

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
January 2024

WELCOME BACK!

SENIOR CENTER REOPENING THURSDAY, JANUARY 11, 2024

Thank You - 9th Annual Tis' the Season for a Senior Holiday Party

We would like to thank all of our sponsors, donators, staff and volunteers for their generosity and support to this year's gift giving and holiday celebration for the members of our Senior Center with Social Services Worker, Natalie Gill and

Recreation Coordinator, Liz Parra:

Thanks to all the Meriden Senior Center staff, Meriden Board of Education and Adult Education staff and students, Isabel Rosa-Kaiser for being a helpful elf and the entire community who donated their generosity.

A special thanks to Dan Corsetti, principal at O.H. Platt High School for allowing us to use their cafeteria to have our holiday party, the school choir Con Alma for performing and students who volunteered their time with the event. Thank you K LaMay's for donating 120 coupons for a free Steamed Cheesburger for every member who attended. Thanks to Casa Di Roma, Southern Dishes, Seafood & Desserts, Tom's Place, Hamden Rehabilitation and Care Center, The Bradley Home, National Health Care Associates, Inc., Skyview Rehab & Nursing, St. John Lutheran Church, Westaff, AC Exterminating Company, The Hospital of Central CT, Ben Franklin's 4th grade class, and Diane Harris, for the wonderful gift donations and delicious food donated as well. A special thanks to our Santa, Noel Aube, for bringing some holiday cheer to all of us and for making this yet another wonderful event!



A special thank you to the Meriden Public Library and City Hall for volunteering their space to host our annual craft fair and various December programs. We appreciate all of your support to keep our members happy during this holiday season!



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

Sign Up Day with Liz**Friday, January 5 from 9:00am—10:00am**

Please call by 9:00am to be placed on the callback list for this month's signups. If you reach our voicemail please leave your name and phone number to receive a call back. We will begin our sign up day call backs at 10:00am. If an event is booked up before you are called back, you will be put on the waiting list in numerical order.

**New Year's Toast with Liz****Tuesday, January 16 from 10:00am—11:00am**

Enjoy a sparkling drink 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.**Mindful Eating with the Hispanic Health Council****Wednesday, January 17 from 10:30am—11:30am**

Learn what foods are good for our overall health with the Hispanic Health Council, Inc. in the Mezzanine. **This week's topic is: Add More Vegetables. Sign up in the front office.** Aprenda qué alimentos son buenos para nuestra salud general con el Consejo Hispano de Salud Inc. **El tema de esta semana es: Cambio de imagen navideño. Regístrese en la oficina principal.**

Game Day with Success Academy**Thursday, January 18 from 10:00am—11:00am**

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

**BIRTHDAY PARTY****Thursday, January 18 from 11:00am—12:00pm**

This month's birthday gifts will be sponsored by: **Heritage Commons.** Your birthday must be in January.

Please sign up by Thursday, January 11 to be guaranteed a gift.

A special performance from our Ukulele Class will be included in this celebration! Happy Birthday to all members who were born in January!

**Swaddle Sock Baby Craft with Liz****Friday, January 19 from 10:00am—11:00am**

Stuff and assemble two socks in the Activity Room to make a swaddled baby with a winter hat. **Sign up with the front office.**

**Loteria Game with Barbara****Monday, January 22 from 10:30am—11:30am**

Join Barbara from the Meriden Public Library to learn how to play a fun Mexican Card Game. Prizes, snacks and great times! **Sign up with the front office.** Únase a Barbara de la Biblioteca Pública de Meriden para aprender a jugar un divertido juego de cartas mexicano. ¡Premios, meriendas y grandes momentos! **Regístrese en la oficina principal.**

**Red Hat Divas Lunch Trip****American Steakhouse****Monday, January 22 from 11:15pm—12:15pm**

Meet in the front lobby of the Senior Center to depart at 11:15am with the mini-bus. This lunch trip is for the members of the Red Hat Divas Club only. Sign up by phone at 203-630-4703.

