

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
November 2019

## Veteran's Day Celebration

**Thursday, November 14 from 10:30am-12:00pm**

Our Antique Veterans will be holding a flag presentation in honor of all veterans who have served our great nation. Please join us in the dining room to honor and support all branches of the armed forces. A Marilyn Monroe tribute performance will be provided by Vicky Rose. A special meal for our Antique Veterans will be sponsored by The Village at Kensington. Wear Red, White, and Blue!

## Pizza Luncheon

**Friday, November 29 from 11:30am-12:30pm**

Due to the closure of our regular lunch service during the Thanksgiving holiday, we will be offering a special pizza lunch. The price is \$3.00 per person, which includes a slice of pizza, cookies, and a soda. Please sign up in the front office; deadline to sign up and pay is November 25th, 2019.

**Program, Trip and Event Signup Day****Friday, November 1st 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.

**Coffee with Liz****Monday, November 4 from 10:30am-11:30am**

Please join our Recreation Coordinator Liz in the Activity Room for a roundtable discussion with thoughts and suggestions for upcoming activities and trips offered here at the Center. We are open to new ideas and suggestions!!!

**Autumn Wreath Craft with Liz****Tuesday, November 5 from 10:15am-11:30am**

Wreaths will be decorated in the Activity Room with fall favorites for your home and loved ones to enjoy in time for the holidays. Please sign up in the front office.

**AARP Safe Driver Course****Wednesday, November 6 from 9:00am-1:00pm**

Taking this safe driver course could save you money on your car insurance! Check with your Insurance Agent to see how much of a discount you could receive. Cost for AARP members is \$15.00, and non-members is \$20.00. Please make checks payable to AARP. Sorry, no cash! Call the front office at 203-237-0066 to sign up.

**Walking Club with Liz and Rich****Wednesday, November 6, 10:15am**

If you are interested in joining Liz & Rich for a fitness walk at the Meriden Green, please sign up at the front office. Please meet at 10:15am in the front lobby. **Always weather permitting.**

**Hearing Screening with Best Life Hearing Center****Friday, November 8 from 10:15am-11:15am**

Join Best Life Hearing Center in the Clinic Office for a free hearing screening.

**Lunch & Learn with The Village at Kensington Place****Wednesday, November 13 from 11:15am-12:15pm**

Join Executive Director, Dave Primini from the Village at Kensington Place to learn about volunteer opportunities at their facility. In order to meet their volunteer requirements, you must be able to provide your own transportation to their facility. **Please sign up in the front office.**

**Prize Bingo with Home Instead Senior Care****Friday, November 15 from 10:30am-11:30am**

Join Tracy Newmark from Home Instead Senior Care in the Dining Room for a fun prize bingo game. This is a free game to all that want to play.

**Creative Writing****Wednesday, November 20 from 12:30pm-1:30pm**

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.**

**Web Wednesday— Holiday Cards****Wednesday, November 20 from 10:15am-11:15am****Maloney High School, 121 Gravel St.**

The topic for our Web Wednesdays will be "Create your own Holiday Cards". Design and print your own holiday greeting cards. **Please sign up at the front desk.** Mini bus will leave the center @ 9:45am.

**Game Day with Success Academy****Thursday, November 21 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, November 21, 11:30am**

This month's birthday cake and gifts will be sponsored by: **Always Best Care.** Your birthday must be in November. Please sign up by Thursday, November 12th to be guaranteed a gift. The signup book is in the Dining Room. Happy Birthday to all members who were born in November!

**Computer Time with Liz****Friday, November 22 at 10:00am**

Liz will be available in the Computer Room to help with computer questions you may have, including setting up emails, help with your tablet/smartphone. Slots are limited to 15 minute sessions between 10:00am-11:00am. 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 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, 10:00am	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	

**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

**Voting Day!!****Tuesday, November 5**

If you need a ride to vote, please contact Ruth in our transportation office to schedule a ride.

**Veteran Services with George Messier****Tuesday, November 19 from 11:00am-12:00pm**

George Messier visits the Senior Center every third Tuesday of every month. He provides info and administrative assistance to veterans and dependents eligible for veteran's benefits.

**Introduction to Scrabble****Tuesday, November 26 from 10:30am-11:30am**

We are looking for Scrabble players! Please join Carol Whitfield in the Activity Room for a fun introduction to Scrabble game.

