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.
**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.

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**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!

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**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.](#)

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**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.

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**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.

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**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**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days/Time</th>
<th>Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strength &amp; Tone</td>
<td>Mondays, 12:30pm</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Weight Training</td>
<td>Tuesdays, 10:15am</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Arthritis Exercise</td>
<td>Tuesdays, 12:30pm</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Aerobics</td>
<td>Wednesdays, 10:15am</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Dance Class (New Time)</td>
<td>Thursdays, 10:30am</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Tai/Chi/Qigong</td>
<td>Thursdays, 12:30pm</td>
<td>Lower Level</td>
</tr>
<tr>
<td>Yoga</td>
<td>Fridays, 10:00am</td>
<td>Mezzanine</td>
</tr>
</tbody>
</table>

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

**Weekly Art Classes**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quilting</td>
<td>Mondays, 9:30am</td>
<td>First Floor, Activity Room</td>
</tr>
<tr>
<td>Art Class</td>
<td>Mondays, Wednesdays, Thursdays, 9:30am</td>
<td>Lower Level, Art Studio</td>
</tr>
<tr>
<td>Crochet</td>
<td>Tuesdays, 9:00am, Thursdays, 12:30pm</td>
<td>First Floor, Activity Room</td>
</tr>
<tr>
<td>Ceramics</td>
<td>Tuesdays, Thursdays, 12:30pm</td>
<td>Lower Level, Ceramics Studio</td>
</tr>
</tbody>
</table>

**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://hhcccenterforhealthyaging.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 disount 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.
**Mini-Bus Lunch Trip — Southern Dishes Seafood & Desserts (Meriden)**

**Friday, February 16 at 11:45am**

Bus leaves the Center at 11:45am. Meet in the front lobby. **Sign up with the front office.**

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**Monthly Shopping Schedule**

**Shop Rite/Walmart**

Tuesdays at 12:30pm — February 6, 13, 20, 27

**Stop and Shop/Save-A-Lot/C-Town**

Thursdays at 12:30pm — February 1, 8, 22, 29

**K Lamay’s/Job Lot/Family Dollar**

Thursday at 12:30pm — February 15

**Target/Mall/Aldi’s**

Fridays at 12:30pm — February 9, 23

**Big Y/Aldi’s/Kohl’s/Goodwill**

Fridays at 12:30pm — February 16

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**Upcoming Day Trips for 2024**

**Harvard Glass Museum—Boston, MA**

April 30—$142pp

**Neil Diamond Tribute - Aqua Turf Club**

Plantsville, CT: May 14—$94pp

**Naugy Scenic Train—Thomaston, CT**

June 21—$124pp

**RiverQuest Cruise—Essex, CT**

July 18—$142pp

**Beach Boys Tribute—Aqua Turf Club**

Plantsville, CT: August 21—$94pp

**Dean Martin Tribute—Amarante’s Sea Cliff New Haven, CT: September 10—$79pp**

**The Ultimate Cher Experience—Grand Oak Villa Oakville, CT: October 10—$124pp**

**The Glen Campbell Experience—La Bella Vista Waterbury, CT: November 12—$94pp**

**Motown Tribute—Aqua Turf Club**

Plantsville, CT: December 3—$94pp

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**Senior Center Mini-Bus Transportation Program (203) 237-3338**

Rides are available for Meriden residents aged 55 and over, as well as rides to medical appointments for people with disabilities under age 55. Applications for passengers are available in the Mini-Bus Office.

- Due to high rider demand, if your ride is not pre-scheduled there will be no additional trips scheduled for that day. Only trips on the schedule will be made. 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. Riders can only be transported to one medical appointment 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 two (2) bag limit for shopping trips.

**Transportation Reminder**

You can be added to the pickup list for the center by either filling out the weekly signup sheet located on the table outside the Transportation Office or calling Transportation at 203-237-3338. Bus routes start at 8:30am. Seniors should be ready and waiting for their ride. Drivers will wait 5 minutes and then continue on their route.

**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.

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★ The Senior Center will be closed
★ Monday, February 19, 2024 in observance of President’s Day.

