

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
May 2024

2024 Senior Health Fair

Wednesday, May 8 from 9:00am—11:30am

Informational displays from agencies serving Meriden Seniors. Free box lunch for the first 150 people, sponsored by John J. Ferry & Sons Funeral Home and Hunter's Ambulance. Handouts, giveaways, health screenings and much more! The 2024 Annual Senior Health Fair title sponsor is Hartford HealthCare Midstate Medical Center. We encourage you to attend and learn about all that is offered for seniors in our community! **All exercise classes will be canceled for the day.**

Seniors Got Talent Show

Thursday, May 23 from 10:00am—12:00pm

Do you have any hidden talent that you would like to showcase? If you can sing, play an Instrument, act, tell funny jokes, do magic tricks, craft or have any other unique skill, then you are invited to participate in our first talent show. The event is being organized in honor of Older Americans Month and is sponsored by Scofield Insurance Consulting and Anthem Blue Cross and Blue Shield. The first, second, and third-place winners will be awarded. **If you are interested, please register yourself by May 10 in the front office or by calling 203-630-4703.**

2024 Special Day for Special People Picnic

Saturday, June 1 from 11:00am—3:00pm

SAVE THE DATE! Join us to celebrate the 52nd Anniversary of this special event! Meriden Senior Citizens are welcome to join us in Hubbard Park for a free weekend picnic. Student volunteers will serve cheese burgers, hotdogs, chips, popcorn, soda, watermelon, and ice cream. The Meriden Antique Veterans will open the program with a flag raising ceremony. Free BINGO with prizes will start at 12:30pm under the pavilion. The Coconuts will be performing throughout the entire day. For more information on transportation to Hubbard Park call the Mini-Bus Office at (203) 237-3338. **Rain date is Wednesday, June 5 at the Meriden Senior Center.**

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

Sign Up Day with Liz & Irma**Wednesday, May 1 at 9:00am****Signups begin at 9:00am 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 9:00am in order of sign up. You must be present at 9:00am to register. If an event is booked up before your name is called, you will be put on the waiting list in numerical order. **Trip, minibus, and event signups start the first working day of each month. Please visit or call the front office at 203-630-4703.**

**Early Cinco de May Celebration****Thursday, May 2 from 10:15am—12:00pm**

Come and join us in the Dining Room for an early Cinco de Mayo celebration! You can enjoy a unique performance by Tere Luna, a singer and Mexican folklore dancer. Don't forget to wear your favorite Cinco de Mayo outfit and celebrate with great music, treats, raffles, and more! Regular lunch will be served upon reservation. **Please RSVP by May 1. Sign up in the front office.**

**Cornhole Game with CCC****Friday, May 3 at 10:30am**

Join the students from Community Classroom Collaborative in the Lower Level Tile Area to play cornhole! Cornhole is a game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in it's far end. Join us every first Friday to play this fun and competitive game to see which team will win the bragging rights as the Cornhole Champions.

**Meriden Daffodil Festival Trip****Saturday, May 4 from 9:15am—1:00pm**

Join us for a trip to the Meriden Daffodil Festival! Saturday's schedule will be offering food tents, arts and crafts, parade and musical entertainment. Mini-bus pickups will start at 9:15am. Our bus will be departing from the festival at 1:00pm. **Please sign up in the front office.**

**Juneteenth Meeting****Monday, May 6 at 11:00am**

We are seeking speakers, musicians, and any other collaborators within our community to assist in the celebration of Juneteenth. If you are interested in collaborating with us for this year's festivities, please join this meeting in the Main Activity Room. **Sign up in the front office.**

**Mother's Day Celebration****Thursday, May 9 from 10:15am—12:00pm**

This year we would like to treat our lovely mothers of the Meriden Senior Center to some musical entertainment from Jennifer DiSapio! Regular lunch will be served upon reservation, **please RSVP by May 6.** Sign up in the front office. Goody bags sponsored by Franciscan Ever There Care.

