

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
June 2024

2024 Special Day for Special People Picnic

Saturday, June 1 from 11:00am—3:00pm

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 as well as magic strolls by Gene the Amazing, face painting by Alecia Coffin and caricature drawings by Goofy Faces. 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.

“Freedom Day” Play

Thursday, June 6 at 10:00am

Please join us for the “Freedom Day” Play, written and directed by our senior center member, Hope Storrs, with assistance from senior center member Trudy Holst. This play reenacts pivotal moments in history that led to the freedom of over 250,000 enslaved black people in Texas, marking the end of slavery. Our cast includes senior center members and students from Meriden Public Schools, Community Classroom Collaborative. The play will be performed in our Dining Room. **Please sign up in the front office.**

Juneteenth Celebration and Dance Workshop

Tuesday, June 18 from 10:00am—12:00pm

We are thrilled to announce an early celebration of Juneteenth in our Dining Room. The event is designed to honor this significant holiday through various activities, including an African-style dance workshop by the Cumbe Dance Group, songs drumming, and readings from our guest speakers Eddie Joyce, Juanita Lashley, MPD Chaplain Pastor Clarence Hayes, City Councilor Sonya Jelks, and more!

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

Sign Up Day with Liz & Irma

Monday, June 3 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.**



NEW PROGRAM: Music Ensemble Class with JC Music

Every Tuesday from 1:30pm—2:30pm



Join us in the Mezzanine for this new music program where you can sing along to your favorite songs, bring your own instrument or borrow one of ours during this 1 hour program with Paul from JC Music. This class will be every Tuesday at 1:30pm for the months of May and June.

Cornhole Game with CCC

Friday, June 7 from 10:00am—11:00am

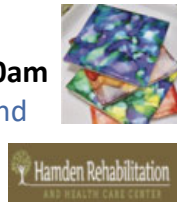
Join the students from Community Classroom Collaborative in the Lower Level Tile Area to play cornhole! Cornhole is a game in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in it's far end. Join us every first Friday to play this fun and competitive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



Suncatcher Craft with Deb

Tuesday, June 11 from 10:30am—11:30am

Join Deb from Hamden Rehabilitation and Health Care Center in the Activity Room to learn how to make suncatcher using Sharpies and alcohol art. **Sign up in the front office.**



Caribbean Music with Chris Merwin

Tuesday, June 11 at 11:30am

After our suncatcher craft, join us in the Dining Room to enjoy some popular Caribbean songs with Chris Merwin. **Sign up in the front office.**



Lunch & Learn: Fall Prevention Presentation

Wednesday, June 12 at 10:30am

A simple accident can change your life. Learn fall prevention tips in the Activity Room from CarePartners of Connecticut and how Medicare can help. Pizza and salad will be served for the attendees of this program. **Sign up in the front office.**



Father's Day Celebration with Vicky Rose

Thursday, June 13 at 10:15am

This year we would like to treat our fantastic fathers of the Meriden Senior Center to some musical entertainment from Vicky Rose! All are welcome! Event sponsored by Franciscan Ever There Care. **Please RSVP by June 7. Sign up in the front office.**



BIRTHDAY PARTY

Thursday, June 20 at 11:00am

This month's birthday gifts will be sponsored by: **Complete Care at Meriden.** Your birthday must be in June. **Please sign up by Thursday, June 13 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 June!**



Drumming Circle with Chris

Wednesday, June 26 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.**



National Bingo Day Prize Bingo

Thursday, June 27 from 10:00am—11:00am

Get Ready for National Bingo Day with Fore Senior Benefits as we celebrate through bingo games for prizes. Who will be our lucky winners? **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

Pool Tournament: Home vs Southington

Thursday, June 27 at 1:00pm

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



Calling All Card Players



Poker Club meets Thursdays at 12:30
Setback Club meets Fridays at 12:30pm



Let's Draw Cartoons with Rick Stromoski

Friday, June 28 from 10:30am—11:30am

Renowned cartoonist Rick Stromoski, known for his nationally syndicated and award-winning work, will be hosting a session in the Activity Room on drawing animals and sharing insights from his career in cartooning. There will also be a book signing.

Please sign up in the front office.

Farmer's Market Electronic Benefits Card

Seniors who received a card last year—Starting June 10, 2024: Senior Center staff will call all

members who received a Farmer's Market Card last year. If you kept your card from last season, your card can be updated and fully processed over the phone, no signature is needed.



Seniors who do not have their card from last season or who are receiving a card for the first time—

Starting July 8,9 and 10, 2024: Those in need of a new card will come to the Senior Center in person, starting July 8th at 9:00am to register for a new card.

