

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
March 2023

St Patrick's Day Celebration with Don Pierson!

Friday, March 17 at 10:30am

Wear your green and join us in the Dining Room for some musical entertainment by Don Pierson, contest for the best dressed leprechaun, planko prize game and more! Regular lunch will be served upon reservation. **Please RSVP by March 13. Sign up in the front office.** Sponsored by Anthem Blue Cross and Blue Shield.

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.

10th Annual Josephine E. Bradley Spelling Bee

Thursday, April 6 from 11:30am—1:15pm

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

Program, Trip & Event Signup Day**Wednesday, March 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.**

**Shamrock Shakes with Liz****Thursday, March 2 at 11:00am**

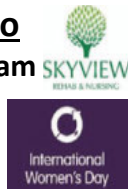
Did you know that the Shamrock Shake® was created in 1967 by Hal Rosen, a Connecticut McDonald's owner? Enjoy a deliciously minty shake with our Recreation Coordinator Liz in the Dining Room and learn about the latest updates about our activities this month. Sign up in the front office.

**Notable Women in History with Liz****Monday, March 6 at 10:30am**

Learn about some of the most remarkable women in history through a fun trivia presentation with Liz in the Dining Room. Sign up in the front office.

**International Women's Day Prize Bingo****Wednesday, March 8 from 10:30am—11:15am**

Wear purple and celebrate International Women's Day with a prize bingo game in the Dining Room with Skyview Rehab & Nursing! Sign up in the front office.

**Ireland Virtual Tour with Deb****Thursday, March 9 at 10:00am**

Join us for a virtual visit in the Dining Room, for trivia and some flavors of Ireland with Deb from Hamden Rehabilitation. Sign up in the front office.

**IRISH Prize Bingo with Medi Mike****Monday, March 13 at 10:30am**

Have a wee bit o' fun playing IRISH Bingo with Medi Mike in the Dining Room. May the luck of the Irish be with you! 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.

**Shamrock Tin Bank Craft with Liz****Wednesday, March 15 at 10:00am**

Decorate a tin container with shamrocks, gold coins and more in the Mezzanine to create a lucky bank for your bucks! Sign up in the front office.

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

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

**BIRTHDAY PARTY****Thursday, March 16 at 11:30am**

This month's birthday gifts will be sponsored by: **Essential Healthcare**. Your birthday must be in March.

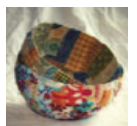
Please sign up by Thursday, March 9 to be guaranteed a gift. The signup book is in the Dining Room. A special performance from our Ukulele Class will be included in this celebration! Happy Birthday to all members who were born in March!

**Red Hat Club****Monday, March 20 at 12:30pm**

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

**Fabric Bowl Craft with Deb****Thursday, March 23 at 10:00am**

Learn how to make a fabric bowl in the Mezzanine with Deb from Hamden Rehabilitation. Sign up in the front 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 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, March 9, 1:00pm, Home vs Southington

Thursday, March 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, March 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, March 24 at 10:00am****"Ticket to Paradise" (2022) — 1h. 44min.**

A divorced couple (Julia Roberts and George Clooney) teams up and travels to Bali to stop their daughter from making the same mistake they think

they made 25 years ago.

Sign up in the front office.

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

Antique Veterans Honor Guard
Meriden, Connecticut

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 interested please contact Clark Doehr (Commander) at 203-213-3328 or Ray Bednarz (Vice Commander) at 860-690-5833.

Veteran Services with George Messier and Eric Vickers**Tuesday, March 21 at 11:00am**

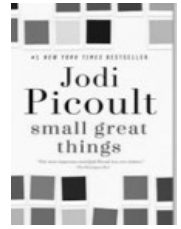
George Messier and Eric Vickers visit the Senior Center in the Activity Room every third Tuesday of each month. They provide info and administrative assistance to veterans and dependents eligible for veteran's benefits. Sign up in the front office.

Volunteer Opportunities!