**Food for Thought Presentation with LifeBridge Community Services****Wednesday, May 15 from 11:00am—12:00pm**

Join Nutritionist Carmen Weber, RDN, CDN for a discussion about nutrition and brain health. Learn how a healthy diet can help keep memory intact and help protect the mind from premature deterioration. We'll discuss: Brain boosting foods, foods to limit, the importance of hydration and mental benefits of physical activity. Handouts and a recipe available for all. **Sign up in the front office.**

**BIRTHDAY PARTY****Thursday, May 16 from 11:00am—12:00pm**

This month's birthday gifts will be sponsored by: **Careforth.** Your birthday must be in May. **Please sign up by Thursday, May 9 to be guaranteed a gift.** The signup book is in the Dining Room. A special performance from our Ukulele Class will be included in this celebration! **Happy Birthday to all members who were born in May!**

**Art of Aging Art Exhibit Trip****Thursday, May 16 from 1:30pm—3:30pm**

The Art of Aging is a celebration of creativity expressed by people over the age of 60 who have discovered the satisfaction of blending art and life, hosted by the Agency on Aging of South Central Connecticut. Join us on this trip to view artwork from all over Connecticut! Mini-bus will be departing at 1:30pm. **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

Strength & Tone	Mondays, 12:30pm	Lower Level	Please bring an extra pair of dry sneakers for exercise classes during rainy weather. 
Weight Training	Tuesdays, 10:15am	Lower Level	
Arthritis Exercise	Tuesdays, 12:30pm	Lower Level	
Aerobics	Wednesdays, 10:15am	Lower Level	
Dance Class	Thursdays, 10:30am	Lower Level	
Tai/Chi/Qigong	Thursdays, 12:30pm	Lower Level	
Yoga	Fridays, 10:00am	Mezzanine	

Weekly Art Classes

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

Guest Speaker: Author Greg Dillon
Friday, May 17 from 10:00am—11:00am



Greg is a CT author and resident who released a non-fiction book last year. *The Thin Blue Lie: An Honest Cop vs. The FBI*. In this gripping whistleblower account of FBI corruption and malfeasance, Greg Dillon—veteran state investigator and former FBI agent—finds himself caught up in an FBI misconduct scandal resulting in coverups, retaliation, a federal trial, and a landmark court ruling. Join us in the Activity Room to learn more about Greg and his book. **Sign up in the front office.**

Paper Bead Jewelry Craft with Deb
Friday, May 24 from 10:30am—11:30am



Join Deb Urso from Hamden Rehabilitation and Health Care Center in the Activity Room to learn how to make a bracelet with paper beads. **Sign up in the front office.**

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
Olivia Panciera, Meriden Transit	203-630-4706
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



Mindful Eating with the Hispanic Health Council



Monday, May 20 from 10:30am—11:30am
 Learn what foods are good for our overall health with the Hispanic Health Council Inc. **This weeks topic is: Diabetes. 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: Diabetes. Regístrese en la oficina principal.**

Antique Veterans Honor Guard Meeting



Thursday, May 9 from 9:00am—10:00am

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.

AARP Driver Safety Course



Wednesday, May 15 from 9:00am-1:00pm Driver Safety

IN-PERSON DRIVER SAFETY CLASSES RETURN!

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 \$20.00, and non-members is \$25.00. Please make checks payable to AARP. Sorry, no cash! Call the front office at 203-237-0066 to sign up. Class held in the Mezzanine.

Blood Pressure Checks with



Hartford HealthCare
Emergency Medical Services
HUNTER'S AMBULANCE

Hunter's Ambulance

Monday, May 20 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.

Lunch & Learn: Heritage



Commons DayTymers Club

Tuesday, May 21 from 11:30am—12:30pm

Enrich Life for Yourself or Someone You Love! Come learn more about Heritage Commons Social Club. Lunch will be provided. Menu: Assorted sandwiches, chips, pickles, and cookies. **Sign up in the front office.**

Chaperone Support Program



Wednesday, May 22 from 10:30am—11:30am

This program is designed to provide individualized support to people who need or request a chaperone to accompany them to medical and/or outpatient treatment appointments. Join us in the Mezzanine for an open discussion about your transportation successes and struggles with Cheryl from the Agency on Aging of South Central Connecticut.

Sign up in the front office.

