

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
January 2023

## **A Message To All Our Members**

**Starting in January**

If you did not renew your membership in 2022 or need to update us with any changes to your address, phone or emergency contact information, please stop by the Front Office to complete a registration form. Don't forget to pick up your new 2023 member handbook.

## **The Commission on Aging and Disabilities Survey**

**Starting January 3rd**

A city wide survey will be available for the month of January. This survey is coordinated by an outside agency, called Zencity. This survey will focus on services available for seniors and people with disabilities living in Meriden. It will be made available online, and also on paper at the Senior Center. If you need assistance filling out the survey, please stop by the Senior Center January 6 at 10:30am, and January 20 at 11:00am.

## **Free Tax Assistance**

**Wednesdays from 9:00am—12:00pm**

AARP volunteers affiliated with the national Tax-Aide Program will offer income tax assistance on Wednesdays, beginning **February 8th until April 12th**, in the Activity Room. Under the direction of Meriden Tax-Aide Coordinator Rick O'Donnell, trained volunteers will prepare and E-file your federal and state returns for **2022**. **Appointments can be made by calling 203-237-0066, you will need to pick up your intake paperwork from the front office for your appointment.** Please be sure to be on time for your appointment and to bring a copy of your **2022** income tax return, all income records from **2022**, and photo id.

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

**Program, Trip & Event Signup Day****Tuesday, January 3 at 10:00am**

**Signups begin at 10:00 am 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 signup. You must be present at 10:00am to register. If an event is booked up before your name is called, you will be put on the waiting list in numerical order. **Trip, minibus, and event signups start the first working day of each month. Please visit or call the front office at 203-630-4703.**

**Sparkling Cider with Liz and Charm Medical****Wednesday, January 4 at 11:00am**

**It's the New Year!** Enjoy a chilled sparkling cider with our Recreation Coordinator Liz and Charm Medical in the Dining room and learn about the latest updates about our activities this month while we cheers to the new year. Sign up in the front office.

**Generus Game Show Help****Thursday, January 5 at 11:00am**

Generus and the National Council on Aging have designed a Gameshow, base on "The Price is Right", hosted by the Disney actress that played in "Little Mermaid" on stage (Emily Grace Tucker). They need your help in a brief survey to determine which video is the best in their 16 minute show. Watch the show in the Dining Room then help us vote! Sign up in the front office.

**7 Fascinating Facts About Elvis Presley****Monday, January 9 at 10:30am**

The rock 'n' roll troubadour altered the course of music history. Learn some facts about Elvis in the Mezzanine that might surprise you. Sign up in the front office.

**Medicare Educational Seminar and Cupcakes with Medi Mike****Wednesday, January 11 at 10:30am**

Join Michael R. Andrews, licensed insurance broker, in the Dining Room for a simple discussion and presentation that will give you a clearer understanding between Original Medicare and Managed Medicare (Medicare Advantage Plans). Sign up in the front office.

**New Year Center Piece Craft with Liz****Friday, January 13 at 10:00am**

Create a 2023 centerpiece using empty wine bottles, tissue paper, mod podge, magazine clippings and more. Sign up in the front office.

**"Uke Can Do it" Ukulele Classes with****Andrew Anderson****Thursdays from 10:00am—11:30am**

Andrew Anderson, Meriden resident, Ukulele Band member who studied under the world famous instructor Dr Uke, has teamed up with Lisa Catherine, founder of Concerts with Causes to facilitate Ukulele Classes for Meriden Senior Center members. A ukulele will be provided for those who sign up for this program. Classes held in the Activity Room. Sign up in the front office if interested.

**Tai-Chi Qigong Demonstration****Wednesday, January 18 at 10:30am**

Qigong and Tai-Chi are traditional self healing, meditation, and self cultivation exercises through coordinated body posture and movements, deep rhythmic breathing, meditation, and mental focus. Join our Tai-Chi Qigong instructor, Rich Hamel, in the Dining Room for this demonstration to learn more about this exercise. Sign up in the front office.

**BIRTHDAY PARTY****Thursday, January 19 at 11:30am**

This month's birthday gifts will be sponsored by: **Kind Care at Bristol.** Your birthday must be in January.

**Please sign up by Thursday, January 12 to be guaranteed a gift.** The signup book is in the Dining Room. Happy Birthday to all members who were born in January!

