

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
September 2019

Celebrate National Senior Center Month with us!!!!

**Grandparent's Day Photo Booth**

**Thursday, September 5, 10:30am**

In honor of Grandparent's Day, we invite our members to join us in the Activity Room for a photo booth session with fun props and a red carpet backdrop. Photos will be printed and framed for pickup on Friday, September 6, after lunch. **Please sign up in the front office.**

**Alzheimer's Awareness Event**

**Friday, September 20, 10:00am-12:30pm**

Lace up those walking shoes, wear purple and join us as we walk to raise awareness of the Alzheimer's disease. This day is a time to recognize the impact of dementia but also to act to support those affected globally. This event is open to the public, please meet us at the amphitheater of the Meriden Green to start the event. Senior Center Members should inquire at the front desk for transportation to the event. Please call Liz Parra, Recreation Coordinator, at 203-237-0066 for more information.

**Live Well Workshop 6-Week Series**

**Tuesday, September 24, 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 Mezzanine on Tuesday afternoons. It's Your Life...Live It Well!

**Kindly RSVP to the front office.**

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

**Program, Trip and Event Signup Day****Tuesday, September 3rd 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.

**Driver Safety —Spanish Class —NEW!!!****Wednesday, September 4 and 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! Call the front office at 203-237-0066 to sign up. **Class will be held upstairs in the Mezzanine.**

**Coffee with Liz and John Noonan****Wednesday, September 4, 10:30am**

Please join our Recreation Coordinator Liz and John Noonan from Clear Captions 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!!!

**Purple Bows & Boutonnieres Craft with Kathy Matula!****Monday, September 9, 10:00am**

Please join Kathy, Recreation Coordinator for the Parks & Recreation Department in the Activity Room for this craft for the Alzheimer's Walk on the Meriden Green. **Please sign up in the front office.**

**Live Well Informational Session****Thursday, September 12 from 10:30am-11:00am**

Please join Tom Davis from the Live Well Workshops in the Dining Room to learn about how this free 6-week workshop can help people with ongoing health conditions.

**Creative Writing****Wednesday, September 18 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 Main Activity Room.**

**Wheel of Fortune Game with the Berlin Visiting Nurse Association****Wednesday, September 18, 10:30am**

Come spin the wheel of fortune in the Dining Room and learn about the Berlin Visiting Nurse Association. Free gifts for everyone, prizes for game winners.

**BIRTHDAY PARTY!****Thursday, September 19, 11:15am**

This month's birthday cake and gifts will be sponsored by: **Caregiver Homes**. Your birthday must be in September. Please sign up by Thursday, September 12<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 September!

**Game Day with the Success Academy****Thursday, September 19 from 10:30am-11:00am**

Join the kids from Success Academy in the dining room for your favorite board games and cards.

**Lunch & Learn with Autumn Lake Healthcare at Cromwell****Monday, September 23, 11:15am**

Learn the techniques of Stress Management and Coping Strategies in this exclusive lunch & learn. **Please sign up in the front office.**

**Web Wednesday****Wednesday, September 25 from 10:15am-11:15am Maloney High School, 121 Gravel St.**

The very first topic for our Web Wednesdays will be a "Beginners Basics". If you have little to no experience with computers this is the perfect start! **Please sign up at the front desk.** Mini bus will leave the center @ 9:45am.

**Attention! Senior Center Closing Early!****September 25 & 26, 12:30pm**

Due to employee trainings, the center will be temporarily closed to the public on both afternoons of Wednesday, September 25 and Thursday, September 26. The Meriden Senior Center will close at 12:30pm. Please plan accordingly with our mini-bus dispatcher or any other transportation.



**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	<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

**Computer One On One with Liz**

**Friday, September 27, 10:00am**

Liz will be available in the Computer Room to help with computer questions you may have, including setting up emails, help with your tablet/smartphone. Slots are limited to 15 minute sessions between 10:00am-11:00am. **Please sign up in the front office.**

**Blood Pressure Checks**

**Monday, September 30 from 10:30am-11:30am**

This month we will have staff from Skyview Rehab & Nursing who will provide blood pressure checks for our members. The blood pressure checks will be held in the main floor Clinic Room.

**Aerobics Classes Schedule Change**

Myrta's Friday Aerobics will start back up on September 13th, 2019.