**Calling All Christmas Decorators!!****Friday, November 29 from 9:30am-11:15am**

Do you enjoy decorating your Christmas tree? Well we have FIVE! Join Liz and Justine while we deck the halls and transform the Meriden Senior Center into Santa's Village! Please sign up in the front office.

**Calling All Card Players****Poker club** meets on Thursdays at 12:30pm**Setback club** meets on Fridays at 12:45pm

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	203-237-0066
Nikky Steeves, Front Office	203-237-0066
Liz Parra, 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
Renter's Rebate	203-639-1746
5th District Congressional Office	860-223-8412
Senior Center Fax	203-235-7149

Mini Bus: Noel Aube, Tom O'Malley, Mike Connolly,  
Lisa Mesite

Kitchen Staff: Melba Leary, Marisol Pelletier





**Mini-Bus Lunch Trips**

**Stew Leonard's and Olympia Diner in Newington**



**Tuesday, November 12th**

Bus leaves the Center at 10:45am.

Pickup from Stew Leonard's at 2:15pm



**Sakimura in Meriden**

**Tuesday, November 19**

Bus leaves the Center at 10:45am.



**Important Notice** - To all drivers who drive to the senior center. **The Hanover Street parking lot construction project will be completed in the Spring of 2020.** A section of the lot will remain open for Senior Center Members. If that lot is full, Senior Center members can park in the municipal garage on Church Street, behind the Corner Coffee Shop. The remainder of the lot will be blocked for materials and vehicles related to the construction. After the project the lot will be reopened.

**Upcoming Trips for 2019**

**Christmas in the White Mountains — NH**  
November 12, 2019 — \$397pp

**Glenn Miller Orchestra — CT**  
Thursday, December 12, 2019 — \$78pp

**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 visit the front office if you are interested in participating!

**Young at Heart Ensemble**



**Tuesdays from 10:00am-11:00am**

Our talented Young at Heart Ensemble meets every Tuesday upstairs in the Mezzanine. If you enjoy singing or play an instrument, come and be part of the fun!

**Who Needs an I.D.?**

**Wednesday, November 6 from 10:00am-12:00pm**

Join us for a trip to Cromwell AAA where you can get an updated I.D. Fee's and paperwork necessary is the responsible for each individual.

**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**

**Stop and Shop/Save-A-Lot/Cindi's Diner**

Thursdays — November 7, 14, 21

**Walmart or Shop Rite**

Tuesdays — November 12, 26

Fridays — November 1, 15

**Target/Mall/Savers**

Friday — November 8

**Goodwill/Aldi's**

Friday — November 22

MONDAY	TUESDAY	WEDNESDAY	
<h1>November</h1>			
<p>9:30 Art 9:30 Sewing &amp; Quilting <b>10:30 Coffee with Liz</b> 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">4</p>   <p><b>Lunch: Beef Stew</b></p>	<p>10:00 Young at Heart Ensemble <b>10:15 Autumn Wreath Craft with Liz</b> 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">5</p>  <p><b>Lunch: Sausage &amp; Meatballs w/Penne Pasta</b></p>	<p><b>9:00 AARP Safe Driver</b> 9:30 Art Class <b>10:00 Who Needs A Ne</b> 10:00 Wii Bowling <b>10:15 Walking Club with</b> 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">6</p>  <p><b>Lunch: BBQ Chicken</b></p>	
<p style="text-align: center;"><b><u>CLOSED</u></b></p> <p style="text-align: right;">11</p> 	<p>10:00 Young at Heart Ensemble <b>10:30 Lunch Trip to Stew Leonard's and Olympia Diner</b> 11:00 Weight Training 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">12</p>   <p><b>Lunch: Chicken Parmesan</b></p>	<p>9:30 Art Class 10:00 Wii Bowling 11:00 Aerobics <b>11:15 Lunch &amp; Learn with Kensington Place</b> 12:30 Bingo</p> <p style="text-align: right;">13</p> <p><b>Lunch: Chicken Pot Pie</b></p>	
<p>9:30 Art 9:30 Sewing &amp; Quilting 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo <b>12:30 Red Hat Society</b></p> <p style="text-align: right;">18</p>   <p><b>Lunch: Pulled Pork</b></p>	<p>10:00 Young at Heart Ensemble <b>10:30 Lunch Trip to Sakimura</b> 11:00 Weight Training <b>11:00 Veteran Services</b> 12:30 Ceramics 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">19</p>   <p><b>Lunch: Fish Sticks</b></p>	<p>9:30 Art Class 10:00 Wii Bowling <b>10:15 Web Wednesday</b> 11:00 Aerobics 12:30 Bingo <b>12:30 Creative Writing</b></p> <p style="text-align: right;">20</p>  <p><b>Lunch: Salisbury Steak with</b></p>	
<p>9:30 Art 9:30 Sewing &amp; Quilting <b>10:30 Blood Pressure Checks</b> 10:30 Sit Down &amp; Tone Up 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">25</p>   <p><b>Lunch: Herb Baked Chicken</b></p>	<p>10:00 Young at Heart Ensemble <b>10:30 Introduction to Scrabble</b> 11:00 Weight Training 12:30 Ceramics 12:30 Mini-Bus Shopping: Walmart/Shop Rite 12:30 Arthritis Exercise 1:30 Tai Chi Gong</p> <p style="text-align: right;">26</p>  <p><b>Lunch: Cold Cut Sandwich</b></p>	<p>9:30 Art Class 10:00 Wii Bowling <b>10:30 Puzzle Craft with Health Department</b> 11:00 Aerobics 12:30 Bingo</p> <p style="text-align: right;">27</p>   <p><b>Lunch: Spaghetti W/Meat</b></p>	