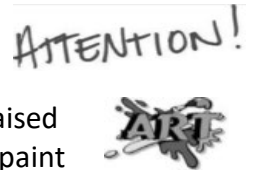
- **Looking for a volunteer to lead our Young at Heart Ensemble.** If you are interested in leading our talented Young at Heart Ensemble please contact Liz Parra at 203-630-4703 for more information. This group enjoys singing and playing instruments on a weekly basis and our members are looking forward 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.

Book Club with the Meriden Public Library**Friday, March 31 at 10:00am**

Please join Doreen Guarino from the Meriden Public Library in the Activity Room every last Friday for a book club meeting where we discuss the book of the month "Small Great Things" by Picoult. This story addresses, race, prejudice, privilege, justice and compassion with intelligence and candor. Pick up a copy of your book on sign up day with Liz.

**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.

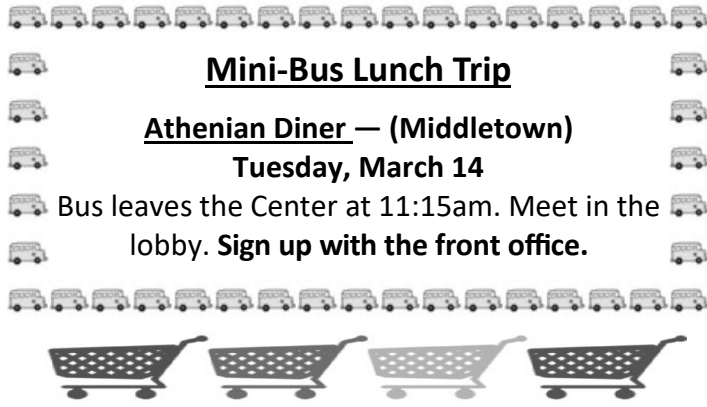
**Inclement Weather Reminder**

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.

**Daylight Savings****Begins Sunday, March 12 at 2:00am**

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





Mini-Bus Lunch Trip

Athenian Diner — (Middletown)

Tuesday, March 14

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 — March 7, 21, 28

Stop and Shop/Save-A-Lot

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

Job Lot/Popeye's/Family Dollar

Thursday at 12:30pm — March 16

Target/Mall/Aldi's

Fridays at 12:30pm — March 3, 17, 31

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

Fridays at 12:30pm — March 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.

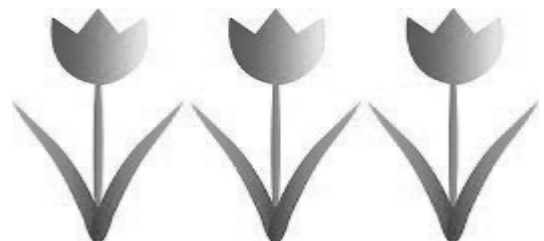
Transportation Reminder


































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.



MONDAY	TUESDAY	WEDNESDAY
		9:30 Art Class 9:00 Free Tax Assistance 10:00 Program, Trip & Bingo 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo  Lunch: Hamburger on a Bun
9:30 Art Class 9:30 Sewing & Quilting 10:30 Notable Women in History 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone    Lunch: Glazed Ham, Whipped Potatoes	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   Lunch: Teriyaki Chicken	9:00 Free Tax Assistance 9:30 Art Class 10:00 Wii Bowling 10:30 International Women's Day Bingo 11:00 Aerobics 12:30 Bingo   Lunch: Macaroni & Cheese
9:30 Art Class 9:30 Sewing & Quilting 10:30 IRISH Prize Bingo with Medi Mike 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone     Lunch: Meatballs w/Brown Gravy	10:30 Pool Team Practice 11:00 Weight Training 11:15 Lunch Trip: Athenian Diner (Middletown) 12:30 Ceramics 12:30 Arthritis Exercise 12:30 No Mini-Bus Shopping 1:30 Tai Chi QiGong   Lunch: Florentine Chicken	9:00 Free Tax Assistance 9:30 Art Class 10:00 Shamrock Tin Bar 10:00 Wii Bowling 11:00 Aerobics 12:30 Double Bingo  Lunch: Pork Roast w/Gravy
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Red Hat Club 12:30 Strength & Tone     Lunch: Sweet & Sour Pork	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    Lunch: Meatloaf w/Gravy	9:00 Free Tax Assistance 9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo   Lunch: Chicken Parmesan
9:30 Art Class 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength & Tone   Lunch: Spaghetti w/Meatballs	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    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

