

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
March 2020

Free Tax Assistance

AARP volunteers affiliated with the national Tax-Aide Program will offer free income tax assistance on Wednesdays, **thru April 8th**, in the Mezzanine. Under the direction of the Meriden Tax-Aide Coordinator, trained volunteers will prepare and E-file your federal and state tax returns for 2019. **Appointments can be made by calling 203-237-0066.** Please be sure to be on time for your appointment and bring a copy of your **2019 income tax return, all income records from 2019, and a photo ID.**

9th Annual Josephine E. Bradley Spelling Bee

Tuesday, March 31 from 11:30am-1:15pm

Save the date! Students from Washington and Lincoln Middle Schools are paired with seniors in this fun, educational event in the Dining Room. Please sign up in the front office to be part of a team for our Intergenerational Spelling Bee!

2020 Special Day For Special People

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

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

Please save the date.

Program, Trip and Event Signup Day

Monday, March 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.

Root Beer Floats with Liz w/ Special Guests - Representatives from Eversource

Tuesday, March 3 from 10:30am-11:30am



We welcome representatives from Eversource to this months meeting with our Recreation Coordinator. Eversource will be discussing the annual May 1st ending of the billing moratorium. Please join to learn more about energy assistance and your Eversource bill. There will also be time for Root beer Floats and a roundtable discussion with thoughts & suggestions for upcoming activities and trips offered here at the Center. We are open to new ideas and suggestions!!

Scrabble Game with Carol

Tuesdays, March 3 & 17 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.

Wheel of Fortune with the Berlin VNA

Wednesday, March 4 from 10:30am-11:30am



Please join the Berlin Visiting Nurse Association in our Dining Room for a fun Wheel of Fortune game with prizes about Nutrition.

FREE Groceries - Connecticut Food Bank

Wednesday, March 4, 11, 18, 25 at 10:30am

CT Food Bank will be presenting a health based presentation and 20 seniors will be able to board their grocery truck and receive free groceries. Please arrive 15 minutes early at the front desk to fill out your name to enter your name into a lottery on the morning that CT Food Bank is here of you wish to participate.



Eating For Healthy Weight Loss with Hartford Healthcare

Wednesday, March 11 from 10:30am-11:30am

How to eat healthy and be conscious of healthy eating throughout our lives. What does it mean to be healthy as we age. Presented by Tracey Luciani, registered dietician, Southington Care Center. Sponsored by Hartford HealthCare Senior Services. **Please sign up in the front office.**

Bottle Cap Necklace Craft with Liz

Thursday, March 12 from 10:30am-11:30am

Please join Liz for a St. Patrick's theme necklace craft using shamrocks, bottle caps, resin and more. Thank you Maloney's Publick House for providing the bottle caps for this month craft!

Red Hat Society Members

Monday, March 16 at 12:30pm



The Red Hats welcome back all current members as well as new members to their monthly meetings. Meetings typically include a fun afternoon of snacks, bingo, raffles, presentations, and outings several times a year! Throw on your red and purple and join this group of women!

2020 Census Information Session

Monday, March 16 from 10:30am-11:30am



The Census Bureau will be in the Dining Room presenting on the 2020 Census and answer all your questions.

Veteran Services with George Messier

Tuesday, March 17 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.

BIRTHDAY PARTY!

Thursday, March 19 at 11:30am



This month's birthday cake and gifts will be sponsored by: **Guardian Angels Homecare**. Your birthday must be in March. Please sign up by Thursday, March 12 to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in March!

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	
Weight Training	Thursdays, 11:00am	Lower Level	
Yoga	Fridays, 10:00am	Matt Dominello Community Room	

Weekly Art Classes

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

Daylight Savings

Begins Sunday, March 8 at 2:00am

The ending is near from the long hours of darkness! Set your clocks forward as Spring and Summer aren't far away.



Inclement Weather Reminder

The Senior Center follows the Board of Education closure policy. If Meriden schools are closed due to inclement weather, 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
Front Office	203-237-0066
Liz Parra, Recreation Coordinator	203-237-0066
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Kusek, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Allan Church, Meriden Transit	203-630-4706
Kathryn Longley, Community Services	203-630-4708
Conference Room	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Noel Aube, Tom O'Malley, Mike Connolly,
 Lisa Mesite
 Kitchen Staff: Melba Leary, Marisol Pelletier

Game Day with Success Academy



Thursday, March 19 from 10:00am-11:00am

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

Take It To The Box Day



Monday, March 23 from 10:30am-11:30am

Do you have old or unwanted prescription or over-the-counter medications at home? Dispose of them safely! Bring them to the Senior Center on this day and take a walk to the medication drop box at the Meriden Police Department with a representative from the Meriden Health Department. We will meet in the lobby and walk over together, and will explain the use of the drop box. Everyone that brings medication in will be entered into a raffle for a medication lock box (\$35 value). Can't make it on this day? The drop box is available 24 hrs a day 7 days a week. (even holidays and weekends). Please see the front desk with any questions.