Veteran Services with George Messier



Tuesday, May 21 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.**

Drumming Circle with Chris (New Program)

Wednesday, May 29 from 10:30am—11:30am

Drum circles can have a positive impact on your mental, spiritual, and physical health. Join Chris in the Mezzanine in an interactive program where he will guide you through various drumming techniques to create unified music. Drums will be provided for you, or you can bring your own. **Sign up in the front office.**

Lunch & Learn: Low Vision



Wednesday, May 29 from 10:30am—12:00pm

Chris Pisani from Fore Senior Benefits has teamed up with Lions Low Vision Centers to offer information about the different ways they can support people with low vision. Civility Home Care will sponsor lunch for those who attend this program, which includes an assortment of wraps, chips and cookies. **To register for the event, please sign up at the front office.**

Book Club with the Meriden Public Library

Friday, May 31 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 "Lessons in Chemistry" by Bonnie Garmus. You must bring your Meriden Public Library card to receive a book.**



Library card applications are available in the recreation or front office. Books will be available for pickup during book club meetings.

Sign up in the front office.

Medical Transportation To and From

Your Home is Available



Please contact our Mini Bus Dispatcher at 203-237-3338 for more details. Our service provides free transportation to medical appointments in Meriden, donations accepted. Funding for the Senior Medical Transportation program is provided in part by the South Central Area Agency on Aging.

Mini-Bus Lunch Trip

**Silver City Bistro—(Meriden)
Tuesday, May 7 at 10:30am**

The Silver City Bistro is a student run restaurant of Wilcox Technical High School. In order to go through their security process in a timely manner, our mini-bus will be leaving the center at 10:30am. Lunch will be prefixed menu, you can receive a copy during sign up day. Meet in the front lobby.

Sign up in the front office.



Monthly Shopping Schedule

Shop Rite/Walmart

Tuesdays at 12:30pm — May 14, 21, 28

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

Thursdays at 12:30pm — May 2, 9, 30

Boston Market/Job Lot/Family Dollar

Thursday at 12:30pm — May 23

Target/Mall/Aldi's

Friday at 12:30pm — May 10, 24

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

Fridays at 12:30pm — May 3, 17, 31

Upcoming Day Trips for 2024

**Neil Diamond Tribute - Aqua Turf Club
Plantsville, CT: May 14—\$94pp**

**Naugy Scenic Train—Thomaston, CT
June 21—\$124pp**

**RiverQuest Cruise—Essex, CT
July 18—\$142pp**

**Beach Boys Tribute—Aqua Turf Club
Plantsville, CT: August 21—\$94pp**

**Dean Martin Tribute—Amarante's Sea Cliff
New Haven, CT: September 10—\$79pp**

**The Ultimate Cher Experience—Grand Oak Villa
Oakville, CT: October 10—\$124pp**

**The Glen Campbell Experience—La Bella Vista
Waterbury, CT: November 12—\$94pp**

**Motown Tribute—Aqua Turf Club
Plantsville, CT: December 3—\$94pp**

**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.

The Senior Center will be closed Monday, May 27, 2024 in observance of Memorial Day.