Lunch & Learn: Adult Day Stay Services**Tuesday, January 23 from 11:30am—12:30pm**

Join Evelyn Rodriguez from Juniper HomeCare to learn about their Adult Care Center, Homecare, Personal Care Assistant, AFL and meals on wheels services. Lunch will be provided by Meals on Wheels for this presentation. Menu: rice chicken salad and snacks and drinks. Sign up with the front office.

**Blood Pressure Checks with****Hunter's Ambulance****Monday, January 29 from 10:00am—11:00am**

Staff from Hunter's Ambulance will provide blood pressure checks for our members. The blood pressure checks will be held in the Activity Room. **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

Resumes week of January 16 except for Strength & Tone

Sit Down and Tone Up	Mondays, 10:30am, Thursdays, 10:30am	Lower Level	Please bring an extra pair of dry sneakers for exercise classes during rainy weather.
Strength & Tone (Resumes Feb 5)	Mondays, 12:30pm	Lower Level	
Tai/Chi/Qigong	Thursdays, 12:30pm	Lower Level	
Arthritis Exercise	Tuesdays, 12:30pm	Lower Level	
Yoga (Resumes Jan 19)	Fridays, 10:00am	Mezzanine	

Weekly Art Classes

Resumes week of January 16

Art Class	Mondays, Wednesdays, Thursdays, 9:30am	Lower Level, Art Studio
Ceramics	Tuesdays, Thursdays, 12:30pm	Lower Level, Ceramics Studio
Crochet	Tuesdays, 9:00am, Thursdays, 12:30pm	First Floor, Activity Room
Quilting	Mondays 9:30am	First Floor, Activity Room

Senior Center Pool Tournaments

Will resume in February. Pool team practices will start as normal on January 11 at 10:30am.



Calling All Card Players

Poker Club meets Thursdays at 12:30
Setback Club meets Fridays at 12:30pm
(starting January 19)



Traveling Presentation with Friendship Tours

Wednesday, January 31 from 10:30am—11:30am

Please join Liz Parra, our Recreation Coordinator and Brett Isaacson, President of



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002

Friendship Tours, in the Activity Room for a travel presentation. We are excited to reveal the day trips, overnight trips and cruises for 2024. Get a sneak peak! **Please sign up with the front office.**

Weight Training, Aerobics & Dance classes resume in February.

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.

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
Irma Garcia, 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
Anthony Roldan, Community Services	203-630-4708
Conference Room	860-223-4812
Senior Center Fax	203-235-7149

Mini Bus: Lisa Mesite, Tanya Vega, Guy Racine,
Katrina McDonald
Kitchen Staff: Melba Leary, Marisol Pelletier

Movie of the Month—TV Room**Friday, January 12 at 9:30am****"Miracle on 34th Street" (1947)****1hr 41 min**

After a divorced New York mother hires a nice old man to play Santa Claus at Macy's, she is startled by his claim to be the genuine article. When his sanity is questioned, a lawyer defends him in court by arguing that he's not mistaken.



Starring: Edmund, Gwenn, Maureen O'Hara, Natalie Wood, John Payne

Veteran Services with George Messier**Tuesday, January 16 from 11:00am—12:00pm**

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

**Antique Veterans of Meriden****Honor Guard Meeting**

January meeting at the Senior Center has been cancelled. Will resume February 8. 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 and are willing to provide help at funerals and other civic events. If interested please contact Clark Doehr (Commander) at 203-213-3328 or Ray Bednarz (Vice Commander) at 860-690-5833.

**Book Club with the Meriden Public Library****Friday, January 26 from 10:00am-11:00am**

Join the Meriden Public Library in our Activity Room every last Friday for a book club meeting where we discuss the book of the month. This month's book will be "Macbeth" by William Shakespeare. Books will be available for pickup on January 2 at the Meriden Public Library, ask for Doreen Guarino.


