

CONNECTIONS

Max E. Muravnick
Meriden Senior Center Newsletter
April 2024

11th Annual Josephine E. Bradley Spelling Bee

Wednesday, April 3 from 11:30am—1:15pm

Students from Washington and Lincoln Middle Schools are paired with seniors in the Dining Room in this fun, educational event! Please sign up in the front office to be part of a team for our intergenerational Spelling Bee!

Solar Eclipse Viewing Party at the Meriden Green

Monday, April 8 from 2:00pm—4:00pm

On April 8, 2024, a total solar eclipse will cross North America, passing over Mexico, United States and Canada! It will be the last solar eclipse visible from the contiguous United States until 2044. We will be joining the Solar Eclipse Viewing Party at the Meriden Green hosted by the Meriden Public Library. Our mini-bus will depart from our senior center at 2:00pm. Meet in the front lobby. Solar Eclipse glasses will be provided, limited supply! Sign up in the front office.

Meriden Daffodil 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 mini-bus will be departing from the festival at 1:00pm. Please sign up in the front office.

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

Sign Up Day with Liz & Irma**Monday, April 1 from 10:00am—11:00am**

Signups 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 signup. You must be present at 10:00am 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.**

**Sound Healing & Meditation with Daria****Mondays from 10:15am—11:15am**

Join Daria every Monday in the Mezzanine for a 1 hour, seated meditation and sound healing therapy session where she uses various instruments to generate sonic vibrations that promote rest and relaxation. This is a non-denominational program.

**Scrabble with Carol****Tuesday, April 2 & April 30 from 10:30am—11:30am**

Please join Carol in the Activity Room for a fun game of Scrabble. **Sign up in the front office.**

**Introduction to Ukulele Class****Thursday, April 4 from 10:00am—11:00am**

Andrew Anderson, a resident of Meriden and a ukulele band instructor who has studied under the world-famous instructor Dr. Uke, is hosting an introduction to ukulele class for those who are interested in learning about this instrument and experiencing what this class has to offer.

Please register in the front office.

**Lotus Flower Lantern Craft Workshop****Friday, April 5 from 10:00am—11:00am**

A member from the Korean Spirit and Culture Promotion Project will provide a step-by-step demonstration on how to create a beautiful lotus flower lantern using colored paper and wire frames in the Activity Room. The program also includes a presentation about the lotus and lantern festival, followed by the screening of a documentary film. This will be a unique and memorable experience for those attending the class. **Please sign up in the front office, as space is limited.**

**The Art of Aging Gallery Entries**

Excepting entries starting Monday, April 8 from 9:00am—12:00pm



The Agency on Aging of South Central Connecticut is having their annual art exhibit celebrating artists in our communities as part of Older Americans Month in May. Their art exhibit will be in-person with an opening reception on May 16 from 2:00pm—5:00pm. All individuals 60 years of age and over are welcome to register. They can only accept the artist's own original paintings, drawings and photography. **Please contact Liz Parra if you wish to register your artwork for this exhibit by April 19 at 203-630-4703.**

"Freedom Day" Play Rehearsal**Tuesday, April 16 from 10:00am—11:00am**

Attention Cast members!! Please join Hope Storrs and Trudy Holst every Tuesday in the Main Activity Room for rehearsal. The official play will be performed on **June 6. There will be no practice on April 2 and April 9.**

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

This month's birthday gifts will be sponsored by: **National Healthcare Associates.** Your birthday must be in April. **Please sign up by Thursday, April 11 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 April!**

**Cornhole Game with CCC****Friday, April 19 from 10:30am—11:30am**

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 to play this fun and competitive game to see which team will win the bragging rights as the Cornhole Champions.

**Decoupage Spring Plaque with Deb****Thursday, April 25 from 10:00am—11:00am**

Spring is in the air! Join Deb from Hamden Rehabilitation and Health Care Center in the Activity Room to learn how to make a decoupage spring plaque. **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

Walking Club with Liz

Wednesday, April 17 from 10:00am—11:00am

If you are interested in joining Liz for a fitness walk at the Meriden Green, please sign up at the front office. Please meet in the front lobby. We will return by 11:30am. Always weather permitting.