**Game Day with Success Academy****Thursday, January 26 at 10:00am**

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

**Red Hat Club****There will be no meetings until March.**

Yearly dues for Red Hat Club members is \$15.00 Throw on your red and purple and join this amazing group of women! Meetings typically include a fun afternoon of snacks, bingo, raffles and more.







## 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 on 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, 10:30am  | Lower Level |  |
| Strength & Tone       | Mondays, 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                      | Mezzanine   |  |

### 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  | Monday's 9:30am                        | First Floor, Meeting Room    |

### Blood Pressure Checks with

#### Juniper Home Care

**Monday, January 30 from 10:30am—11:30am**

Staff from Juniper Home Care will provide blood pressure checks for our members. The blood pressure checks will be held in the main floor, Conference Room. Sign up in the front office.



### Calling All Card Players



**Poker Club** meets Thursdays at 12:30

**Setback Club** meets Fridays at 12:30pm

**Dominoes Club** meets Tuesdays at 12:30pm

### Scrabble Game with Carol

**Tuesday, January 31 at 10:00am**

Please join Carol for a fun game of Scrabble in the Activity Room. Please sign up in the front office.



### 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 | 203-630-4701 |
| Keira Merrill, Front Office              | 203-237-0066 |
| Liz Parra, Recreation Coordinator        | 203-630-4703 |
| Melba Leary, Program Assistant           | 203-630-4707 |
| Kitchen/Dining Room                      | 203-630-4704 |
| Ruth Pedroso, Mini-Bus Transportation    | 203-237-3338 |
| Natalie Gill, Social Services            | 203-630-4273 |
| Allan Church, Meriden Transit            | 203-630-4706 |
| Conference Room                          | 860-223-8412 |
| Senior Center Fax                        | 203-235-7149 |

Mini Bus: Lisa Mesite, Tanya Vega, Guy Racine  
Jenni Campis

Kitchen Staff: Melba Leary, Marisol Pelletier

**Movie of the Month — TV Room****Friday, January 20 at 10:00am****"Blue Hawaii" (1961)—1hr. 41min.**

His mother (Angela Lansbury) expects him to climb the corporate ladder. But Elvis would rather wear an aloha shirt than a white collar, so he

goes to work as a tour guide.

Lucky Elvis: his first customers are a car full of cuties.



**Starring: Joan Blackman, Elvis Presley, Nancy Walters.**

**Veteran Services with George Messier and Eric Vickers**
**Tuesday, January 17 at 11:00am**

George Messier and Eric Vickers visit the Senior Center in the Activity Room every third Tuesday of each month. They provide info and administrative assistance to veterans and dependents eligible for veteran's benefits. Sign up in the front office.

**AARP Driver Safety Course**
**Tuesday, February 7 from 9:00am—1:00pm**

IN-PERSON DRIVER SAFETY CLASSES RETURN! 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. Cost for AARP members is \$20.00, and non-members is \$25.00. Please make checks payable to AARP. Sorry, no cash! Call the front office at 203-237-0066 to sign up. Course held in the Mezzanine.

**Volunteer Opportunities!**

- **Looking for a volunteer to lead our Young at Heart Ensemble.** If you are interested in leading our talented Young at Heart Ensemble please contact Liz Parra at 203-630-4703 for more information. This group enjoys singing and playing instruments on a weekly basis and our members are looking forward to having this group start up again at our Center.
- **Looking for Front Desk volunteers for afternoons.** Please contact Liz Parra at 203-630-4703 for more information.

**HARTFORD HEALTHCARE CENTER  
FOR HEALTHY AGING Presents: Is  
Alzheimer's Causing Your Memory  
Loss or Is It Just Normal Aging?**


While many might joke that Alzheimer's disease causes their forgetfulness, the real culprit can be normal aging — and no, it's not the same thing.

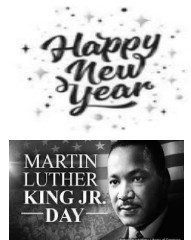
"The aging process will naturally cause a certain amount of memory loss in each one of us, although it's difficult to quantify how much," said Taimur Habib, MD., a geriatrician with Hartford HealthCare Medical Group in Fairfield. "It's normal to lose memory with aging, particularly after 65 years of age.

**Signs of trouble**

- Confusion over everyday tasks.
- Losing Things.
- Stumbling over words.
- Losing track of time.

Talking to your primary care provider can begin the process of officially testing your memory.