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<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:30 Art Class</strong></td>
<td><strong>9:00 Crochet</strong></td>
<td><strong>9:00 AARP Safe Driving</strong></td>
</tr>
<tr>
<td><strong>9:30 Quilting</strong></td>
<td><strong>10:15 Weight Training</strong></td>
<td><strong>9:30 Art Class</strong></td>
</tr>
<tr>
<td><strong>10:15 Sound Healing &amp; Meditation</strong> with Daria</td>
<td><strong>10:00 Pancake Day Tournament</strong></td>
<td><strong>10:00 Wii Bowling</strong></td>
</tr>
<tr>
<td>with Daria</td>
<td><strong>10:15 Weight Training</strong></td>
<td><strong>10:15 Aerobics</strong></td>
</tr>
<tr>
<td><strong>10:30 Dominoes Club</strong></td>
<td><strong>10:30 Pool Team Practice</strong></td>
<td><strong>10:30 Dominoes Club</strong></td>
</tr>
<tr>
<td><strong>12:30 Bingo</strong></td>
<td><strong>12:30 Ceramics</strong></td>
<td><strong>12:30 Dominoes Club</strong></td>
</tr>
<tr>
<td><strong>12:30 Strength &amp; Tone</strong></td>
<td><strong>12:30 Arthritis Exercise</strong></td>
<td><strong>12:30 Bingo</strong></td>
</tr>
<tr>
<td>Lunch: Beef/Chicken Meatballs w/Brown Gravy</td>
<td>Lunch: Sweet &amp; Sour Diced Chicken</td>
<td>Lunch: Pork Roast w/Glaze</td>
</tr>
<tr>
<td></td>
<td>Lunch: Meatloaf w/Gravy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lunch: Turkey w/Gravy, Mashed Yams</td>
<td>Lunch: Chicken Parmesan</td>
</tr>
<tr>
<td></td>
<td>Lunch: Herbed Chicken Quarter</td>
<td>Lunch: General Tso’s Chopsticks</td>
</tr>
</tbody>
</table>

**CLOSED**

**February 19**

**February 20**

**February 21**

**February 22**

**February 23**

**February 24**

**February 25**

**February 26**

**February 27**

**February 28**

**February 29**
<table>
<thead>
<tr>
<th>DAY</th>
<th>Activities</th>
</tr>
</thead>
</table>
| Wednesday | 9:30 Art Class  
10:00 Sign Up Day with Liz & Irma  
10:00 Ukulele Class  
10:30 Pool Team Practice  
10:30 Dance Class  
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/  
1:30 Cribbage Club  
Lunch: Meatloaf w/Gravy, Cabbage |
| Thursday  | 9:00 Art Class  
10:00 Ukulele Class  
10:30 Dance Class  
10:30 Pool Team Practice  
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/  
1:30 Cribbage Club  
Lunch: Turkey Tetrazzini |
| Friday    | 9:00 Commission on Aging & Disabilities  
10:00 Yoga  
11:00 Wear Red Day Drink with Liz  
12:30 Double Setback  
12:30 Mini-Bus Shopping: Big Y/Kohl’s/Aldi’s Goodwill  
**Color of the Day: Red**  
Lunch: Ravioli w/Sauce, Italian Bread |
| Saturday  | 9:00 Antique Veterans  
9:30 Art Class  
10:00 Ukulele Class  
10:30 Dance Class  
10:30 Pool Team Practice  
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/  
1:00 Pool Team—Home vs Southington  
1:30 Cribbage Club  
Lunch: Valentine’s Day Dinner  
(Valentine’s Day Special)  
Lunch: Sweet & Sour Meatballs |
| Sunday    | 9:30 Art Class  
10:00 Ukulele Class  
10:30 Dance Class  
10:30 Pool Team Practice  
10:30 Cribbage Club  
11:00 Birthday Party  
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  
1:30 Cribbage Club  
Lunch: BBQ Pork, Navy Bean Soup |
| Monday    | 9:30 Art Class  
10:00 Ukulele Class  
10:30 Dance Class  
10:30 Pool Team Practice  
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/  
1:30 Cribbage Club  
Lunch: Vegetarian Chili |
| Tuesday   | 10:00 Book Club with the Meriden Public Library  
10:00 Yoga  
12:30 Setback  
12:30 Mini-Bus Shopping: Target/Mall/Aldi’s  
**Color of the Day: Hearts**  
Lunch: Macaroni & Cheese, Pinto Beans  
Lunch: Presentation: Tales of the Hispanic Chicken |
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 1st – March 31st, 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 becomes effective the first of the month after the plan receives your request.