MONDAY	TUESDAY	WEDNESDAY
		<p>9:30 Art Class 9:00 Sign Up Day with 10:00 Wii Bowling 10:15 Aerobics 10:30 Dominoes Club 1:30 Bingo</p>  <p>Lunch: BBQ Pork, Baked</p>
<p>9:30 Art Class   6 9:30 Quilting 10:15 Sound Healing & Meditation with Daria  10:30 Dominoes Club 11:00 Juneteenth Meeting  12:30 Bingo 12:30 Strength & Tone</p>  <p>Lunch: Roasted Chicken Leg Quarter</p>	<p>9:30 Crochet 7 10:00 "Freedom Day" Rehearsals 10:15 Weight Training  10:30 Scrabble with Carol  10:30 Pool Team Practice 10:30 Mini-bus Lunch Trip: Silver City Bistro—(Meriden) 12:30 Ceramics 12:30 Arthritis Exercise 12:30 NO Mini-Bus Shopping</p> <p>Lunch: American Chop Suey</p>	<p>9:00 2024 Senior Health 9:30 Art Class  10:00 Wii Bowling  10:15 Aerobics 10:30 Dominoes Club 12:30 Bingo</p>  <p>Lunch: Maple Mustard</p>
<p>9:30 Art Class   13 9:30 Quilting 10:15 Sound Healing & Meditation with Daria 10:30 Dominoes Club  12:30 Bingo 12:30 Strength & Tone</p>  <p>Lunch: Swiss Steak w/Gravy</p>	<p>9:30 Crochet 14 10:00 "Freedom Day" Rehearsals  10:15 Weight Training 10:30 Pool Team Practice 11:00 Neil Diamond Tribute: Aqua Turf—Plantsville, CT (Mini-Bus Transportation) 12:30 Ceramics 12:30 Arthritis Exercise  12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>Lunch: Macaroni & Cheese, Vegetable Soup</p>	<p>9:00 AARP Driver Safety 9:30 Art Class  10:00 Wii Bowling  10:15 Aerobics 10:30 Dominoes Club 11:00 Food for Thought LifeBridge Comm 12:30 Double Bingo</p>  <p>Lunch: Cacciatore Chick</p>
<p>9:30 Art Class    20 9:30 Quilting 10:00 Blood Pressure Checks with Hunter's Ambulance  10:15 Sound Healing & Meditation with Daria  10:30 Mindful Eating with the Hispanic Health Council  10:30 Dominoes Club  12:30 Bingo 12:30 Strength & Tone 12:30 Red Hat Divas</p>  <p>Lunch: BBQ Pork Rib Patty on a Bun</p>	<p>9:30 Crochet 21 10:00 "Freedom Day" Rehearsals  10:15 Weight Training 10:30 Pool Team Practice  11:00 Veteran Services with George Messier 11:30 Lunch & Learn: Heritage Commons DayTymers Club 12:30 Ceramics 12:30 Arthritis Exercise  12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>Lunch: Taco - Meat, Lettuce, Tomato Spanish Rice</p>	<p>9:30 Art Class  10:00 Wii Bowling  10:15 Aerobics 10:30 Chaperone Support 10:30 Dominoes Club 12:30 Bingo</p>  <p>Lunch: Chicken Caesar S Garbanzo Bean Salad</p>
<p><u>CLOSED</u> 27</p> 	<p>9:30 Crochet 28 10:00 Walking Club with Liz  10:00 "Freedom Day Rehearsals" 10:15 Weight Training 10:30 Scrabble with Carol  10:30 Pool Team Practice  12:30 Ceramics 12:30 Arthritis Exercise  12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>Lunch: Balsamic Chicken, Zucchini</p>	<p>9:30 Art Class  10:00 Wii Bowling  10:15 Aerobics 10:30 Lunch & Learn: L 10:30 Dominoes Club 10:30 Drumming Circle 12:30 Bingo</p>  <p>Lunch: Turkey Breast w Coleslaw</p>