HARTFORD HEALTHCARE CENTER
FOR AGING Presents: How to Prepare
Your Home After A Hospital Visit


Hospital stays often seem to last forever but discharge can often come quicker than you think. It often leaves people scrambling to prepare for their loved one's return home.

"Not only do you have to worry about the essentials like bathing, dressing and toileting, being back in the home environment also opens up questions about cleaning, cooking, doing laundry safely", says Emily Patrei, an occupational therapist for Hartford HealthCare at Home.

So what do you need to prepare? Here are four steps you can take when you or a family member is getting ready to come home. Run through a check list when assessing capabilities. Families have to consider what their loved one limitations and capabilities when preparing to move them home. This includes: Mobility, Cognition, Vision, Endurance, Balance.

4 tips for preparing your home, here are four quick ways you can get your home ready.

Clear paths. Main areas need to be cleared of clutter and throw rugs, and flooring should be secured. Check bathroom dimensions. When assessing your bathrooms, ask yourself these questions: Can a walker fit through the doorway? How about a wheelchair? Is there enough space to turn around? Is the sink too high? Add grab bars. This is an easy way to modify a bathroom, stairs and kitchen. Grab bars are useful anywhere someone may need to go from standing to sitting. Lean on temporary modifications. Additions like a raised toilet seat, bedside commodes or shower chair are relatively inexpensive, easy to set up and go a long way toward making a home safer and more accessible. The best part is that once they're no longer needed, you easily fold these items up and store them away.

Learn more about Hartford HealthCare at Home
Visit the website

<https://hartfordhealthcareathome.org/>

Call 1.800.862.1551.





Mini-Bus Lunch Trip

One Eyed Willy's Seafood
Shack (Meriden)

Tuesday, January 16
from 11:15am—1:00pm
Bus leaves the Center at 11:15am.

Meet in the front lobby.

Sign up with the front office.



Monthly Shopping Schedule

Shop Rite/Walmart

Tuesdays at 12:30pm — January 2, 9, 23, 30

Stop and Shop/Save-A-Lot/C-Town

Thursdays at 12:30pm — January 4, 11, 25

Kay Lamay's/Job Lot/Family Dollar

Thursday at 12:30pm — January 18

Target/Mall/Aldi's

Fridays at 12:30pm — January 12, 26

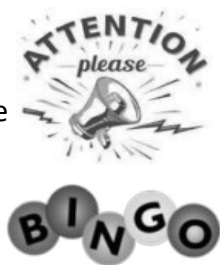
Big Y/Aldi's/Kohl's/Goodwill

Fridays at 12:30pm — January 5, 19

Attention All Bingo Callers!

WE HAVE A NEW BINGO MACHINE!

Training to learn how to use it will be January 17 at 10:00am in the Dining Room. If you cannot make this training please reach out to Liz at 203-630-4703.



The Senior Center will be closed
Monday, January 1, 2024 in observance of
New Years Day and Monday, January 15, 2024
in observance of Martin Luther King Jr Day.



Senior Center

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

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



- Due to high rider demand, if your ride is not pre-scheduled there will be no additional trips scheduled for that day. Only trips on the schedule will be made. If you need to cancel your reservation, please call the Dispatcher beginning at 8:00am.
- Please schedule medical trips at least three (3) days in advance. Riders can only be transported to one medical appointment per day.

Rides are free; funds come from the City of Meriden, the CT DOT, and the Agency on Aging of South Central CT. Donations are gratefully accepted. Please see the schedule below for scheduled shopping trips through the Mini-Bus program. Please note that there is a two (2) bag limit for shopping trips.

Transportation Reminder



















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






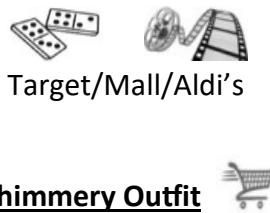
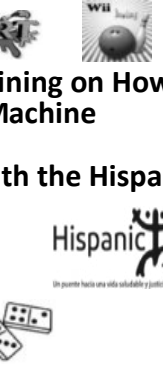







Bus routes start at 8:30am. Seniors should be ready and waiting for their ride. Drivers will wait 5 minutes and then continue on their route.