**Flu Shot Clinic**

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

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



**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,  
Kitchen Staff: Melba Leary, Marisol Pelletier

## **HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING Presents: MyHealthy Advantage**

MyHealthy Advantage is a free senior club card program dedicated to the health and wellness of area residents age 55 and older. Sponsored by Hartford HealthCare for Healthy Aging, MyHealthy Advantage also offers Advantage News, a free quarterly magazine packed with health-minded articles, a calendar of area events and merchant discounts. To join MyHealthy Advantage, call 860.378.1268 or email Bonnie.Tormay@hhchealth.org

Hartford HealthCare Center for Healthy Aging also provides free resources, assessments and referral services that can enable older adults and their caregivers to achieve an optimal quality of life. Learn more by calling Marc Levesque, senior resource case manager, at MidState Medical Center, 203.694.5721 or visit [www.cthealthyaging.org](http://www.cthealthyaging.org)

## **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.

## **Take It To The Box with Lea Crown, Director of Health & Human Services**

**Monday, September 16 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 and take a walk to the medication drop box at the Meriden Police Department with Lea. We will meet in the lobby and walk over together, and Lea 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 on holidays and weekends). Please see the front desk with any questions.

## **"Dirty Dancing"**

**Friday, September 13 at 12:30pm**

Spending the summer at a Catskills resort with her family, Frances "Baby" Houseman falls in love with the camp's dance instructor, Johnny Castle. Stars: Patrick Swayze, Jennifer Grey, Jerry Orbach



## **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!

## **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!

## **Red Hat Society Members**



**Monday, September 16th, 12:30pm**

Please join our wonderful Red Hat Society for their monthly meeting. 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 amazing group of women!!

## **Veteran Services with George Messier**

**Tuesday, September 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.

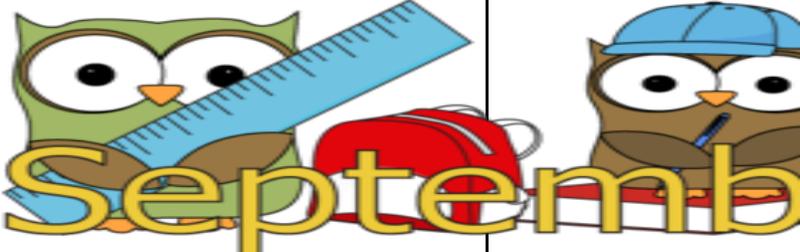
## **New Member Orientation**

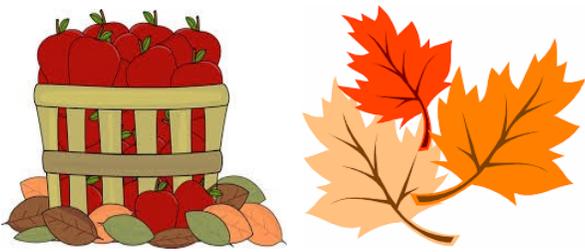
**Thursday, September 19th, 12:30pm**



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 second to last Thursday of September.** Hope to see you there! **Please sign up in the front office.**



MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center;"><b><u>CLOSED</u></b></p> <p style="text-align: right;">2</p> 	<p>10:00 Young at Heart Ensemble <span style="float: right;">3</span>  <b>10:00 Program, Trip and Event Sign Up Day</b>  11:00 Weight Training  12:30 Ceramics  12:30 Mini-Bus Shopping: Walmart/Shop Rite  12:30 Arthritis Exercise  1:30 Tai Chi Gong</p> <p><b>Lunch: Chicken Parmesan</b></p>	<p><b>9:00 Driver Safety -Spa</b>  9:30 Art Class  10:15 Wii Bowling  <b>10:30 Coffee With Liz</b>  <b>from Clear Caption</b>  11:00 Aerobics  12:30 Bingo</p> <p><b>Lunch: Chicken Pot Pie</b></p>
<p>9:30 Art <span style="float: right;">9</span>  9:30 Sewing &amp; Quilting  <b>10:00 Purple Bows &amp; Boutonnieres Craft with Kathy Matula</b>  10:30 Sit Down &amp; Tone Up  11:00 Aerobics  12:30 Bingo</p>  <p><b>Lunch: Pulled Pork</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">10</span>  <b>10:45 Lunch Trip to Chowder Pot</b>  11:00 Weight Training  12:30 Ceramics  12:30 Arthritis Exercise  1:30 Tai Chi Gong</p>  <p><b>Lunch: Fish Sticks</b></p>	<p>9:30 Art Class  10:15 Wii Bowling  11:00 Aerobics  12:30 Bingo</p> <p><b>Lunch: Salisbury Steak</b></p>
<p>9:30 Art <span style="float: right;">16</span>  9:30 Sewing &amp; Quilting  10:30 Sit Down &amp; Tone Up  <b>10:30 Take It To The Box with Lea Crown</b>  11:00 Aerobics  12:30 Bingo</p>  <p><b>Lunch: Herb Baked Chicken Qtr</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">17</span>  <b>10:45 Lunch Trip to Olive Garden</b>  11:00 Weight Training  <b>11:00 Veteran Services</b>  12:30 Ceramics  12:30 Arthritis Exercise  1:30 Tai Chi Gong</p>  <p><b>Lunch: Cold Cut Sandwich-Ham, Turkey and Cheese</b></p>	<p>9:30 Art Class  10:15 Wii Bowling  <b>10:30 Wheel of Fortune</b>  <b>Berlin Visiting Nu</b>  11:00 Aerobics  12:30 Bingo  <b>12:30 Creative Writing</b></p> <p><b>Lunch: Spaghetti W/M</b></p>
<p>9:30 Art <span style="float: right;">23</span>  9:30 Sewing &amp; Quilting  10:30 Sit Down &amp; Tone Up  11:00 Aerobics  <b>11:15 Lunch &amp; Learn with Autumn Lake Healthcare at Cromwell</b>  12:30 Bingo  <b>12:30 Red Hat Society</b></p>  <p><b>Lunch: Fish Croquette</b></p>	<p>10:00 Young at Heart Ensemble <span style="float: right;">24</span>  11:00 Weight Training  12:30 Mini-Bus Shopping: Walmart/Shop Rite  12:30 Ceramics  <b>12:30 Live Well Workshop 6-Week Series</b>  12:30 Arthritis Exercise  1:30 Tai Chi Gong</p>  <p><b>Lunch: Chicken Francese</b></p>	<p>9:30 Art Class  10:15 Wii Bowling  <b>10:15 Web Wednesday</b>  11:00 Aerobics  <del>12:30 Bingo</del>  <b>12:30 SENIOR CENTER</b></p> <p><b>Lunch: Sweet &amp; Sour Po</b></p>
<p>9:30 Art <span style="float: right;">30</span>  9:30 Sewing &amp; Quilting  10:30 Sit Down &amp; Tone Up  <b>10:30 Blood Pressure Checks</b>  11:00 Aerobics  12:30 Bingo</p>  <p><b>Lunch: Beef Stew W/Bow Tie Noodles</b></p>		

WEDNESDAY	THURSDAY	FRIDAY
<p>Spanish Class-NEW!! 4</p> <p>and John Noonan ns</p> 	<p>8:30 Mini-Bus Shopping: Stop&amp;Shop/ Save-a-Lot/Cindi's Diner 5</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 &amp; Tone Up</p> <p><b>10:30 Grandparent's Day Photo Booth</b></p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Strength &amp; Tone</p> <p>1:30 Tai Chi Gong</p> <p><b>Lunch: Pork Loin W/Gravy</b></p> 	<p><b>9:00 Advisory Board</b> 6</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:45 Setback Club</p> <p><b><u>Color of the Day: Deep Blue</u></b></p> <p><b>Lunch: Ravioli W/Cream Sauce</b></p>
 <p>W/Gravy</p>	<p>8:30 Mini-Bus Shopping– Stop&amp;Shop/ Save-a-Lot/Cindi's Diner 11</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 &amp; Tone Up</p> <p><b>10:30 Live Well Informational Session</b></p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p>12:30 Strength &amp; Tone/1:30 Tai Chi gong</p> <p><b>Lunch: Chicken Piccata</b></p>	<p>10:00 Yoga 13</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Target/Mall/Savers</p> <p><b>12:30 Movie of the Month - Dirty Dancing</b></p> <p>12:45 Setback Club</p> <p><b>1:00 Pool Team—Home vs Wallingford</b></p> <p><b><u>Color of the Day: Brown</u></b></p>  <p><b>Lunch: Broccoli Quiche</b></p>
<p>Game with the se Association</p>  <p>eatballs</p>	<p>8:30 Mini-Bus Shopping: Stop&amp;Shop/ Save-a-Lot/Cindi's Diner 18</p> <p>9:30 Art Class /Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit &amp; Tone/11:00 Latin Rhythm Exercise</p> <p><b>10:30 Game Day with the Success Academy</b></p> <p><b>11:15 Birthday Party</b></p> <p>12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Knit &amp; Crochet</p> <p><b>12:30 New Member Orientation</b></p> <p>12:30 Strength &amp; Tone/1:30 Tai Chi Gong</p> <p><b>Lunch: Baked Salmon Strips</b></p> 	<p>10:00 Yoga 20</p> <p><b>10:00 Alzheimer's Awareness Event at the Meriden Green</b></p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p><b>12:30 Double Bingo</b></p> <p>12:45 Setback Club</p> <p><b><u>Color of the Day: Purple</u></b></p>  <p><b>Lunch: Vegetarian Chili</b></p>
 <p>CLOSING EARLY</p> <p>rk</p>	<p><b>8:00 Foxwoods Casino Trip</b> 25</p> <p>8:30 Mini-Bus Shopping– Stop&amp;Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down &amp; Tone Up</p> <p>11:00 Latin Rhythm Exercise/12:00 Poker Club</p> <p><b>12:30 SENIOR CENTER CLOSING EARLY</b></p> <p><del>12:30 Ceramics/12:30 Knit &amp; Crochet</del></p> <p><del>12:30 Strength &amp; Tone/1:30 Tai Chi Gong</del></p> <p><b>Lunch: Pot Roast W/Gravy</b></p>	<p>10:00 Yoga 27</p> <p><b>10:00 Computer One On One with Liz</b></p> <p>11:00 Aerobics</p> <p>12:30 Mini Bus Shopping: Goodwill/Aldi's</p> <p>12:45 Setback Club</p> <p><b>1:00 Pool Team—Home vs Southington</b></p> <p><b><u>Color of the Day: Burgundy</u></b></p>  <p><b>Lunch: Cheese Baked Ziti</b></p>
		 <p>Alzheimer's Awareness Month</p>

