

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
July 2019

## **The Farmer's Market at the Meriden Green**

**Location:** Mill St. (Between State and Pratt Streets)

**Dates:** Saturdays, July 13th through October 19th, 2019

**Time:** 8:30am-12:00pm

**Senior Farm Market vouchers will be available to qualifying seniors**

July 8th, 9th and 10th in the main Activity Room across from the front office.  
Vouchers will be distributed between 9:00am and 3:30pm on a first come, first serve basis.

## **Volunteer Appreciation Lunch**

**Thursday, July 25 from 10:00am-12:15pm**

Our Senior Volunteers make an outstanding difference each and every day! Please come help us celebrate our appreciation. All seniors who have volunteered in the last year will be invited. Find out who will be the "Volunteers of the Year". Volunteers will receive a special gift and a lunch.

Non-volunteers will enjoy the regular hot lunch meal.

Enjoy music entertainer by our favorite friend Duncan Babcock.

**Volunteers please RSVP in the front office by Wednesday, July 17.**

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

**Program, Trip and Event Signup Day****Monday, July 1st 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.

**Lemonade With Liz****Tuesday, July 2 at 10:30am**

Please join our Recreation Coordinator Liz in the Dining 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!!!

**Westfield Care and Rehab: Root Beer Floats****Wednesday, July 3 at 11:45am**

Root Beer Floats are here!! Thank you Westfield Care & Rehab for sponsoring our favorite summer treat and helping our kick start our 4th of July!

**Computer One On One with Liz****Friday, July 5 and 19 at 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.**

**Web Wednesday Presentation****Wednesday, July 10, 10:30am-11:30am**

Please join Susane Moore from Meriden Public Schools in the Dining Room to learn about this unique intergenerational program.

**Creative Writing****Wednesday, July 10 and July 24, 12:30pm-1:30pm**

Barbara Ritchie will be leading this group two Wednesdays a month at 12:30pm in the main activity room. Everyone has ideas and thoughts that you would like to put down on paper. If you enjoy writing, learn to do that in class and be able to share your ideas with others if you choose.

**Take It To The Box with Lea Crown, Director of Health & Human Services****Monday, July 15 at 10:00am**

Bring any of your expired medications and join Lea in the Dining Room to learn about how you can safely, legally, and securely dispose of expired/no longer needed prescriptions and medications on an ongoing basis. We will take a walk to the Medication Drop Box located at the Meriden Police Department to dispose your expired medication. Medication Lockbox will be raffled off. It fits 10-15 bottles. Anyone that drops off medication (prescription or over the counter) in the Drop Box will be eligible to win.

**Veteran Services With George Messier****Tuesday, July 16 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.

**Walking Club with Liz****Wednesday, July 17 at 10:30am**

If you are interested in joining Liz for a fitness walk at the Q-Trail, please sign up at the front office. Please meet at 10:15am in the front office. The bus will pick us up at 11:45am. **Always weather permitting.**

**BIRTHDAY PARTY!****Thursday, July 18th, 11:15am**

This month's birthday cake and gifts will be sponsored by: **Clear Captions.**

Your birthday must be in July. Please sign up by Thursday, July 11<sup>th</sup> to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in July!

**Crafting with Liz****Monday, July 22 from 10:30am-11:30am**

Please join Liz in the Main Activity Room to make a flower coaster made with real dried flowers and a cork coaster backing. Our coasters will be finished with a coating or resin. **Please 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 the fun!!



**Weekly Exercise Classes**

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

**Weekly Art Classes**

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

**New Member Orientation**

**Thursday, July 25th at 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 of every month. Hope to see you there!

**Please sign up in the front office.**

**Senior Center Pool Team**

**Friday, July 12, 1:00pm, Away @ Wallingford**

**Friday, July 26, 1:00pm, Away @ Southington**

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



**Aerobics Classes Schedule Change**

Myrta Clark, our long time fitness instructor, will reduce her aerobics classes from 3 to 2 days a week for this summer. Her Friday's classes will be cancelled for the summer and will start back up on September 6th, 2019.

**Calling All Card Players**

**Poker club** meets on Thursdays at 1:00pm

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

**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	203-235-6851
Renter's Rebate	203-639-1746
5th District Congressional Office	860-223-8412

Mini Bus: Noel Aube, Tom O'Malley, Mike Connolly,  
Tanya Vega

Kitchen Staff: Melba Leary, Marisol Pelletier





**Mini-Bus Lunch Trips**

**Lenny & Joes Fish Tale in New Haven**

**Tuesday, July 9th**

Bus leaves the Center at 10:45am.