SDAY	THURSDAY	FRIDAY
 1 Event Sign Up Day   	2 9:30 Art Class 10:00 Ukulele Class 10:30 Pool Team Practice 10:30 Sit Down & Tone Up 11:00 Shamrock Shakes with Liz 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Mini-Bus Shopping: S&S/Save-a-lot 12:30 Poker Club/1:30 Tai QiGong Lunch: Chicken Stir Fry   	3 9:00 Commission on Aging & Disabilities 10:00 Yoga 11:00 Aerobics 12:30 Double Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's <u>Color of the day: Shamrocks</u> Lunch: Spinach Quiche 
8 men's Day Prize   	9 9:00 Antique Veterans 9:30 Art Class 10:00 Ireland Virtual Tour with Deb 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: S&S/Save-a-lot 12:30 Poker Club/1:30 Tai QiGong 1:00 Pool Team—Home vs Southington Lunch: Turkey w/Gravy   	10 10:00 Yoga 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill <u>Color of the Day: Red</u> Lunch: Ravioli w/Sauce 
15 nk Craft with Liz   	16 9:30 Art Class 10:00 Ukulele Class 10:00 Game Day with Success Academy 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: Job Lot/Popeye's Family Dollar 12:30 Poker Club/1:30 Tai QiGong Lunch: Lasagna Roll    	17 10:30 St. Patrick's Day Celebration 10:00 Yoga 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's <u>Color of the Day: Green</u> St. Patrick's Day Special Lunch: Corned Beef & Cabbage  
22  	23 9:30 Art Class 10:00 Ukulele Class 10:00 Fabric Bowl Craft with Deb 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: S&S/Save-a-lot 12:30 Poker Club/1:30 Tai QiGong 1:00 Pool Team—Home vs Wallingford Lunch: Pollack Nuggets   	24 10:00 Movie of the Month—"Ticket to Paradise" (2022) 1h 44mins 10:00 Yoga 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill <u>Color of the Day: Yellow & White</u> Lunch: Vegetarian Chili  
29 	30 9:30 Art Class 10:00 Ukulele Class 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: S&S/Save-a-lot 12:30 Poker Club/1:30 Tai QiGong 12:30 New Member Orientation Lunch: BBQ Pork, Vegetable Barley Soup   	31 10:00 Book Club with the Meriden Public Library 10:00 Yoga 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's <u>Color of the Day: Light Blue</u> Lunch: Spanish Rice, Pinto Beans  

March 2023

Social Services

What is Renters' Rebate?

It's a reimbursement program for Connecticut renters who are 65 or older or totally disabled, and whose incomes does not exceed certain limits. Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebate can be up to \$900 for married couples and up to \$700 for single persons. The renters' rebate amount is based on a graduated income scale and amount of rent and utility payments made in the calendar year prior to the year in which the renter applies.

If legally married you must file the application together and bring all documentation for both even if you live in separate households.

Appointments can be made starting March 1st

Program runs from April 3rd until September 29th

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

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

New Renters' Rebate Income Guidelines

Applicant's qualifying income in the calendar year 2022 must not exceed \$40,300 if unmarried, or \$49,100 if married.

Natalie Gill
Social Services Worker
203-630-4273

Must call to make an appointment, no walk-ins



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

Homeowner's Tax Relief Program

Individuals must be 65 and older by 12/31/2022 or totally disabled. Applications for the Homeowner's Program can be made on the following days and times:

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

Wednesdays-1:00pm to 4:30pm

Assessor's Office 142 East Main Street

203-630-4065

Those applying for tax relief must do so no later than May 15, 2023.

No Appointment Necessary

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

- Social Security Benefit 1099 forms for 2022
- Proof of all income for 2022

Income Guidelines:

Circuit Breaker Program-Unmarried: \$40,300 Married: \$49,100

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

State & Local Veteran's Program-Unmarried: \$40,300 Married: \$49,100

(Those applying for additional Veteran's Programs must apply before September 30, 2023)

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)
- 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.

