

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
February 2024

## **AARP Free Tax Assistance (By Appointment Only)**

**Wednesdays, starting February 7 from 9:00am—12:00pm**

AARP Foundation volunteers affiliated with the National Tax-Aide Program will offer free income tax assistance on Wednesdays, beginning February 7 until April 10th in the Activity Room. Trained volunteers will prepare and E-file your federal and state tax returns for 2023. Appointments can be made by calling 203-630-4703 or 203-237-0066. Please be sure to be on time for your appointment and to bring a copy of your 2022 income tax return, all income records from 2023, and photo ID.

## **Pancake Day Tournament**

**Tuesday, February 13 at 10:00am**

Enjoy some pancake treats on Pancake Day in the Dining Room, also known as Fat Tuesday, Shrove Tuesday, and Mardi Gras as we watch members compete for prizes in our Pancake Tournament! Members will compete in the Pancake Toss, Hot Potato Pancake and the Pancake Pile Up games. If you are interested in competing, please sign up in the front office.

## **Valentine's Day Dance**

**Wednesday, February 14 from 10:15am—12:00pm**

Wear Red & Pink and please join us in the Dining Room for a Valentine's Day party with Mick Iarusso! There will be raffle prizes, treats, Sweetheart Contest and more! Music starts at 10:30am. Regular lunch will be served upon reservation.

**Please RSVP by February 8.** Sign up in the front office.

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

**Sign Up Day with Liz & Irma****Thursday, February 1 from 10:00am—11:00am**

**Signups 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 signup. You must be present at 10:00am to register. If an event is booked up before your name is called, you will be put on the waiting list in numerical order.

**Trip, minibus, and event signups start the first working day of each month. Please visit or call the front office at 203-630-4703.**

**Wear Red Day Drink with Liz****Friday, February 2 from 11:00am—12:00pm**

It's National Wear Red Day! Today we will show our support for heart disease awareness. Wear RED and enjoy a ruby red drink with our Recreation Coordinator Liz, in the Dining Room as we learn about the latest updates in our recreational programs. **Sign up in the front office.**

**Sound Healing & Meditation with Daria****Monday, February 5 from 10:15am—11:15am**

Join Daria every Monday in the TV Room for a 1 hour, seated meditation and sound healing therapy session where she uses various instruments to generate sonic vibrations that promote rest and relaxation.

**Scrabble with Carol****Tuesday, February 6 and 27 from 10:30am—11:30am**

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

**Dragon Door Décor Craft with Liz****Friday, February 9 from 10:00am—11:15am**

Cut and assemble the provided design to make a dragon in the Activity Room, with a toilet-paper tube snout and fiery strips of construction paper to celebrate the Year of the Dragon.

**Sign up in the front office.**

**BIRTHDAY PARTY****Thursday, February 15 from 11:00am—12:00pm**

This month's birthday gifts will be sponsored by: **J. Ferry & Sons Funeral Home.** Your birthday must be in February. **Please sign up by Thursday, February 8 to be guaranteed a gift.** The signup book is in the Dining Room. A special performance from our Ukulele Class will be included in this celebration! Happy Birthday to all members who were born in February!

**Black History Month Craft with Liz****Tuesday, February 20 from 10:00am—11:15am**

Learn how to make a black history themed vase in the Activity Room using empty wine bottles, mod podge, tissue paper and more. **Sign up in the front office.**

**Mindful Eating with the Hispanic Health Council****Wednesday, February 21 from 10:30am—11:30am**

Learn what foods are good for overall health with the Hispanic Health Council Inc. in the Mezzanine. This week's topic is: **Eating Seafood Twice a Week.** Sign up in the front office. Aprenda qué alimentos son buenos para nuestra salud general con el Consejo Hispano de Salud Inc. El tema de esta semana es: **Comer mariscos dos veces por semana.** Regístrese en la oficina principal.

**Colorectal Screening Presentation:****Facts & Options****Wednesday, February 28 from 10:30am—11:30am**

Colorectal cancer is the 4th most commonly diagnosed cancer and the 2nd leading cause of cancer death in Connecticut. Among Hispanic males, colorectal cancer is the third leading cause of cancer and cancer-related death. Colorectal cancer is more common in Black people than in people of most other races and ethnicities. But the good news? The good news is that a simple, at-home screening or a colonoscopy can save your life. Come hear from the Community Health Center, Inc. in the Mezzanine, as they share more about screening options and what factors can put you at higher-risk for colorectal cancer. Many people with early-stage colorectal cancer have no symptoms, but it can still be detected through screening. We hope you'll join us in the Mezzanine and take a step in staying healthy! **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 on the fun!