For All Members

Please be sure to have your photo ID on hand to sign in when arriving at the Senior Center. If you do not have a new photo ID, we have a guest card that can be used to sign in. You must select an option on the main screen before hitting the save button in order to record your attendance.



MONDAY	TUESDAY	WEDNESDAY
<p><u>CLOSED</u> 1</p> 	<p>12:30 Mini-Bus Shopping: Walmart Shop Rite 2</p> 	
<p>8</p> 	<p>12:30 Mini-Bus Shopping: Walmart Shop Rite 9</p> 	
<p><u>CLOSED</u> 15</p> 	<p>9:00 Crochet 10:00 New Year's Toast with Liz 10:15 Weight Training 10:30 Pool Team Practice 10:30 Dominoes Club 11:00 Veteran Services 11:15 Mini-Bus Lunch Trip: One Eyed Willy's Seafood Shack (Meriden) 12:30 Ceramics 12:30 Arthritis Exercise 12:30 No Mini-Bus Shopping 16</p>  <p>Lunch: Turkey w/Gravy, Mashed Yams</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:00 Bingo Callers: Tra... Use New Bingo M... 10:15 Aerobics 10:30 Mindful Eating wi... Health Council 10:30 Dominoes Club 12:30 Double Bingo</p>  <p>Lunch: General Tso's Ch...</p>
<p>9:30 Art Class 9:30 Quilting 10:30 Loteria Game with Barbara 10:30 Dominoes Club 10:30 Sit Down & Tone Up 11:15 Red Hat Divas Holiday Lunch Trip— American Steakhouse 12:30 Bingo 12:30 Strength & Tone 22</p>   <p>Lunch: Herbed Chicken Quarter</p>	<p>9:00 Crochet 10:15 Weight Training 10:30 Pool Team Practice 10:30 Dominoes Club 11:30 Lunch & Learn: Adult Day Stay Services 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Walmart/Shop Rite 1:30 Tai Chi QiGong 23</p>  <p>Lunch: Cheese Baked Ziti</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:15 Aerobics 10:30 Dominoes Club 12:30 Bingo</p>  <p>Lunch: Cheeseburger or...</p>
<p>9:30 Art Class 9:30 Quilting 10:00 Blood Pressure Checks with Hunter's Ambulance 10:30 Dominoes Club 10:30 Sit Down & Tone Up 12:30 Bingo 12:30 Strength & Tone 29</p>   <p>Lunch: Sliced Ham, Whipped Yams</p>	<p>9:00 Crochet 10:30 Scrabble with Carol 10:15 Weight Training 10:30 Pool Team Practice 10:30 Dominoes Club 12:30 Ceramics 12:30 Arthritis Exercise 12:30 Mini-Bus Shopping: Walmart/Shop Rite 1:30 Tai Chi QiGong 30</p>   <p>Lunch: Curried Chicken Breast</p>	<p>9:30 Art Class 10:00 Wii Bowling 10:15 Aerobics 10:30 Dominoes Club 10:30 Travelling Present... Friendship Tour... 12:30 Bingo</p>  <p>Lunch: BBQ Pork Riblet,</p>

