

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
December 2021

## **2021 Annual Craft & Holiday Fair**

**Thursday, December 9 from 10:30am-1:00pm**

We are excited to display the talents of our very own Senior Center members! Our sewing, knitting, ceramics, art classes, and clubs will be selling their homemade items. The fair is open to the public. **Anyone interested in donating a raffle basket should contact the front office.**

## **'Tis The Season for a Senior**

**Friday, December 17 at 10:00am**

Natalie Gill, our Social Services Worker, has organized our 7th Annual Senior Gift Program to provide a Christmas/Holiday gift to those who sign up. Members are invited to sign up starting December 1 until all the spots are filled. This event is first come, first serve since there a limited number of gifts available.

**Please see page 8 for more information.**

## **Ugly Sweater Holiday Party**

**Tuesday, December 21 from 4:00pm-7:30pm**

Time for another festive holiday evening event! Dress up in your ugly sweater and join us for a night of dinner, dancing, treats, and our favorite photo wall.

Costume contest for the ugliest and most creative sweater. Menu will be garden salad, ziti with meat sauce, green beans and a dinner roll.

**Please sign up at the front office by December 9.**

**Price is \$8.00 per person.**

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



**Program & Event Signup Day****Wednesday, December 1 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 an event is booked up before your name is called, you will be put on the waiting list in numerical order.**

**Hot Cocoa with Liz****Thursday, December 2 at 10:30am**

Please join our Recreation Coordinator Liz in the Dining Room to learn about the latest updates about our activities this month. **Sign up in the front office.**

**Holiday Ornament Craft with Liz****Friday, December 3 from 10:15am-11:15am**

Please join Liz in the Activity Room to create ornaments for the upcoming holidays! Sign up in the front office.

**Caption Call Workshop****Monday, December 6 at 10:30am**

Caption Call provides those with hearing loss a visual text display on their phones at no cost. Meet Allyson Silver in the Dining Room and learn how the phone and captioning service works, why there's no cost, and what you can do to get Caption Call and improve your conversations. Sign up with the front office.

**Scrabble Game with Carol****Tuesdays, December 7 & 28 from 10:30am-11:30am**

Please join Carol in the **Lower Level** for a fun game of Scrabble. Please sign up with the front office.

**Festival of Silver Lights at Hubbard Park****Wednesday, December 8 at 4:00pm**

Join us for Meriden's spectacular display with 200,000 white lights and more than 300-lighted characters throughout the park. Light displays are in the trees, on the ponds, and nestled in the natural habitat. Mini-bus pickups will begin at 4:00pm for an early dinner at McDonald's. **\*\*If you are driving to the center, the mini-bus will pick you up at the Senior Center front entrance on West Main St. Space is limited.** Please sign up at the front desk.

**Holiday Centerpieces with Liz****Friday, December 10 from 10:15am-11:15am**

Join Liz in the Activity Room to create a holiday centerpiece for your home using empty wine bottles, fairy lights, paint, gems, flowers, and more! Sign up in the front office.

**BIRTHDAY PARTY!****Thursday, December 16 at 11:30am**

This month's birthday gifts will be sponsored by: **ConnectiCare**. Your birthday must be in December. **Please sign up by Thursday, December 9 to be guaranteed a gift. The signup book is in the Dining Room.** Happy Birthday to all members who were born in December!

**Red Hat Society Members Holiday Party****Monday, December 20 at 12:30pm**

Part of the **Lower Level** will be reserved for the members of the Red Hat Society for their annual holiday party. Members of the Red Hats are asked to pay \$10.00 for this event.

**Veteran Services with George Messier****Tuesday, December 21 at 11:00am****Activity Room on the Main Level**

George Messier visits the Senior Center every third Tuesday of each month. He provides info and administrative assistance to veterans and dependents eligible for veteran's benefits. Please call George to schedule your appointment at 203-294-2165.