The Senior Center will be closed  
Monday, January 2, 2023 in  
observance of New Years Day and  
Monday, January 16, 2023 in  
observance of  
Martin Luther King Jr Day.


**Inclement Weather Reminder**


The Senior Center follows the Board of Education closure policy. If Meriden Schools are closed due to snow, the Senior Center will be open, but we will not offer any programs, transportation, or lunch. In this event, "Meriden Senior Center-No Activities/No Transportation" will be posted on WFSB TV Channel 3. In the event of a delay for the Meriden Schools, we run on a normal schedule, but please use your best judgement on whether it's safe to leave your house.

### Mini-Bus Lunch Trip

#### Olive Garden and Trader Joes Grocery Store in West Hartford — Tuesday, January 10

Bus leaves the Center at 10:45am. Pickup  
from Trader Joes at 2:00pm.

**Sign up with the front office.**

### Monthly Shopping Schedule

#### Shop Rite/Walmart

Tuesdays at 12:30pm — January 3, 17, 24, 31

#### Stop and Shop/Save-A-Lot

Thursdays at 12:30pm — January 5, 12, 26

#### Job Lot/Popeye's/Family Dollar

Thursdays at 12:30pm — January 19

#### Target/Mall

Fridays at 12:30pm — January 6, 20

#### Big Y/Aldi's/Kohl's/Goodwill

Fridays at 12:30pm — January 13, 27

### Upcoming Day Trips for 2023

**Spring is in the Air! - Chowder Pot  
Hartford, CT: April 27 — \$97pp**

**Stayin Alive - Aqua Turf Club  
Plantsville, CT: May 22 — \$116pp**

**Resorts World Casino Catskills  
Monticello, NY: June 28 — \$129pp**

**Lobster & A Great Show  
Holyoke, MA: July 18 — \$124pp**

**Shades of Buble - Aqua Turf Club  
Plantsville, CT: August 10 — \$116pp**

**Songs of Summer - Amarante's Sea Cliff  
New Haven, CT: September 7 — \$99pp**

**Oktoberfest - Kruckers  
Pomona, NY: October 19 — \$129**

**All-American Variety Show - La Bella Vista  
Waterbury, CT: November 14 — \$116**

**Silver Bells and Diamonds - Aqua Turf Club  
Plantsville, CT: December 5 — \$116**

### **Senior Center**

#### **Mini-Bus Transportation Program (203) 237-3338**

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



- Due to high rider demand, if your ride is not pre-scheduled there will be no additional trips scheduled for that day. Only trips on the schedule will be made. 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. Riders can only be transported to one medical appointment 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 two (2) bag limit for shopping trips.

### Transportation Reminder












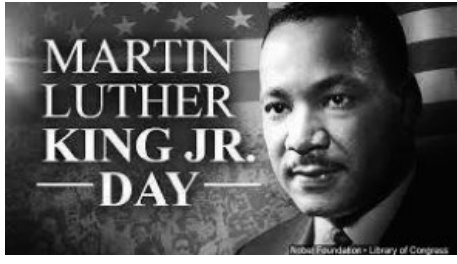













You can be added to the pickup list for the center by either filling out the weekly signup sheet located on the table outside the Transportation Office or calling Transportation at 203-237-3338.































Bus routes start at 8:30am. Seniors should be ready and waiting for their ride. Drivers will wait 5 minutes and then continue on their route.