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:

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

HAPPY VALENTINE’S DAY

Natalie Gill
Social Services Worker
203-630-4273

Anthony Roldan
Community Services Worker
203-630-4708
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 oz Vegetable Orzo</td>
<td>3 oz Meatloaf w/ gravy</td>
<td>6 oz Cream of Tomato</td>
<td>8 ea Ravioli w/ Sauce</td>
<td></td>
</tr>
<tr>
<td>Soup</td>
<td>½ c Cabbage</td>
<td>Soup</td>
<td>½ c Green Peas w/ peppers</td>
<td></td>
</tr>
<tr>
<td>1 ea Dinner Rolls</td>
<td>½ c Cabbage</td>
<td>½ c Carrots</td>
<td>½ c Carrots</td>
<td></td>
</tr>
<tr>
<td>½ c Pineapple Tidbits</td>
<td>8 oz Milk</td>
<td>8 oz Milk</td>
<td>4 oz Assorted Fruit Juice</td>
<td></td>
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<tr>
<td>8 oz Milk</td>
<td>1 ea Margarine</td>
<td>1 ptk Saltine Crackers</td>
<td>1 ea Margarine</td>
<td></td>
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<tr>
<td>1 ea Margarine</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>6 ea Beef/Chicken</td>
<td>3 oz Sweet &amp; Sour</td>
<td>3 oz Pork Roast w/</td>
<td>1 ea Cheese Omelet</td>
<td></td>
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<tr>
<td>Meatballs w/ Brown Gravy</td>
<td>Diced Chicken</td>
<td>Gravy</td>
<td>½ c Turkey Tetrazzini</td>
<td></td>
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<tr>
<td>½ c Whipped Potatoes</td>
<td>½ c Brown Rice Pilaf</td>
<td>½ c Mashed Yams</td>
<td>½ c Carrots</td>
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<tr>
<td>½ c Mixed Vegetables</td>
<td>½ c Green Beans</td>
<td>½ c Zucchini</td>
<td>½ c Carrots</td>
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<tr>
<td>1 síc Rye Bread</td>
<td>1 síc White Bread</td>
<td>1 ea Dinner Roll</td>
<td>1 síc Italian Bread</td>
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<tr>
<td>½ c Diced Peaches</td>
<td>½ c Mandarin</td>
<td>1 ea Fresh Fruit</td>
<td>½ c Applesauce</td>
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</tr>
<tr>
<td>8 oz Milk</td>
<td>Oranges</td>
<td>8 oz Milk</td>
<td>8 oz Milk</td>
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<tr>
<td>1 ea Margarine</td>
<td>8 oz Milk</td>
<td>1 ea Margarine</td>
<td>1 ptk Saltine Crackers</td>
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<tr>
<td></td>
<td>1 ea Margarine</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>3 oz Honey Mustard Pork</td>
<td>1 ea Meatloaf w/ gravy</td>
<td>6 oz Cream of Mushroom</td>
<td>1 c Vegetarian Chili</td>
<td></td>
</tr>
<tr>
<td>½ c Brown Confetti Rice</td>
<td>Gravy</td>
<td>Soup</td>
<td>½ c Corn O’ Brien</td>
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<tr>
<td>½ c Lima Beans</td>
<td>½ c Mashed Potatoes</td>
<td>1 ea Chicken</td>
<td>½ c Broccoli</td>
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<tr>
<td>1 síc Wheat Bread</td>
<td>½ c Green Beans</td>
<td>Parmesan</td>
<td>1 ea Cornbread Muffin</td>
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<tr>
<td>½ c Pineapple Tidbits</td>
<td>1 ea Dinner Roll</td>
<td>½ c Spinach</td>
<td>½ c Diced Pears</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ c Vanilla Pudding</td>
<td>1 síc Italian Bread</td>
<td>8 oz Milk</td>
<td></td>
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<tr>
<td></td>
<td>4 oz Assorted Fruit Juice</td>
<td>Oranges</td>
<td>1 ea Margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>8 oz Milk</td>
<td>1 ea Margarine</td>
<td>1 ptk Saltine Crackers</td>
<td></td>
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<td></td>
<td>1 ea Margarine</td>
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<td><strong>CLOSED</strong></td>
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<tr>