WEDNESDAY	THURSDAY	FRIDAY
<p>Liz & Irma</p>  <p>1</p>   	<p>9:30 Art Class </p> <p>10:00 Ukulele Class </p> <p>10:15 Early Cinco de Mayo Celebration </p> <p>10:30 Dance Class </p> <p>10:30 Pool Team Practice </p> <p>12:30 Tai Chi QiGong/12:30 Poker Club</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 Cribbage Club</p> <p>Lunch: Marsala Chicken Thigh, Tossed Salad</p>	<p>9:00 Commission on Aging & Disabilities 3</p> <p>10:00 Yoga</p> <p>10:30 Cornhole Game with CCC </p> <p>12:30 Double Setback</p> <p>12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill </p> <p><u>Color of the Day: Yellow</u></p> <p>Lunch: Beef Fiesta Macaroni & Cheese</p>
<p>Beans</p> <p>Health Fair</p>  <p>8</p>  <p>Pork, Stuffing</p>	<p>9:00 Antique Veterans </p> <p>9:30 Art Class </p> <p>10:00 Ukulele Class </p> <p>10:15 Mother's Day Celebration </p> <p>10:30 Dance Class</p> <p>10:30 Pool Team Practice</p> <p>12:30 Tai Chi QiGong/12:30 Poker Club</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 Cribbage Club (Mother's Day Special)</p> <p>Lunch: Cheese Quiche, Potato Tot's</p>	<p>10:00 Yoga 10</p> <p>12:30 Setback</p> <p>12:30 Mini-Bus Shopping: Target/Mall/Aldi's </p> <p><u>Color of the Day: Floral</u></p> <p>Lunch: Beef Vegetable Stir-Fry, White Rice</p>
<p>Course</p>  <p>15</p>  <p>Presentation with Community Services</p>  <p>Chicken Thigh</p>	<p>9:30 Art Class </p> <p>10:00 Ukulele Class </p> <p>10:30 Dance Class </p> <p>10:30 Pool Team Practice </p> <p>11:00 Birthday Party </p> <p>12:30 Tai Chi QiGong/12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Crochet</p> <p>12:30 NO Mini-Bus Shopping</p> <p>12:30 Cribbage Club</p> <p>1:30 Art of Aging Art Exhibit Trip </p> <p>Lunch: BBQ Hamburger on a Bun</p>	<p>10:00 Yoga 17</p> <p>10:00 Guest Speaker: Author Greg Dillon</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: Blue</u></p> <p>Lunch: Ginger Honey Pork</p>
<p>Port Program</p>  <p>22</p> <p>Salad, Italian Bread</p>	<p>9:30 Art Class </p> <p>10:00 Seniors Got Talent Show</p> <p>10:00 Ukulele Class </p> <p>10:30 Dance Class </p> <p>10:30 Pool Team Practice </p> <p>12:30 Tai Chi QiGong/12:30 Poker Club</p> <p>12:30 Ceramics/12:30 Crochet C-Town</p> <p>12:30 Mini-Bus Shopping: Boston Market/Joblot/Family Dollar </p> <p>12:30 Cribbage Club (Memorial Day Special)</p> <p>Lunch: Chili Dog on a Bun, Potato Salad</p>	<p>10:00 Yoga 24</p> <p>10:30 Paper Bead Jewelry Craft with Deb</p> <p>12:30 Setback</p> <p>12:30 Mini-Bus Shopping: Target/Mall/Aldi's </p>  <p><u>Color of the Day: Red, White & Blue</u></p> <p>Lunch: Turkey Tetrazzini, Lima Beans</p>
<p>ow Vision with Chris</p>    <p>29</p> <p>/Gravy, Confetti</p>	<p>9:30 Art Class </p> <p>10:00 Ukulele Class </p> <p>10:30 Dance Class </p> <p>10:30 Pool Team Practice </p> <p>12:30 Tai Chi QiGong/12:30 Poker Club</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 New Member Orientation </p> <p>12:30 Cribbage Club</p> <p>1:00 Pool Tournament Home vs Southington</p> <p>Lunch: Ham, Broccoli & Cheese Casserole </p>	<p>9:30 Movie of the month-"The River Wild" (1994) 1hr 51min 31</p> <p>10:00 Book Club with the Meriden Public Library </p> <p>10:00 Yoga </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: Stripes</u></p> <p>Lunch: Beef/Chicken Sweet & Sour Meatballs</p>



May 2024 Social Services

Homeowner's Tax Relief Program

Individuals must be 65 and older by 12/31/2023 or totally disabled

Applications for the Homeowner's Program can be made on the following days and times:
Tuesdays-8:30am to 11:30am
Thursdays-1:00pm to 4:30pm

Assessor's Office 142 East Main Street Room 122

203-630-4065

Those applying for tax relief must do so no later than May 15, 2024.

No Appointment Necessary

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

- Social Security Benefit 1099 forms for 2023
- Proof of all income for 2023

Income Guidelines:

Circuit Breaker Program-Unmarried: \$43,800
Married: \$53,400

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

State & Local Veteran's Program-Unmarried: \$43,800
Married: \$53,400

(Those applying for additional Veteran's Programs must apply before September 30, 2024)

New Income Guidelines for MSP Medicare Savings Program

QMB: single-\$2,649/couple-\$3,595
SLMB: single-\$2,900/couple-\$3,935
ALMB: single-\$3,088/couple-\$4,191

Natalie Gill
Social Services Worker
203-630-4273

Anthony Roldan
Community Services Worker
203-630-4708

Must make appointment, no walk-ins please

What is Renters' Rebate?