### 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.



| MONDAY   | TUESDAY  | WEDNESDAY   |
|--|--|---|
| <p><b>CLOSED</b> 2</p> <p><b>Observance of New Years Day</b></p>   | <p><b>10:00 Program, Trip &amp; Event Sign Up Day</b> 3</p> <p>11:00 Weight Training<br/>12:30 Ceramics<br/>12:30 Arthritis Exercise<br/>12:30 Mini-Bus Shopping: Shop Rite/Walmart<br/>12:30 Dominoes Club<br/>1:30 Tai Chi QiGong</p>   <p><b>Lunch: Florentine Chicken</b></p>  | <p>9:30 Art Class<br/>10:00 Wii Bowling<br/><b>10:00 Sparkling Cider w</b><br/>11:00 Aerobics<br/>12:30 Bingo</p>  <p><b>Lunch: Pork Roast w/G</b></p>                               |
| <p>9:30 Art Class<br/>9:30 Sewing &amp; Quilting<br/><b>10:30 7 Fascinating Facts About Elvis Presley</b><br/>10:30 Sit Down &amp; Tone Up<br/>11:00 Aerobics<br/>12:30 Bingo<br/>12:30 Strength &amp; Tone</p>    <p><b>Lunch: Sweet &amp; Sour Pork</b></p>                   | <p><b>10:45 Lunch Trip—Olive Garden &amp; Trader Joes Grocery Store-W. Hartford</b> 10</p> <p>11:00 Weight Training<br/>12:30 Ceramics<br/>12:30 Arthritis Exercise<br/>12:30 <b>NO Mini-Bus Shopping</b><br/>12:30 Dominoes Club<br/>1:30 Tai Chi QiGong</p>    <p><b>Lunch: Meatloaf w/Gravy</b></p> | <p>9:30 Art Class<br/>10:00 Wii Bowling<br/><b>10:30 Medicare Education</b><br/><b>Cupcakes with M</b><br/>11:00 Aerobics<br/>12:30 Bingo</p>  <p><b>Lunch: Chicken Parmesan</b></p> |
| <p><b>CLOSED</b> 16</p>    | <p><b>11:00 Veteran Services</b> 17</p> <p>11:00 Weight Training<br/>12:30 Ceramics<br/>12:30 Arthritis Exercise<br/>12:30 Dominoes Club<br/>12:30 Mini-Bus Shopping: Shop Rite/Walmart<br/>1:30 Tai Chi QiGong</p>   <p><b>Lunch: Turkey w/Gravy</b></p>  | <p>9:30 Art Class<br/>10:00 Wii Bowling<br/><b>10:30 Tai-Chi QiGong D</b><br/>11:00 Aerobics<br/>12:30 Double Bingo</p>  <p><b>Lunch: Chicken Picatta</b></p>                      |
| <p>9:30 Art Class<br/>9:30 Sewing &amp; Quilting<br/>10:30 Sit Down &amp; Tone Up<br/>11:00 Aerobics<br/>12:30 Bingo<br/>12:30 Strength &amp; Tone</p>   <p><b>Lunch: Herbed Chicken Quarter</b></p>   | <p>11:00 Weight Training<br/>12:30 Ceramics<br/>12:30 Arthritis Exercise<br/>12:30 Dominoes Club<br/>12:30 Mini-Bus Shopping: Shop Rite/Walmart<br/>1:30 Tai Chi QiGong</p>  <p><b>Lunch: Cheese Baked Ziti</b></p>   | <p>9:30 Art Class<br/>10:00 Wii Bowling<br/>11:00 Aerobics<br/>12:30 Bingo</p>  <p><b>Lunch: Hamburger on</b></p>  |
| <p>9:30 Art Class<br/>9:30 Sewing &amp; Quilting<br/><b>10:30 Blood Pressure Checks with Juniper Home Care</b><br/>10:30 Sit Down &amp; Tone Up<br/>11:00 Aerobics<br/>12:30 Bingo<br/>12:30 Strength &amp; Tone</p>    <p><b>Lunch: Glazed Ham, Whipped Potatoes</b></p> | <p><b>10:00 Scrabble with Carol</b> 31</p> <p>11:00 Weight Training<br/>12:30 Ceramics<br/>12:30 Arthritis Exercise<br/>12:30 Dominoes Club<br/>12:30 Mini-Bus Shopping: Shop Rite/Walmart<br/>1:30 Tai Chi QiGong</p>   <p><b>Lunch: Teriyaki Chicken</b></p>  |    |