Assurance Wireless Help



Wednesday, March 25 at 10:30am

A representative from Assurance Wireless will be at our center to help with all of your questions about their services and plans.

Renters' Rebate

The City of Meriden will start accepting applications for the State of Connecticut Renters' Rebate Program from April 1, 2020 until October 1, 2020. For more information please see page 8.

Web Wednesday



March 25 from 10:15am-11:15am

Platt High School, 220 Coe Ave.

Join us for the return of Web Wednesdays! March Web Wednesday will focus on email address and the basics of email communication. Please sign up at the front office and let us know you will be taking our mini-bus to Platt High School or if you will meet us there. Min-bus will leave our center at 9:45am.

New Member Orientation



Thursday, March 26 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 each month. Hope to see you there!

Common Financial Mistakes with Toomey Investment Management, Inc.

Thursday, March 26 at 10:30am

Come and join us in the Activity room for a discussion of what's going on in the finance industry, to learn how the new SECURE Act of 2020 may impact your retirement plan and estate plan, and to go over some Common financial mistakes that you may be able to avoid.

Blood Pressure Checks



Monday, March 30 from 10:30am-11:30am

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



"Rain Man"

Friday, March 13 at 12:30pm



The movie of the month is a 1988 Rated R film. Selfish yuppie, Charlie Babbitt's father left a fortune to his savant brother Raymond (Dustin Hoffman) and a pittance to Charlie (Tom Cruise); they travel across country.



Upcoming Trips for 2020

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

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

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



Mini-Bus Lunch Trips

Ruby Tuesdays in Meriden

Tuesday, March 10

Bus leaves the Center at 10:45am.

Huxley's in Meriden

Tuesday, March 24

Bus leaves the Center at 10:45am.



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

Attention All Bingo Lovers



The Meriden Senior Center is looking for new volunteers to call Bingo on Mondays, Wednesdays, and every third Friday of the month. Please visit the front office if you are interested in participating!

Calling All Card Players!



Poker club meets on Tuesdays, Thursdays at 12:30pm

Setback club meets on Fridays at 12:30pm
New players are welcome.

Calling All Veterans!



The Antique Veterans are looking for new members to join their group. The Antique Veterans of Meriden Honor Guard was formed in 1996 and meets weekly each Thursday morning at 9:00am. If you would consider joining this organization please contact Ed Lynch: 203-686-0473, email: elynch77@hotmail.com or Ray Bednarz: 203-237-9730, email: whaler44@att.net.

Calling All Singers! Join Our Young at Heart

Ensemble

Tuesday, March 10, 24, 10:00am



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

Senior Center Pool Team



Friday, March 13, 1:00pm, Home vs Wallingford
Friday, March 27, 1:00pm, Home vs Southington

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

Senior Center

Mini-Bus Transportation Program (203) 237-3338



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

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

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

Please schedule medical trips at least three (3) days in advance. Only one medical appointment can be scheduled per day. Rides are free; funds come from the City of Meriden, the CT DOT, and the Agency on Aging of South Central CT. Donations are gratefully accepted. Please see the schedule below for scheduled shopping trips through the Mini-Bus program. Please note that there is a 2 bag limit for shopping trips. Friday shopping leaves from the Senior Center; all other shopping is from your home.



