

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
February 2023

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. 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 **2021** income tax return, all income records from **2022**, and photo id.

Mardi Gras Celebration with Jose Paulo!

Thursday, February 9 from 10:30am—12:00pm

Let the good times roll! Dress up in your favorite Mardi Gras outfit, enjoy great music with Jose Paulo in the Dining Room, win a prize at our pancake toss game table and compete at our costume contest for the best dressed. Regular lunch will be served upon reservation. **Please RSVP by February 6. Sign up in the front office.**

Valentine's Day Dance

Thursday, February 16 from 10:30am—12:00pm

Wear Red & Pink and please join us in the Dining Room for a Valentine's Day party with Vicky Rose. There will be raffle prizes, treats, cards and more! Regular lunch will be served upon reservation. **Please RSVP by February 6. Sign up in the front office.**

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

Program, Trip & Event Signup Day**Wednesday, February 1 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.**

**Oral Health Presentation with Goodwin****University Dental Hygiene Program****Thursday, February 2 at 10:00am**

Do you have concerns about your oral health? Students from Goodwin University Dental Hygiene Program will provide a presentation on Oral Health. Oral health, oral cancer, dental decay (cavities), gum problems, denture/appliance issues information will be provided. Questions answered. Information on dental providers in the surrounding areas for individuals on Medicaid or without dental insurance will be provided. Come and join us in the Dining Room and receive your complimentary gift of dental supplies. Sign up in the front office.

**Black History Month Trivia with the Meriden Public Library****Monday, February 6 at 10:30am**

Honoring our History. Join us in the Dining Room for this trivia program in which we cover Meriden people, facts, and events relating to Black History Month. Sign up in the front office.

**You've Got Mail Craft with Liz****Friday, February 10 at 10:00am**

Join Liz in the Activity Room to decorate your home to honor mail carriers and Valentine's Day with card stock, hearts, ribbon 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.

**Valentine's Day Jeopardy Game with Liz****Tuesday, February 14 at 10:30am**

We have chosen four categories with four questions in each category. The categories are: Valentines History, Valentines Food, Valentines Gifts and Valentines Facts. The person with the highest score will win a Valentine's Day themed basket. Sign up in the front office.

Game Day with Success Academy**Thursday, February 16 at 10:00am**

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

**BIRTHDAY PARTY****Thursday, February 23 at 11:30am**

This month's birthday gifts will be sponsored by: **Skyview Rehab & Nursing**. Your birthday must be in February. **Please sign up by Thursday, February 16 to be guaranteed a gift.** The signup book is in the Dining Room. A special performance from our Ukulele Class will be included in this celebration! Happy Birthday to all members who were born in February!

**Lunch & Learn: Benefits of Dark Chocolate & Heart Health****Monday, February 27 at 10:30am**

Join Rachel Frase, registered dietician R/N Nutrition & Wellness in Meriden and a friend of the Meriden YMCA, to learn how dark chocolate is beneficial to heart health at 10:30am in the Mezzanine. Lunch will be served at 11:30am, sponsored by Kind Care at Bristol. Menu will be roasted chicken with mole sauce (a traditional Mexican sauce made with dark chocolate) on the side, served with rice and veggies. Sign up in the front office. Space is limited.





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	Please bring an extra pair of dry sneakers for exercise classes during inclement weather.
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

Pool Team Practice

Tuesdays & Thursdays at 10:30am

Practice days for the pool team are every Tuesday and Thursday at 10:30am. If you are interested in joining this team please meet our team captains, Archie and Guy, in the Billiards Room during practice days to discuss joining the team.



Calling All Card Players



Poker Club meets Thursdays at 12:30
Setback Club meets Fridays at 12:30pm



Senior Center Pool Team Tournaments

Thursday, February 9, 1:00pm, Home vs Southington

Thursday, February 23 1:00pm Home vs Wallingford

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



Scrabble Game with Carol

Tuesday, February 28 at 10:00am

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



Calling All Interested in Dominoes

We are looking to start a dominoes club at our center. Please contact Liz at 203-630-4703 if you are interested in playing or leading this group.



City of Meriden

Health and Human Services Department

Meriden Senior Center

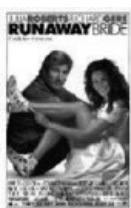
22 West Main Street, Meriden, CT 06451

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
Kitchen Staff: Melba Leary, Marisol Pelletier

Movie of the Month — TV Room**Friday, February 17 at 10:00am****"Runaway Bride" (1999)—1hr. 56min.**

A reporter who is assigned to write a story about a woman who has left a string of fiancés at the alter.



