

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
January 2020

All Members Re-Registration

Starting January 13, 14 and 15 at 9:30am

All current members of the Senior Center need to fill out a new registration form.

Volunteers will be available to assist members from 9:30am to 11:30am in the Main Activity Room. Please plan to update and changes, including address, phone or emergency contact info. Registration forms will be available in the Front Office.

New Member Handbooks will be given to members at the time of registration.

Senior Center Coat Drive

Friday, January 24 from 10:00am-1:00pm

Are you in need of a coat? Please stop by in the Activity Room where we will have a variety of gently used styles and sizes to choose from. The items are first come, first serve basis. Only 1 coat per person.

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 to bring a copy of your **2019 income tax return, all income records from 2019, and a photo ID.**

Program, Trip and Event Signup Day**Thursday, January 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 Chocolate with Liz**Friday, January 3 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!!

Calling Spanish Speaking Volunteers**Monday, January 6, 10:30**

Do you speak Spanish? Are you interested in volunteering as a Senior Center member? Many seniors who are seeking services here at the Center do not speak English. If you are a member who is interested in volunteering as an interpreter, please sign up with Liz as a volunteer.

Scrabble Game with Carol**Tuesday, January 7, 21 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.

**American Red Cross Presentation****Wednesday, January 8 from 10:30am-11:15am**

Learn about the volunteer opportunities that the American Red Cross organization has to offer which will be held in the Dining Room.

**ClearCaptions Presentation****Monday, January 13 from 10:30am-11:15am**

ClearCaptions enables anyone with hearing loss to communicate easier with the most advanced captioning phone system available. Join John Noonan in the Dining Room for more information about their services.

**BIRTHDAY PARTY!****Thursday, January 16, 11:30am**

This month's birthday cake and gifts will be sponsored by: **Celebrity Nurse Homecare**. Your birthday must be in January. Please sign up by Thursday, January 9 to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in January!

Veteran Services with George Messier**Tuesday, January 21 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.

Expandable Bracelet Craft with Liz**Wednesday, January 22 from 10:30am-11:15am**

Join Liz for a bracelet making craft. You will receive 1 stone and two charms of your choice for your bracelet. Please sign up with the front office!

Game Day with Success Academy**Thursday, January 23 from 10:00am-11:00am**

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

Blood Pressure Checks**Monday, January 27 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 Room.

Assurance Wireless Help**Wednesday, January 29, 10:30am**

A representative from Assurance Wireless will be at our Center in the Activity Room to help with all of your questions about their services and plans.

New Member Orientation**Thursday, January 30, 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!

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	Please bring an extra pair of dry sneakers for exercise classes during inclement weather.
Sit Down and Tone Up	Mondays, 10:30am, Thursdays, 10:00am	Lower Level	
Strength and Tone	Thursdays, 12:30pm	Lower Level	
Tai Chi/Qigong	Tuesdays, Thursdays, 1:30pm	Lower Level	
Weight Training	Tuesdays, 11:00am	Lower Level	
Arthritis Exercise	Tuesdays, 12:30pm	Lower Level	
Latin Rhythm Exercise	Thursdays, 11:00am	Lower Level	
Yoga	Fridays, 10:00am	Matt Dominello Community Room	

Weekly Art Classes

Art Class	Mondays, Wednesdays, Thursdays 9:30am	Lower Level, Art Studio
Ceramics	Tuesdays, Thursdays 12:30pm	Lower Level, Ceramics Studio
Knitting/Crochet	Thursdays, 12:30pm	First Floor, Meeting Room
Sewing & Quilting	Mondays, 9:30am	First Floor, Meeting Room

Ugly Sweater Holiday Party - Note of Thanks

Thank You to Success Academy, decorating volunteers, Noel Aube as Santa, Natalie Gill as Mrs. Clause, Downtown Coffee Shop and the Meriden Senior Center for making this year's annual Holiday party a success!



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
Nicky 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

Web Wednesday

Web Wednesday will return in the spring in March. Stay tuned.



★ The Senior Center will be closed on Wednesday,
★ January 1, 2020 in observance of New Years Day
★ and Monday, January 20, 2020 in observance of
★ Martin Luther King Jr Day.
★

Senior Center Pool Team

Friday, January 10, 1:00pm, Home vs Wallingford

Friday, January 24, 1:00pm, Home vs Southington

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



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.



Tis the Season for a Senior

Thank you to everyone who donated all of the wonderful gifts we were able to distribute among our Senior Center Members. We truly appreciate your generosity!!



“The Post (2017)”
Friday, January 10 at 12:30pm

A cover-up that spanned four U.S. Presidents which pushed the country’s first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government.




HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING Presents: Dinner with the Experts

Dementia is an overall term for the condition that is defined by a decline in memory, language and other thinking skills. Presently, an estimated 78,000 Connecticut residents have Alzheimer's Disease, a type of dementia, according to the Alzheimer’s Association.