Monthly Shopping Schedule

Stop and Shop/Save-A-Lot

Thursdays — March 5, 12, 19, 26

Walmart or Shop Rite

Tuesdays— March 3, 17

Fridays— March 6, 20

Target/Mall/Mall

Friday — March 13

Goodwill/Aldi's

Friday — March 27

MONDAY	TUESDAY	WEDNESDAY
<p>9:30 Art 2 10:00 Program, Trip and Event Sign up Day 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo </p> <p>Lunch: Hot Open Turkey Sandwich</p>	<p>10:30 Root Beer Floats with Liz 3 10:30 Scrabble Game with Carol   11:00 Weight Training 12:30 Ceramics 12:30 Mini-Bus Shopping: Walmart/ShopRite 12:30 Poker Club  12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Salisbury Steak W/Gravy</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 FREE Groceries — 10:30 Wheel of Fortune VNA 11:00 Aerobics 12:30 Bingo </p> <p>Lunch: Southern Crusties</p>
<p>9:30 Art 9 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo </p> <p>Lunch: Beef Stroganoff</p>	<p>10:00 Young at Heart Ensemble 10 10:30 Lunch Trip: Ruby Tuesday's In Meriden 11:00 Weight Training 12:30 Ceramics 12:30 Poker Club  12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Roasted Chicken </p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 FREE Groceries — 10:30 Eating For Health Hartford Healthcare 11:00 Aerobics  12:30 Bingo</p> <p>Lunch: Pork Roast W/G</p>
<p>9:30 Art 16 9:30 Sewing & Quilting 10:30 2020 Census Information Session 10:30 Sit Down & Tone Up   11:00 Aerobics  12:30 Bingo 12:30 Red Hat Society</p> <p>Lunch: Cold Grinder (Turkey, Ham, Cheese)</p>	<p>10:30 Scrabble Game with Carol 17  11:00 Weight Training 11:00 Veteran Services 12:30 Mini-Bus Shopping: Walmart/ShopRite 12:30 Ceramics  12:30 Poker Club 12:30 Arthritis Exercise  1:30 Tai Chi Gong</p> <p>Lunch: St. Patrick's Day Special Corned Beef & Cabbage </p>	<p>9:30 Art Class 10:00 Wii Bowling 10:15 Day Trip — Lepre Cabin in Holyoke, 10:30 FREE Groceries — 11:00 Aerobics  12:30 Bingo</p> <p>Lunch: Orange Chicken</p>
<p>9:30 Art 23 9:30 Sewing & Quilting  10:30 Sit Down & Tone Up 10:30 Take It To The Box Day 11:00 Aerobics  12:30 Bingo</p> <p>Lunch: Chicken Cacciatore</p>	<p>10:00 Young At Heart Ensemble 24 10:30 Lunch Trip: Huxley's in Meriden 11:00 Weight Training  12:30 Ceramics 12:30 Poker Club  12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Unstuffed Peppers</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:15 Web Wednesday School 10:30 FREE Groceries — 10:30 Assurance Wirele 11:00 Aerobics  12:30 Bingo</p> <p>Lunch: Pulled Pork Sand</p>
<p>9:30 Art 30 9:30 Sewing & Quilting  10:30 Blood Pressure Checks 10:30 Sit Down & Tone Up 11:00 Aerobics  12:30 Bingo</p> <p>Lunch: Ravioli with Meat Sauce</p>	<p>11:30 9th Annual Josephine E. Bradley 31 Spelling Bee 12:30 Ceramics 12:30 Poker Club  12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p>Lunch: Fish Sticks, Macaroni & Cheese</p>	

WEDNESDAY	THURSDAY	FRIDAY
 <p>4</p> <p>CT Foodbank with the Berlin</p>   <p>and Fish</p>	<p>5</p> <p>8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot</p> <p>9:30 Art Class /Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Weight Training</p>  <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone/1:30 Tai Chi Gong</p> <p>Lunch: Chicken Marsala</p>	<p>6</p> <p>9:00 Advisory Board</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/ShopRite</p> <p>12:30 Setback Club</p> <p><u>Color of the Day: Dark Blue</u></p> <p>Lunch: Eggplant Rolatini</p>
 <p>11</p> <p>CT Foodbank by Weight Loss with</p>   <p>Cravy</p>	<p>12</p> <p>8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot</p> <p>9:30 Art Class /Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>10:30 Bottle Cap Necklace Craft with Liz</p> <p>11:00 Weight Training</p> <p>12:30 Poker Club</p>  <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone/1:30 Tai Chi Gong</p> <p>Lunch: Mushroom & Spinach Quiche</p>	<p>13</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Target/Mall</p> <p>12:30 Movie of the Month — “Rain Man”</p> <p>12:30 Setback Club</p> <p>1:00 Pool Team — Home vs Wallingford</p>   <p><u>Color of the Day: White</u></p> <p>Lunch: Mediterranean Fish</p>
 <p>18</p> <p>chauns & Linguini MA</p> <p>CT Foodbank</p>  	<p>19</p> <p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot</p> <p>9:30 Art Class /Antique Veterans</p>  <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit & Tone/11:00 Weight Training</p> <p>10:00 Game Day with Success Academy</p> <p>11:30 Birthday Party</p>   <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone/1:30 Tai Chi Gong</p> <p>Lunch: Beef & Bean Chili</p>	<p>20</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/ShopRite</p> <p>12:30 Double Bingo</p>  <p>12:30 Setback Club</p> <p><u>Color of the Day: Green</u></p> <p>Lunch: Baked Ziti</p>
 <p>25</p> <p>at Platt High</p>  <p>CT Foodbank</p> <p>ess Help</p>  <p>assurance</p> <p>wireless</p>  <p>wich</p>	<p>26</p> <p>8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot</p> <p>9:30 Art Class</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>10:30 Common Financial Mistakes with Toomey Investment Management, Inc.</p> <p>11:00 Weight Training</p> <p>12:30 New Member Orientation</p>  <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Poker Club</p>  <p>12:30 Strength & Tone/1:30 Tai Chi Gong</p> <p>Lunch: Roasted Turkey Breast</p>	<p>27</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Goodwill/Aldi’s</p> <p>12:30 Setback Club</p> <p>1:00 Pool Team — Home vs Southington</p> <p><u>Color of the Day: Turquoise</u></p>  <p>Lunch: Tuna Salad in Hotdog Bun</p>
		



MARCH 2020 SOCIAL SERVICES



Homeowner's Tax Relief Program

Individuals must be 65 and older or totally disabled
Applications for the Homeowner's Program are available
in the

Assessor's Office 142 East Main Street

from February 10th through May 15, 2020:

Mondays and Fridays-8:30am to 11:30am

Wednesdays-1:30pm to 4:30pm

No Appointment Necessary

All applicants must furnish the following information at
time of application:

- Social Security Benefit 1099 forms for 2019
- Proof of all income for 2019

Income Guidelines:

State Homeowner's Program-Unmarried: \$37,000 Married: \$45,100

Local Homeowner's Program-Unmarried: \$35,200 Married: \$42,900

State & Local Veteran's Program-Unmarried: \$37,000 Married: \$45,100

(Those applying for additional Veteran's Programs must
apply before September 30, 2020)

New to Medicare Program

The Agency on Aging of South Central CT is launching a
program designed for anyone who is turning 65,
collecting Social Security disability benefits, or
otherwise new to Medicare. This program will explain
the different parts of Medicare, how Medicare works,
how to choose among different Medicare options, and
the cost assistance programs available in CT.

Presentations are held on the first Wednesday of
every month at 4pm at the Agency on Aging of South
Central CT, 117 Washington Ave, North Haven.

If you'd like to reserve a seat, please call Jon at
203-785-8533 ext. 3282.

What is Renters' Rebate?

It's a reimbursement program for Connecticut
renters who are 65 or older or totally disabled,
and whose incomes does 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.

Appointments can be made on:

**Mondays, Tuesdays, Wednesdays and Thursdays
from 9:30am-12:30pm**

Program runs from April 1st-October 1st

**Call 203-630-4708 or 203-237-0066
to schedule an appointment**

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

New Renters' Rebate Income Guidelines

Applicant's qualifying income in the calendar
year 2019 must not exceed \$37,000 if unmarried,
or \$45,100 if married.

**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

MENU CAN CHANGE WITHOUT ADVANCED NOTICE

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
3 oz Hot open turkey sandwich on wheat /gravy ½ cup Potato wedges 1 cup Tossed salad w/ carrots Italian dressing ½ cup Apple Slices with cinnamon 8 oz Low fat milk	3oz Salisbury Steak w/ LS gravy ½ cup Mashed sweet potato ½ cup Broccoli Multigrain roll 1 tsp margarine Fresh fruit 8 oz Low fat milk	6 oz Tomato basil soup 1 pkt LS crax 3 oz Southern Crusted fish Tartar sauce/lemon ½ cup Brown rice ½ cup Glazed carrots 1 slice Rye bread 1 tsp margarine ½ cup Canned peaches 8 oz Low fat milk	3 oz Chicken Marsala ½ cup Roasted squash ½ cup Green beans 1 slice Multigrain bread 1 tsp margarine 4 oz Orange juice ½ cup Chocolate pudding 8 oz Low fat milk	1 square Eggplant rolatini ½ cup Ziti w/ sauce 1 cup Caesar salad w/ Caesar dressing 1 slice Italian bread 1 tsp margarine Fresh fruit 8 oz Low fat milk
9	10	11	12	13
3 oz Beef Stroganoff ½ cup Bowtie noodles ½ cup Green beans 1 slice Whole wheat bread 1 tsp margarine Fresh fruit 8 oz Low fat milk	3 oz Roasted chicken ½ cup Roasted rosemary potatoes ½ cup Scandinavian blend 1 Wheat dinner roll 1 tsp margarine 4 oz Apple juice Carrot cake 8 oz Low fat milk	3 oz Pork Roast w/LS gravy ½ cup Mashed potato ½ cup Broccoli 1 slice Pumpnickel bread 1 tsp margarine ½ cup Mandarin oranges 8 oz Low fat milk	6 oz Chicken Tortilla soup 1 pkt LS Crax 1/6 Mushroom- spinach Quiche ½ Broiled tomato ½ cup orzo pilaf 1 slice marble bread ½ cup Fruit cocktail 8 oz Low fat milk	3 oz Mediterranean fish Tartar/lemon ½ cup Brown rice pilaf ½ cup Bean blend Dinner roll 1 tsp margarine ½ cup Pineapple 8 oz Low fat milk
16	17	18	19	20
6 oz Minestrone soup 1 pkt LS crackers Cold grinder (1 oz each turkey, ham, cheese w/ lettuce and tomato) mustard/mayo ½ cup beet salad ½ cup peaches 8 oz Low fat milk	St. Patricks Day Special Corned beef and cabbage Boiled potatoes Carrots Irish Soda bread Bread pudding with topping 8 oz Low fat milk	3 oz Orange chicken ½ cup Fried rice ½ cup Sautéed peppers and onions 1 slice Wheat bread 1 tsp margarine ½ cup pineapple 8 oz Low fat milk	1 cup Beef and bean chili ½ cup Roast potato wedges ½ cup Roasted squash 1 corn bread 1 tsp margarine Fresh fruit 8 oz low fat milk	1 cup Baked ziti 1 cup Tossed salad w/ cucumbers and ranch dressing 1 Breadstick 1 tsp margarine 4 oz Orange Juice Iced chocolate cake 8 oz Low fat milk
23	24	25	26	27
3 oz Chicken Cacciatore ½ cup Bowtie noodles ½ cup Cauliflower Italian bread 1 tsp margarine Fresh fruit 8 oz Low fat milk	6 oz Italian Wedding soup 1 pkt LS crackers 1 cup Unstuffed peppers 1 cup Tossed salad w/ tomatoes and balsamic dressing 1 slice Whole wheat bread ½ cup pears 8 oz Low fat milk	3 oz Pulled Pork Sandwich 1 wheat bun ½ cup Coleslaw ½ cup Baked beans Fresh fruit 8 oz Low fat milk	3 oz Roasted turkey breast ½ cup Mashed butternut squash ½ cup Green beans 1 slice Rye bread 1 tsp margarine 4 oz Apple juice Brownie 8 oz Low fat milk	Tuna boat- ½ cup tuna salad in Hot dog bun ½ cup lettuce/tomato ½ cup Pasta and veg salad 4 oz Mixed fruit juice ½ cup vanilla pudding with berries 8 oz Low fat milk
30	31			
1 cup Ravioli w/meat sauce ½ cup Broccoli Parmesan cheese 1 slice Italian bread 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz Low fat milk	3 oz Fish sticks Tartar sauce/lemon ½ cup Macaroni and cheese ½ cup Green beans 1 slice Rye bread 1 tsp margarine Fresh fruit 8 oz Low fat milk			

Elderly Nutrition Program

(203) 630-4704

\$3.00 Suggested Donation for Seniors 60 and Up- \$6.00 Fee for Non-Seniors

No loose change will be accepted

Ordering: Sign up for your meal by noon the day before. **Cancelling:** We need you to contact the kitchen to cancel your order A.S.A.P. This will help us reduce the number of wasted meals.

A "Form 5" must be filled out prior to 11:25am when you come for your first lunch and updated yearly after that.

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

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

Meriden Advisory Board on Aging

Friday, March 6, 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.

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



St Patrick's Day

WORD SEARCH Search across, down, and diagonally

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

Find the following words:

LEPRECHAUN
ST PATRICK
SHAMROCK
IRELAND

RAINBOW
CLOVER
GREEN
MARCH

GOLD
LUCK