**Jimmies of Savin Rock in West Haven**

**Tuesday, July 23rd**

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**

- Big Y** (Includes stores in Town Line Square)  
Tuesday — July 2, 16, 30
- Stop and Shop/Save-A-Lot/Cindi's Diner**  
Thursday — July 11, 18, 25
- Walmart or Shop Rite**  
Friday — July 5, 19
- Target or Mall** — July 12
- Goodwill/ Aldi's**  
Friday — July 26

**Important Notice** - To all drivers who drive to the senior center. A six month construction project started in April and is scheduled to end by November 2019 in the Hanover Street parking lot. A section of the lot will remain open for Senior Center Members. If that lot is full, Senior Center members can park in the municipal garage on Church Street, behind the Corner Coffee Shop. The remainder of the lot will be blocked for materials and vehicles related to the construction. After the project the lot will be reopened. Please be aware of this change and contact Rick, for more information.

**Upcoming Trips for 2019**

**CT Lighthouse Cruise—Southern New England & Long Island**

July 18, 2019 —\$100pp

**Friesians of Majesty—VT**

August 21, 2019 —\$97pp

**The River Rose Cruise—Newburgh, NY**

October 3, 2019—\$97pp

**Christmas in the White Mountains**

November 12, 2019 — \$397pp

**Special Thanks** to all of the staff, volunteers, students and businesses who made the 2019 Special Day for Special People Picnic on June 1st such a great success!!! Big Thanks to our Senior Advisory Board, Hunter's Ambulance, Meriden Parks and Recreation, New Britain Transportation and the youth of Meriden who helped make the day very special.



MONDAY	TUESDAY	WEDNESDAY
<p>9:30 Art 9:30 Sewing &amp; Quilting <b>10:00 Trip Sign Up Day</b> 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;"><b>1</b></p>  <p><b>Lunch: Spaghetti &amp; Meatballs</b></p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble <b>10:30 Lemonade With Liz</b> 11:00 Weight Training 12:00 Poker Club 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>2</b></p> <p><b>Lunch: BBQ Beef Ribs</b></p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics <b>11:45 Root Bear Float</b> <b>Westfield Care</b></p> <p>12:30 Bingo</p> <p><b>Lunch: Philly Cheesest</b></p>
<p>9:30 Art 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;"><b>8</b></p>  <p><b>Lunch: BBQ Chicken Qtr</b></p>	<p>10:00 Young at Heart Ensemble <b>10:45 Lunch Trip to Lenny &amp; Joes Fish Tale<sup>9</sup></b> 11:00 Weight Training 12:00 Poker Club 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p>  <p><b>Lunch: Egg Salad, Vegetable Gumbo Soup</b></p>	<p>9:30 Art Class 10:15 Wii Bowling <b>10:30 Web Wednesday</b> 11:00 Aerobics 12:30 Bingo <b>12:30 Creative Writing</b></p> <p><b>Lunch: Hot Open Turke</b></p>
<p>9:30 Art 9:30 Sewing &amp; Quilting <b>10:00 Take It To The Box with Lea Crown</b> 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo <b>12:30 Red Hat Society</b></p> <p style="text-align: right;"><b>15</b></p>  <p><b>Lunch: Pork Loin W/Gravy</b></p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble <b>11:00 Veteran Services</b> 11:00 Weight Training 12:00 Poker Club 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>16</b></p>  <p><b>Lunch: Veal Parmesan</b></p>	<p>9:30 Art Class 10:15 Wii Bowling <b>10:30 Walking Club w/</b> 11:00 Aerobics 12:30 Bingo</p> <p><b>Lunch: Chef Salad, Mir</b></p>
<p>9:30 Art 9:30 Sewing &amp; Quilting <b>10:30 Crafting with Liz</b> 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;"><b>22</b></p>  <p><b>Lunch: Beef Taco, Black Bean Soup</b></p>	<p>10:00 Young at Heart Ensemble <b>10:45 Lunch Trip to Jimmies of Savin Rock</b> 11:00 Weight Training 12:00 Poker Club 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;"><b>23</b></p>  <p><b>Lunch: Herb Baked Chicken</b></p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo <b>12:30 Creative Writing</b></p> <p><b>Lunch: Meatballs W/Sa</b></p>
<p>9:30 Art 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;"><b>29</b></p> <p><b>Lunch: Chicken Cordon Blue</b></p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 11:00 Weight Training 12:00 Poker Club 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong <b>Lunch: Tortellini W/Ham &amp; Tomato</b></p> <p style="text-align: right;"><b>30</b></p> 	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics <b>10:30 Medicare 101</b> 12:30 Bingo</p> <p><b>Lunch: Ginger Garlic S</b></p>

WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Sponsored by &amp; Rehab</p>  <p>Break</p>	<p>4</p> <p><b><u>CLOSED</u></b></p> 	<p>5</p> <p>9:00 Advisory Board 10:00 Yoga 10:00 Computer One On One with Liz 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:45 Setback Club</p> <p><b><u>Color of the Day: Red, White &amp; Blue</u></b></p> <p>Lunch: Spinach Quiche</p>
<p>10</p> <p>oy Presentation</p>  <p>ey Sandwich</p>	<p>11</p> <p>8:30 Mini-Bus Shopping– Stop&amp;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 &amp; Tone Up 11:00 Latin Rhythm Exercise 12:00 Poker Club 12:30 Ceramics/12:30 Knit &amp; Crochet 12:30 Strength &amp; Tone 1:30 Tai Chi Gong Lunch: Cheeseburger</p>	<p>12</p> <p>10:00 Yoga 12:30 Mini-Bus Shopping: Target/Mall 12:30 Movie Of The Month— Jumanji 12:45 Setback Club</p> <p><b><u>Color of the Day: Blue</u></b></p> <p>Lunch: Veggie Chili</p>
<p>17</p> <p>ith Liz</p>  <p>estrone Soup</p>	<p>18</p> <p>8:30 Mini-Bus Shopping: Stop&amp;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 &amp; Tone/11:00 Latin Rhythm Exercise 9:15 CT Lighthouse Cruise 12:00 Poker Club 11:15 Birthday Party 12:30 Ceramics/12:30 Knit &amp; Crochet 12:30 Strength &amp; Tone 1:30 Tai Chi Gong Lunch: Chicken Florentine</p> 	<p>19</p> <p>10:00 Yoga 10:00 Computer One On One with Liz 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Double Bingo 12:45 Setback Club</p>  <p><b><u>Color of the Day: Teal</u></b></p> <p>Lunch: Salmon &amp; Pasta Salad</p>
<p>24</p>  <p>uce</p>	<p>25</p> <p>8:30 Mini-Bus Shopping– Stop &amp; Shop/ Save-a-Lot/Cindi's Diner 9:30 Art Class 10:00-2:00 Mini-Bus Trip - Hair Salon 10:00 Volunteer Appreciation Lunch 10:00 Sit Down &amp; Tone Up 11:00 Latin Rhythm Exercise 12:00 Poker Club 12:30 Ceramics/12:30 Knit &amp; Crochet 12:30 Strength &amp; Tone 12:30 New Member Orientation 1:30 Tai Chi Gong Lunch: Fish Croquettes, Macaroni Salad</p>	<p>26</p> <p>10:00 Yoga 12:30 Mini Bus Shopping: Goodwill/Aldi's 12:45 Setback Club</p> <p><b><u>Color of the Day: Purple</u></b></p> <p>Lunch: Stuffed Shells, Spinach Salad</p>
<p>31</p> <p>almon</p>		

## July 2019 Social Services



### There is still time to do your Renters' Rebate application

The Renters' Rebate program runs until October 1st. The rebate is a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies.

\*Must be a CT renter and not own a home

\*If married must do the application together

**Appointments can be made Tuesdays, Wednesdays and Thursdays, by calling 203-237-0066 or 203-630-4708**

\*Regardless of how early or late you apply, you will receive your check between mid October and November.

**Natalie Gill  
Social Services Worker  
Please Call  
203-630-4273  
to schedule an appointment  
M-F 8:30am-3:30pm**

### Meriden Commons

**Pre-applications are now available for Phase II of:**

- You download a pre-application from the [www.pennrose.com](http://www.pennrose.com) or pick up a paper copy outside the State Street entrance of Meriden Commons I.
- Pre-applications **MUST BE submitted via US MAIL** and should be addressed to: Meriden Commons II, 161 State Street, 06450
- Pre-applications must be filled out in its entirety to be eligible for housing.
- Pre-applications will be accepted on an ongoing basis until all apartments are occupied, after which a waiting list will be established.

Phase II is nearing construction completion. The second phase consists of an additional 76 apartment homes in the form of a mid-rise apartment building and townhomes. One-, two-, three- and four-bedroom affordable and market rate apartments are available. 1,532 SF of retail space will also be available for lease.



