

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
January 2019

Live Well Workshop

Friday, January 25th from 1:00pm-3:30pm

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease, chronic pain, anxiety, or depression? Do you care for someone who does? This workshop can help you or your loved one learn to be in control and feel better. Join our FREE 6-week **Live Well Workshop** in the Mezzanine on Friday afternoons. It's Your Life...Live it Well! Kindly RSVP to the front office.

Free Tax Assistance

AARP volunteers affiliated with the national Tax-Aide Program will offer free income tax assistance on Wednesdays ,beginning **February 6th**, in the Mezzanine. Under the direction of Meriden Tax-Aide Coordinator Rick O'Donnell, trained volunteers will prepare and E-file your federal and state tax returns for 2018. **Appointments can be made by calling 203-237-0066.** Please be sure to be on time for your appointment and to bring a copy of your **2018 income tax return, all income records from 2018, and a photo ID.**

Please see insert page for further information.

Program, Trip and Event Signup Day**Wednesday, January 2nd at 10:00am**

Trip, mini-bus, and event sign ups start the first working day of each month. Please visit or call the Front Office at 203-237-0066. Sign ups begin at 10:00am for walk-ins and 11:00am for phone registrations. Walk-ins give their name to the front desk upon arrival to the Senior Center. Names will begin to be called at 10:00am in order of sign up. **You must be present** at 10:00am to register. If a trip is booked up before your name is called, you will be put on the waiting list in numerical order.

Speaking on Mental Health with Family Care Visiting Nurse**Monday, January 7th at 10:30am**

Join your favorite nurse Jennifer in the dining room for a fun discussion on mental health! She always brings fun, excitement, and laughter to her health presentations! No registration necessary.

Meriden Senior Center Book Club**Tuesday, January 8 at 1:00 pm**

We'll be hosting our first book club beginning this January! The group will meet monthly to discuss their latest novel, pick new reads, and chat about all things literary! Join us in the meeting room for more info.

TLC Homecare, LLC**Thursday, January 17th at 11:00am**

Connect with Todd Grady from TLC Homecare, LLC in the dining room for a brief chat. TLC Homecare LLC's mission is to be the premier home-care agency in Connecticut, with a commitment to serve, help, and enhance the quality of life and wellbeing of others. They strive to refer caregivers who are honest and ethical, who assume personal responsibility for their actions, and who commit to providing consistent quality care.

BIRTHDAY PARTY!**Thursday, January 17th, 12:30pm**

This month's birthday cake and small gifts will be sponsored by: **TLC Homecare LLC.**



Your birthday must be in January. Please sign up by Thursday, January 10th 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 the Success Academy**Thursday, January 17th, from 10:30am-11:00am**

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

Snowman Paper Plate Masks!**Friday, January 25th at 10:00 am**

Made from paper plates and construction paper, we are going to love creating our own personal Snowman masks in the meeting room! Please sign up in the front office.

Juniper Homecare: Adult Family Caregiving**Monday, January 28th at 10:00 am**

Eric Collazo, from Juniper Homecare, will be here for coffee and a candid informational talk regarding the services that Juniper provides. Juniper Homecare now has a new program that can pay anyone that lives and cares for a senior 65 and up on Medicaid. Eric will also be reviewing how to qualify, apply, and Juniper's role in the process.

Blood Pressure Screenings**Monday, January 28th, 10:30am-11:30am**

This month, staff from the Meriden Health and Human Services Department will provide blood pressure checks for our members. The blood pressure checks will be held in the main floor clinic room.

**Attention NEW Members!****Thursday, January 31st at 12:30pm**

Beginning in January, the Senior Center will host New Member Orientations! This monthly program will give new Senior Center members the chance to receive a designated time where they can take a proper tour of our Center and learn the programs, services, activities, and trips we offer. If you're new, please join our New Member Volunteer Committee, Director, and Recreation Coordinator for this great new program! Please sign up in the front office.

Creative Writing**Wednesdays from 1:15pm to 2:15pm**

Learn to put your thoughts and ideas onto paper, express yourself effectively, and share your ideas with others. **Classes will be held in the Mezzanine.**

Stay in shape with us!



Senior Center members are encouraged to join our **free** exercise programs. Come get in shape, make new friends, and join in the fun!!