### **Weekly Exercise Classes**

Strength & Tone	Mondays, 12:30pm	Lower Level	<b>Please bring an extra pair of dry sneakers for exercise classes during inclement weather.</b> 
Weight Training	Tuesdays, 10:15am	Lower Level	
Arthritis Exercise	Tuesdays, 12:30pm	Lower Level	
Aerobics	Wednesdays, 10:15am	Lower Level	
Dance Class <b>(New Time)</b>	Thursdays, 10:30am	Lower Level	
Tai/Chi/Qigong	Thursdays, 12:30pm	Lower Level	
Yoga	Fridays, 10:00am	Mezzanine	

### **Weekly Art Classes**

Quilting	Mondays, 9:30am	First Floor, Activity Room
Art Class	Mondays, Wednesdays, Thursdays, 9:30am	Lower Level, Art Studio
Crochet	Tuesdays, 9:00am, Thursdays, 12:30pm	First Floor, Activity Room
Ceramics	Tuesdays, Thursdays, 12:30pm	Lower Level, Ceramics Studio

### **Senior Center Pool Team Tournament**

**Thursday, February 8, 1:00pm,  
Home vs Southington**

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



### **Calling All Card Players**

**Poker Club** meets Thursdays at 12:30

**Setback Club** meets Fridays at 12:30pm



### **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	203-630-4701
Irma Garcia, Front Office	203-237-0066
Liz Parra, Recreation Coordinator	203-630-4703
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Pedroso, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Anthony Roldan, Community Services	203-630-4708
Conference Room	860-223-4812
Senior Center Fax	203-235-7149

Mini Bus: Lisa Mesite, Tanya Vega, Guy Racine,  
Katrina McDonald

Kitchen Staff: Melba Leary, Marisol Pelletier

**Movie of the Month—TV Room**

Friday, February 16  
from 9:30am—11:15am

**"Moonstruck" (1987) 1hr 42 mins**



Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation

when she falls for the brother of the man she has agreed to marry.

**Antique Veterans Honor Guard Meeting**

Thursday, February 8 from 9:00am—10:00am

The Antique Veterans of Meriden Honor Guard has bi-monthly meetings on the 2nd and 4th Thursdays of each month in the Mezzanine. They are accepting new Members, Male or Female, who have been Honorable Discharged and are willing to provide help at funerals and other civic events. If interested please contact Clark Doehr (Commander) at 203-213-3328 or Ray Bednarz (Vice Commander) at 860-690-5833.

**Red Hat Divas Club**

There will be **no** meetings until March.

Yearly dues for its members are \$15.00. Throw on your red and purple and join this amazing group of women! Meetings typically include a fun afternoon of snacks, bingo, raffles and more.

**Veteran Services with George Messier**

Tuesday, February 20 from 11:00am—12:00pm

George Messier visits the Senior Center in the Activity Room every third Tuesday of each month. He provides info and administrative assistance to veterans and dependents eligible for veteran's benefits. Please call George at 203-294-2165 for your appointment.

**Book Club with the Meriden Public Library**

Friday, February 23 from 10:00am—11:00am

Join the Meriden Public Library in our Activity Room every last Friday for a book club meeting where we discuss the book of the month. This month's book will be **"The Personal Librarian"** by Heather Terrell and Victoria Christopher Murray. **\*Books will be available for pickup on February 1 in the front office.**

**HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING Presents: 4 Easy Tips for Maintaining Your Brain**

As we get older, we may become forgetful. There are opportunities to follow a **healthy lifestyle** to improve your brain. Here are some suggestions for incorporating brain wellness:

1. Improve Vascular Health
  - Avoid smoking
  - Eat a healthy diet
  - Limit foods high in fat
  - Stay mentally active
  - Regular exercise
2. Stay Mentally Active
  - Read Regularly
  - Learn something new
  - Puzzles and games
  - Plenty of sleep
3. Socialization
  - Hang out with a friend or family member
  - Get involved in activities or events
4. Medical Examinations
  - Have regular health checks
  - Take your medication
  - Be aware of any changes in your body

For additional information about brain health and other issues related to aging, call Hartford HealthCare Center for Healthy aging at 1.877.424.4641/1.877.4AGING1 or visit <http://hhccenterforhealthyaging.org>. With 11 locations, Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, provides access to services and information related to attaining optimal quality of life for seniors and their caregivers.