# Social Services September 2019

**Happy  
National  
Senior  
Center Month**

## Housing waitlist application Opportunities

The Bristol Housing Authority will reopen a new waitlist for interested applicants for seniors that are 62 years or older and have a temporary or permanent difficulties with one or more essential activities of daily living.

This waiting list will close on Friday, November 8, 2019

The New Haven Housing Authority is currently accepting applications for elder (62 and older) and/or disabled households. Income must be between \$16,950-\$40,680 for an individual or between \$19,375-\$46,500 for a couple.

If you are interested in applying for any of these waitlist applications, please call 203-630-4273 to schedule an appointment



Are your heating costs more than you can afford?

You may qualify for energy assistance!

New Opportunities of Greater Meriden will be in the lower level of the Meriden Senior Center every Tuesday starting October 8th from 9am-3pm

Please contact **203-237-0066** to schedule an appointment, walk-ins are welcomed

## Renters' Rebate Program

This is the last month to apply for the Renters' Rebate Program. Program ends on October 1st, make sure you schedule an appointment!



**Natalie Gill**  
Social Services Worker  
Please Call  
**203-630-4273**  
to schedule an appointment



\*MENU CAN CHANGE WITHOUT ADVANCED NOTICE\*

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>CLOSED</b>	3 oz Chicken parmesan ½ cup penne pasta with sauce parmesan cheese 1 cup tossed salad with cucumber and Italian dressing herb breadstick 1 tsp margarine fresh fruit 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
9	10	11	12	13
3 oz Pulled pork ½ cup baked beans ½ cup coleslaw vinaigrette burger roll 1 tsp margarine fresh fruit 8 oz low fat milk	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
16	17	18	19	20
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	3 oz meatballs ½ cup spaghetti parmesan cheese 1 cup Caesar salad with croutons and Caesar dressing garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	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 at milk
23	24	25	26	27
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	3 oz pot roast/gravy ½ cup mashed potato ½ cup green beans 1 slice marble bread 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	1 cup cheese baked ziti parmesan cheese ½ cup seasoned cannellini beans 1 cup tossed salad with olive and Italian dressing garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk
30				
1 cup beef stew ½ cup bowtie noodles ½ cup green beans 1 slice wheat bread 1 tsp margarine ½ cup fruit cocktail 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.

**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**

**Friday, September 6, 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 -\$0.50
- Can Soda - Juice - \$1.00
- Sparkling Ice -\$1.00
- Ice-Cream Cups -\$0.50
- Chips -\$0.50
- Cookies - \$.75
- Flavored Seltzer -\$1.00
- Snapple -\$1.25

**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.





# MEMORIES