WEDNESDAY	THURSDAY	FRIDAY
		<p>9:00 Advisory Board  10:00 Program, Trip and Event Sign Up Day <sup>1</sup>  10:00 Yoga  11:00 Aerobics  12:30 Mini-Bus Shopping: Walmart/Shop Rite  12:45 Setback Club</p> <p><u>Color of the Day: Deep Blue</u>  Lunch: Cheese Baked Ziti</p>
<p>Course <b>AARP</b> <sup>6</sup>  w I.D.? Real Possibilities</p> <p>h Rich and Liz</p> 	<p>8:30 Mini-Bus Shopping– Stop&amp;Shop/  Save-a-Lot/Cindi's Diner <sup>7</sup>  9:30 Art Class /Antique Veterans  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit Down &amp; Tone Up  <b>10:30 What You Need To Know About  Medicare Open Enrollment</b>  11:00 Latin Rhythm Exercise  12:30 Poker Club  12:30 Ceramics/12:30 Knit &amp; Crochet  12:30 Strength &amp; Tone/1:30 Tai Chi Gong  <b>Lunch: Sliced Turkey W/Gravy</b></p>	<p>10:00 Yoga <sup>8</sup>  <b>10:15 Hearing Screening with Best Life  Hearing Center</b>   11:00 Aerobics  12:30 Mini-Bus Shopping: Target/Mall/Savers  <b>12:30 Movie – The Greatest  Showman (2017)</b>   12:45 Setback Club  <b>1:00 Pool Team—Home vs Wallingford</b> </p> <p><u>Color of the Day: Red</u>  Lunch: Spanish Omelet</p>
 <sup>13</sup> ith The Village at 	<p>8:30 Mini-Bus Shopping: Stop&amp;Shop/  Save-a-Lot/Cindi's Diner <sup>14</sup>  9:30 Art Class /Antique Veterans  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit &amp; Tone/11:00 Latin Rhythm Exercise  <b>10:30 Veteran's Day Celebration</b>  12:30 Poker Club  12:30 Ceramics/12:30 Knit &amp; Crochet  12:30 Strength &amp; Tone/1:30 Tai Chi Gong</p> <p><b>Lunch: Pork Loin W/Gravy</b></p>	<p>10:00 Yoga <sup>15</sup>  <b>10:30 Prize Bingo with Home Instead  Senior Care</b>  11:00 Aerobics  12:30 Mini-Bus Shopping: Walmart/Shop Rite  <b>12:30 Double Bingo</b>   12:45 Setback Club</p> <p><u>Color of the Day: Brown</u>  Lunch: Butternut Squash Ravioli</p>
 <sup>20</sup>  //Gravy	<p>8:30 Mini-Bus Shopping– Stop&amp;Shop/  Save-a-Lot/Cindi's Diner <sup>21</sup>  9:30 Art Class/Antique Veterans  10:00-2:00 Mini-Bus Trip - Hair Salon  10:00 Sit Down &amp; Tone Up  <b>10:00 Game Day with Success Academy</b>  11:00 Latin Rhythm Exercise/12:00 Poker Club  <b>11:30 Birthday Party</b>   12:30 Ceramics/12:30 Knit &amp; Crochet  12:30 Poker Club  <b>12:30 New Member Orientation</b>  12:30 Strength &amp; Tone/1:30 Tai Chi Gong  <b>Lunch: Roasted Turkey W/Giblet Gravy</b></p>	<p>10:00 Yoga <sup>22</sup>  <b>10:00 Computer Time with Liz</b>   11:00 Aerobics  12:30 Mini Bus Shopping: Goodwill/Aldi's  12:45 Setback Club  <b>1:00 Pool Team—Home vs Southington</b> </p> <p><u>Color of the Day: Gold</u>  Lunch: Broccoli Quiche</p>
 <sup>27</sup> Liz Raber from the ent  ntballs	<p><b><u>CLOSED</u></b> <sup>28</sup></p>  Happy Thanksgiving	<p>9:30 Calling All Christmas Decorators! <sup>29</sup>  10:00 Yoga  11:00 Aerobics  12:30 <b>NO Mini Bus Shopping</b>   12:45 Setback Club</p> <p><u>Color of the Day: Sports Team</u>  Lunch: Pizza Luncheon</p>