Weekly Exercise Classes

Aerobics	Mondays, Wednesdays and Fridays 11:00am	Lower Level
Sit Down and Tone Up	Mondays, 10:30am, Thursdays 10:00am	Lower Level
Strength and Tone	Thursdays 12:30pm	Lower Level
Tai Chi/Qigong	Tuesdays, Thursdays, 1:30pm	Lower Level
Weight Training	Tuesdays, 11:00am	Lower Level
Arthritis Exercise	Tuesdays, 12:30pm	Lower Level
Latin Rhythm Exercise	Thursdays, 11:00am	Lower Level
Yoga	Fridays, 10:00am	Matt Dominello Community Room

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

Weekly Art Classes

Art Class	Mondays, Wednesdays, Thursdays 9:30am	Lower Level, Art Studio
Ceramics	Tuesdays, Thursdays 12:30pm	Lower Level, Ceramics Studio
Knitting/Crochet	Thursdays, 12:30pm	First Floor, Meeting Room
Sewing & Quilting	Mondays, 9:30am	First Floor, Meeting Room

Senior Center Pool Team

Friday, January 11, 1:00pm, vs Wallingford

Friday, January 25 1:00pm, vs Southington

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



Calling All Card Players

Poker club meets on Thursdays at 1:00pm

Setback club meets on Fridays at 12:45pm

Film Fridays

Every Friday, at 12:30pm

We will be playing a movie every Friday afternoon. The movie of the month will still be held on the 2nd Friday of the month in the dining room. Otherwise, the movie will be shown in our TV Room every remaining Friday. Please see April if you have any requests or any movies you would like to bring in from home to show in advance! Sign up in the main office if you'd like to attend.

1/4 - Our Souls At Night

1/11 - Mamma Mia! Here We Go Again

1/18 - The Little Mermaid

1/25 - Nights In Rodanthe



**City of Meriden
Health and Human Services Department
Meriden Senior Center**

22 West Main Street, Meriden, CT 06451

Open Monday-Friday, 8:30am—4:00pm

Staff

Rick Liegl, Senior Affairs Administrator	203-237-0066
Nikky Steeves, Front Office	203-237-0066
April Pinto, Recreation Coordinator	203-237-0066
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Kusek, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Allan Church, Meriden Transit	203-235-6851
Clarybel Rodriguez, Renter's Rebate	203-639-1746
5th District Congressional Office	860-223-8412

Mini Bus: Noel Aube, Tom O'Malley, Tanya Vega,
Aesha Cartier
Kitchen Staff: Elizabeth Gomez

HARTFORD HEALTHCARE CENTER FOR HEALTHY AGING: LEARN HOW TO FALL SAFELY

Thursday, January 10th at 10:00am

Any time, in any place, we can unexpectedly take a fall – often with serious consequences. Learn how to prepare for a fall, whether backwards or forwards, to safely reduce the risk or lessen the severity of injury.

RSVP to Meriden Senior Center, 203.237.0066.

Hartford HealthCare Center for Healthy Aging is sponsoring this program. Learn more about Center for Healthy Aging services and resources for families and older loved ones by calling Marc Levesque, senior resource case manager, at MidState Medical Center, 203.694.5721 or call the Center for Healthy Aging at 877.424.4641.

2018 Annual Craft and Holiday Fair

We would like to thank all of our vendors for their participation and wonderful goodies! In addition, we would like to thank the Connecticut Baptist Home, Natalie Gill, Mad-die Cruz, and Suzanne Bolenbaugh for donating our door entry prize.



'Tis the Season for a Senior

Thank you to everyone who donated all of the wonderful gifts we were able to distribute among our Senior Center Members. We truly appreciate your generosity!!

Web Wednesday

Web Wednesday will return in the spring on March 20th. The topic will be pertaining to emailing. Stay tuned.

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.



"Mamma Mia! Here We Go Again"

Friday, January 11 at 12:30pm

In 1979, young Donna, Tanya, and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill, and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek Island of Kalokairi.



Attention All Bingo Lovers

The Meriden Senior Center is looking for new volunteers to call Bingo on Mondays, Wednesdays, and every third Friday of the month. Please see April, the Recreation Coordinator, if you are interested in participating!

Warning Signs of Bullying!

1. Person avoids specific areas of the community.
2. Person avoids specific activities despite showing interest in the topic.
3. Person takes an unnecessarily long route to get to and from the dining areas or other common areas.
4. Person shares comments like, "They don't like me" or "They won't let me".
5. A new participant or resident reports feeling unwelcomed or finding it difficult to make friends despite their ongoing efforts.
6. Staff members express discomfort interacting with a specific resident or participant.