**Starring: Julia Roberts,
Richard Gere and Joan Cusack**

Antique Veterans of Meriden Honor**Guard Meeting****Thursday, February 9 at 9:00am**

The Antique Veterans of Meriden Honor Guard has bi-monthly meetings on the 2nd and 4th Thursdays of each month in the Mezzanine. They are accepting new Members, Male or Female, who have been Honorable Discharged. If interest please contact Clark Doeher (Commander) at 203-213-3328 or Ray Bednarz (Vice Commander) at 860-690-5833.

Veteran Services with George Messier and Eric Vickers**Tuesday, February 21 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.

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.

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.

Red Hat Club

There will be no meetings until March.

Yearly dues for Red Hat Club members is \$15.00.

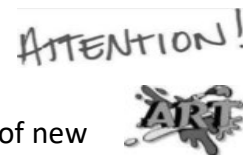
Throw on your red and purple and join this amazing group of women! Meetings typically include a fun afternoon of snacks, bingo, raffles and more.

The Commission on Aging & Disabilities Survey

A city wide survey will be available through the month of February. 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.

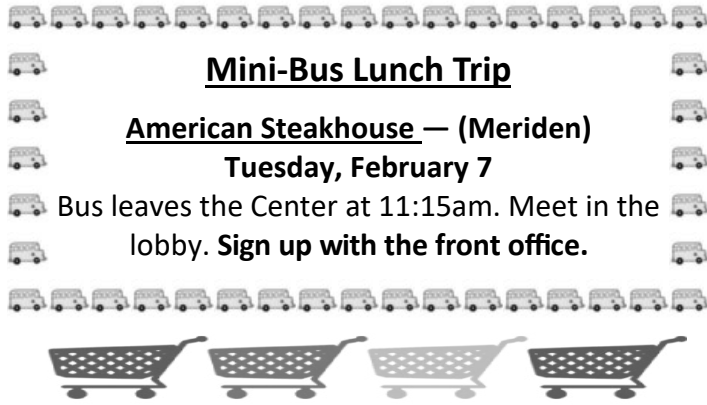
Attention Art Class

Starting March 1st, there will be a charge of \$2.00 per class. Money raised goes towards the purchase of new paint and art supplies. Our canvases are for sale for \$2.00 but you are welcome to bring your own to this class to work on. Size we offer is 9in. x 12in. Thank you for your support.

**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

American Steakhouse — (Meriden)

Tuesday, February 7

Bus leaves the Center at 11:15am. Meet in the lobby. **Sign up with the front office.**

Monthly Shopping Schedule

Shop Rite/Walmart

Tuesdays at 12:30pm — February 14, 21, 28

Stop and Shop/Save-A-Lot

Thursdays at 12:30pm — February 2, 9, 23

Job Lot/Popeye's/Family Dollar

Thursdays at 12:30pm — February 16

Target/Mall

Fridays at 12:30pm — February 3, 17

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

Fridays at 12:30pm — February 10, 24

Upcoming Day Trips for 2023

Spring is in the Air! - A Villa Louisa
Bolton, 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.

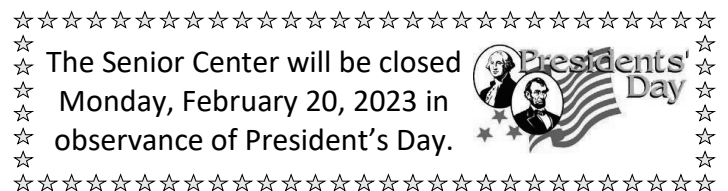
Transportation Reminder

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.
















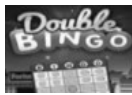












Bus routes start at 8:30am. Seniors should be ready and waiting for their ride. Drivers will wait 5 minutes and then continue on their route.



































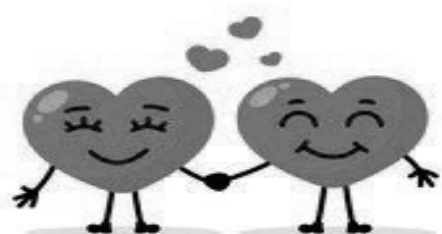

For All Members

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.



The Senior Center will be closed
Monday, February 20, 2023 in
observance of President's Day.