**Access Wireless Free Tablet Presentation****Monday, December 27 at 10:30am**

Please join Ada from Access Wireless in the TV Room who will be presenting the requirements for the enrollment of Free State tablets for seniors. Ada will stay after the presentation to help those that may be interested in enrolling for this program. **You must have proof of a state assistance program you are part of.** Please bring your EBT card, Medical Card or Husky Card along with a valid id. An \$11.00 charge is required by the State of Connecticut to enroll. Please 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	<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	Lower Level	

### 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

### From the Director

Dear Friends,

On behalf of all of us at the Meriden Senior Center, We wish you a festive holiday season and a Happy New Year! Thank you to all the staff and volunteers who worked so hard to overcome so many challenges in 2021!! We look forward to a brighter 2022 and we look forward to enjoying it with you all. Happy Holidays and a Healthy New Year to all!

Rick Liegl, Senior Affairs Administrator.



### 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.



### Calling All Card Players



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

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

**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	203-630-4701
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
Tanniece Ulett, Community Services	203-630-4708
Conference Room	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Lisa Mesite, Tanya Vega, Guy Racine,  
Robert Standish

**Movie of the Month—TV Room****Friday, December 10 at 10:30am****"The Christmas Chronicles" (2018)**

The story of a sister and brother, Kate and Teddy Pierce, whose Christmas Eve plan to catch Santa Claus on camera turns into an unexpected journey that most kids could only dream about.

Starring: Kurt Russell, Darby Camp and Judah Lewis.

**New Member Orientation****Tuesday, December 28 at 12:30pm**

Join Rick Liegl, Senior Affairs Administrator for a guided tour of our Senior Center while he provides information on our programs and services. New Member Orientation will be held on the last Thursday of every month. Hope to see you there! **Please sign up in the front office.**



The Senior Center will be closed Friday, December 24, 2021 in observance of Christmas Day and Friday, December 31, 2021 in observance of New Years Day.

**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: At Home COVID Testing Should Be On Your Holiday Wish List**

Family gatherings are on the rise, make sure you are prepared for the holiday season. Now available over the counter new at-home testing kits. With a national shortage and escalating cost, the National Institutes of Health pledged \$70 million from the American Rescue plan to review new at-home tests.

Types of tests available:

Antigen rapid test. Detects SARS-CoV-2, these tests are about 80% accurate so a false positive is not uncommon. If symptomatic, a negative test does not mean you are not infected. Antigen tests rely on timing.

PCR: A polymerase chain reaction test is about 98% accurate. It is used across Hartford HealthCare testing locations. This method detects the virus' genetic material. An antibody test checks for antibodies produced by your immune system as a defense against the virus.

**Double Bingo****Wednesday, December 15 at 12:30pm**

Double Bingo will no longer be held on the third Friday of every month. Instead, Double Bingo will be held on every third Wednesday in the Dining Room. Players will be charged 50 cents per card on Double Bingo days.

**LOST & FOUND**

If you have lost any personal items at the Senior Center, please check our lost & found in the front office before January 4, 2022. We will be cleaning out the lost & found for the year and any unclaimed items will be discarded.





### Mini-Bus Lunch Trip

Panera Bread and Christmas Tree Shop in

Manchester

Tuesday, December 14

Bus leaves the Center at

10:45am. Pickup from Christmas

Tree Shop at 2:00pm



### Attention All Bingo Lovers

The Meriden Senior Center is looking for new volunteers to call Bingo on Mondays & Wednesdays. Please visit the front office if you are interesting in participating!



### Antique Veterans Honor Guard

The Antique Veterans of Meriden Honor Guard was formed in 1996. Weekly meetings have been on hold due to the pandemic at the Meriden Senior Center. The unit is still doing military honors. Please call Ed Lynch with any inquiries: 203-686-0473.



### Billiards Room

There will be no pool teams playing against other Senior Centers until further notice. The billiards room is available for individual use with other Meriden Senior Center members.