Mini-Bus Lunch Trips

Captain Seas in Wallingford

Tuesday, January 8

Bus leaves the Center at 10:45am.



Rick's On 5 in Wallingford

Tuesday, January 22

Bus leaves the Center at 10:45am.



**Senior Center
Mini-Bus Transportation Program
(203) 237-3338**



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

We provide rides to go shopping, to the bank, pharmacy, hair salon, convalescent home visiting, and to/from the Senior Center. To make a reservation, please call Ruth by 12:30pm the day before your ride. She must have an accurate location of your pick up and drop off.

Due to full rider demand, if your ride is not pre-scheduled there will be no additional scheduling for that day. Only trips on the schedule will be made, we cannot bring you anywhere other than your scheduled appointment. If you need to cancel your reservation, please call the Dispatcher beginning at 8:00am.

Please schedule medical trips at least five (5) days in advance. Only one medical appointment can be scheduled 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 2 bag limit for shopping trips. Friday shopping leaves from the Senior Center; all other shopping is from your home.



Monthly Shopping Schedule

- Big Y** (Includes stores in Town Line Square)
Tuesday – January 8 and January 22
- Stop and Shop/Save-A-Lot/Cindi's Diner**
Thursday – January 3, 10, 17, 24, 31
- Walmart or Shop Rite**
Friday – January 4 and January 18
- Target or Mall** - January 11
- Goodwill/Aldi's**
Friday – January 25

The Senior Center will be closed on Tuesday, January 1, 2019 in observance of New Years Day and Monday, January 21, 2019 in observance of Martin Luther King Jr Day.

Upcoming Trips for 2019

MGM Casino- Springfield, MA
February 23, 2019—\$50pp

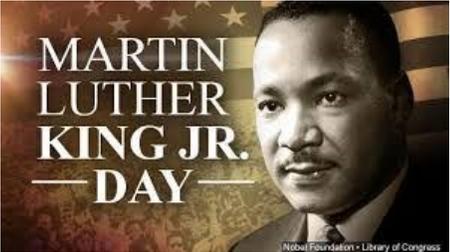
Atlantic City – New Jersey
March 31 - April 2, 2019 - \$231pp

Winner, Winner, Chicken Dinner— Rhode Island
April 26, 2019- \$67pp

9/11 Memorial Museum at the World Trade Center Site— New York City
May 21, 2019- \$82pp

Island Hopping Nantucket & Martha's Vineyard— Massachusetts
June 7-9, 2019- \$527pp