**AARP Driver Safety Course**





































Wednesday, February 7 from 9:00am-1:00pm

















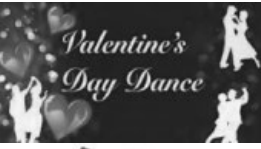























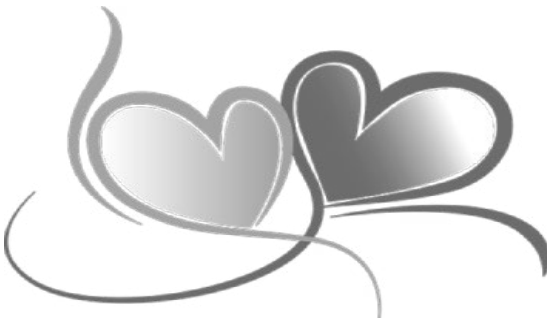
IN-PERSON DRIVER SAFETY CLASSES RETURN!

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 \$20.00, and non-members is \$25.00. Please make checks payable to AARP. Sorry, no cash! Call the front office at 203-237-0066 to sign up. Class held in the Mezzanine.





MONDAY	TUESDAY	WEDNESDAY
		
<p>9:30 Art Class   <b>5</b></p> <p>9:30 Quilting</p> <p><b>10:15 Sound Healing &amp; Meditation with Daria</b></p> <p><b>10:30 Dominoes Club</b> </p> <p>12:30 Bingo</p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Beef/Chicken Meatballs w/Brown Gravy</b></p>	<p>9:00 Crochet</p> <p><b>10:15 Weight Training</b>  <b>6</b></p> <p><b>10:30 Scrabble with Carol</b></p> <p><b>10:30 Pool Team Practice</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p><b>Lunch: Sweet &amp; Sour Diced Chicken</b></p>	<p><b>9:00 AARP Safe Driving</b></p> <p>9:30 Art Class </p> <p>10:00 Wii Bowling</p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Dominoes Club</b> </p> <p>12:30 Bingo</p> <p></p> <p><b>Lunch: Pork Roast w/Gravy</b></p>
<p>9:30 Art Class   <b>12</b></p> <p>9:30 Quilting</p> <p><b>10:15 Sound Healing &amp; Meditation with Daria</b></p> <p><b>10:30 Dominoes Club</b> </p> <p>12:30 Bingo</p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Honey Mustard Pork</b></p>	<p>9:00 Crochet</p> <p><b>10:00 Pancake Day Tournament</b>  <b>13</b></p> <p><b>10:15 Weight Training</b></p> <p><b>10:30 Pool Team Practice</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p><b>Lunch: Meatloaf w/Gravy</b></p>	<p>9:30 Art Class</p> <p>10:00 Wii Bowling</p> <p><b>10:15 Valentine's Day D</b></p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Dominoes Club</b> </p> <p>12:30 Bingo</p> <p></p> <p><b>Lunch: Chicken Parmesan</b></p>
<p><b><u>CLOSED</u></b> <b>19</b></p> <p></p>	<p>9:00 Crochet</p> <p><b>10:00 Black History Month Craft with Liz</b>  <b>20</b></p> <p><b>10:15 Weight Training</b></p> <p><b>10:30 Pool Team Practice</b> </p> <p><b>11:00 Veteran Services</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p><b>Lunch: Turkey w/Gravy, Mashed Yams</b></p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling</p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Dominoes Club</b></p> <p><b>10:30 Mindful Eating w/Health Council</b></p> <p>12:30 Double Bingo </p> <p><b>Lunch: General Tso's Chicken</b></p>
<p>9:30 Art Class   <b>26</b></p> <p>9:30 Quilting</p> <p><b>10:15 Sound Healing &amp; Meditation with Daria</b></p> <p><b>10:30 Dominoes Club</b> </p> <p>12:30 Bingo</p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Herbed Chicken Quarter</b></p>	<p>9:00 Crochet</p> <p><b>10:15 Weight Training</b>  <b>27</b></p> <p><b>10:00 Scrabble with Carol</b></p> <p><b>10:30 Pool Team Practice</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p><b>Lunch: Cheese Baked Ziti</b></p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling</p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Dominoes Club</b></p> <p><b>10:30 Colorectal Screening Facts &amp; Options</b></p> <p>12:30 Bingo</p> <p></p> <p><b>Lunch: Cheeseburger on Bun</b></p>