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

The 2024 Holiday Hill Senior Outing

Monday, August 19

The 2024 Holiday Hill Senior Outing will be located in Prospect, CT. Tickets are \$45 per person.

Please sign up in the front office if you are interested in attending this year.

Cribbage

Wednesdays

New Time: 10:30am

New Location: Activity Room



Antique Veterans Honor Guard Meeting

Thursday, June 13 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.

Red Hat Divas

Monday, June 17 at 12:30pm

Throw on your red and purple and join this amazing group of women! Meetings held in the Mezzanine and typically include a fun afternoon of snacks, bingo, raffles and more.



Veteran Services with George Messier

Tuesday, June 18 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.**



Blood Pressure Checks with

Hunter's Ambulance

Monday, June 24 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.



Update—Bus Passes

Bus passes are no longer sold in the Transit Office in the lower level of the Senior Center. Tickets can be purchased at Stop and Shop.



HARTFORD HEALTHCARE CENTER FOR HEALTHY

AGING Presents: 4 Ways to Stay Active



Retirement isn't just for knitting and playing cards. And the more active you can be, the better you'll age. Here are 4 easy ways to stay active as you age:

1. **Look for activities you enjoy.** Start small and build exercise into your normal activities.
2. **Try a smart watch.** Some smart watches have a the ability to detect when you've fallen and call for assistance.
3. **Make it social.** Having a workout buddy will keep you accountable for your goals while having fun.
4. **Boost your brain.** While exercising try simple tasks like counting your repetitions out load.

For additional information about volunteering and other issues related to aging, call Hartford HealthCare Center for Healthy Aging at 1.877.424.4641/ 1.877.4AGING1 or visit [http://](http://hhccenterforhealthyaging.org)

hhccenterforhealthyaging.org. With 11 locations, Hartford HealthCare Center for Healthy Aging, a not for profit member of Hartford HealthCare Senior Services, provides access to services and information related to attaining optimal quality of life for seniors and their caregivers.

Book Club with the Meriden Public Library

















































Friday, June 28 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 "A Tree Grows in Brooklyn" a novel by Betty Smith. 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.



MONDAY	TUESDAY	WEDNESDAY
<p>9:00 Sign Up Day with Liz & Irma 3</p> <p>9:30 Art Class </p> <p>9:30 Quilting </p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p></p> <p></p> <p>Lunch: Turkey a la King, Cabbage</p>	<p>9:30 Crochet 4</p> <p>10:00 "Freedom Day" (Last Practice Day)</p> <p>10:15 Weight Training</p> <p>10:30 Scrabble with Carol </p> <p>10:30 Pool Team Practice </p> <p>11:00 Mini-bus Lunch Trip: Dino's Seafood (North Haven, CT)</p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 NO Mini-Bus Shopping </p> <p>1:30 NEW PROGRAM: Music Ensemble Class with JC Music </p> <p>Lunch: Meatloaf w/Gravy</p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling</p> <p>10:15 Aerobics</p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p></p> <p>Lunch: BBQ Pork, Baked</p>
<p>9:30 Art Class </p> <p>9:30 Quilting </p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p></p> <p>Lunch: Roasted Chicken Leg Quarter</p>	<p>9:30 Crochet 11</p> <p>10:15 Weight Training </p> <p>10:30 Suncatcher Craft with Deb </p> <p>10:30 Pool Team Practice </p> <p>11:30 Caribbean Music with Chris Merwin </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>1:30 NEW PROGRAM: Music Ensemble Class with JC Music </p> <p>Lunch: American Chop Suey</p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling</p> <p>10:15 Aerobics</p> <p>10:30 Lunch & Learn: Family Presentation</p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p></p> <p>Lunch: Maple Mustard</p>
<p>9:30 Art Class </p> <p>9:30 Quilting </p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p>12:30 Red Hat Divas </p> <p></p> <p>Lunch: Swiss Steak w/Gravy</p>	<p>9:30 Crochet 18</p> <p>10:00 Juneteenth Celebration and Dance Workshop </p> <p>10:15 Weight Training</p> <p>10:30 Pool Team Practice</p> <p>11:00 Veteran Services with George Messier</p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise </p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>1:30 NEW PROGRAM: Music Ensemble Class with JC Music </p> <p>Lunch: Macaroni & Cheese, Vegetable Soup</p>	<p>CLOSURE</p> <p></p>
<p>9:30 Art Class </p> <p>9:30 Quilting </p> <p>10:00 Blood Pressure Checks with Hunter's Ambulance </p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p></p> <p>Lunch: BBQ Pork Rib Patty on a Bun</p>	<p>9:30 Crochet 25</p> <p>10:15 Weight Training </p> <p>10:30 Scrabble with Carol </p> <p>10:30 Pool Team Practice </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite</p> <p>1:30 NEW PROGRAM: Music Ensemble Class with JC Music </p> <p>Lunch: Taco - Meat, Lettuce, Tomato Spanish Rice</p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling</p> <p>10:15 Aerobics</p> <p>10:30 Drumming Circle</p> <p>10:30 Dominoes Club </p> <p>12:30 Double Bingo </p> <p>Lunch: Grilled Chicken C Garbanzo Bean S</p>
<p></p> <p></p>		<p></p>