\*MENU CAN CHANGE WITHOUT ADVANCED NOTICE\*

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
3 oz meatballs ½ cup spaghetti ½ cup Fresh zucchini Garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	<b>4<sup>th</sup> of July Celebration</b> Lemonade BBQ beef ribs Baked beans Coleslaw Wheat roll Strawberry shortcake 8 oz low fat milk	3oz Philly cheesesteak ½c onions and peppers ½ steak fries Small grinder roll 4oz apple juice Pound cake 8 oz low fat milk	<b>CLOSED</b>	6 oz Cream of zucchini soup 1 pkt unsalted crackers 1/6 Spinach quiche ½ cup stewed tomato ½ cup roasted potato 1 herb breadstick 1 tsp margarine ½ cup Baked apple slices 8 oz low fat milk
8	9	10	11	12
3 oz BBQ chicken qtr ½ cup Roasted rosemary potato ½ cup Coleslaw Biscuit 1 tsp margarine ½ cup Watermelon 8 oz low fat milk	6 oz Vegetable gumbo soup 1 pkt unsalted crackers egg salad plate ½ cup egg salad 1 cup lettuce, cucumber ½ cup three bean salad Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Happy Birthday Hot open turkey sandwich: 3oz turkey w/gravy 1 slice wheat bread ½ smashed potato ½ California blend 1 tsp margarine 4 oz grape juice Ice cream cup 8 oz low fat milk	3 oz Cheeseburger Bun ketchup ½ cup Baked beans ½ cup Lettuce, tomato, pickles ½ cup Peaches 8 oz low fat milk	1 cup veggie chili ½ cup sweet potato wedges ½ cup broccoli corn bread 1 tsp margarine ½ cup Tropical fruit salad 8 oz low fat milk
15	16	17	18	19
3 oz Pork Loin with gravy ½ cup Brown rice ½ cup Broccoli/carrots 1 slice Multi grain bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	3 oz Veal Parmesan ½ cup penne pasta/sauce Parmesan cheese 1 cup Caesar salad with Caesar dressing 1 slice Italian bread 1 tsp margarine 4 oz Apple juice ½ cup Fruited Jello with whipped topping	6 oz Minestrone soup 1 pkt unsalted crackers Chef salad with 1 cup lettuce, cucumber, 1 oz each turkey, ham, cheese hard ¼ cooked egg French dressing Wheat dinner roll 1 tsp margarine ½ cup Pears 8 oz low fat milk	3 oz Chicken florentine ½ cup Bowtie noodles ½ cup Green and wax beans 1 slice Rye bread 1 tsp margarine ½ cup Melon 8 oz low fat milk	3 oz Salmon and pasta salad 1 cup Tossed salad ½ cup beet salad Breadstick 1 tsp margarine 4 oz Grape juice Lemon cookie 8 oz low fat milk
22	23	24	25	26
6 oz Black bean soup 1 pkt unsalted crackers 3 oz Beef taco on 1 cup salad with cheese, lettuce, tomato, salsa and salsa/ranch dressing 10 Tortilla chips ½ cup tropical fruit 8 oz low fat milk	3 oz Herb baked chicken ½ cup Sweet potato pone ½ cup Bean blend Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3oz meatball w/sauce Small wheat grinder roll 1c. tossed salad w/ cucumber and Italian dressing Fresh fruit 8 oz low fat milk	3 oz fish croquettes/tartar sauce and lemon ½ cup Macaroni salad ½ cup Beet salad Pumpernickel dinner roll 1 tsp margarine 4 oz Apple Juice Berry strudel 8 oz low fat milk	3 oz Stuffed shells with vegetable cream sauce ½ cup Butternut squash 1 cup Spinach salad with carrots and raspberry vinaigrette Garlic Bread 1 tsp margarine ½ cup Melon 8 oz low fat milk
29	30	31		
3 oz chicken cordon blue ½ cup roast potato ½ cup Carrots Wheat dinner roll 1 tsp margarine 4 oz Orange juice Brownie 8 oz low fat milk	1 cup Tortellini with ham/ tomato and pepper ½ cup Broccoli Herb breadstick 1 tsp margarine 4 oz Grape Juice Italian ice 8 oz low fat milk	6oz cream of carrot soup 1 pkt unsalted crackers 3 oz ginger garlic salmon ½ cup rice pilaf ½ cup spinach Wheat bread 1 tsp margarine ½ cup Melon 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 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!!!

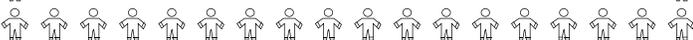
Please remember that packaging and bringing home any leftovers from our served lunch is **prohibited**.

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, trips 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. We appreciate your help.



### Transportation Reminder

The Daily Mini-Bus Sign Up Sheet for the Senior Center for Seniors to call or sign up weekly/daily with their schedules for a ride. Bus Routes start at 8:30AM. Seniors should be waiting for their ride. Drivers will wait 5 minutes and then continue on their route.

### Meriden Advisory Board on Aging

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.

**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

Chips -\$.50

Can Soda -Juice -\$1.00

Cookies - \$.75

Sparkling Ice -\$1.00

Flavored Seltzer -\$1.00

Ice-Cream Cups -\$.50

Snapple -\$1.25



### Did you know? We Provide Transportation For In Town Medical Appointments!



Transportation for medical appointments needs to be scheduled at least (3) days in advance. Only 1 medical appointment can be scheduled per day. Funds provided by City of Meriden, the Connecticut DOT and the Area Agency on Aging of South Central CT. Donations are gratefully accepted.



# MEMORIES