**\*\*Please note that our Computer Room and part of our Activity Room will be utilized by the Meriden Health Department until further notice. \*\*Card tables have been relocated to the Lower Level for our Setback Club on Fridays. Poker Club reserved on Tuesdays and Thursdays relocated on the Lower Level. Yoga on Fridays have been relocated to the Lower Level. There will be one computer available for use also on the Lower Level.**

**ATTENTION**

### **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.

### 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.



### Monthly Shopping Schedule

**Shop Rite/Walmart**

Tuesdays at 12:30pm — December 7, 21, 28

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
















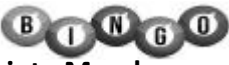











Thursdays at 12:30pm — December 2, 9, 16, 23, 30










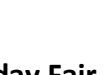



















**Target/Mall**

Friday at 12:30pm — December 10

**Big Y/Aldi's/Kohls/Goodwill**

Friday at 12:30pm — December 3, 17

MONDAY	TUESDAY	WEDNESDAY
		<p>9:30 Art Class 10:00 Wii Bowling <b>10:00 Program &amp; Event</b> 11:00 Aerobics 12:30 Bingo</p>  <p><b>Lunch: Fish Sticks</b></p>
<p>9:30 Art Class 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up <b>10:30 Caption Call Workshop</b> 11:00 Aerobics 12:30 Bingo 12:30 Strength &amp; Tone</p>    <p><b>Lunch: Potato Crusted Fish</b></p>	<p><b>10:30 Scrabble Game with Carol</b> 11:00 Weight Training 12:30 Ceramics 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong</p>   <p><b>Lunch: Philly Cheese Steak Grinder</b></p>	<p>9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo <b>4:00 Festival of Lights</b></p>  <p><b>Lunch: Vegetable Lasagna</b></p>
<p>9:30 Art Class 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Strength &amp; Tone</p>   <p><b>Lunch: Spaghetti w/Meatballs</b></p>	<p><b>10:45 Lunch Trip to Panera Bread and Christmas Tree Shop in Manchester</b> 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong</p>   <p><b>Lunch: Turkey w/Gravy &amp; Stuffing</b></p>	<p>9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics <b>12:30 Double Bingo</b></p>  <p><b>Lunch: Chicken Cacciatore</b></p>
<p>9:30 Art Class 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo <b>12:30 Red Hat Society Members Holiday Party</b> 12:30 Strength &amp; Tone</p>    <p><b>Lunch: BBQ Pork Loin</b></p>	<p><b>11:00 Veteran Services</b> 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Shop Rite/Walmart 12:30 Poker Club 1:30 Tai Chi QiGong <b>4:00 Ugly Sweater Holiday Party</b></p>   <p><b>Lunch: Chicken Tenders/Mac &amp; Cheese</b></p>	<p>9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo</p>  <p><b>Lunch: Vegetable Omelette</b></p>
<p>9:30 Art Class 9:30 Sewing &amp; Quilting <b>10:30 Access Wireless Free Tablet Presentation</b> 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo <del>12:30 Strength &amp; Tone</del></p>    <p><b>Lunch: Mexican Chicken</b></p>	<p><b>10:30 Scrabble Game with Carol</b> 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Shop Rite/Walmart <b>12:30 New Member Orientation</b> 12:30 Arthritis Exercise 12:30 Poker Club 1:30 Tai Chi QiGong</p>    <p><b>Lunch: Eggplant Parmesan</b></p>	<p>9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics 12:30 Bingo</p>  <p><b>Lunch: Hamburger/Green Beans</b></p>