SDAY	THURSDAY	FRIDAY
<p>3</p> 	<p>12:30 Mini-Bus Shopping: S&S/Save-a-lot C-Town</p> <p>4</p> 	<p>9:00 Sign Up Day with Liz</p> <p>9:00 Commission on Aging & Disabilities</p> <p>12:30 Mini-Bus Shopping: Big Y/Kohl's Aldi's/Goodwill</p> <p>5</p> 
<p>10</p> 	<p>9:30 Art Class</p> <p>10:00 Ukulele Class</p> <p>10:15 Dance Class with Star Academy</p> <p>10:30 Pool Team Practice/Dominoes Club</p> <p>10:30 Sit Down & Tone Up</p> <p>12:30 Tai Chi QiGong</p> <p>12:30 Ceramics/12:30 Crochet C-Town</p> <p>12:30 Mini-Bus Shopping: S&S/Save-a-lot/</p> <p>12:30 Poker Club</p> <p>11</p>  <p>SENIOR CENTER REOPENS!</p> <p>Lunch: Potato Crusted Pollack</p>	<p>9:30 Movie of the Month—"Miracle on 34th Street" (1947) 1hr 41 min</p> <p>12</p> <p>10:30 Dominoes Club</p> <p>12:30 Setback</p> <p>12:30 Mini-Bus Shopping: Target/Mall/Aldi's</p> <p><u>Color of the Day: Shimmery Outfit</u></p> <p>Lunch: Vegetarian Chili</p> 
<p>17</p>  <p>ining on How to Machine</p> <p>th the Hispanic</p> <p>Hispanic Health Council</p> <p>icken</p>	<p>9:30 Art Class</p> <p>10:00 Game Day with Success Academy</p> <p>10:00 Ukulele Class</p> <p>10:15 Dance Class with Star Academy</p> <p>10:30 Pool Team Practice/Dominoes Club</p> <p>10:30 Sit Down & Tone Up</p> <p>11:00 Birthday Party</p> <p>12:30 Tai Chi QiGong</p> <p>12:30 Ceramics/12:30 Crochet Family Dollar</p> <p>12:30 Mini-Bus Shopping: K Lamay's/Popeye's/</p> <p>12:30 Poker Club</p> <p>(Martin Luther King Special)</p> <p>Lunch: BBQ Chicken Quarter</p> <p>18</p> 	<p>10:00 Swaddle Sock Baby Craft with Liz</p> <p>19</p> <p>10:00 Yoga</p> <p>10:30 Dominoes Club</p> <p>12:30 Setback</p> <p>12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill</p> <p><u>Color of the Day: White</u></p> <p>Lunch: Macaroni & Cheese, Pinto Beans</p> 
<p>24</p>  <p>n a Bun</p>	<p>9:30 Art Class</p> <p>10:00 Ukulele Class</p> <p>10:15 Dance Class with Star Academy</p> <p>10:30 Pool Team Practice/Dominoes Club</p> <p>10:30 Sit Down & Tone Up</p> <p>12:30 Tai Chi QiGong</p> <p>12:30 Ceramics/12:30 Crochet C-Town</p> <p>12:30 Mini-Bus Shopping: S&S/Save-a-lot/</p> <p>12:30 Poker Club</p> <p>12:30 New Member Orientation</p> <p>Lunch: Crustless Turkey Pot Pie</p> <p>25</p> 	<p>10:00 Book Club with the Meriden Public Library: Macbeth</p> <p>26</p> <p>10:30 Dominoes Club</p> <p>10:00 Yoga</p> <p>12:30 Setback</p> <p>12:30 Mini-Bus Shopping: Target/Mall/Aldi's</p> <p><u>Color of the Day: Light Blue</u></p> <p>Lunch: Cheese Quiche, Broccoli Cheddar Soup</p> 
<p>31</p>  <p>ation with</p> <p>rs</p> <p>FRIENDSHIP TOURS</p> <p>THE SHIP SHOP</p> <p>705 Bloomfield Ave, Bloomfield, CT 06002</p> <p>Crinkle Cut Fries</p>		