SDAY	THURSDAY	FRIDAY
 Beans	5 9:30 Art Class 10:00 "Freedom Day" Play 10:00 Ukulele Class 10:30 Dance Class 10:30 Pool Team Practice 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot/ 12:30 Cribbage Club Lunch: Marsala Chicken Thigh, Penne Pasta	6 9:00 Commission on Aging & Disabilities 10:00 Yoga 10:00 Cornhole Game with CCC 12:30 Double Setback 12:30 Mini-Bus Shopping: Mall/Target/Aldi's Color of the Day: Black Lunch: Beef Fiesta Macaroni & Cheese
 All Prevention  Pork, Stuffing	12 9:00 Antique Veterans 9:30 Art Class 10:00 Ukulele Class 10:15 Father's Day Celebration with Vicky Rose 10:30 Dance Class 10:30 Pool Team Practice 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot/ 12:30 Cribbage Club (Father's Day Special) Lunch: Sausage w/Onions & Peppers on a Bun	13 10:00 Yoga 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill Color of the Day: Red Lunch: Beef Vegetable Stir-Fry, White Rice
SED 	19 9:30 Art Class 10:30 Dance Class 10:30 Pool Team Practice 11:00 Birthday Party 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/Crochet 12:30 Mini-Bus Shopping: Joblot/Family Dollar Spoon Shop Brooke Deli 12:30 Cribbage Club Lunch: BBQ Hamburger on a Bun	20 9:30 Movie of the Month—"Blended" Comedy: PG-13 Mature Rating (2014) 1hr 57min 10:00 Yoga 10:45 Day Trip: Naugy Scenic Train (Thomaston, CT) 12:30 Setback 12:30 Mini-Bus Shopping: Mall/Target/Aldi's Color of the Day: Green Lunch: Ginger Honey Pork
 with Chris  Caesar Salad Salad	26 9:30 Art Class 10:00 National Bingo Day Prize Bingo 10:00 Ukulele Class 10:30 Dance Class 10:30 Pool Team Practice 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet C-Town 12:30 Mini-Bus Shopping: S&S/Save-a-lot 12:30 New Member Orientation 12:30 Cribbage Club 1:00 Pool Team Tournament Home vs Southington Lunch: Salisbury Steak w/ Gravy	27 10:00 Book Club with the Meriden Public Library 10:00 Yoga 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill Color of the Day: Yellow Lunch: Turkey Tetrazzini, Lima Beans



June 2024 Social Services



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.

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.

Over 60? Need dental care?

Community Health Center, Inc. is able to offer various dental services to eligible patients 60 and older at no charge. Call today to see if you qualify for this program! 860-347-6971

Are you in Need of Incontinence Supplies or Adult Diapers?

First check with your insurance to see if they are covered or if you have full Medicaid, if it isn't covered please reach out to Natalie or Anthony. We have a small supply that have been donated by the community. Please call 203-630-4273

Hygiene Bags



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.

CT Foods Share Mobile Pantry

In Partnership with New Opportunities Inc. of Greater Meriden

Corner of Center and Miller Street-165 Miller St. Meriden
1pm-2pm

June 6th and June 20th

Please bring reusable grocery bags and/or mini wheeled grocery cart to transport food home.

