

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
February 2020

## **Free Tax Assistance—Starting Wednesday, February 5, 2020**

AARP volunteers affiliated with the national Tax-Aide Program will offer free income tax assistance on Wednesdays, beginning **February 5th**, in the Mezzanine.

Under the direction of the Meriden Tax-Aide Coordinator, trained volunteers will prepare and E-file your federal and state tax returns for 2019.

**Appointments can be made by calling 203-237-0066.** Please be sure to be on time for your appointment and bring a copy of your **2019 income tax return, all income records from 2019, and a photo ID.**

## **Valentines Day Dance**

**Friday, February 14 from 10:00am-12:00pm**

Wear Red & Pink and please join us in the Dining Room for a Valentine's Day party with DJ Vicky Rose. There will be raffle prizes, treats, cards and more! Sponsored by Skyview Rehab and Nursing, Anthem Blue Cross and Blue Shield and the Youth and Family Program of the Meriden Health Department. Regular lunch will be served. Please sign up with the front office by Friday, February 7.

## **2020 Special Day For Special People**

**Saturday, May 30 from 11:00am-3:00pm**

Join us to celebrate the 50th Anniversary of this special event. **June 6 is the rain date.** We will be adding Cheeseburgers to the menu! We are also looking forward to dancing to the great music of the "**Coconuts**" band.

Please save the date.

**Program, Trip and Event Signup Day****Monday, February 3 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.

**Love Potion Drink with Liz****Tuesday, February 4 from 10:30am-11:15am**

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

**Scrabble Game with Carol****SCRABBLE****Tuesdays, February 4 & 18 from 10:30am-11:30am**

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

**FREE Groceries - Connecticut Food Bank****Wednesday, February 5th, at 10:30am**

Program will run for 8 weeks. Connecticut Food Bank will be presenting a health based presentation and 20 seniors will be able to board their grocery truck and receive free groceries.

**Heart Centerpiece Craft with Liz****Thursday, February 6 from 10:15am-11:30am**

We will be making heart centerpieces using mason jars, resin, beads, glitter and more! Please sign up at the front office (centerpieces will need to harden overnight, you can pick up on Friday, February 7 in the front office). 

**Computer One on One with Liz****Friday, February 7, 10:00am**

Liz will be available in the Computer Room 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-11:00am. Please sign up in the front office. 

**Understanding Arthritis in Arms and Shoulders****Monday, February 10 from 10:30am-11:30am**

Please join Eric Padegimas, MD, orthopedic surgeon in the Mezzanine for this FREE educational seminar. Learn more about preventing and managing arthritis, arm and shoulder health, and treatment options. Sponsored by the Connecticut Orthopedic Institute. Please sign up in the front office.

**Foster Care Reimbursement****Presentation with Juniper Homecare****Wednesday, February 12 from 10:30am-11:30am**

Join Juniper Homecare in the Dining Room to learn about foster care reimbursement program for the elderly who live with family. Appetizers and desserts will be provided.

**Game Day with Success Academy****Thursday, February 13 from 10:00am-11:00am**

Join the kids from Success Academy in the Dining Room for your favorite board games and cards.

**CT Baptist Home Cooking Demo & Tour Trip****Tuesday, February 18, 1:15pm**

Please join us for a trip to CT Baptist Home for a cooking demo and tour. Their head of Dining Services will be concentrating on "Super Foods", those foods that are nutritious with a focus on choosing nutrient-dense foods. The menu will be: Fresh Blends Tropical Breeze Smoothie, Homemade Gnocchi with Roasted Squash & Kale, and Chocolate Cranberry Energy Bites. Please sign up in the front office.

**AARP Safe Drivers Course****Tuesday, February 18 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. 

**Veteran Services with George Messier****Tuesday, February 18 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. 

**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	
Weight Training	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

**T-Mobile Presentation**



**Wednesday, February 19 from 10:30am-11:30am**  
Please join Charlie from T-Mobile in the Activity room to learn about their personal safety device as well as their 55 and older plan. Please sign up in the front office.

**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
Conference Room	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

**BIRTHDAY PARTY!**

**Thursday, February 20, 11:30am**

This month's birthday cake and gifts will be sponsored by: **ConnectiCare**. Your birthday must be in February. Please sign up by Thursday, February 13 to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in February!