WEDNESDAY	THURSDAY	FRIDAY
 <b>1</b> <b>Art Sign Up Day</b> 	 <b>2</b> 9:30 Art Class 10:30 Sit Down & Tone Up <b>10:30 Hot Cocoa with Liz</b> 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    <b>Lunch: Spinach Grandioli/Pasta Fagioli</b>	<b>9:00 Commission on Aging &amp; Disabilities</b> <b>3</b> 10:00 Yoga <b>10:15 Holiday Ornament Craft with Liz</b> 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's Aldi's/Goodwill  <b><u>Color of the Day: Green</u></b>  <b>Lunch: Beef &amp; Bean Chili</b>
 <b>8</b> <b>at Hubbard Park</b>  	 <b>9</b> 9:30 Art Class 10:30 Sit Down & Tone Up <b>10:30 2021 Annual Craft &amp; Holiday Fair</b> 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    <b>Lunch: Sweet &amp; Sour Pork</b>	<b>10:00 Yoga</b> <b>10</b> <b>10:15 Holiday Centerpieces with Liz</b> <b>10:30 Movie of the Month —</b> <b>"The Christmas Chronicles" (2018)</b>  11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Mall/Target  <b><u>Color of the Day: Red &amp; White</u></b>  <b>Lunch: Breaded Chicken Leg</b>
 <b>15</b> 	 <b>16</b> 9:30 Art Class 10:30 Sit Down & Tone Up 11:00 Latin Rhythm Exercise <b>11:30 Birthday Party</b> 12:30 Mini-Bus Shopping: Stop & Shop Save-a-lot 12:30 Ceramics/12:30 Knit & Crochet 12:30 Poker Club 1:30 Tai QiGong    <b>Lunch: Tortilla Encrusted Tilapia</b>	<b>10:00 Yoga</b> <b>17</b> <b>10:00 'Tis The Season for a Senior</b> 11:00 Aerobics 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's Aldi's/Goodwill  <b><u>Color of the Day: Your Favorite Holiday Outfit</u></b>  <b>Lunch: Spinach Quiche</b>
 <b>22</b> 	<b>23</b> 9:30 Art Class 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    <b>Lunch: Salisbury Steak w/Mushroom Gravy</b>	<b>CLOSED</b> <b>24</b> <b>Observance of Christmas Holiday</b> 
 <b>29</b>  <b>erman Potato Salad</b>	<b>30</b> 9:30 Art Class 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    <b>Lunch: Herb Baked Chicken</b>	<b>CLOSED</b> <b>31</b> <b>Observance of New Year's Day</b> 





# Social Services December 2021



## 'Tis the Season for a Senior

We will be having our 7th Annual Senior Gift Program to provide a Christmas/Holiday gift to those who sign up. It will be held on **Friday, December 17th at 10:00am** in the lunch room.

You can sign up starting Wednesday, December 1st until all the spots are filled.

This event is first come first serve since there are a limited amount of gifts.

Those who are signed up are not guaranteed a specific gift, as all gifts are donated by our generous community.

**Must be present to receive your gift. There might be a special visit by a special someone.**

*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  
Monday-Friday 8:00 am-4:30pm

**Tanniece Ulett**  
Community Services Worker  
203-630-4708

## Medicare Open Enrollment

Don't forget Medicare Open Enrollment is until December 7th unless you are on the Medicare Savings Program through DSS.

Call to schedule an appointment to look at Medicare Plan options.

## Meriden YMCA Christmas Dinner

The Meriden YMCA will offer to-go holiday dinners. Call the YMCA at 203-235-6386 by December 21st to RSVP or if you need the meal to be delivered for those who are homebound. Meals will be available for pickup in front of the YMCA on **Saturday, December 25th starting at 12:00pm while supplies last.**

Meals are first come first served.  
All are welcome.



DOING THE  
MOST GOOD

**The Salvation Army will be providing coats on Mondays from 10am-1pm at 23 St. Casimir Drive, Meriden, CT 06450**  
Office: (203) 235-6532

## Franciscan Home Care and Hospice Care

The Franciscan Home Care and Hospice Care is offering social services to individuals in their homes.

If you are interested please contact Sister Catherine Mary Clark, FSE, LCSW at 203-238-1441



## Renters' Rebate Program Extension Request

You have until December 15th to request an extension of time to file your renters' rebate by submitting an extension request a long with a letter from a doctor indicating that you have a medical issue that contributed to you not applying during the open application period. If you are interesting please contact 203-630-4708



