orzo pilaf ½ cup Green beans Wheat dinner roll 1 tsp margarine 4 oz grape juice Carrot cake 8 oz low fat milk	3 oz Chicken paprikash ½ cup bowtie noodles ½ cup Zucchini 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz meatballs in sauce ½ cup spaghetti 1 cup Tossed salad with cucumber and Italian dressing 1 slice Garlic bread ½ cup Peaches 8 oz low fat milk	1 cup Turkey pot pie with 1 biscuit ½ cup Peas ½ cup Broccoli 1 tsp margarine Fresh fruit 8 oz low fat milk	6 oz Vegetable barley soup 1 pkt unsalted crackers Veggie Wedge with 3 oz mozzarella cheese and ½ cup roasted veggies on WG grinder roll ½ cup Baked apple slices 8 oz low fat milk
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
3 oz Chicken Florentine ½ cup roasted potato ½ cup Zucchini Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Hot open roast beef sandwich/ gravy 3 oz roast beef 1 slice wheat bread ½ cup Diced winter squash ½ cup Beets 4 oz Orange juice Chocolate chip cookie 8 oz low fat milk	6 oz Cream of carrot soup 1 pkt unsalted crackers Tuna boat- ½ cup tuna salad on hot dog roll ½ cup pasta salad ½ cup Broccoli slaw ½ cup tropical fruit 8 oz low fat milk	3 oz Roast pork with honey garlic sauce ½ cup mashed sweet potato ½ cup Bean medley 1 slice Rye bread 1 tsp margarine 4 oz apple juice ½ cup vanilla pudding 8 oz low fat milk	1/6 Spinach quiche ½ Roasted tomato 1 cup Caesar salad with croustons and Caesar dressing Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
3 oz Sliced turkey/gravy ½ cup Stuffing ½ cup Mashed squash Cranberry sauce Corn muffin 1 tsp margarine ½ cup applesauce 8 oz low fat milk	1 cup Sausage and pepper ½ cup Penne pasta ½ cup Broccoli Wheat grinder roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Chicken Cordon Blue ½ cup Mashed potato ½ cup Spinach 1 slice Wheat bread 1 tsp margarine 4 oz Grape juice Sugar cookie 8 oz low fat milk	<b>Chanukah Special</b> Pot roast w/gravy Potato latkes w/applesauce Carrots Rye bread Grape juice Jelly donuts 8 oz low fat milk	6 oz Minestrone soup 1 pkt unsalted crackers 1 square Vegetable lasagna ½ cup Zucchini and tomato 1 slice garlic bread Fresh fruit 8 oz low fat milk
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>Christmas Special</b> Beef wellington Twice baked potato Peas and mushrooms Snowflake dinner roll Cranberry juice Holiday cake 8 oz low fat milk	6 oz Italian wedding soup 1 pkt unsalted Crackers 1 cup Ravioli with sauce and cheese parmesan cheese 1 cup spinach salad with shredded carrots and raspberry vinaigrette Garlic breadstick 1 tsp margarine ½ cup Pears 8 oz low fat milk	<b>CLOSED</b>	3 oz Chicken Piccata ½ cup Barley pilaf ½ up broccoli wheat dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz fish sticks tartar sauce ½ cup Macaroni and cheese ½ cup Mixed vegeta- bles 1 slice multigrain bread 1 tsp margarine 4 oz orange juice marble cake 8 oz low fat milk
<b>30</b>	<b>31</b>			
3 oz Chicken parmesan ½ cup penne pasta with sauce Parmesan cheese ½ cup broccoli and cauli- flower 1 slice Italian bread 1 tsp margarine Fresh fruit 8 oz low fat milk	<b>New Years Special</b> Chicken breast w/ spinach and red peppers Brown rice Parsley carrots Sparkling juice Herbed dinner roll Holiday cake 8 oz low fat milk			

**Elderly Nutrition Program**

**(203) 630-4704**

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

**\*No loose change will be accepted\***

**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 prior to 11:25am 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**

**LifeBridge Community Services**

**203-752-9919**

Meals on Wheels delivers well-balanced, nutritious meals to those living in Meriden who are unable to prepare meals for themselves.



**Meriden Advisory Board on Aging**

**Friday, December 6, 2019 at 9:00am**—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.

**Important Announcements and Reminders**

- Please remember that packaging and bringing home any leftovers from our served lunch is not allowed.
- We cannot refrigerate food of members
- Please be sure to check in everyday at our membership check-in stations.
- If you are interested in becoming a volunteer please see our Recreation Coordinator or Senior Affairs Administrator
- Rides to the Senior Center need to be booked by 12:30 the day before your ride. If you are a daily rider to the Senior Center please be sure to book your rides on the daily rider sheet in the Transportation office.
- Lost & Found: If you have lost any personal items at the Senior Center, please check our lost & found in the front office before January 2, 2020. We will be cleaning out the lost & found for the year and any unclaimed items will be discarded.
- The Hanover Street parking lot construction project will not be completed until the Spring of 2020.

**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



**For All Members**

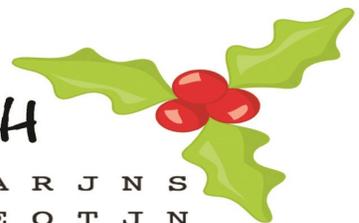
Please be sure to have your photo ID on hand to sign in when arriving at the Senior Center. If you do not have a new photo ID, we have a guest card that can be used to sign in. You must select an option on the main screen before hitting the save button in order to record your attendance. We are looking for volunteers to call bingo on Mondays, Wednesdays and every third Friday of the month. We are looking for volunteers to cover the front entrance desk and assist members checking into the Senior Center.



# MEMORIES



## CHRISTMAS WORD SEARCH



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

BELLS  
CANDY  
CANE  
CHIMNEY  
CHRISTMAS  
DECEMBER

ELVES  
GINGERBREAD  
GREETINGS  
HOLIDAY  
JOLLY  
MERRY

MISTLETOE  
NORTH  
POLE  
PRESENTS  
REINDEER  
SANTA

SCROOGE  
SEASON  
SLED  
SNOW  
SNOWMAN  
WREATH