**Blood Pressure Checks**

**Monday, February 24 from 10:30am-11:30am**

Staff from Skyview Rehab & Nursing will provide blood pressure checks for our members. The blood pressure checks will be held in the main floor Clinic Office.



**New Member Orientation**

**Thursday, February 27, 12:30pm**

Join Rick Liegl, Senior Affairs Administrator for a guided tour of our Senior Center while he provides information on our programs and services. New Member Orientation will be held on the last Thursday each month. Hope to see you there!



**The Census Is Coming!**

The U.S. Census will start April, 2020. The results are critically important because this once-a-decade census data helps businesses, researchers, and communities make decisions. The data can help inform where our community needs a new fire department, more funding for senior programming, or new roads. We will be encouraging Senior Center members to complete the Census online in our computer lab starting April 1.



**Lovely Film Fridays**  
**Every Friday, at 12:30pm**

For the month of February we will be showing a movie each Friday in the T.V. Room. Please see Liz if you have any requests or any movies you would like to bring in from home to show in advance!

- 2/7 — Breakfast At Tiffany's**
- 2/14 — 50 First Dates**
- 2/21 — How To Marry A Millionaire**
- 2/28 — Pretty Woman**

**Learn About Senior Transportation**

**Thursday, February 27th at 11:00am**

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

**Transportation Survey**

All bus riders are invited to fill out a survey for the month of February. Please see Ruth Kusek in the Transportation Office. Thank you

**Senior Center Pool Team**

**Friday, February 14, 1:00pm, Away @ Wallingford**  
**Friday, February 28, 1:00pm, Home vs Southington**

The Senior Center Pool Team will be facing the Wallingford Senior Center pool team away this month. Spectators always welcome!



**Foxwoods Casino Trip**  
**Mashantucket, CT**

Thursday, February 27—\$28pp  
 Snow Date: Thursday, March 5

**Red Hat Society Members**

Our wonderful Red Hat Society will be meeting on Monday, March 16 in the Mezzanine at 12:30pm.



**Upcoming Trips for 2020**

**Leprechauns & Linguini Log Cabin**  
**Holyoke, MA**  
 March 18, 2020 — \$89pp

**Westchester Roadway Theatre**  
**Elmsford, NY**  
 April 23, 2020 — \$112pp

**Essex Steam Train and Riverboat**  
**Essex, CT**  
 May 27, 2020 — \$97pp



**Mini-Bus Lunch Trips**

**Ruby Tuesdays in Meriden**

**Tuesday, February 11**

Bus leaves the Center at 10:45am.

**AmericanSoul in Meriden**

**Wednesday, February 26**

Bus leaves the Center at 10:45am.



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

**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 Tuesdays, 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**

**Tuesday, February 11, 25, 11:00am**

Our talented Young at Heart Ensemble will meet every 2nd & 4th Tuesday each month upstairs in the Mezzanine. If you enjoy singing or play an instrument, come and be part of the fun!



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★  ★  
★ The Senior Center will be closed on ★  
★ Monday, February 17, 2020 in ★  
★ observance of President's Day. ★  
\*\*\*\*\*

**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 three (3) 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 — February 6, 13, 20, 27