| SDAY  | THURSDAY   | FRIDAY   |
|---|--|--|
|  <b>4</b><br>with Liz<br>                        |  <b>5</b><br>9:30 Art Class<br><del>10:00 Ukulele Class</del><br>10:30 Sit Down & Tone Up<br><b>11:00 Generus Game Show Help</b><br>11:00 Latin Rhythm Exercise<br>12:30 Ceramics/12:30 Knit & Crochet<br>12:30 Mini-Bus Shopping: Stop & Shop<br>Save-a-lot<br>12:30 Poker Club/1:30 Tai QiGong<br><br><b>Lunch: Lasagna Roll</b>   | <b>6</b><br><b>9:00 Commission on Aging &amp; Disabilities</b><br>10:00 Yoga<br>11:00 Aerobics<br><b>12:30 Double Setback</b><br>12:30 Mini-Bus Shopping: Target/Mall<br><br><u><b>Color of the Day: Silver &amp; Gold</b></u><br><b>Lunch: Cheese Quiche</b>   |
|  <b>11</b><br>ional Seminar and<br>edi Mike<br>  |  <b>12</b><br>9:30 Art Class<br><b>10:00 Ukulele Class</b><br>10:30 Sit Down & Tone Up<br>11:00 Latin Rhythm Exercise<br>12:30 Ceramics/12:30 Knit & Crochet<br>12:30 Mini-Bus Shopping: Stop & Shop<br>Save-a-lot<br>12:30 Poker Club/1:30 Tai QiGong<br><br><br><b>(Martin Luther King Special)</b><br><b>Lunch: BBQ Chicken Quarter, Collard Greens</b>  | <b>13</b><br><b>10:00 New Year Center Piece Craft with Liz</b><br><br>10:00 Yoga<br>11:00 Aerobics<br><b>12:30 Double Setback</b><br>12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's<br>Goodwill<br><u><b>Color of the Day: Red</b></u><br><br><b>Lunch: Vegetarian Chili</b> |
|  <b>18</b><br>emonstration<br>                  |  <b>19</b><br>9:30 Art Class<br><b>10:00 Ukulele Class</b><br>10:30 Sit Down & Tone Up<br>11:00 Latin Rhythm Exercise<br><b>11:30 Birthday Party</b><br><br>12:30 Ceramics/12:30 Knit & Crochet<br>12:30 Mini-Bus Shopping: Job Lot/Popeye's<br>Family Dollar<br><br>12:30 Poker Club/1:30 Tai QiGong<br><br><b>Lunch: Ravioli</b>   | <b>20</b><br><b>10:00 Movie of the Month—"Blue Hawaii" (1961)</b><br>10:00 Yoga<br>11:00 Aerobics<br>12:30 Setback<br>12:30 Mini-Bus Shopping: Target/Mall<br><br><br><u><b>Color of the Day: Green &amp; Blue</b></u><br><b>Lunch: Spanish Rice, Pinto Beans</b>       |
|  <b>25</b><br>  | <b>26</b><br>9:30 Art Class<br><b>10:00 Game Day with Success Academy</b><br><b>10:00 Ukulele Class</b><br><br>10:30 Sit Down & Tone Up<br>11:00 Latin Rhythm Exercise<br>12:30 Ceramics/12:30 Knit & Crochet<br>12:30 Mini-Bus Shopping: Stop & Shop<br>Save-a-lot<br>12:30 Poker Club/1:30 Tai QiGong<br><br><br><b>12:30 New Member Orientation</b><br><br><b>Lunch: Chicken Stir Fry</b> | <b>27</b><br><del>10:00 Yoga</del><br>11:00 Aerobics<br>12:30 Setback<br>12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's<br>Goodwill<br><br><u><b>Color of the Day: Purple</b></u><br><b>Lunch: Spinach Quiche</b>   |



# January 2023 Social Services

## 'Tis the Season for a Senior

We would like to give thanks to everyone who donated gifts to our 8th Annual 'Tis the Season for a Senior gift program. Thanks to all the Meriden Senior Center staff, City of Meriden employees, Meriden Board of Education staff and students and the entire community who donated for their generosity. Thanks to St. John Lutheran Church, Westaff and AC Exterminating company, Meriden Republican Committee for their gift donations as well. A special thanks to our Santa, Noel Aube for bringing some Holiday cheer to all of us and for making this yet another wonderful event.

## Franciscan Home Care and Hospice Care

Are you or a loved one needing mental health social services? Franciscan Home Care and Hospice Care, a faith-based home health care agency, is here to help. Through the Community Development Block Grant, the agency can provide social services for low to moderate-income individuals living in Meriden. We are here to help! Contact Franciscan Home Care and Hospice Care by calling: 203-238-1441



## SOCIAL SUPPORT PROGRAM TO HELP SENIORS STAY INDEPENDENT AT HOME.

If you or someone you know is 60 years or older, Franciscan Home Care and Hospice Care has a program for you. Our social workers can help provide the supportive services you need to remain independent in your home. Would you like a friendly social visit every few weeks? Would you like to know more about the services and opportunities available in our community? If you would like someone to visit at no cost, please call Franciscan Home Care and Hospice Care at 203-238-1441

## Medicare Advantage Plan Open Enrollment Period (OEP)

This period can be used by a person who has an active Medicare Advantage Plan as of 1/1/2023.