## Social Services November 2019



**Natalie Gill**  
Social Services Worker  
Monday-Friday  
8:30 am-3:30 pm  
Please call to schedule an  
Appointment

### Renters' Rebate Program Extension Request

You have until December 15th to request an extension of time to file your renters rebate with a doctor's letter indicating that you were under their care. If you are interested please contact Natalie for more information.

### West Haven Housing wait list application

The West Haven Housing Authority-Savin Rock Communities will be opening its waiting list for the Housing Choice Voucher Program (HCV), Mainstream Voucher program (disabled persons under 62 transitioning out of institutions, homeless or at risk of homelessness) and Project Based Voucher Program (PBV) (397 Meadowbrook Ct. only) which will subsidize decent, safe and sanitary housing for persons whose income falls at or below the very low-income category as follows, by number of persons in a household. Pre-applications for the waiting list lottery may be completed and submitted online through a secure site at [www.savinrockcommunities.org](http://www.savinrockcommunities.org) OR printed. Only pre-applications submitted online or postmarked Nov. 4, 2019 through Nov. 8, 2019 and received by Nov. 22, 2019 will be accepted. Call to schedule an appointment if you need 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 Tuesdays by  
appointment or walk-ins will be  
permitted*

*If you are interested in scheduling an  
appointment, please call  
203-237-0066 to schedule an  
appointment*



**Open Enrollment for Medicare  
Advantage and Medicare  
Prescription Drug Coverage is from  
October 15th-December 7th**

Please contact me if you would like to  
change your plan.

### What you Need to Know for Medicare Enrollment 2020?

Medicare Open Enrollment runs from October 15 through December 7 each year. During this period, millions of Medicare recipients evaluate their current coverage and make changes that will affect their health care costs and coverage beginning in January of the following year.

Considering making changes to your coverage this fall or just want to learn more about this enrollment period?