**Walmart or Shop Rite**

Tuesdays — February 4, 18

Fridays — February 7, 21, 28

**Target/Mall/Mall**

Friday — February 14

MONDAY	TUESDAY	WEDNESDAY
<h1>February 2020</h1>		
<p>9:30 Art <span style="float: right;">3</span>  <b>10:00 Program, Trip and Event Sign up Day</b>            9:30 Sewing &amp; Quilting            10:30 Sit Down &amp; Tone Up            11:00 Aerobics            12:30 Bingo</p>  <p><b>Lunch: Chicken Parmesan</b></p>	<p><b>10:30 Love Potion Drink with Liz</b> <span style="float: right;">4</span>  <b>10:30 Scrabble Game with Carol</b>            11:00 Weight Training             12:30 Ceramics             12:30 Mini-Bus Shopping: Walmart/Shop Rite            12:30 Poker Club             12:30 Arthritis Exercise            1:30 Tai Chi Gong</p> <p><b>Lunch: Potato Crusted Fish</b></p>	<p>9:30 Art Class            10:00 Wii Bowling  <b>10:30 Free Groceries-CT</b>            11:00 Aerobics            12:30 Bingo</p>  <p><b>Lunch: Mexican Chicken</b></p>
<p>9:30 Art <span style="float: right;">10</span>            9:30 Sewing &amp; Quilting            10:30 Sit Down &amp; Tone Up  <b>10:30 Understanding Arthritis in Arms and Shoulders</b>            11:00 Aerobics            12:30 Bingo</p>  <p><b>Lunch: Fish Croquettes</b></p>	<p><b>10:30 Lunch Trip to Ruby Tuesdays in Meriden</b> <span style="float: right;">11</span>  <b>11:00 Young at Heart Ensemble</b>             11:00 Weight Training             12:30 Ceramics            12:30 Poker Club             12:30 Arthritis Exercise            1:30 Tai Chi Gong</p> <p><b>Lunch: Chicken Paprikash</b></p>	<p>9:30 Art Class            10:00 Wii Bowling  <b>10:30 Free Groceries-CT</b>  <b>10:30 Foster Care Reimbursement Presentation with</b>            11:00 Aerobics            12:30 Bingo</p>  <p><b>Lunch: Spaghetti &amp; Meat</b></p>
<p style="text-align: center;"><b><u>CLOSED</u></b> <span style="float: right;">17</span></p>  <p style="text-align: center;"><b>Presidents' Day</b></p>	<p><b>9:00 AARP Safe Drivers Course</b> <span style="float: right;">18</span>  <b>10:30 Scrabble Game with Carol</b>            11:00 Weight Training   <b>11:00 Veteran Services</b>             12:30 Ceramics             12:30 Mini-Bus Shopping: Walmart/Shop Rite            12:30 Poker Club             12:30 Arthritis Exercise  <b>1:15 CT Baptist Home Cooking Demo and Tour Trip</b>             1:30 Tai Chi Gong  <b>Lunch: Hot Open Roast Beef Sandwich</b></p>	<p>9:30 Art Class            10:00 Wii Bowling  <b>10:30 T-Mobile Presentation</b>  <b>10:30 Free Groceries-CT</b>            11:00 Aerobics            12:30 Bingo</p>  <p><b>Lunch: Tuna Salad on Ho</b></p>
<p>9:30 Art <span style="float: right;">24</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: Sliced Turkey W/Gravy</b></p>	<p><b>11:00 Young at Heart Ensemble</b> <span style="float: right;">25</span>            12:30 Ceramics             12:30 Poker Club             12:30 Arthritis Exercise            1:30 Tai Chi Gong</p> <p><b>Lunch: Penne Pasta W/Sausage &amp; Peppers</b></p>	<p>9:30 Art Class            10:00 Wii Bowling  <b>10:30 Free Groceries-CT</b>  <b>10:30 Lunch Trip to Amherst Meriden</b>            11:00 Aerobics            12:30 Bingo</p>  <p><b>Lunch: Chicken Cordon</b></p>

WEDNESDAY	THURSDAY	FRIDAY
		
<p>5</p> <p>Foodbank</p>   <p>h Bake</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>10:15 Heart Centerpiece Craft with Liz</b></p> <p>11:00 Weight Training</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: Sloppy Joe</b></p>  	<p>7</p> <p><b>9:00 Advisory Board</b></p> <p>10:00 Yoga</p> <p><b>10:00 Computer One on One with Liz</b></p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/ShopRite</p> <p><b>12:30 Movie – Breakfast at Tiffany's</b></p> <p>12:45 Setback Club</p> <p><b>Color of the Day: Red</b></p> <p><b>Lunch: Cheese Omelet</b></p> 
<p>12</p> <p>Foodbank</p> <p>bursement</p> <p>Juniper Home Care</p>    <p>atballs</p>	<p>13</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><b>10:00 Game Day with Success Academy</b></p> <p>10:00 Sit &amp; Tone/11:00 Weight Training</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: Turkey Pot Pie</b></p>  	<p>14</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p><b>10:00 Valentine's Day Dance</b></p> <p>12:30 Mini-Bus Shopping: Target/Mall</p> <p><b>12:30 Movie — 50 First Dates</b></p> <p>12:45 Setback Club</p> <p><b>1:00 Pool Team—Away @ Wallingford</b></p> <p><b>Color of the Day: Pink &amp; Red</b></p> <p><b>Lunch: Chicken Marsala</b></p>  
<p>19</p> <p>Mobile</p> <p>ation</p> <p>Foodbank</p>   <p>ot Dog Roll</p>	<p>20</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 Weight Training</p> <p><b>11:30 Birthday Party</b></p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Poker Club</p> <p>12:30 Strength &amp; Tone/1:30 Tai Chi Gong</p> <p><b>Lunch: Roast Pork</b></p>  	<p>21</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/ShopRite</p> <p><b>12:30 Movie — How To Marry A Millionaire</b></p> <p><b>12:30 Double Bingo</b></p> <p>12:45 Setback Club</p> <p><b>Color of the Day: Purple</b></p> <p><b>Lunch: Spinach Quiche</b></p> 
<p>26</p> <p>Foodbank</p> <p>ericanSoul in</p>   <p>Bleu</p>	<p>27</p> <p><b>8:00 Foxwoods Casino Day Trip</b></p> <p>8:30 Mini-Bus Shopping– Stop&amp;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 &amp; Tone Up</p> <p>11:00 Weight Training</p> <p>12:30 Poker Club</p> <p><b>12:30 New Member Orientation</b></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: Mandarin Chicken W/Rice</b></p>   	<p>28</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/ShopRite</p> <p><b>12:30 Movie — Pretty Woman</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: Green</b></p> <p><b>Lunch: Vegetable Lasagna</b></p> 