**During the MA OEP, January 1<sup>st</sup> – March 31<sup>st</sup>, a beneficiary can:**

- Switch from one Medicare Advantage Plan (with or without drug coverage) to another Medicare Advantage Plan (with or without drug coverage)
- Leave the Medicare Advantage Plan and return to Original Medicare by selecting a prescription drug plan (Part D)

### What beneficiaries cannot do:

- Switch from Original Medicare to a Medicare Advantage Plan
- Join a Medicare Part D Plan
- Switch from a Medicare Part D Plan to another Medicare Part D Plan.

The change can only be used **once** during the MA OEP. The new plan become effective the first of the month after the plan receives your request.

## Senior Assistance Program

The Meriden Senior Center is announcing that we have been awarded funds from The Community Development Block Grant to begin a new program called, The Senior Assistance Program. Our Social Services staff will be distributing Men's and Woman's Bags, full of essentials, including toiletries and Hygiene products for those in need of these items. As part of the grant they can also assist seniors in need with small household items. Please call 203-630-4273 or 203-630-4708

## Are your heating costs more than you can afford?



*You may qualify for energy assistance!*

*New Opportunities will be scheduling appointments for energy assistance.*

*Call the appointment line at: 203-235-0278*

**Natalie Gill  
Social Services Worker  
203-630-4273**

**Must call to make an appointment, no walk-ins please**



\*MENU SUBJECT TO CHANGE BASED ON AVAILABILITY\*

**LifeBridge Community Services Senior Café**  
**January 2023**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
| 2   | 3   | 4  | 5   | 6   |
| <b>CLOSED</b>   | 3oz Florentine chicken<br>½ cup bow tie pasta<br>½ cup green beans<br>1 garlic breadstick<br>½ cup mandarin oranges<br>8oz low fat milk<br>1tsp margarine | 3oz pork roast w/gravy<br>½ cup yams<br>½ cup collard greens<br>1 dinner roll<br>1 piece fresh fruit<br>8oz low fat milk<br>1tsp margarine                                     | 6oz mushroom barley soup<br>1 ea lasagna roll<br>½ cup mixed vegetables<br>1 slice Italian bread<br>½ cup applesauce<br>8oz low fat milk<br>1tsp margarine<br>1pkt saltines                                   | 1 slice cheese quiche<br>½ cup tater tots<br>½ cup spinach<br>1 slice wheat bread<br>1 sugar cookie<br>4oz assorted fruit juice<br>8oz low fat milk<br>1tsp margarine |
| 9   | 10  | 11   | 12  | 13  |
| 3oz sweet & sour pork<br>½ cup confetti rice<br>½ cup green beans<br>1 slice wheat bread<br>½ cup pineapple<br>8oz low fat milk<br>1tsp margarine                       | 3oz meatloaf w/gravy<br>½ cup mashed potatoes<br>½ cup cauliflower<br>1 wheat roll<br>½ cup applesauce<br>8oz low fat milk<br>1tsp margarine              | 3oz chicken parmesan<br>½ cup penne noodles<br>½ cup spinach<br>1 garlic breadstick<br>½ cup vanilla pudding<br>4oz assorted fruit juice<br>8oz low fat milk<br>1tsp margarine | <b>Martin Luther King Jr. Day Special</b><br>1 ea BBQ chicken quarter<br>½ cup collard greens<br>½ cup corn & okra<br>1 biscuit<br>1 oatmeal cookie<br>½ cup applesauce<br>8oz low fat milk<br>1tsp margarine | 1 cup vegetarian chili<br>½ cup green peas<br>½ cup mixed vegetables<br>1 slice cornbread<br>½ cup pears<br>8oz low fat milk<br>1tsp margarine                        |
| 16  | 17  | 18   | 19  | 20  |
| <b>CLOSED</b>   | 3oz turkey w/gravy<br>½ cup mashed potatoes<br>½ cup green beans<br>1 dinner roll<br>½ cup applesauce<br>8oz low fat milk<br>1tsp margarine               | 3oz chicken piccata<br>½ cup seasoned orzo<br>½ cup carrots<br>1 slice rye bread<br>1 sugar cookie<br>4oz fruit juice<br>8oz low fat milk<br>1tsp margarine                    | 6oz vegetable barley soup<br>3oz BBQ pork<br>½ cup mixed greens<br>1 slice wheat bread<br>1 piece fresh fruit<br>8oz milk<br>1tsp margarine<br>1pkt saltines  | 1 cup pinto beans<br>½ cup Spanish rice<br>½ cup broccoli florets<br>1 slice wheat bread<br>½ cup mandarin oranges<br>8oz low fat milk<br>1tsp margarine              |
| 23  | 24  | 25   | 26  | 27  |
| 1 ea herbed chicken quarter<br>½ cup baked sweet potatoes<br>½ cup California vegetable blend<br>1 dinner roll<br>½ cup pineapple<br>8oz low fat milk<br>1tsp margarine | 1 cup cheese baked ziti<br>½ cup broccoli<br>½ cup carrots<br>1 slice Italian bread<br>½ cup peaches<br>8oz low fat milk<br>1tsp margarine                | 1 ea hamburger<br>½ cup baked beans<br>½ cup cauliflower<br>1 hamburger bun<br>½ cup vanilla pudding<br>4oz assorted fruit juice<br>8oz milk                                   | 6oz lentil soup<br>1 cup chicken stir fry<br>½ cup green beans<br>1 slice white bread<br>1 piece fresh fruit<br>8oz low fat milk<br>1pkt saltines   | 1 slice spinach quiche<br>½ cup paprika potatoes<br>½ cup stewed tomatoes<br>1 slice rye bread<br>½ cup mandarin oranges<br>8oz low fat milk<br>1tsp margarine        |
| 30  | 31  |  |   |   |
| 3oz glazed ham<br>½ cup whipped potatoes<br>½ cup California vegetable blend<br>1 slice wheat bread<br>½ cup applesauce<br>8oz low fat milk<br>1tsp margarine           | 3oz teriyaki chicken<br>½ cup brown rice<br>½ cup green beans<br>1 slice rye bread<br>½ cup pears<br>8oz low fat milk<br>1tsp margarine                   |  |   |   |