MENU SUBJECT TO CHANGE BASED ON AVAILABILITY

LifeBridge Community Services Senior Café**March 2023**

Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY				1 ea hamburger ½ cup baked beans ½ cup cauliflower 1 hamburger bun ½ cup vanilla pudding 4oz assorted fruit juice 8oz milk		6oz lentil soup 1 cup chicken stir fry ½ cup green beans 1 slice white bread 1 piece fresh fruit 8oz low fat milk 1pkt saltines		1 slice spinach quiche ½ cup paprika potatoes ½ cup stewed tomatoes 1 slice rye bread ½ cup mandarin oranges 8oz low fat milk 1tsp margarine	
6		7		8		9		10	
3oz glazed ham ½ cup whipped potatoes ½ cup California vegetable blend 1 slice wheat bread ½ cup applesauce 8oz low fat milk 1tsp margarine		3oz teriyaki chicken ½ cup brown rice ½ cup green beans 1 slice rye bread ½ cup pears 8oz low fat milk 1tsp margarine		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 1tsp margarine		6oz vegetable soup 3oz turkey w/gravy ½ cup butternut squash 1 slice wheat bread 1 piece fresh fruit 8oz low fat milk 1tsp margarine 1pkt saltines		8ea ravioli w/sauce ½ cup cauliflower ½ cup broccoli 1 slice Italian bread ½ cup pineapple 8oz low fat milk 1tsp margarine	
13		14		15		16		17	
6ea meatballs w/brown gravy ½ cup whipped potatoes ½ cup carrots 1 slice rye bread ½ cup peaches 8oz low fat milk 1tsp margarine		3oz Florentine chicken ½ cup bow tie pasta ½ cup green beans 1 garlic breadstick ½ cup mandarin oranges 8oz low fat milk 1tsp margarine		3oz pork roast w/ gravy ½ cup yams ½ cup collard greens 1 dinner roll 1 piece fresh fruit 8oz low fat milk 1tsp margarine		6oz mushroom barley soup 1 ea lasagna roll ½ cup mixed vegetables 1 slice Italian bread ½ cup applesauce 8oz low fat milk 1tsp margarine 1pkt saltines		St. Patrick's Day Special 3oz corned beef & cabbage ½ cup boiled potatoes ½ cup carrots 1 slice rye bread ½ cup bread pudding ½ cup applesauce 8oz low fat milk 1tsp margarine	
20		21		22		23		24	
3oz sweet & sour pork ½ cup confetti rice ½ cup green beans 1 slice wheat bread ½ cup pineapple 8oz low fat milk 1tsp margarine		3oz meatloaf w/gravy ½ cup mashed potatoes ½ cup cauliflower 1 wheat roll ½ cup applesauce 8oz low fat milk 1tsp 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 1tsp margarine		6oz cream of broccoli soup 4ea pollack nuggets ½ cup parslid carrots 1 slice rye bread 1 piece fresh fruit 8oz low fat milk 1tsp 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 1tsp margarine	
27		28		29		30		31	
6ea meatballs w/ marinara ½ cup spaghetti ½ cup green peas 1 slice Italian bread ½ cup diced peaches 8oz low fat milk 1tsp margarine		3oz turkey w/gravy ½ cup mashed potatoes ½ cup green beans 1 dinner roll ½ cup applesauce 8oz low fat milk 1tsp 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 1tsp margarine		6oz vegetable barley soup 3oz BBQ pork ½ cup mixed greens 1 slice wheat bread 1 piece fresh fruit 8oz milk 1tsp 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 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!

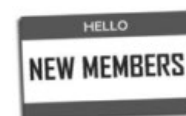
Please help us get the word out about the quality programs and services that our Senior Center provides to the seniors of Meriden. Please take a handful of newsletters to your church, pharmacy, doctor's office or neighbors. We appreciate your help.

Commission on Aging and Disabilities**Friday, March 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, March 30 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.**

**Blood Pressure Clinics**

There will be no Blood Pressure Clinic until further notice.



**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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