MONDAY	TUESDAY	WEDNESDAY
		9:30 Art Class 10:00 Program, Trip & 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo  Lunch: Mac & Cheese,
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 10:30 Black History Month with the Meriden Public Library 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone  6    Lunch: Meatballs w/Brown Gravy	9:00 AARP Driver Safety Course 10:30 Pool Team Practice 11:00 Weight Training 11:15 Lunch Trip: American Steakhouse (Meriden) 12:30 Ceramics 12:30 Arthritis Exercise 12:30 NO Mini-Bus Shopping 1:30 Tai Chi QiGong  7  Lunch: Florentine Chicken	9:00 Free Tax Assistance 9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo  Lunch: Pork Roast w/G
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone  13  Lunch: Sweet & Sour Pork	10:30 Pool Team Practice 10:30 Valentine's Day Jeopardy Game with Liz 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Shop Rite/Walmart 1:30 Tai Chi QiGong  14   (Valentine's Day Special)  Lunch: Chicken Kiev, Mashed Potatoes	9:00 Free Tax Assistance 9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Double Bingo  Lunch: Chicken Parmesan
CLOSED 20 	10:30 Pool Team Practice 11:00 Veteran Services 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Shop Rite/Walmart 1:30 Tai Chi QiGong  21  Lunch: Turkey w/Gravy	9:00 Free Tax Assistance 9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo  Lunch: Chicken Piccata
9:30 Art Class 9:30 Sewing & Quilting 10:30 Lunch & Learn: Benefits of Dark Chocolate & Heart Health 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone  27     Lunch: Herbed Chicken Quarter	10:00 Scrabble with Carol 10:30 Pool Team Practice 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Shop Rite/Walmart 1:30 Tai Chi QiGong  28  Lunch: Cheese Baked Ziti	

SDAY	THURSDAY	FRIDAY
Event Sign Up Day 1   Stewed Tomatoes	9:30 Art Class  2  10:00 Ukulele Class 10:00 Oral Health Presentation  10:30 Pool Team Practice 10:30 Sit Down & Tone Up  11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot  12:30 Poker Club/1:30 Tai QiGong Lunch: Turkey w/Gravy, Vegetable Soup	9:00 Commission on Aging & Disabilities 3 10:00 Yoga 11:00 Aerobics 12:30 Double Setback 12:30 Mini-Bus Shopping: Target/Mall  <u>Color of the Day: Pink</u> Lunch: Ravioli w/Sauce
ce  8  Gravy	9:00 Antique Veterans  9 9:30 Art Class 10:00 Ukulele Class 10:30 Pool Team Practice 10:30 Mardi Gras Celebration with Jose Paulo!  10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot  12:30 Poker Club/1:30 Tai QiGong  1:00 Pool Team—Home vs Southington Lunch: Lasagna Roll, Mushroom Barley Soup	10:00 You've Got Mail Craft with Liz  10 10:00 Yoga 11:00 Aerobics 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill  <u>Color of the Day: Your Favorite Heart Shirt</u> Lunch: Cheese Quiche, Tater Tots
ce  15  an	9:30 Art Class  16 10:00 Ukulele Class  10:00 Game Day with Success Academy 10:30 Pool Team Practice 10:30 Valentine's Day Dance  10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Mini-Bus Shopping: Job Lot/Popeye's Family Dollar  12:30 Poker Club/1:30 Tai QiGong Lunch: Pollack Nuggets	10:00 Movie of the Month—"Runaway Bride" (1999) 17 10:00 Yoga 11:00 Aerobics  12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall  <u>Color of the Day: Green</u> Lunch: Vegetarian Chili
ce  22  	9:30 Art Class  23 10:30 Pool Team Practice  10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise 11:30 Birthday Party  12:30 Ceramics/12:30 Knit & Crochet 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot  12:30 Poker Club/1:30 Tai QiGong 12:30 New Member Orientation  1:00 Pool Team—Home vs Wallingford  Lunch: BBQ Pork, Vegetable Barley Soup	10:00 Yoga 24 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill  <u>Color of the Day: Purple & Yellow</u> Lunch: Spinach Rice, Pinto Beans
		

February 2023 Social Services



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 1st – March 31st, 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

Free admission pass to school athletic events

Obtain passes to school athletic events in Meriden, seniors must visit the Superintendent's office at 22 Liberty Street (across from City Hall). Office is located on the third floor and elevator access is on the first floor off the Catlin Street entrance. Age requirement is 62 years of age or older

Are you in need of Adult Diapers

The New Opportunities of Greater Meriden Diaper Bank has children's diapers and adult Depends. This program is free. Contact Christine Dwyer at 203-639-5060, ext. 410, especially if you need a special size adult Depends so it can be ordered for you.

The Diaper Bank is open from 10am to 3pm, Monday through Friday at 55 West Main Street, Meriden, CT

DURING THIS
SEASON OF
LOVE FOCUS
ON LOVING
MORE THAN
JUST THOSE
CLOSEST TO
YOU

Love Everyone.