Luncheon Show at Saint Clements Castle— Portland, CT
June 19, 2019- \$85pp

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: center;">CLOSED</p> 	<p>9:30 Art Class 10:00 Trip Signup Day 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Cl</p> <p>Lunch: Roasted Turkey W</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 10:30 Speaking On Mental Health with Family Care Visiting Nurse 11:00 Aerobics 12:30 Bingo</p>  <p style="text-align: right;">7</p> <p>Lunch: Chicken Parmesan</p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:45 Lunch Trip to Captain Seas 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:00 Meriden Senior Center Book Club 1:30 Tai Chi Gong</p>  <p style="text-align: right;">8</p> <p>Lunch: Beef Teriyaki</p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Cl</p> <p>Lunch: Turkey Salad Sand</p>
<p>9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Bingo 12:30 Red Hat Society</p>  <p style="text-align: right;">14</p> <p>Lunch: Pulled Pork</p>	<p>8:30 Mini Bus Shopping: Big Y 10:00 Young at Heart Ensemble 11:00 Weight Training 11:00 Veteran Services 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">15</p> <p>Lunch: Sausage & Peppers</p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Cl</p> <p>Lunch: Meat Loaf W/Gra</p>
<p style="text-align: center;">CLOSED</p>  <p style="text-align: right;">21</p>	<p>8:30 Mini-Bus Shopping: Big Y 10:00 Young at Heart Ensemble 10:45 Lunch Trip to Ricks On 5 11:00 Weight Training 11:00 Veteran Services 12:30 Ceramics 1:30 Tai Chi Gong</p>  <p style="text-align: right;">22</p> <p>Lunch: Fried Chicken Quarters</p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Cl</p> <p>Lunch: Chicken Florentin</p>
<p>9:30 Art / Sewing & Quilting 10:00 Juniper Homecare: Adult Family Caregiving 10:30 Sit Down & Tone Up 10:30 Blood Pressure Screenings 11:00 Aerobics 12:30 Bingo</p>  <p style="text-align: right;">28</p> <p>Lunch: Spaghetti W/Meatballs</p>	<p>10:00 Young at Heart Ensemble 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">29</p> <p>Lunch: Herb Crusted Fish</p>	<p>9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:15 Creative Writing Cl</p> <p>Lunch: Roast Pork W/Gra</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Class W/Gravy</p>	<p>3</p> <p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class / Antique Veterans</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Sloppy Joe</p>	<p>4</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Movie— Our Souls At Night</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Purple</u></p> <p>Lunch: Mushroom Quiche</p>
<p>9</p>  <p>Class Sandwich</p>	<p>10</p> <p>8:30 Mini-Bus Shopping— Stop&Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class / Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 How To Fall Safely</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Garlic Chicken</p>	<p>11</p> <p>10:00 Yoga</p> <p>10:00 Free Coats</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping: Target/Mall</p> <p>12:30 Movie— Mamma Mia! Here We Go Again</p> <p>12:45 Setback Club</p> <p>1:00 Pool Team Home versus Wallingford</p> <p><u>Color of the Day: Navy Blue</u></p> <p>Lunch: Tuna Casserole</p>
<p>16</p>  <p>Class Gravy</p>	<p>17</p> <p>8:30 Mini-Bus Shopping: Stop&Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class /Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit & Tone/11:00 Latin Rhythm Exercise</p> <p>10:30 Game Day with the Success Academy</p> <p>11:00 TLC Homecare LLC</p> <p>12:30 Birthday Party</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Stuffed Salmon</p>	<p>18</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Double Bingo</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>12:30 Movie—The Little Mermaid</p> <p>12:45 Setback Club</p> <p><u>Color of the Day: Pink</u></p> <p>Lunch: Veggie Wedge</p>
<p>23</p>  <p>Class e</p>	<p>24</p>  <p>8:30 Mini-Bus Shopping— Stop & Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Roast Beef W/Gravy</p>	<p>25</p> <p>10:00 Yoga</p> <p>10:00 Snowman Paper Plate Mask Craft</p> <p>11:00 Aerobics</p> <p>12:30 Mini Bus Shopping: Goodwill/Aldi's</p> <p>12:30 Movie— Nights In Rodanthe</p> <p>12:45 Setback Club</p> <p>1:00 Pool Team Home versus Southington</p> <p>1:00 Live Well Workshop</p> <p><u>Color of the Day: Yellow</u></p> <p>Lunch: Grandioli</p>
<p>30</p>  <p>Class Gravy</p>	<p>31</p> <p>8:30 Mini-Bus Shopping— Stop & Shop/ Save-a-Lot/Cindi's Diner</p> <p>9:30 Art Class</p> <p>10:00-2:00 Mini-Bus Trip - Hair Salon</p> <p>10:00 Sit Down & Tone Up</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>12:30 New Member Orientation</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Chicken Puttanesca</p>	

Social Services January 2019



Free Coats
Are you in need of a coat, stop in on Friday, January 11th from 10:00am-1:00pm in the Meeting Room, first come first served, only 1 per person

New Year tips

- Save a little time in the day to get some fresh air and a little exercise.
- Maintain a regular and balanced meal schedule.
- Set a time in the day to sit quietly or utilize a creative outlet to refresh your mind and body.
- Don't be shy about asking for help.
- Keep a good dose of patience . . . keep emotions in check, and don't take things personally.
- Find a positive message in a poem or a book to illuminate the start and end of your day.
- Give yourself permission to do less, spend time with people you care about.

Natalie Gill
Social Services

Mon-Friday
8:30am-3:30pm

Please call

203-630-4273

to schedule an appointment

'Tis the Season for a Senior

I would like to give a thanks to everyone who donated gifts to our 4th Annual Senior gift program. Thanks to the all the Meriden Senior Center staff , City of Meriden employees-Health Dept., and Board of Education for their generosity. I would also like to thank the Meriden Community, companies and all the other individuals who donated and contributed in making this yet another fun and successful event. A special thanks to our **Santa**, Noel Aube for bringing some Holiday cheer to all of us.



Energy Assistance

Are your heating costs more than you can afford?

You may qualify for energy assistance!