SDAY	THURSDAY	FRIDAY
	9:30 Art Class   <b>1</b> <b>10:00 Sign Up Day with Liz &amp; Irma</b> <b>10:00 Ukulele Class</b> <b>10:30 Pool Team Practice</b> <b>10:30 Dance Class</b> 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot/  <b>1:30 Cribbage Club</b> <b>Lunch: Meatloaf w/Gravy, Cabbage</b>	<b>9:00 Commission on Aging &amp; Disabilities</b> <b>2</b> 10:00 Yoga  <b>11:00 Wear Red Day Drink with Liz</b> <b>12:30 Double Setback</b> 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill  <p style="text-align: center;"><b><u>Color of the Day: Red</u></b></p> <b>Lunch: Ravioli w/Sauce, Italian Bread</b>
<b>Course</b> <b>7</b> 	<b>9:00 Antique Veterans</b>   <b>8</b> 9:30 Art Class <b>10:00 Ukulele Class</b> <b>10:30 Dance Class</b> <b>10:30 Pool Team Practice</b> 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot/  <b>1:00 Pool Team—Home vs Southington</b> <b>1:30 Cribbage Club</b>   <b>Lunch: Turkey Tetrazzini</b>	10:00 Yoga <b>9</b> <b>10:00 Dragon Door Décor Craft with Liz</b> <b>10:30 Dominoes Club</b> 12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's   <p style="text-align: center;"><b><u>Color of the Day: Yellow</u></b></p> <b>Lunch: Cheese Omelet, Tater Tots</b>
<b>Gravy</b>   <b>14</b> <b>Dance</b>  	9:30 Art Class   <b>15</b> <b>10:00 Ukulele Class</b> <b>10:30 Dance Class</b> <b>10:30 Pool Team Practice</b> <b>10:30 Cribbage Club</b> <b>11:00 Birthday Party</b> 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet Family Dollar 12:30 Mini-Bus Shopping: K LaMay's/Joblot  <b>1:30 Cribbage Club</b> <p style="text-align: center;"><b>(Valentine's Day Special)</b></p> <b>Lunch: Sweet &amp; Sour Meatballs</b>	<b>9:30 Movie of the Month— "Moonstruck"</b> <b>16</b> (1987) - 1hr 42min  10:00 Yoga <b>11:45 Mini-Bus Lunch Trip: Southern Dishes Seafood &amp; Desserts (Meriden)</b> 12:30 Setback 12:30 <b>NO Mini-Bus Shopping</b>  <p style="text-align: center;"><b><u>Color of the Day: Purple</u></b></p> <b>Lunch: Vegetarian Chili</b>
 <b>21</b> <b>with the Hispanic</b>  	9:30 Art Class   <b>22</b> <b>10:00 Ukulele Class</b> <b>10:30 Dance Class</b> <b>10:30 Pool Team Practice</b> 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot/  <b>1:30 Cribbage Club</b>  <b>Lunch: BBQ Pork, Navy Bean Soup</b>	<b>10:00 Book Club with the Meriden Public Library</b>   <b>23</b> 10:00 Yoga 12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's  <p style="text-align: center;"><b><u>Color of the Day: Hearts</u></b></p> <b>Lunch: Macaroni &amp; Cheese, Pinto Beans</b>
 <b>28</b> <b>ing Presentation:</b>  <b>in a Bun</b>	9:30 Art Class   <b>29</b> <b>10:00 Ukulele Class</b> <b>10:30 Dance Class</b> <b>10:30 Pool Team Practice</b> 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot/  <b>12:30 New Member Orientation</b> <b>1:30 Cribbage Club</b>   <b>Lunch: Crustless Turkey Pot Pie</b>	



# February 2024 Social Services

## Medicare Advantage Plan Open Enrollment Period (OEP)

This period can be used by a person who has an active Medicare Advantage Plan as of 1/1/2024.

During the MA OEP, January 1<sup>st</sup> – March 31<sup>st</sup>, a beneficiary can:

- Switch from one Medicare Advantage Plan (with or without drug coverage) to another Medicare Advantage Plan (with or without drug coverage)
- Leave the Medicare Advantage Plan and return to Original Medicare by selecting a prescription drug plan (Part D)

### What beneficiaries cannot do:

- Switch from Original Medicare to a Medicare Advantage Plan
- Join a Medicare Part D Plan
- Switch from a Medicare Part D Plan to another Medicare Part D Plan.