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**February 2023**

	Monday		Tuesday		Wednesday		Thursday		Friday	
					1		2		3	
	MENU SUBJECT TO CHANGE BASED ON AVAILABILITY				1 cup macaroni & cheese ½ cup mixed greens ½ cup stewed tomatoes 1 dinner roll 1 slice pound cake 4oz assorted fruit juice 8oz low fat milk 1 tsp margarine		6oz vegetable soup 3oz turkey w/gravy ½ cup butternut squash 1 slice wheat bread 1 piece fresh fruit 8oz low fat milk 1 tsp margarine 1pkt saltines		8ea ravioli w/sauce ½ cup cauliflower ½ cup broccoli 1 slice Italian bread ½ cup pineapple 8oz low fat milk 1 tsp margarine	
	6		7		8		9		10	
	6ea meatballs w/brown gravy ½ cup whipped potatoes ½ cup carrots 1 slice rye bread ½ cup peaches 8oz low fat milk 1 tsp margarine		3oz Florentine chicken ½ cup bow tie pasta ½ cup green beans 1 garlic breadstick ½ cup mandarin oranges 8oz low fat milk 1 tsp margarine		3oz pork roast w/gravy ½ cup yams ½ cup collard greens 1 dinner roll 1 piece fresh fruit 8oz low fat milk 1 tsp margarine		6oz mushroom barley soup 1ea lasagna roll ½ cup mixed vegetables 1 slice Italian bread ½ cup applesauce 8oz low fat milk 1 tsp margarine 1pkt saltines		1 slice cheese quiche ½ cup tater tots ½ cup spinach 1 slice wheat bread 1 sugar cookie 4oz assorted fruit juice 8oz low fat milk 1 tsp margarine	
	13		14		15		16		17	
	3oz sweet & sour pork ½ cup confetti rice ½ cup green beans 1 slice wheat bread ½ cup pineapple 8oz low fat milk 1 tsp margarine		Valentine's Day Special 3oz chicken Kiev ½ cup mashed potatoes ½ cup green beans 1 dinner roll 1 slice red velvet cake ½ cup pears 8oz low fat milk 1 tsp margarine		3oz chicken parmesan ½ cup penne noodles ½ cup spinach 1 garlic breadstick ½ cup vanilla pudding 4oz assorted fruit juice 8oz low fat milk 1 tsp margarine		6oz cream of broccoli soup 4ea pollack nuggets ½ cup parslied carrots 1 slice rye bread 1 piece fresh fruit 8oz low fat milk 1 tsp margarine 1pkt tartar sauce 1pkt saltines		1 cup vegetarian chili ½ cup green peas ½ cup mixed vegetables 1 slice cornbread ½ cup pears 8oz low fat milk 1 tsp margarine	
	20		21		22		23		24	
	CLOSED		3oz turkey w/gravy ½ cup mashed potatoes ½ cup green beans 1 dinner roll ½ cup applesauce 8oz low fat milk 1 tsp margarine		3oz chicken piccata ½ cup seasoned orzo ½ cup carrots 1 slice rye bread 1 sugar cookie 4oz fruit juice 8oz low fat milk 1 tsp margarine		6oz vegetable barley soup 3oz BBQ pork ½ cup mixed greens 1 slice wheat bread 1 piece fresh fruit 8oz milk 1 tsp margarine 1pkt saltines		1 cup pinto beans ½ cup Spanish rice ½ cup broccoli florets 1 slice wheat bread ½ cup mandarin oranges 8oz low fat milk 1 tsp margarine	
	27		28							
	1ea herbed chicken quarter ½ cup baked sweet potatoes ½ cup California vegetable blend 1 dinner roll ½ cup pineapple 8oz low fat milk 1 tsp margarine		1 cup cheese baked ziti ½ cup broccoli ½ cup carrots 1 slice Italian bread ½ cup peaches 8oz low fat milk 1 tsp 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.

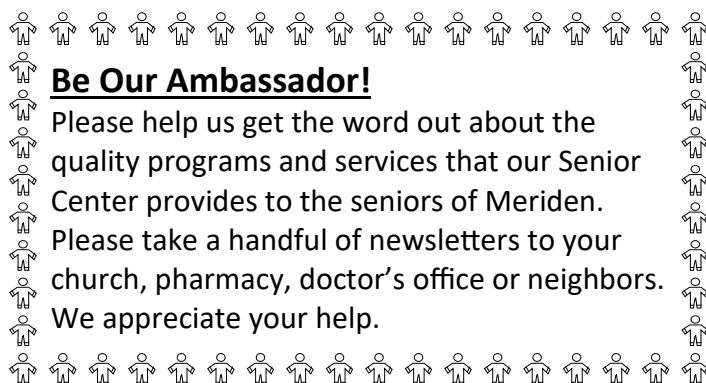
***Please make sure you arrive no later than 11:25am for your lunch ticket to assure a smooth and prompt lunch service. Thank You!**

**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, February 3 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, February 23 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.**

**Transportation Survey**

All bus riders are invited to fill out a survey for the month of February. Please see Ruth Pedroso in the Transportation Office. Thank you

**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**

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

Sparkling Ice - **\$1.00**

Ice-Cream Cups - **\$.75**

Bottled Water—**\$1.00**

Chips - **\$.75**

Cookies - **\$.75**

Flavored Seltzer - **\$1.00**

Snapple - **\$1.25**

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