<td>President’s Day</td>
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<tr>
<td>3 oz Turkey w/ gravy</td>
<td>3 oz General Ts’o’s</td>
<td>6 oz Navy Bean Soup</td>
<td>1 c Macaroni &amp; Cheese</td>
<td></td>
</tr>
<tr>
<td>½ c Mashed Yams</td>
<td>Chicken</td>
<td>3 oz BBQ Pork</td>
<td>½ c Pinto Beans</td>
<td></td>
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<tr>
<td>½ c Lima Beans</td>
<td>½ c Brown Rice</td>
<td>½ c Corn O’ Brien</td>
<td>½ c Mixed Greens</td>
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<tr>
<td>1 ea Dinner Roll</td>
<td>½ c Broccoli</td>
<td>1 ea Dinner Roll</td>
<td>1 ea Cornbread Muffin</td>
<td></td>
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<tr>
<td>½ c Applesauce</td>
<td>1 síc White Bread</td>
<td>1 ea Fresh Fruit</td>
<td>½ c Diced Pears</td>
<td></td>
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<tr>
<td>8 oz Milk</td>
<td>1 ea Oatmeal Cookie</td>
<td>8 oz Milk</td>
<td>8 oz Milk</td>
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<tr>
<td>1 ea Margarine</td>
<td>4 oz Assorted Fruit Juice</td>
<td>1 ea Margarine</td>
<td>1 ptk Saltine Crackers</td>
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<td></td>
<td>8 oz Milk</td>
<td>1 ea Margarine</td>
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<td></td>
<td>1 ea Margarine</td>
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<tr>
<td>1 ea Herbed Chicken</td>
<td>1 c Cheese Baked Ziti</td>
<td>1 ea Hamburger Patty</td>
<td>1 c Crustless Turkey Pot</td>
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<tr>
<td>Quarter</td>
<td>½ c Carrots</td>
<td>1 síc American</td>
<td>Pie</td>
<td></td>
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<tr>
<td>½ c Baked Sweet Potatoes</td>
<td>½ c Spinach</td>
<td>Cheese</td>
<td>½ c Brown Rice</td>
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<tr>
<td>½ c Cabbage</td>
<td>½ síc Italian Bread</td>
<td>½ c Over Roasted</td>
<td>½ c Green Beans</td>
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<tr>
<td>1 ea Dinner Roll</td>
<td>½ c Pineapple Tidbits</td>
<td>Potatoes</td>
<td>1 síc White Bread</td>
<td></td>
</tr>
<tr>
<td>½ c Diced Peaches</td>
<td>8 oz Milk</td>
<td>½ c Corn</td>
<td>1 ea Fresh Fruit</td>
<td></td>
</tr>
<tr>
<td>8 oz Milk</td>
<td>1 ea Hamburger Bun</td>
<td>Oranges</td>
<td>8 oz Milk</td>
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<tr>
<td>1 ea Margarine</td>
<td>½ c Mandarin</td>
<td>1 ea Margarine</td>
<td>1 ea Margarine</td>
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<td></td>
<td>8 oz Milk</td>
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<tr>
<td></td>
<td>1 ea Ketchup</td>
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</tbody>
</table>

**MENU SUBJECT TO CHANGE BASED ON AVAILABILITY**
**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. Cancellation: 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!*

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**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.

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**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.

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**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 - $0.75  
- Bottled Water - $1.00  
- Chips - $0.75  
- Cookies - $0.75  
- Flavored Seltzer - $1.00  
- Snapple - $1.25

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**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.
Let’s Grow Your Business
Advertise in our Newsletter!

Contact Me
Bill Humphreys
bhumphreys@lpicommunities.com
(800) 477-4574 x6634

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

2023 Holiday Craft Fair at Meriden City Hall