The change can only be used **once** during the MA OEP. The new plan become effective the first of the month after the plan receives your request.

## New Opportunities of Greater Meriden

New location is 22 Church St and Food Pantry is now located at 11 Church St, please contact them at 203-693-5060 if you have any questions.

### Energy Assistance

You can contact New Opportunities Of Greater Meriden at 203-235-0278 to schedule an appointment for energy assistance

## CT Foods Share Mobile Pantry

In Partnership with New Opportunities Inc. of Greater Meriden

Corner of Center and Miller Street-165 Miller St.  
Meriden  
1pm-2pm

February 1st, February 15th and February 29th  
Please bring reusable grocery bags and/or mini wheeled grocery cart to transport food home.

For more information contact ctfoodshare.org  
203-469-5000

## Bring Me Back Home

### What is the Bring Me Back Home Program?

Bring Me Back Home (BMBH) is a new registry for Connecticut residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

### How does Bring Me Back Home work?

A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. Law enforcement officers will have access to the confidential and secure information and respond appropriately.

When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.

### Who is eligible?

All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost.

### How can we register?

You can sign your loved one up for BMBH by going onto this website:

<https://login.ct.gov/ctidentity/login?goto=https://bringmebackhome.ct.gov/Default.aspx>

# HAPPY VALENTINE'S DAY

Natalie Gill  
Social Services Worker  
203-630-4273

Anthony Roldan  
Community Services Worker  
203-630-4708



**LIFEBRIDGE COMMUNITY SERVICES SENIOR CAFÉ**  
**FEBRUARY 2024**

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
			<b>1</b>	<b>2</b>
			6 oz Vegetable Orzo Soup 1 ea Meatloaf w/ gravy ½ c Cabbage 1 ea Dinner Rolls ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine 1pkt Salentine Crackers	8 ea Ravioli w/ Sauce ½ c Green Peas w/ peppers ½ c Carrots 1 slc Italian Bread 1 ea Oatmeal Cookie 4oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
6 ea Beef/Chicken Meatballs w/ Brown Gravy ½ c Whipped Potatoes ½ c Mixed Vegetables 1 slc Rye Bread ½ c Diced Peaches 8 oz Milk 1 ea Margarine	3 oz Sweet & Sour Diced Chicken ½ c Brown Rice Pilaf ½ c Green Beans 1 slc White Bread ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine	3 oz Pork Roast w/ Gravy ½ c Mashed Yams ½ c Zucchini 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine	6 oz Cream of Tomato Soup 1 c Turkey Tetrazzini ½ c Carrots 1 slc Italian Bread ½ c Applesauce 8 oz Milk 1 ea Margarine 1 pkt Saltine Crackers	1 ea Cheese Omelet ½ c Tater Tots ½ c Mixed Greens 1 slc Wheat Bread 1 ea Chocolate Chip Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine/Ketchup
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
3 oz Honey Mustard Pork ½ c Brown Confetti Rice ½ c Lima Beans 1 slc Wheat Bread ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine	1 ea Meatloaf w/ Gravy ½ c Mashed Potatoes ½ c Green Beans 1 ea Dinner Roll ½ c Vanilla Pudding 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	6 oz Cream of Mushroom Soup 1 ea Chicken Parmesan ½ c Spinach 1 slc Italian Bread ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine 1 pkt Salentine Crackers	<b><u>Valentine's Day</u></b> 6 ea Beef/Chicken Sweet & Sour Meatballs ½ c Mashed Potatoes ½ c Sliced Carrots 1 ea Wheat Roll 1 c Vanilla Pudding 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	1 c Vegetarian Chili ½ c Corn O' Brien ½ c Broccoli 1 ea Cornbread Muffin ½ c Diced Pears 8 oz Milk 1 ea Margarine
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b><u>CLOSED</u></b>  <b>President's Day</b>	3 oz Turkey w/ Gravy ½ c Mashed Yams ½ c Lima Beans 1 ea Dinner Roll ½ c Applesauce 8 oz Milk 1 ea Margarine	3 oz General Tso's Chicken ½ c Brown Rice ½ c Broccoli 1 slc White Bread 1 ea Oatmeal Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	6 oz Navy Bean Soup 3 oz BBQ Pork ½ c Corn O' Brien 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine 1 pkt Salentine Crackers	1 c Macaroni & Cheese ½ c Pinto Beans ½ c Mixed Greens 1 ea Cornbread Muffin ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
1 ea Herbed Chicken Quarter ½ c Baked Sweet Potatoes ½ c Cabbage 1 ea Dinner Roll ½ c Diced Peaches 8 oz Milk 1 ea Margarine	1 c Cheese Baked Ziti ½ c Carrots ½ c Spinach 1 slc Italian Bread ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine	1 ea Hamburger Patty 1 slc American Cheese ½ c Over Roasted Potatoes ½ c Corn 1 ea Hamburger Bun ½ c Mandarin Oranges 8 oz Milk 1 ea Ketchup	1 c Crustless Turkey Pot Pie ½ c Brown Rice ½ c Green Beans 1 slc White Bread 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine	<b><u>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</u></b>