New Opportunities will be here at the Senior Center on Tuesday mornings by appointment

Even if your heat is included you may still be eligible

If you are interested in scheduling an appointment, please call the main office at 203-237-0066

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	CLOSED	3 oz Roasted turkey w/ gravy Cranberry Sauce ½ cup Mashed squash ½ cup beets 1 Slice Wheat Bread 1 tsp Margarine Fresh fruit 8 oz low fat milk	3 oz sloppy Joe Wheat sandwich bun ½ cup potato tots ½ cup carrots 1 tsp Margarine ½ cup Pineapple 8 oz low fat milk	Mushroom Quiche ½ cup Roasted Sweet Potato ½ cup spinach 1 Slice Wheat Bread 1 tsp Margarine ½ cup fruited jello 4 oz Apple juice 8 oz low fat milk
7	8	9	10	11
3 oz Chicken parmesan ½ cup Bowtie Pasta Parmesan Cheese ½ cup Zucchini and Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Peaches 8 oz Low Fat Milk	3 oz Beef Teriyaki ½ cup Brown Rice with Pineapple ½ cup oriental blend 1 Wheat Roll 1 tsp Margarine ½ cup Mandarin oranges 8 oz Low Fat Milk	6 oz Italian Wedding Soup/crax ½ cup turkey Salad Sand- wich on Wheat Bread ½ cup Broccoli Slaw ½ cup chocolate pudding 4 oz grape juice 8 oz Low Fat Milk	3 oz Garlic chicken qtr ½ baked potato ½ cup Green Beans 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz Low Fat Milk	1 cup tuna casserole ½ cup Italian Blend Veg ½ cup spinach Garlic breadstick 1 tsp Margarine Carrot cake 4 oz Mixed Fruit Juice 8 oz Low Fat Milk
14	15	16	17	18
3 oz Pulled Pork ½ cup Two Potato Mash ½ cup Country Style Veg 1 Slice Wheat Bread 1 tsp Margarine Fruit Pie 4 oz Orange juice 8 oz low fat milk	3 oz Sausage and Pepper ½ cup Brown Rice Pilaf ½ cup Broccoli 1 Wheat Grinder Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	3 oz Meat Loaf/gravy ½ cup Acorn Squash ½ cup Peas and Carrots 1 pumpernickel dinner roll 1 tsp Margarine ½ cup Fresh Fruit 8 oz low fat milk	6 oz French Onion Soup 4 oz Stuffed Salmon with Lemon Butter Sauce ½ cup Wild Rice Pilaf ½ cup Broccoli 1 Wheat Dinner Roll 1 tsp Margarine Fresh Fruit 8 oz low fat milk	Veggie Wedge with 3 oz mozzarella cheese, and ½ cup roasted veggies Pesto sauce Whole grain grinder roll ½ cup beet salad ½ cup Fruit Cocktail 8 oz low fat milk
21	22	23	24	25
CLOSED	MLK Day Special Fried Chicken quarters Collard Greens Corn and Okra Biscuits Bread pudding with topping LF Milk	3 oz Chicken Florentine ½ cup Penne pasta Parmesan Cheese ½ cup Stewed Tomato 1 Slice Italian Bread 1 tsp Margarine ½ cup Apricots 8 oz low fat milk	3 oz Roast Beef/gravy Open Sandwich on Wheat ½ cup Smashed Potato ½ cup Glazed Carrots Brownie 4 oz Mixed Fruit Juice 8 oz low fat milk	6 oz Butternut Squash Soup/crax 3 oz Grandioli with sauce and Cheese ½ cup Mixed Vegeta- bles Garlic breadstick ½ cup Applesauce 8 oz low fat milk
28	29	30	31	
3 oz Meatballs/sauce ½ cup Spaghetti ½ cup cauliflower and red pepper Herb Bread Stick 1 tsp Margarine Parmesan Cheese ½ cup Pears 8 oz low fat milk	6 oz vegetable soup 3 oz Herb Crusted Fish, Lemon & Tartar Sauce ½ cup roasted squash ½ cup Peas 1 Slice Marble Bread 1 tsp Margarine Fresh Fruit 8 oz low fat milk	Happy Birthday 3 oz Roast Pork/gravy ½ cup Mashed potato ½ cup Bean Blend Rye bread 1 tsp Margarine Pound Cake with Berries 4 oz Mixed Fruit Juice 8 oz low fat milk	3 oz Chicken Puttanesca ½ cup bowtie pasta ½ cup Zucchini Garlic Bread 1 tsp Margarine Fresh Fruit 8 oz low fat milk	

Elderly Nutrition Program

(203) 630-4704

\$3.00 Suggested Donation for Seniors 60 and Up- \$5.70 Fee for Non-Seniors

Ordering: Sign up for your meal by noon the day before. **Cancelling:** We need you to contact the kitchen to cancel your order A.S.A.P. This will help us reduce the number of wasted meals. A "Form 5" must be filled out 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**