Learn more at the free program, “Dinner with the Experts: Understanding Dementia” on Wednesday, Jan 22, 5 to 7 p.m., at Southington Care Center, 45 Meriden Ave. Topics include: an overview of dementia, diagnosis, treatment options, and steps after diagnosis. A light complimentary dinner will be served. Seating is limited; registration is required. Hartford HealthCare Center for Healthy Aging sponsors. To RSVP, call 1.855.442.4373.

Upcoming Trips for 2020

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

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

Foxwoods Casino Trip
Mashantucket, CT

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




2019 Annual Craft & Holiday Fair

We would like to thank all of our vendors for their participation and wonderful goodies! In addition, we would like to thank John J Ferry & Sons Funeral Home, Natalie Gill, and Jennifer Henaire from Papparazzi Jewelry for donating our door entry prizes!



2020 Special Day For Special People

Join us to celebrate the 50th Anniversary of this special event. Saturday May 30, 2020 from 11:00am to 3:00pm and June 6th is the rain date. Save the date.



Mini-Bus Lunch Trips

Taino Prime in Meriden
Tuesday, January 14

Bus leaves the Center at 10:45am.

Athenian Diner II in Middletown
Tuesday, January 28

Bus leaves the Center at 10:45am.



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



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

We provide rides to go shopping, to the bank, pharmacy, hair salon, convalescent home visiting, and to/from the Senior Center. To make a reservation, please call Ruth by 12:30pm the day before your ride. She must have an accurate location of your pick up and drop off.

Due to full rider demand, if your ride is not pre-scheduled there will be no additional scheduling for that day. Only trips on the schedule will be made, we cannot bring you anywhere other than your scheduled appointment. If you need to cancel your reservation, please call the Dispatcher beginning at 8:00am.

Please schedule medical trips at least five (5) days in advance. Only one medical appointment can be scheduled per day. Rides are free; funds come from the City of Meriden, the CT DOT, and the Agency on Aging of South Central CT. Donations are gratefully accepted. Please see the schedule below for scheduled shopping trips through the Mini-Bus program. Please note that there is a 2 bag limit for shopping trips. Friday shopping leaves from the Senior Center; all other shopping is from your home.



Monthly Shopping Schedule

- Stop and Shop/Save-A-Lot/Cindi's Diner**
Thursdays — January 2, 9, 16, 23, 30
- Walmart or Shop Rite**
Tuesdays— January 7, 21
- Fridays—** January 3, 17
- Target/Mall/Mall**
Friday — January 10
- Goodwill/Aldi's**
Friday—January 24

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

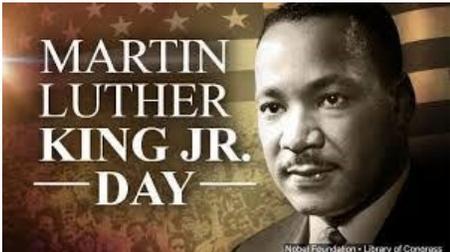
Ensemble

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!



MONDAY	TUESDAY	WEDNESDAY
		<p>CLOSURE New Year</p> 
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">6</p>  <p>Lunch: Fish Croquettes</p>	<p>10:00 Young at Heart Ensemble 10:30 Scrabble Game with Carol 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 style="text-align: right;">7</p>  <p>Lunch: Chicken Paprikash</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 American Red Cross 11:00 Aerobics 12:30 Bingo</p>  <p>Lunch: Spaghetti & Meatballs</p>
<p>9:30 Art 9:30 Sewing & Quilting 9:30 All Members Re-Registration 10:30 Sit Down & Tone Up 10:30 ClearCaptions Presentation 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">13</p>    <p>Lunch: Chicken Florentine</p>	<p>9:30 All Members Re-Registration 10:00 Young at Heart Ensemble 10:30 Lunch Trip to Taino Prime in Meriden 11:00 Weight Training 12:30 Ceramics 12:30 Poker Club 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">14</p>   <p>Lunch: Hot Open Roast Beef</p>	<p>9:30 All Members Re-Registration 9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo</p>  <p>Lunch: Fried Chicken & Potatoes</p>
<p style="text-align: center;"><u>CLOSED</u></p> <p style="text-align: right;">20</p> 	<p>10:00 Young at Heart Ensemble 10:30 Scrabble Game with Carol 11:00 Weight Training 11:00 Veteran Services 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 style="text-align: right;">21</p>   <p>Lunch: Sausage & Peppers</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 Expandable Braces 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Chicken Cordon Rosso</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Blood Pressure Checks 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">27</p>  <p>Lunch: Meatloaf W/Gravy</p>	<p>10:00 Young at Heart Ensemble 10:30 Lunch Trip to Athenian Diner II in Middletown 11:00 Weight Training 12:30 Ceramics 12:30 Poker Club 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">28</p>  <p>Lunch: Ravioli</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 Assurance Wireframe 11:00 Aerobics 12:30 Bingo</p>  <p>Lunch: Pulled Pork</p>