**Elderly Nutrition Program****(203) 630-4704****\$3.00 Suggested Donation for Seniors****60 and Up. \$6.00 Fee for****Non-Seniors and for those who currently receive Meals On Wheels.****\*No loose change will be accepted\***

**Ordering:** Sign up for your meal by 12:30pm the day before. **Cancelling:** We need you to contact the kitchen at 203-630-4704 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.

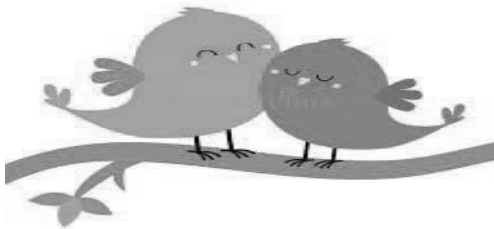
**\*Please make sure you arrive no later than 11:25am for your lunch ticket to assure a smooth and prompt lunch service. Thank You!**

**Meals on Wheels****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.

**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 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.

**Commission on Aging and Disabilities****Friday, February 2 at 9:00am**

This commission 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 and disabled population. Meetings are held in the Activity Room and are open to members of the Senior Center and the general public, and are held every first Friday at 9:00am each month at the Senior Center. Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

**New Member Orientation****Thursday, February 29 at 12:30pm**

Please 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 of every month. Hope to see you there! **Please sign up in the front office.**



**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 - **\$0.75**

English Muffin with Egg - **\$1.25**

English Muffin with Egg & Sausage - **\$2.00**

Egg - **\$0.50** Sausage - **\$0.75**

**Thursday**

Donuts (when available) - **\$0.25**

**Senior Center Café Snack Bar****9:30am-11:20am**

Crackers - **\$0.50**

Can Soda - **\$1.00**

Sparkling Ice - **\$1.00**

Ice-Cream Cup - **\$.75**

Bottled Water - **\$1.00**

Chips - **\$.75**

Cookies - **\$.75**

Flavored Seltzer - **\$1.00**

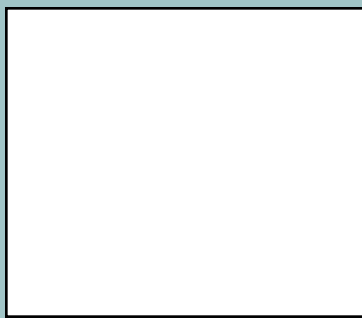
Snapple - **\$1.25**


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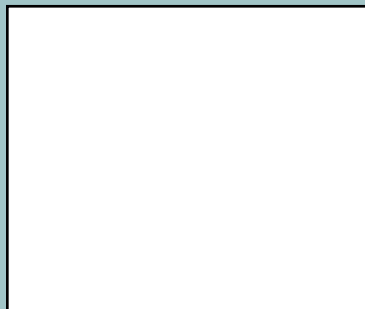
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Center for Better Hearing  
203-237-5342

Medical Rehabilitation  
203-237-1448

Driver Assessment Program  
203-630-2208



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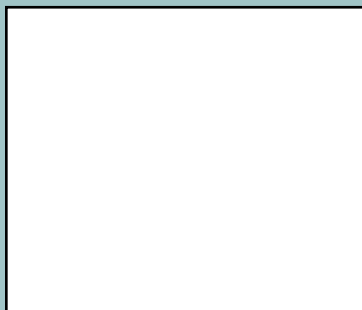
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**December Birthday Party sponsored by  
Home Helpers Home Care at the Meriden  
Public Library**



**Happy Birthday!**

**2023 Holiday Craft Fair at  
Meriden City Hall**