**Come join Natalie on Thursday,  
November 7th from  
10:30am-11:30am in the Activity Room.**

\*MENU CAN CHANGE WITHOUT ADVANCED NOTICE\*

**LifeBridge Community Services. NEW HAVEN SENIOR COMMUNITY CAFÉ****Nutrition for Mind, Body and Spirit****November 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				1 cup cheese baked ziti parmesan cheese ½ cup seasoned cannellini beans 1 cup tossed salad with olive and Italian dressing garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk
4	5	6	7	8
1 cup beef stew ½ cup bowtie noodles ½ cup green beans 1 slice wheat bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk	3 oz sausage and meatballs ½ cup penne pasta parmesan cheese ½ cup italian blend vegg 1 garlic breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz BBQ chicken ½ cup sweet potato fries ½ cup spinach biscuit 1 tsp margarine 4 oz orange juice ½ cup tapioca pudding 8 oz low fat milk	6 oz butternut squash and apple soup 1 pkt unsalted crackers 3 oz sliced turkey/gravy ½ cup baked potato ½ cup broccoli cranberry sauce dinner roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz Spanish omelet ½ cup orzo pilaf ½ cup mixed vegetables wheat dinner roll 1 tsp margarine 4 oz grape juice 1 slice crumb cake 8 oz low fat milk
11	12	13	14	15
<b>CLOSED</b>	3 oz Chicken parmesan ½ cup penne pasta with sauce parmesan cheese 1 cup tossed salad with cucumber and Italian dressing herb breadstick 1 tsp margarine fresh fruit 8 oz low fat milk	6 oz chicken noodle soup 1 pkt unsalted crackers 3 oz chicken pot pie mix 1 Biscuit ½ cup Broccoli 1 tsp margarine ½ cup peaches 8 oz low fat milk	3 oz pork loin/gravy ½ cup baked sweet potato ½ cup carrots pumpnickel dinner roll 1 tsp margarine 4 oz apple juice chocolate chip cookie 8 oz low fat milk	1 cup butternut squash ravioli with cream sauce ½ cup white beans ½ cup spinach 1 slice Italian bread 1 tsp margarine ½ cup bake apple slices 8 oz low fat milk
18	19	20	21	22
3 oz Pulled pork ½ cup baked beans ½ cup coleslaw vinaigrette burger roll 1 tsp margarine fresh fruit 8 oz low fat milk	3 oz fish sticks tartar sauce ½ cup barley pilaf ½ cup California blend wheat dinner roll 1 tsp margarine 4 oz grape juice pound cake with strawberry topping 8 oz low fat milk	3 oz Salisbury steak/gravy ½ cup smashed potato ½ cup mixed vegetables 1 slice rye bread 1 tsp margarine fresh fruit 8 oz low fat milk	<b>Thanksgiving Special</b> Roast turkey with giblet gravy Savory stuffing Cranberry sauce Sweet potatoes Seasoned peas, carrots and corn Corn bread Cranberry juice Pumpkin pie 8 oz low fat milk	6 oz Vegetarian vegetable soup 1 pkt unsalted crackers 1/6 broccoli quiche ½ cup sweet potato fries ½ broiled tomato 1 slice multigrain bread 1 tsp margarine ½ cup fruit cocktail 8 oz low fat milk
25	26	27	28	29
3 oz Herb baked chicken quarter ½ cup roasted squash ½ cup spinach wheat breadstick 1 tsp margarine 4 oz orange juice ½ cup chocolate pudding 8 oz low fat milk	6 oz Lentil soup 1 pkt unsalted crackers cold cut sandwich 1 oz each ham, turkey, cheese ½ cup lettuce, tomato and pickle chip ½ cup beet salad mustard/mayo grinder roll 1 tsp margarine ½ cup apricots 8 oz low fat milk	3 oz meatballs ½ cup spaghetti parmesan cheese 1 cup Caesar salad with croutons and Caesar dressing garlic bread 1 tsp margarine Fresh fruit 8 oz low fat milk	<b>CLOSED</b>	<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 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 prior to 11:25am 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, trips 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.

**Meriden Advisory Board on Aging**

**Friday, November 1, 2019 at 9:00am**—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.

**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 -\$.50
- Can Soda - Juice - \$1.00
- Sparkling Ice -\$1.00
- Ice-Cream Cups -\$.50
- Chips -\$.50
- Cookies - \$.75
- Flavored Seltzer -\$1.00
- Snapple -\$1.25

**Daily Bus Riders**— Please be sure to check in with Ruth to book your daily rides to and from the Senior center. Rides must be booked by 12:30pm for the next day. If you need to cancel please call and leave a message so we do not send a bus to pick you up.

**New Member Orientation**

**Thursday, November 21, 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 day of the month. Hope to see you there!

**Please sign up in the front office.**





# MEMORIES



## Thanksgiving Word Search

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

cook  
 corn  
 dinner  
 fall  
 family  
 feast  
 food  
 gravy  
 harvest

maize  
 pilgrims  
 pumpkin  
 relatives  
 settlers  
 squash  
 stuffing  
 thanks  
 turkey