2024
HAPPY NEW YEAR

January Social Services

2024
HAPPY NEW YEAR

'Tis the Season for a Senior

We would like to give thanks to everyone who donated gifts and food to our 9th Annual 'Tis the Season for a Senior holiday party. Thanks to all the Meriden Senior Center staff, Meriden Board of Education and Adult Education staff and students, Isabel Rosa-Kaiser for being a helpful elf and the entire community who donated for their generosity. A special thanks to Dan Corsetti, the principal at O.H. Platt High School for allowing us to use their cafeteria to have our holiday party, the school choir for performing and students who volunteered their time with the event. Thank you also to K LaMay's for donating 120 coupons for a free Steamed Cheeseburger for every member who attended. Thanks to Casa Di Roma, Southern Dishes, Seafood & Desserts, Tom's Place, Hamden Rehabilitation and Care Center, The Bradley Home, National Health Care Associates, Inc., Skyview Rehab & Nursing, St. John Lutheran Church, Westaff, AC Exterminating company, The Hospital of Central CT, and Ben Franklin's 4th grade class, for the wonderful gift donations and delicious food donated as well. A special thanks to our Santa, Noel Aube for bringing some Holiday cheer to all of us and for making this yet another wonderful event.

*Happy
New Year*

Natalie Gill
Social Services Worker
203-630-4273

Anthony Roldan
Community Services Worker
203-630-4708

Medicare Advantage Plan Open Enrollment Period (OEP)

This period can be used by a person who has an active Medicare Advantage Plan as of 1/1/2024.

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.

New Opportunities of Greater Meriden

New location is 22 Church St and Food Pantry is now located at 11 Church St, please contact them at 203-693-5060 if you have any questions.


Energy Assistance

You can contact New Opportunities Of Greater Meriden at 203-235-0278 to schedule an appointment for energy assistance

SSA Announces 2024 Benefits Cost of Living Adjustment

The Social Security Administration (SSA) has announced a 3.2% cost of living adjustment (COLA) in benefit amounts for 2024. Increased payments to people receiving Supplemental Security Income (SSI) will begin on December 29, 2023, with a maximum monthly federal benefit of \$943 for an individual and \$1,415 for an eligible couple.

LifeBridge Community Services Senior Café—January 2024
****MERIDEN SENIOR CENTER OPENS JANUARY 11TH****

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	5
<u>CLOSED</u> Happy New Year! 	3oz Sweet & Sour Diced Chicken ½ c Brown Rice Pilaf ½ c Green Beans 1 slc White Bread ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine	3oz Pork Roast w/ Gravy ½ c Mashed Yams ½ c Zucchini 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine	6oz Cream of Tomato Soup 1c Turkey Tetrazzini ½ c Carrots 1 slc Italian Bread ½ c Apple Sauce 8 oz Milk 1 ea Margarine 1 pkt Saltine Crackers	1 ea Cheese Omelet ½ c Tater Tots ½ c Mixed Greens 1 slc Wheat Bread 1 ea Chocolate Chip Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine/Ketchup
8	9	10	11	12
3oz Honey Mustard Pork ½ c Brown Confetti Rice ½ c Lima Beans 1 slc Wheat Bread ½ c Pineapple Tidbits 1 ea Margarine	1 ea Meatloaf w/ Gravy ½ c Mashed Potatoes ½ c Green Beans 1 ea Dinner Roll ½ c Vanilla Pudding 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	6oz Cream of Mushroom Soup 1 ea Chicken Parmesan ½ c Spinach 1 slc Italian Bread ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine	1 ea Potato Crusted Pollock ½ c Brown Rice ½ c Parslief Carrots 1 slc Rye Bread 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine 1 ea Tartar Sauce	1 c Vegetarian Chili ½ c Corn O'Brien ½ c Broccoli 1 ea Cornbread Muffin ½ c Diced Pears 8 oz Milk 1 ea Margarine
15	16	17	18	19
<u>CLOSED</u> Martin Luther King Day	3 oz Turkey w/Gravy ½ c Mashed Yams ½ c Lima Beans 1 ea Dinner Roll ½ c Apple Sauce 8 oz Milk 1 ea Margarine	3 oz General Tso's Chicken ½ c Brown Rice ½ c Broccoli 1 slc White Bread 1 ea Oatmeal Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	<u>Martin Luther King Day</u> 1 ea BBQ Chicken Quarter ½ c Cheesy Whipped Potatoes ½ c Corn, Tomatoes & Okra 1 ea Dinner Roll 1 ea Oatmeal Crème Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	1 c Macaroni & Cheese ½ c Pinto Beans ½ c Mixed Greens 1 ea Cornbread Muffin ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine
22	23	24	25	26
1 ea Herbed Chicken Quarter ½ c Baked Sweet Potatoes ½ c Cabbage 1 ea Dinner Roll ½ c Diced Peaches 8 oz Milk 1 ea Margarine	1 c Cheese Baked Ziti ½ c Carrots ½ c Spinach 1 slc Italian Bread ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine	1 ea Hamburger Patty 1 slc American Cheese ½ c Oven Roasted Potatoes ½ c Corn 1 ea Hamburger Bun ½ c Mandarin Oranges 8 oz Milk 1 ea Ketchup	1 c Crustless Turkey Pot Pie ½ c Brown Rice ½ c Green Beans 1 slc White Bread 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine	6 oz Broccoli Cheddar Soup 1 slc Cheese Quiche ½ c Potato Tots 1 ea Wheat Bread 1 ea Chocolate Chip Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine 1 pkt Saltine Crackers
29	30	31		
3 oz Sliced Ham ½ c Whipped Yams ½ c Corn 1 ea Dinner Roll ½ c Applesauce 8 oz Milk 1 ea Margarine	3 oz Curried Chicken Breast ½ c Brown Rice ½ c Broccoli 1 slc Wheat Bread ½ c Diced Pears 8 oz Milk 1 ea Margarine	1 ea BBQ Pork Riblet ½ c Crinkle Cut Fries ½ c Corn 1 ea Hamburger Bun ½ c Applesauce 8 oz Milk		<u>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</u>