**Elderly Nutrition Program****(203) 630-4704**

**\$1.00-\$3.00 Suggested Donation for Seniors 60 and Up. \$6.00 Fee for Non-Seniors and for those who currently receive Meals On Wheels.**

**\*No loose change will be accepted\***

**Ordering:** Sign up for your meal by 12:30pm the day before. **Cancelling:** We need you to contact the kitchen at 203-630-4704 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 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.

**Commission on Aging and Disabilities****Friday, January 6 at 9:00am**

This commission 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 and disabled population. Meetings are held in the Activity Room and are open to members of the Senior Center and the general public, and are held every first Friday at 9:00am each month at the Senior Center. Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

**New Member Orientation****Thursday, January 26 at 12:30pm**

Please 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.**

**Breakfast & Snacks Upcoming Changes to****Pricing Effective January 1, 2023**

Due to the rising costs in food, the prices for breakfast items has increased as well as certain snacks. Please see the updated prices in bold below. We appreciate your understanding.

**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- **\$0.75**

English Muffin with Egg - **\$1.25**

English Muffin with Egg & Sausage - **\$2.00**

Egg - **\$0.50**

**Thursday**

Donuts (when available) — **\$0.25**

**Senior Center Café Snack Bar****9:30am-11:20am**

Crackers - **\$0.50**

Chips - **\$0.75**

Can Soda - Juice - **\$1.00**

Cookies - **\$0.75**

Sparkling Ice - **\$1.00**

Flavored Seltzer - **\$1.00**

Ice-Cream Cups - **\$0.75**

Snapple - **\$1.25**

Bottled Water—**\$1.00**

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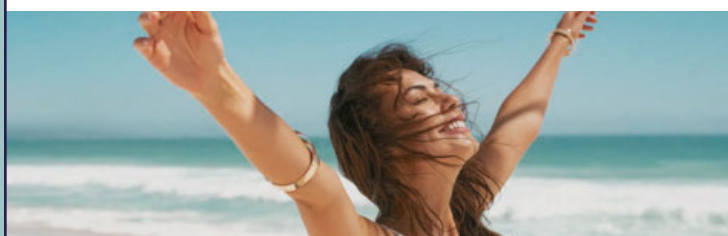


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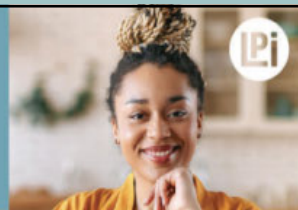
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## December Birthday Party with our Ukulele Class Sponsored by United Health Happy Birthday To All Those Born In December!



## 8th Annual 'Tis The Season for a Senior