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

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

Appointments can be made starting March 1st
Program runs from April 1st until October 1st
Call 203-630-4708 or 203-237-0066 to schedule an appointment

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

New Renters' Rebate Income Guidelines

Applicant's qualifying income in the calendar year 2023 must not exceed \$43,800 if unmarried, or \$53,400 if married.

Senior Assistance Program



The Meriden Senior Center is announcing that we have been awarded funds from The Community Development Block Grant again for The Senior Assistance Program, where we are able to provide hygiene products to those in need, must be on some type of government assistance program to qualify. Let us know if you are in need of hygiene products. Please call 203-630-4273 or 203-630-4708 to see if you qualify to receive one.

**LIFEBRIDGE COMMUNITY SERVICES SENIOR CAFE
MAY 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
MENU SUBJECT TO CHANGE BASED ON AVAILABILITY		3oz BBQ Pork 1/2 c Baked Beans 1/2 c Beet Salad 1 ea Cornbread Muffin 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	3oz Marsala Chicken Thigh 1/2 c Penne Pasta 1/2 c Tossed Salad 1 ea Italian Bread 1/2 c Mandarin Oranges 8oz Milk 1 tsp Margarine 1 ea Ranch Dressing	6oz Cream of Mushroom Soup 1 c Beef Fiesta Macaroni & Cheese 1 ea Broccoli 1 ea Wheat Bread 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers
6	7	8	9	10
1 ea Roasted Chicken Leg Quarter 1/2 c Scalloped Potatoes 1/2 c California Vegetable Blend 1 ea Dinner Roll 1/2 c Applesauce 8oz Milk 1 tsp Margarine	1 c American Chop Suey 1/2 c Green Peas 1/2 c Tuscan Vegetable Blend 1 ea Rye Bread 1/2 c Mandarin Oranges 8oz Milk 1 tsp Margarine	3oz Maple Mustard Pork 1/2 c Stuffing 1/2 c Tossed Salad 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine 1 ea Ranch Dressing	Mother's Day Special 1 slice Cheese Quiche 1/2 c Potato Tots 1/2 c Garlic Spinach 1 ea. Wheat Bread 1 slice Pound Cake 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine	3/4 c Beef Vegetable Stir-Fry 1/2 c White Rice 1/2 Glazed Carrots 1 ea. Wheat Bread 1/2 c Pineapple Tidbits 8oz Milk 1tsp Margarine
13	14	15	16	17
3oz Swiss Steak w/ Gravy 1/2 c Whipped Potatoes 1/2 c Capri Vegetable Blend 1 ea Rye Bread 1/2 c Diced Peaches 8oz Milk 1 tsp Margarine	6oz Vegetable Soup 1 c Macaroni & Cheese 1/2 Cauliflower 1 ea Italian Bread 1/2 c Applesauce 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	3oz Cacciatore Chicken Thigh 1/2 c Penne Pasta 1/2 c Mixed Greens 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	1 ea BBQ Hamburger 1/2 c Macaroni Salad 1/2 c Sliced Carrots 1 ea Hamburger Bun 1 ea Fudge Creme Cookie 4oz Assorted Fruit Juice 8oz Milk 1 pkt Ketchup	3oz Ginger Honey Pork 1/2 c Brown Rice 1/2 c Green Beans w/ Red Peppers 1 ea Wheat Bread 1/2 c Pineapple Tidbits 8oz Milk 1 tsp Margarine
20	21	22	23	24
3oz BBQ Pork Rib Patty 1/2 c Corn O' Brien 1/2 c Mixed Greens 1 ea Hamburger Bun 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	3oz Taco Meat 1/2 c Spanish Rice 1/2 c Lettuce & Tomato 1 ea Flour Tortilla 1/2 c Pineapple 8oz Milk 1 pkt Sour Cream	3oz Cut Grilled Chicken 1 c Romaine Lettuce 2 tbsps Parmesan Cheese 1 ea Caesar Dressing 1/2 c Garbanzo Bean Salad 1 ea Italian Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	Memorial Day Special 1 ea Frankfurter w/ Chili 1/2 c Potato Salad 1/2 c Cucumber Salad 1 ea Hot Dog Bun 1/2 c Fruited Gelatin 8oz Milk 1 pkt Ketchup	3/4 c Turkey Tetrazzini 1/2 c Lima Beans 1/2 c Carrots 1 ea White Bread 1 ea Brownie 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine
27	28	29	30	31
CLOSED	3oz Balsamic Chicken 1/2 c Cilantro Lime Rice 1/2 c Zucchini 1 ea Rye Bread 1/2 c Oatmeal Cookie 4 oz Assorted Juice 8oz Milk 1 tsp Margarine	3oz Turkey Breast w/Gravy 1/2 c Whipped Redskin Potatoes 1/2 c Confetti Coleslaw 1 ea Dinner Roll 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine	6oz Corn Chowder 3/4 c Ham, Broccoli & Cheese Casserole 1/2 c Capri Vegetable Blend 1 ea White Bread 1/2 c Pineapple Tidbits 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	6ea Beef/Chicken Sweet & Sour Meatballs 1/2 c Brown Rice 1/2 c Green Peas 1 ea Wheat Bread 1 ea Fresh Fruit 8oz Milk 1 tsp Margarine