Elderly Nutrition Program**(203) 630-4704****\$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.

Commission on Aging and Disabilities**Friday, January 12 at 9:00am**

This commission was created by the Meriden City Council to advise and assist the Mayor and the City Council in identifying issues that affect Meriden's aging and disabled population. Meetings are held in the Activity Room and are open to members of the Senior Center and the general public, and are held every first Friday at 9:00am each month at the Senior Center. Your input on senior issues will be welcomed. Call (203) 237-0066 for additional information or to confirm the next meeting date.

**New Member Orientation****Thursday, January 25 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.**



**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** Sausage - **\$0.75**

**Thursday**

Donuts (when available) - **\$0.25**

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

Crackers - **\$0.50**

Can Soda - **\$1.00**

Sparkling Ice - **\$1.00**

Ice-Cream Cup - **\$0.75**

Bottled Water - **\$1.00**

Chips - **\$0.75**

Cookies - **\$0.75**

Flavored Seltzer - **\$1.00**

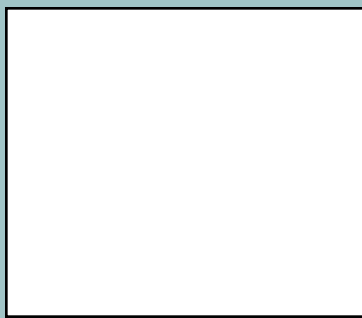
Snapple - **\$1.25**


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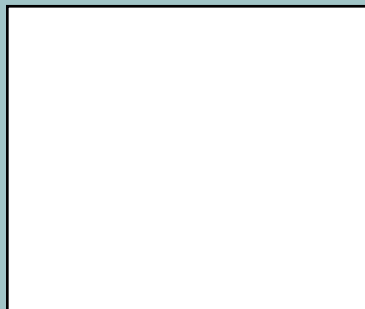
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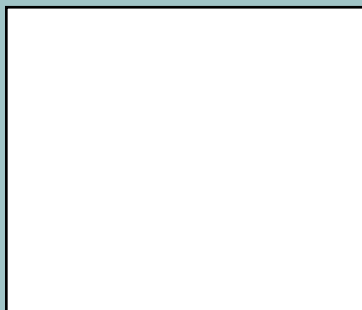
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