# SOCIAL SERVICES

## FEBRUARY 2020



### Hartford Healthcare now available to Connecticut Vets

All 18 of Hartford Healthcare's Go-Health Urgent Care Centers are now available to Connecticut vets.

Veterans will have no co-pays and will not need pre-approval from the VA to visit the urgent care centers. Flu shots are also free. The VA will pay for or fill prescriptions with up to a 14-day supply and provide travel reimbursements.

### 2020 Social Security Changes

Social Security and Supplemental Security Income (SSI) beneficiaries will receive a 1.6 percent COLA for **2020**. SSI is now \$783 for an individual and \$1175 for a couple.

**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**

### HAPPY VALENTINE'S DAY

**Natalie Gill**  
Social Services Worker

**Mon-Friday**  
**8:30 am-3:30 pm**  
**203-630-4273**

**Kathryn Longley**  
Community Services Worker  
**Mon – Thurs-9:00 am-1:00 pm**  
**Friday-9:00 am-12:45 pm**  
**203-630-4708**

**Please call to schedule an appointment**

**New prices for Medicare Part D Low Income Subsidy (LIS) for 2020**  
**LIS level 1 CO-PAYS FOR MEDICATIONS:**

**\$3.60- FORMULARY  
GENERIC DRUGS**

**\$8.95-FORMULARY  
BRAND NAME DRUGS**

\*MENU CAN CHANGE WITHOUT ADVANCED NOTICE\*

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE**

**Nutrition for Mind, Body and Spirit**

**February 2020**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
3 oz Chicken parmesan ½ cup penne pasta with sauce Parmesan cheese ½ cup broccoli and cauliflower 1 slice Italian bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz potato crusted fish tartar sauce ½ cup Potato wedges ½ cup Tuscan vegetable blend Dinner roll 1 tsp margarine 4 oz grape juice oatmeal raisin cookie 8 oz low fat milk	3 oz Mexican chicken bake ½ cup Brown rice ½ cup green beans biscuit 1 tsp margarine ½ cup pineapple tidbits 8 oz low fat milk	6 oz Chicken noodle soup 1 pkt unsalted crackers 3 oz Sloppy Joe Wheat bun ½ cup sweet potato tots ½ cup Peas ½ cup Cinnamon Baked apple slices 8 oz low fat milk	3 oz cheese omelet ½ cup O'Brien potato ½ cup Roasted tomato blueberry muffin 1 tsp margarine ½ cup orange wedges 8 oz low fat milk
10	11	12	13	14
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	<b>Valentine's Special</b> Chicken marsala Au gratin potatoes Green beans Wheat dinner roll Cranberry juice Holiday cake 8 oz low fat milk
17	18	19	20	21
<b>LifeBridge Closed No Lunch</b>	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 croutons and Caesar dressing Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk
24	25	26	27	28
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>Chinese New Year Special</b> Mandarin chicken Rice Oriental blend vegetables Oatmeal bread Mandarin oranges 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

**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!**

**Meriden Advisory Board on Aging**

**Friday, February 7th 2020 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.

**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.

**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.







# Valentine's



# Wordsearch



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



Arrow

Chocolate

Hearts

Pink

Red

Cupid

Candy

Cards

Valentine

Love

Hugs

Flowers

Purple

Kiss