MINIMUM PORTIONS SERVED AT EACH MEAL: 1 C Milk-1% or equivalent; 1 C Vegetable and Fruit equivalent; 3oz. Protein, 1 Pat Margarine. All non-citrus juices are Vitamin C fortified. 2 Bread Servings or equivalent (enriched or whole grain); All rolls are seedless. White Rice is enriched. All Soups and Entrees, Gravies and Sauces and Salad Dressing and Desserts are Low Fat and Low Salt

**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!**

NEW LUNCH OPTION!

We are happy to announce we will be
offering Latino meals starting on
Tuesdays & Thursdays as an option.

Majority rules for reservations between the regular
meal and Latino meal for both days each week.

**Latino meal reservations require 1 week notice
every Tuesday by 12:30pm for both days.**

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, May 3 from 9:00am—10:00am

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. Any questions please
contact Isabel Rosa Kaiser at 203-314-9324 who also
is fluent in Spanish.

New Member Orientation

Thursday, May 30 at 12:30pm

Please join Rick Liegl, Senior Affairs Administrator for
a guided tour of our Senior Center while he provides
information on our programs and services.

New Member Orientation will be held on the last
Thursday of every month. Hope to see you there!

Please sign up in the front office.



Bingo Callers Needed

We are currently looking for new bingo callers.
Please reach out to Liz at 203-630-4703 if you are
interested in calling bingo.

**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 - **\$.75**

Bottled Water - **\$1.00**

Chips - **\$.75**

Cookies - **\$.75**

Flavored Seltzer - **\$1.00**

Snapple - **\$1.25**

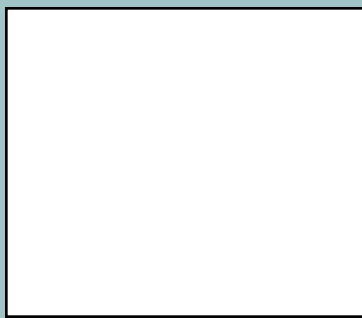

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- Lions Low Vision

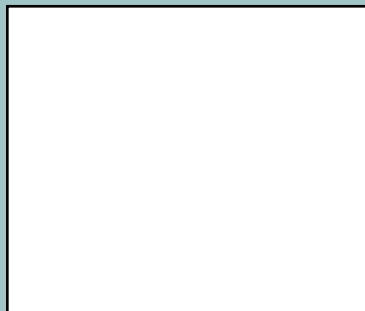
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Center for Better Hearing
203-237-5342

Medical Rehabilitation
203-237-1448

Driver Assessment Program
203-630-2208



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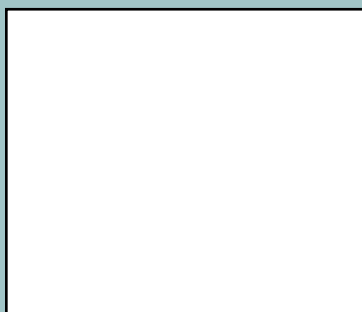
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11th Annual Josephine E. Bradley Spelling Bee with Meriden Public Schools



Solar Eclipse Viewing Party with the Meriden Public Library