For more information contact ctfoodshare.org
203-469-5000



Natalie Gill
Social Services Worker
203-630-4273

Anthony Roldan
Community Services Worker
203-630-4708

Must make appointment, no walk-ins please

LIFEBRIDGE COMMUNITY SERVICES SENIOR CAFE
JUNE 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3	4	5	6	7
<p>3/4 c Turkey A la King 1/2 c Brown Rice 1/2 c Cabbage 1 ea Dinner Roll 1/2 c Pineapple 8oz Milk 1 tsp Margarine</p>	<p>3oz Meatloaf w/ Gravy 1/2 c Whipped Potatoes 1/2 c Green Beans 1 ea Rye Bread 1 ea Brownie 4oz Assorted Fruit Juice 8oz Milk 1 tsp Margarine</p>	<p>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</p>	<p>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</p>	<p>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</p>
10	11	12	13	14
<p>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</p>	<p>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</p>	<p>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</p>	<p><u>Father's Day Special</u> 3oz Sausage w/ Onions & Peppers 1 ea Corn 1/2 c Confetti Coleslaw 1 ea. Hot Dog Bun 1 ea. Oatmeal Creme 4oz Assorted Fruit Juice 8oz Milk</p>	<p>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</p>
17	18	19	20	21
<p>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</p>	<p>6oz Vegetable Soup 1 c Macaroni & Cheese 1/2 Cauliflower 1 ea Dinner Roll 1/2 c Applesauce 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers</p>	<p><u>SENIOR CENTER</u> <u>CLOSED</u> <u>JUNETEENTH</u> <u>HOLIDAY</u></p>	<p>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</p>	<p>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</p>
24	25	26	27	28
<p>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</p>	<p>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</p>	<p>3oz Cut Grilled Chicken 1 c Romaine Lettuce 2 tbsp 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</p>	<p>6oz Cream of Broccoli Soup 3oz Salisbury Steak w/ gravy 1/2 c Zucchini 1 ea Dinner Roll 1/2 c Applesauce 8oz Milk 1 tsp Margarine 1 pkt Saltine Crackers</p>	<p>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</p>
				<p><u>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</u></p>

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

**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, June 7 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, June 27 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**

Chips - **\$.75**

Can Soda - **\$1.00**

Cookies - **\$.75**

Sparkling Ice - **\$1.00**

Flavored Seltzer - **\$1.00**

Ice-Cream Cup - **\$.75**

Snapple - **\$1.25**

Bottled Water - **\$1.00**

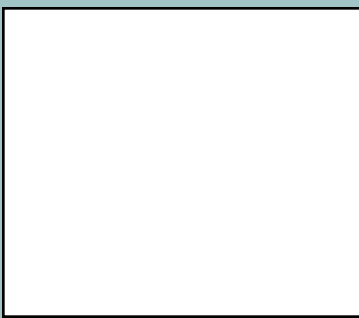

Newly Renovated Rooms




The Bradley Home and Pavilion

- *Long-Term Care
- *Respite Care
- *Short-Term Rehab

Tour Today!
(203) 235-5716

John J. Ferry & Sons Funeral Home



Over 130 Years and Five Generations of Compassionate and Professional Service

Nosotras Hablamos Español

88 East Main Street, Meriden • 203-235-3338 • www.JFerryFH.com



Wallingford & Yalesville Funeral Homes



No Obligation Pre-Arrangement Consultation Available

We specialize in Traditional and Cremation Funeral Services. Veteran's Benefits Assistance and Medicaid Approved Prepaid Funeral Trusts available. Visit www.wallingfordfh.com to download a free copy of our Funeral Planning Guide



Yalesville Funeral Home
203-269-2222 • yalesvillefh.com

Wallingford Funeral Home
203-269-7777 • wallingfordfh.com



158 State Street
Meriden, Connecticut

We provide a full spectrum of hearing care and rehabilitation services to offer the best individualized care for each patient. The services available at 158 State Street in Meriden include:

- Physical Therapy
- Occupational Therapy
- Speech & Language Pathology
- Driver Assessment
- Center for Better Hearing
- Lions Low Vision

Call for an appointment www.easterseals.com/waterburyct/



Center for Better Hearing
203-237-5342

Medical Rehabilitation
203-237-1448

Driver Assessment Program
203-630-2208



Beecher & Bennett FUNERAL HOMES

Call and let us help you in your time of need. Our family is here for you.

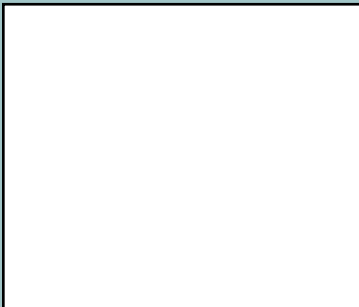
203-235-4152

48 Cook Ave., Meriden • www.beecherandbennett.com

ADVERTISE HERE
to reach your community



Call 800-477-4574



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Humphreys

bhumphreys@lpicommunities.com

(800) 477-4574 x6634

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



ADT Authorized Provider | SafeStreets

833-287-3502

Thank you to everyone who supported and attended our Senior Health Fair in 2024! We are grateful to our title sponsor, Hartford Healthcare MidState Medical Center. The event was catered by John J. Ferry & Sons Funeral Home, Hunter's Ambulance, and October Kitchen, and we had the pleasure of a talented Caricature Artist from Goofy Faces. Thank you again for your support!