WEDNESDAY	THURSDAY	FRIDAY
1 Py's Day 	2 8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Program, Trip and Event Sign Up Day 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Poker Club 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:30 Tai Chi Gong Lunch: Sloppy Joe	3 9:00 Advisory Board 10:00 Yoga 10:30 Hot Chocolate with Liz  11:00 Aerobics 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:45 Setback Club <u>Color of the Day: White or Blue</u> Lunch: Cheese Omelet
8 Cross Presentation  VG Poolballs	9 8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot/Cindi's Diner 9:30 Art Class /Antique Veterans 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Poker Club 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone/1:30 Tai Chi Gong Lunch: Turkey Pot Pie	10 10:00 Yoga 11:00 Aerobics 12:30 Mini Bus Shopping: Target/Mall 12:30 Movie – The Post (2017) 12:45 Setback Club 1:00 Pool Team—Home vs Wallingford  <u>Color of the Day: Purple</u> Lunch: Veggie Wedge
15 Registration   Qtr	16 8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 9:30 Art Class /Antique Veterans 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Sit & Tone/11:00 Latin Rhythm Exercise 10:00 Game Day with Success Academy 11:30 Birthday Party  12:30 Poker Club 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone/1:30 Tai Chi Gong Lunch: Roast Pork W/Honey Garlic sauce	17 10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Double Bingo  12:45 Setback Club <u>Color of the Day: Red</u> Lunch: Spinach Quiche
22 Planet Craft with Liz  Bleu	23 8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot/Cindi's Diner 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise/12:00 Poker Club 12:30 Ceramics/12:30 Knit & Crochet 12:30 Poker Club 12:30 Strength & Tone/1:30 Tai Chi Gong Lunch: Mandarin Chicken & Rice	24 10:00 Yoga 10:00 Senior Center Coat Drive 11:00 Aerobics 12:30 Mini Bus Shopping: Goodwill/Aldi's 12:45 Setback Club 1:00 Pool Team—Home vs Southington  <u>Color of the Day: Green</u> Lunch: Vegetable Lasagna
29 Assess Help  	30 8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot/Cindi's Diner 9:30 Art Class 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Poker Club 12:30 New Member Orientation 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone/1:30 Tai Chi gong Lunch: Chicken Piccata	31 10:00 Yoga 11:00 Aerobics 12:30 NO Mini-Bus Shopping 12:45 Setback Club <u>Color of the Day: Tan</u> Lunch: Fish Sticks

January 2020 Social Services



Free Coats and winter accessories
Are you in need of a coat, stop in on Friday, January 24th from 10:00am-1:00pm in the Activity Room first come first served, only 1 per person

'Tis the Season for a Senior

I would like to give thanks to everyone who donated gifts to our 5th Annual Senior gift program. Thanks to the all the Meriden Senior Center staff, City of Meriden employees-Health Dept., and Board of Education for their generosity. I would also like to thank the Meriden Community, companies and all the other individuals who donated and contributed in making this yet another fun and successful event. A special thanks to our Santa, Noel Aube for bringing some Holiday cheer to all of us.



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

Medicare Advantage Plan Open Enrollment Period (OEP)

This period can be used by a person who has an active Medicare Advantage Plan as of 1/1/2020.

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 become effective the first of the month after the plan receives your

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

MENU CAN CHANGE WITHOUT ADVANCED NOTICE

LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE
Nutrition for Mind, Body and Spirit
January 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			LifeBridge Closed No Lunch	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
	6	7	8	9	10
	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
	13	14	15	16	17
	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	MLK Day Special Fried chicken quarter Collard greens Corn and okra Biscuit Grape juice Bread pudding w/ topping 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
	20	21	22	23	24
	LifeBridge Closed No Lunch	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	Chinese New Year Special 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
	27	28	29	30	31
	3 oz Meatloaf/gravy ½ cup mashed potato ½ cup Scandinavian blend 1 slice Multigrain bread 1 tsp margarine ½ cup Mandarin oranges 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	3 oz Pulled Pork Hamburger bun ½ cup Coleslaw ½ cup Corn niblets 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Chicken Piccata ½ cup Barley pilaf ½ cup 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 vegetables 1 slice multigrain bread 1 tsp margarine 4 oz orange juice marble 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!**

Meriden Advisory Board on Aging

Friday, January 3rd, 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



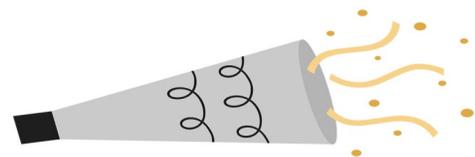
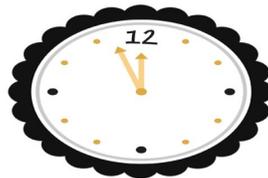
For All Members

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.

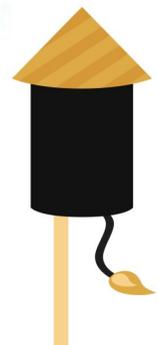
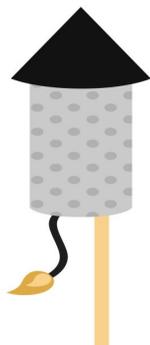
MEMORIES



HAPPY NEW YEAR!



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



Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers

