

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
October 2019

Live Well Workshop Series

Tuesday, October 1, 8, 15, 22, 29 from 12:30pm-3:00pm

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety, or depression? Do you care for someone who does? This workshop can help you or your loved one learn to be in control and feel better. Join our FREE 6-week Live Well Workshop in the Main Activity Room on Tuesday afternoons . It's Your Life...Live It Well!

Kindly RSVP to the front office.

Halloween Party

Thursday, October 31 from 10:00am-12:00pm

Join us if you dare for a WICKED good time at our Halloween dance party with Be_Entertained DJs and More! Costume contest at noon with winners for the funniest costume, most creative, and the scariest costume. Regular lunch will be served.

Attention ALL Travelers!!!

Monday, October 28 from 10:30am-11:30am

Please join Liz Parra, our Recreation Coordinator and Brett Isaacson, President of Friendship Tours, in the Dining Room for a travel presentation. We are excited to reveal the day trips, overnight trips and cruises for 2020. Get a sneak peak!

Please sign up in the front office.

22 West Main Street, Meriden, CT 06451 www.meridenct.gov

Program, Trip and Event Signup Day**Tuesday, October 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.

Apple Cider with Liz**Wednesday, October 2, 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!!!

**Flu Shot Clinic****Monday, October 7 from 9:30am-11:30am**

Join the registered nurses from the Meriden Health Department for the Flu Shot in the Clinic Office on the main floor. Please make sure to bring your Medicare card. No appointment necessary.

**Driver Safety —Spanish Class —NEW!!!****Wednesday, October 9 from 9:00am-1:00pm**

Taking this safe driver course could save you money on your car insurance! Check with your insurance agent to see how much of a discount you could receive. In honor of Hispanic Heritage Month, all AARP member and non-member participants attending an all Spanish-language Smart Driver classroom course during these dates will pay a new reduced rate of \$10. Please make checks payable to AARP. Sorry no cash! Class will be held upstairs in the Mezzanine. **Call the front office at 203-237-0066 to sign up.**

**Halloween Bats & Witches Craft with Liz****Tuesday, October 15, 10:30am**

Please join Liz in making a fun Halloween craft in the Activity Room. **Please sign up in the front office.**

**Creative Writing****Wednesday, October 16 from 12:30pm-1:30pm**

Learn to put your thoughts and ideas onto paper, express yourself effectively, and share your ideas with others. **Classes will be held in the Mezzanine.**

**Walking Club with Liz and Rich****Wednesday, October 16, 10:30am**

If you are interested in joining Liz & Rich for a fitness walk at Red Bridge, please sign up at the front office. Please meet at 10:15am in the front lobby. The bus will pick us up after our walk at 11:45am. **Always weather permitting.**

**BIRTHDAY PARTY!****Thursday, October 17, 11:15am**

This month's birthday cake and gifts will be sponsored by: **Anthem Blue Cross Blue Shield**. Your birthday must be in October. Please sign up by Thursday, October 10th to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in October!

**Prize Bingo with Skyview Rehab & Nursing****Friday, October 18 from 10:30am-11:15am**

Please join Allison from Skyview Rehab & Nursing in the Dining Room for a fun prize bingo game!

Web Wednesday**Wednesday, October 23 from 10:15am-11:15am****Maloney High School, 121 Gravel St.**

The topic for our Web Wednesdays will be "Internet Safety". Learn how to spot and avoid the scammers!! **Please sign up at the front desk.** Mini bus will leave the center @ 9:45am.

Fall Prevention with Genesis**Meriden Center****Friday, October 25 from 10:30am-11:15am**

Please join rehab director from Genesis Meriden Center in the Dining Room to learn about fall prevention.

**Blood Pressure Checks****Monday, October 28 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.



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

Senior Center Pool Team

Friday, October 11, 1:00pm, Away @ Wallingford

Friday, October 25, 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!

*****Announcements*****

Daily Bus Riders— Please be sure to check in with Ruth to book your daily rides to and from the Senior center. Rides must be booked by 12:30pm for the next day. If you need to cancel please call and leave a message so we do not send a bus to pick you up.

Daily Lunch Participants

Let's Reduce our Wasted Meals

Monday, October 21 from 11:00am to 11:30am

Erin Harkrader, Director of LifeBridge is trying to reduce wasted meals in our Elderly Nutrition Program. Please join us to learn how we can help.

Calling All Card Players

Poker club meets on Thursdays at 12:30pm

Setback club meets on Fridays at 12:45pm

New players welcome!

**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
Senior Center Fax	203-235-7149

Mini Bus: Noel Aube, Tom O'Malley, Mike Connolly,
Lisa Mesite

Kitchen Staff: Melba Leary, Marisol Pelletier



Mini-Bus Lunch Trips

Pacific Buffet & Grill in Wallingford



Thursday, October 10th

Bus leaves the Center at 10:45am.

American Steakhouse in Meriden



Thursday, October 30

Bus leaves the Center at 10:45am.



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.

Upcoming Trips for 2019

The River Rose Cruise—Newburgh, NY
October 3, 2019—\$97pp

Christmas in the White Mountains — NH
November 12, 2019 — \$397pp

Special thanks to John J. Ferry & Sons Funeral Home, Downtown Coffee and Shades of Green for their generous donations and dedication to our first Celebration of Life Ceremony and the new memorial wall dedicated in memory of our late and beloved members of the Meriden Senior Center.



The 2020 Census is Coming!

Monday, October 1 from 11:00am to 11:30am

Join Michael Burke, Partnership Specialist from the U.S. Census Bureau for an induction to the Census. Every 10 years a census of people living in America is conducted in accordance with the U.S. Constitution. The goal of the decennial census is to count everyone once, only once and in the right place on April 1, 2020.

**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 — October 3, 10, 17, 24, 31
Walmart or Shop Rite
Tuesdays— October 8, 22
Fridays — October 4, 18, 25
Target/Mall/Savers
Friday — October 11

MONDAY	TUESDAY	WEDNESDAY
	<p>10:00 Young at Heart Ensemble 10:00 Program, Trip and Event Sign Up Day 11:00 Weight Training 11:00 Census Intro. 12:30 Live Well Workshop 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p><i>live well</i></p> <p>Lunch: Penne Pasta, Sausage W/Meatballs</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 Apple Cider with 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: BBQ Chicken</p> 
<p>9:30 Flu Shot Clinic 9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 11:00 Dan Zaborowski, potential City Council Candidate, Visiting in the Dining Room 12:30 Bingo</p> <p><i>live well</i></p> <p>Lunch: Tacos</p> 	<p>10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Live Well Workshop 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p><i>live well</i></p> <p>Lunch: Chicken Parmesan A La Santa Maria</p>	<p>9:00 Driver Safety-Spar 9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Chicken Pot Pie</p> 
<p>CLOSED</p>  <p>14</p>	<p>10:00 Young at Heart Ensemble 10:30 Halloween Bats & Witches Craft with Liz 11:00 Weight Training 11:00 Veteran Services 12:30 Live Well Workshop 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p><i>live well</i></p> <p>Lunch: Fish Sticks</p> 	<p>9:30 Art Class 10:00 Wii Bowling 10:30 Walking Club with 11:00 Aerobics 12:30 Bingo 12:30 Creative Writing</p> <p>Lunch: Salisbury Steak</p> 
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 11:00 Daily Lunch Participants-Let's Reduce Our Wasted Meals with Erin Harkrader from LifeBridge 12:30 Bingo 12:30 Red Hat Society</p> <p><i>live well</i></p> <p>Lunch: Herb Baked Chicken</p> 	<p>10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Live Well Workshop 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p><i>live well</i></p> <p>Lunch: Cold Cut On Grinder Roll</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:15 Web Wednesday 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Box Lunch</p> 
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Blood Pressure Checks 10:30 Sit Down & Tone Up 10:30 Attention ALL Travelers!!! 11:00 Aerobics 12:30 Bingo</p> <p><i>live well</i></p> <p>Lunch: Fish Croquette</p> 	<p>10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Live Well Workshop 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p><i>live well</i></p> <p>Lunch: Chicken Francese</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:30 Lunch Trip to Am 11:00 Aerobics 12:30 Bingo</p> <p>Lunch: Sweet & Sour Por</p> 

WEDNESDAY	THURSDAY	FRIDAY
<p>Liz  2</p> <p></p>	<p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 3</p> <p>9:15 River Rose Cruise Day Trip </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 Latin Rhythm Exercise</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: Sliced Turkey W/Gravy</p>	<p>9:00 Advisory Board 4</p> <p>10:00 Yoga</p> <p>10:30 Take It To The Box with Lea Crown </p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Movie - Hocus Pocus</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Orange</u></p> <p>Lunch: Spanish Omelet</p>
<p>Spanish Class-NEW 9</p> <p></p>	<p>8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot/Cindi's Diner 10</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 Lunch Trip to Pacific Buffet & Grill</p> <p>11:00 Latin Rhythm Exercise</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: Pork Loin W/Gravy</p>	<p>10:00 Yoga 11</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Target/Mall/Savers</p> <p>12:30 Movie - Rear Window</p> <p>12:45 Setback Club </p> <p>1:00 Pool Team—Away vs Wallingford</p> <p><u>Color of the Day: Black & Wear a Crazy Hat</u></p> <p>Lunch: Butternut Squash Ravioli in White Cream Sauce</p>
<p>h Liz and Rich 16</p> <p></p> <p>W/Gravy</p>	<p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner 17</p> <p>9:30 Art Class /Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Game Day with the Success Academy</p> <p>10:00 Sit & Tone/11:00 Latin Rhythm Exercise</p> <p>11:15 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: Chicken Piccata</p>	<p>10:00 Yoga 18</p> <p>10:30 Prize Bingo with Skyview Rehab & Nursing </p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Double Bingo</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Pink</u></p> <p>Lunch: Broccoli Quiche</p>
<p>23</p> <p></p> <p></p>	<p>8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot/Cindi's Diner 24</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 Understanding Lymphedema</p> <p>11:00 Latin Rhythm Exercise/12:00 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: Baked Salmon Strips</p>	<p>10:00 Yoga 25</p> <p>10:30 Fall Prevention with Genesis Meriden Center</p> <p>11:00 Aerobics</p> <p>12:30 Mini Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Movie - Frankenstein (1931)</p> <p>12:45 Setback Club</p> <p>1:00 Pool Team—Away vs Southington </p> <p><u>Color of the Day: Tie-Dye</u></p> <p>Lunch: Vegetarian Chili</p>
<p>American Steakhouse 30</p> <p></p> <p>rk</p>	<p>8:30 Mini-Bus Shopping– Stop&Shop/ Save-a-Lot/Cindi's Diner 31</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>10:00 Halloween Day Party </p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Poker Club</p> <p>12:30 New Member Orientation </p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone/1:30 Tai Chi Gong</p> <p>Lunch: Spooky Spaghetti, Monster Meatballs</p>	<p></p>

October 2019 Social Services



Open Enrollment

for Medicare Advantage and Medicare Prescription Drug Coverage is from

October 15th-December 7th

Please contact me if you would like to change your plan.



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 starting October 8th by appointment or walk-ins will be permitted

If you are interested in scheduling an appointment, please call to schedule an appointment

Renters' Rebate Program Extension Request

You have until December 15th to request an extension of time to file your renters rebate with a doctor's letter indicating that you were under their care. If you are interesting please contact me for more information.



www.rtor.org offers families affected by mental illness guidance, support and information on the best practices and providers in recovery-oriented mental health care.

Your questions, comments and concerns are important to us! For information on RtoR Family-Endorsed Providers or to obtain a referral, call our Resource Line to speak with a qualified Resource Specialist.

Resource Line: 203-724-9070

Please note: **This is not a crisis line.** If you need immediate help call 911, or contact your local crisis services.



Natalie Gill
Social Services Worker
Monday-Friday
8:30 am-3:30 pm
Please call to schedule an Appointment
203-630-4273

MENU CAN CHANGE WITHOUT ADVANCED NOTICE

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	3 oz sausage and meat-balls ½ cup penne pasta parmesan cheese ½ cup Italian blend vegs 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz BBQ chicken ½ cup sweet potato fries ½ cup spinach biscuit 1 tsp margarine 4 oz orange juice ½ cup tapioca pudding 8 oz low fat milk	6 oz butternut squash and apple soup 1 pkt unsalted crackers 3 oz sliced turkey/gravy ½ cup baked potato ½ cup broccoli cranberry sauce dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Spanish omelet ½ cup orzo pilaf ½ cup mixed vegetables wheat dinner roll 1 tsp margarine 4 oz grape juice 1 slice crumb cake 8 oz low fat milk
7	8	9	10	11
3 oz taco meat ½ cup brown rice ½ cup fiesta blend Wheat tortilla 1 tsp margarine ½ cup tropical fruit 8 oz low fat milk	Columbus Day Special 3 oz chicken parm a la Santa Maria ½ cup new world shells ½ cup Columbus vegetable blend 1 Tsp parmesan cheese 1 slice Italian bread 1 tsp margarine 4 oz grape juice 1 slice cake 8 oz low fat milk	6 oz chicken noodle soup 1 pkt unsalted crackers 3 oz chicken pot pie mix 1 Biscuit ½ cup Broccoli 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz pork loin/gravy ½ cup baked sweet potato ½ cup carrots pumpnickel dinner roll 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz low fat milk	1 cup butternut squash ravioli with cream sauce ½ cup white beans ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup bake apple slices 8 oz low fat milk
14	15	16	17	18
CLOSED	3 oz fish sticks tartar sauce ½ cup barley pilaf ½ cup California blend wheat dinner roll 1 tsp margarine 4 oz grape juice pound cake with strawberry topping 8 oz low fat milk	3 oz Salisbury steak/ gravy ½ cup smashed potato ½ cup mixed vegetables 1 slice rye bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Chicken Piccata ½ cup sweet potato ½ cup broccoli wheat dinner roll 1 tsp margarine ½ cup pears 8 oz low fat milk	6 oz Vegetarian vegetable soup 1 pkt unsalted crackers 1/6 broccoli quiche ½ cup sweet potato fries ½ broiled tomato 1 slice multigrain bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk
21	22	23	24	25
3 oz Herb baked chicken quarter ½ cup roasted squash ½ cup spinach wheat breadstick 1 tsp margarine 4 oz orange juice ½ cup chocolate pudding 8 oz low fat milk	6 oz Lentil soup 1 pkt unsalted crackers cold cut sandwich 1 oz each ham, turkey, cheese ½ cup lettuce, tomato and pickle chip ½ cup beet salad mustard/mayo grinder roll 1 tsp margarine ½ cup apricots 8 oz low fat milk	Box Lunch	3 oz baked salmon strips with dill sauce ½ cup wild and brown rice pilaf ½ cup Scandinavian blend 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz vegetarian chili ½ cup potato wedges ½ cup broccoli 1 corn muffin 1 tsp margarine ½ cup pineapple 8 oz low fat milk
28	29	30	31	
6 oz Tomato basil soup 1 pkt unsalted crackers 3 oz fish croquette Tartar sauce ½ cup confetti brown rice ½ cup broccoli and cauliflower dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz chicken Francese ½ cup bowtie noodles ½ cup fresh zucchini 1 slice Italian bread 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz sweet and sour pork ½ cup fried brown rice ½ cup Asian vegetable blend 1 slice multi grain bread 4 oz orange juice lemon cookie 8 oz low fat milk	Halloween Special ½ cup spooky spaghetti 3 oz monster meatballs ½ cup goulash green beans 1 batty breadstick 1 tsp margarine 4 oz witches brew 1 candy corn brownie 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, October 4, 2019 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.

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

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.

Renters Rebate

The City of Meriden is accepting applications for the State of Connecticut Renters' Rebate Program from April 2, 2019 until October 1, 2019.

New Member Orientation

Thursday, October 31, 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 day of the month. Hope to see you there!

Please sign up in the front office.

MEMORIES



Happy Halloween

October

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

- BAT
- BLACKCAT
- BROOM
- CANDY
- CEMETERY
- COSTUME
- CREEPY
- GHOST
- HAPPYHALLOWEEN
- JACKOLANTERN
- MUMMY
- OWL
- PUMPKIN
- SCARY
- SKELETON
- SPIDER
- TRICKORTREAT
- VAMPIRE
- WITCH