"Choice" Meals for January

THURSDAY, JANUARY 3

CAULIFLOWER SOUP, CRACKERS
TURKEY SALAD W/CELERY, ON KAISER ROLL, TOSSED SALAD, DRESSING, CHICKPEA SALAD, W/ONION, GREEN PEPPER & GARLIC, PINEAPPLE, LF MILK

TUESDAY, JANUARY 8

LENTIL SOUP, CRACKERS, SEAFOOD SALAD ON SMALL DELI ROLL W/SHREDDED LETTUCE, BEET SALAD, MANDARIN ORANGES, LF MILK

Thursday, January 10

Cream Of Zucchini Soup, Crackers, California Chicken Salad-Shredded Carrots, Sliced Apples, Raisins & Mayo On Lettuce, Pasta, Vegetable Olive Salad W/Broccoli & Peppers, Tomato, Cucumber Salad, Fresh Fruit, LF Milk

TUESDAY, JANUARY 15

Carrot Soup, Turkey & Cheese W/Lettuce & Tomato on Whole Wheat Wrap, Potato Salad, Fresh Fruit LF Milk

THURSDAY, JANUARY 17

FRNECH ONION SOUP, CRACKERS, CHEF SALAD- ROAST TURKEY, CHEESE & HARD COOKED EGG, DRESSING WHEAT ROLL, BASIL SALAD- TOMATO, CUCUMBER, ONION, FRESH FRUIT, LF MILK

TUESDAY, JANUARY 22

MARTIN LUTHER KING DAY SPECIAL

Fired Chicken Quarters, Collard Greens, Corn & Okra Biscuits, Bread Pudding W/Topping,, LF Milk

THURSDAY, JANUARY 24

LS Beef Broth W/Vegetables & Orzo, Crackers, Egg Salad On Multigrain Bread, Three Bean Salad, Mixed Fruit Juice, Fresh Fruit, LF Milk

TUESDAY, JANUARY 29

Butternut Squash Soup, Crackers, California Chicken Salad W/Shredded Carrots, Sliced Apples, Raisins & Mayo On Bed Of Lettuce, Pasta, Vegetable, Olive Salad W/Broccoli & Peppers, Fresh Fruit, LF Milk

Thursday, January 31

Italian Wedding Soup, Crackers, New York Hero-Smoked Turkey, Ham & Provolone, Dressing, Sliced Tomato, Green Peppers, Lettuce, Fresh Fruit, LF Milk

Meriden Advisory Board on Aging

The Advisory Board on Aging was created by the Meriden City Council to advise and assist the Mayor and the City Council in identifying issues that affect Meriden's aging population. Monthly meetings are open to members of the Senior Center and the general public, and are held at the Senior Center, usually on the first Friday of each month at 9:00 am (summer months excluded). Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

Meals on Wheels

Meals on Wheels delivers well-balanced, nutritious meals to those living in Meriden who are unable to get or prepare meals for themselves. For more information, please call:

LifeBridge Community Services

203-752-9919



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.



**Lunch is served promptly at 11:30am.
Breakfast is Served Monday – Friday
from 10:00am-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



Physical Activity and Nutrition

T	C	A	R	B	O	H	Y	D	R	A	T	E	S
P	R	O	T	E	I	N	S	O	D	T	T	E	T
T	E	A	E	X	E	R	C	I	S	E	E	S	I
E	T	I	T	E	T	T	R	T	R	T	N	I	T
I	I	E	O	I	N	E	N	C	N	U	R	U	S
C	T	S	K	V	I	E	T	R	T	I	O	D	I
A	E	R	E	N	I	G	A	R	E	K	R	I	X
L	P	G	E	R	S	T	I	I	R	G	M	O	R
O	P	T	T	B	U	T	A	O	E	I	N	T	E
R	A	U	E	T	I	M	W	M	N	N	I	U	R
I	N	H	T	O	N	F	O	I	I	R	I	U	H
E	M	I	N	E	R	A	L	S	E	N	O	I	E
S	R	R	V	U	T	D	I	P	I	L	S	E	E
U	E	L	O	B	W	U	T	S	T	A	N	U	V

- HUNGER
- NUTRITION
- CALORIES
- NUTRIENTS
- APPETITE
- VITAMINS
- LIPID
- CARBOHYDRATES
- PROTEINS
- FIBER
- MINERALS
- EXERCISE
- WORKOUT