**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFE****Nutrition for Mind, Body and Spirit****December 2021**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<b>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</b>		3 oz Fish sticks tartar sauce ½ cup Confetti brown rice ½ cup broccoli 1 Bread stick 1 tsp margarine ½ cup pears 8 oz low fat milk	6 oz Pasta fagioli 1 Spinach Grandioli with sauce and cheese ½ cup zucchini ½ cup cauliflower 1 slice Italian bread 1 tsp margarine ½ cup grape juice sugar cookie 8 oz low fat milk	1 cup Beef and bean chili ½ cup white rice ½ cup green beans Corn bread 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk
6	7	8	9	10
6 oz Mushroom barley soup 1 pkt crackers 3 oz Potato crusted fish/ tartar sauce ½ cup macaroni and cheese ½ cup mixed vegetables 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk	3oz Philly cheese steak on small grinder ½ cup onions and peppers ½ cup potato wedges ½ cup tropical fruit 8 oz low fat milk	1 slice Vegetable lasagna parmesan cheese ½ cup spinach ½ cup seasoned cannellini beans 1 slice Italian bread 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz sweet and sour pork ½ cup vegetable lo mein ½ cup Asian blend 1 slice Wheat bread 1 tsp margarine ½ cup pineapple 8 oz low fat milk	3 oz Breaded chicken leg ½ cup brown rice with beans ½ cup California blend 1 slice Rye bread 4 oz apple juice 1 slice pound cake 8 oz low fat milk
13	14	15	16	17
½ cup Spaghetti 3 oz meatballs in sauce parmesan cheese ½ cup broccoli garlic breadstick 1 tsp margarine 4 oz mixed fruit juice ½ cup vanilla pudding 8 oz low fat milk	6 oz Chicken orzo soup 1 pkt crackers 3 oz Sliced turkey/ gravy ½ cup stuffing ½ cup green beans cranberry sauce corn muffin 1 tsp margarine ½ cup applesauce 8 oz low fat milk	3 oz Chicken cacciatore ½ cup bowtie noo- dles ½ cup zucchini dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz tortilla encrusted tilapia/ lemon ½ cup roasted potato ½ cup tuscan blend veg 1 slice Rye bread 1 tsp margarine ½ cup peaches 8 oz low fat milk	1/6 Spinach quiche ½ cup stewed tomato ½ cup carrots blueberry muffin 1 tsp margarine fresh fruit 8 oz low fat milk
20	21	22	23	24
3 oz BBQ pork loin ½ cup baked beans ½ cup country style vgs Burger roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Chicken tenders ½ cup macaroni and cheese ½ cup mixed vegetables 1 slice wheat bread 4 oz apple juice Iced cake 8 oz low fat milk	6 oz Corn chowder 1 pkt saltines 3 oz vegetable omelet ½ cup home fries ½ cup bean blend apple muffin 1 tsp margarine ½ cup mandarin oranges 8 oz low fat milk	3 oz Salisbury steak/ mushroom gravy ½ cup mashed potato ½ cup diced squash 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz low fat milk	<b>CLOSED</b>
27	28	29	30	31
3 oz Mexican chicken ½ cup white rice ½ cup corn and peppers WGR biscuit 1 tsp margarine ½ cup pineapple 8 oz low fat milk	1 cup Eggplant parmesan ½ cup penne with sauce parmesan cheese ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz hamburger Roll ketchup ½ cup German potato salad ½ cup green beans 4 oz mixed fruit juice chocolate chip cook- ie 8 oz low fat milk	3 oz herb baked chicken ½ cup orzo pilaf ½ cup peas 1 slice Rye bread 1 tsp margarine fresh fruit 8 oz low fat milk	<b>CLOSED</b>

### 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 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.

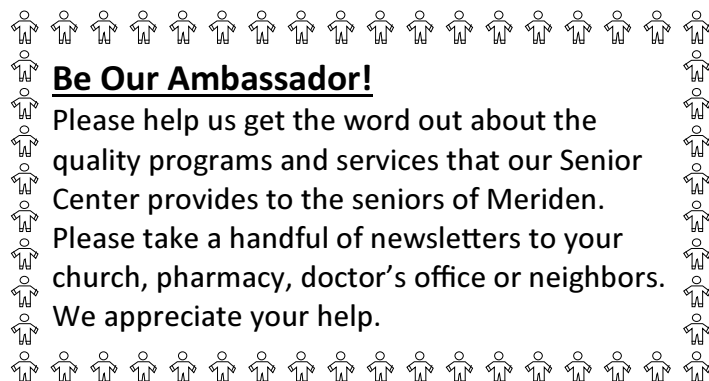


### Attention Seniors!!!

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.

### 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.

### Commission on Aging and Disabilities

**Friday, December 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.



**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



# WE'RE HIRING

## AD SALES EXECUTIVES

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