Sign up in the front office.



Calling All Card Players

Poker Club meets Thursdays at 12:30

Setback Club meets Fridays at 12:30pm



Senior Center Pool Tournament

Thursday, April 25 from 1:00pm—3:15pm

Home vs Southington

The Senior Center Pool Team will be facing the Southington pool team this month.

Spectators always welcome!



Cribbage (New Time)

Thursdays at 12:30pm

Join Margaret and Samuel in the Domino Room every Thursday for a game of cribbage. Lessons can be provided for those who want to learn how to play this card game. In cribbage, players group cards together in combinations to gain points. It's a fun and engaging game, so come and join us!



**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



Movie of the Month—TV Room

Friday, April 19 from 9:15am—11:15am

“Brigadoon” 1hr 48 mins



Gene Kelly stars as one of two American hunters in Scotland who discover a mystical village that only materializes once every century.

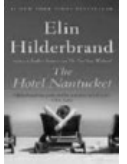


Sign up in the front office.

Book Club with the Meriden Public Library

Friday, April 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 “The Hotel Nantucket” by Elin Hilderbrand. **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 starting April 1 at the front office.



Antique Veterans Honor Guard Meeting



Thursday, April 11 at 9:00am

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, April 15 from 12:30pm—3:15pm

Welcome back Red Hat Divas! Yearly dues for Red Hat Club members is \$15.00. Throw on your red and purple and join this amazing group of women! Meetings will be held in the Mezzanine which typically include a fun afternoon of snacks, bingo raffles and more.

Veteran Services with George Messier



Tuesday, April 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.**

Blood Pressure Checks with



Hunter’s Ambulance

Monday, April 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.

Drum Day with Rick

Monday, April 29 from 10:30am—11:30am

Join us for a fun event in the Lower Level Blue Floor where Rick Liegl, our Senior Center Administrator, will lead us in a drum circle. Drumming is an ancient way to create music, relieve stress, and build community. We kindly request you bring your own drum and join us for a fun time. **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.

AARP Driver Safety Course

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

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.





Mini-Bus Lunch Trip

**Olive Garden—(West Hartford)
Tuesday, April 9 from 11:30am—12:30pm**

Bus leaves the Center at 11:00am.

Meet in the front lobby.

Sign up with the front office.



**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.

 ★ **Renters' Rebate** ★
 ★ The City of Meriden will start accepting ★
 ★ applications for the State of Connecticut Renters' ★
 ★ Rebate Program from April 1, 2024 until October 1, ★
 ★ 2024. For more information please see page 8. ★
 ★ *****



Monthly Shopping Schedule

Shop Rite/Walmart

Tuesdays at 12:30pm — April 2, 16, 23, 30

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

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

Olympus Diner/Job Lot/Family Dollar

Thursday at 12:30pm — April 18

Target/Mall/Aldi's

Friday at 12:30pm — April 12, 26

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

Fridays at 12:30pm — April 5, 19

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**






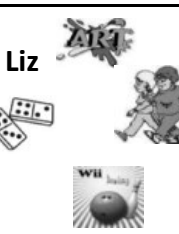
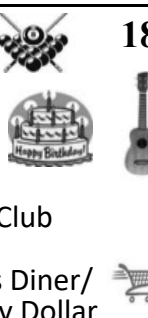



**Dean Martin Tribute—Amarante's Sea Cliff
New Haven, CT: September 10—\$79pp**

**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**

MONDAY	TUESDAY	WEDNESDAY
<p>9:30 Art Class   1</p> <p>9:30 Quilting</p> <p>10:00 Sign Up Day with Liz & Irma </p> <p>10:15 Sound Healing & Meditation with Daria</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  2</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>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 Dominoes Club</p> <p>11:30 11th Annual Jose Spelling Bee</p> <p>1:30 Bingo</p> <p></p> <p>Lunch: Maple Mustard</p>
<p>9:30 Art Class   8</p> <p>9:30 Quilting</p> <p>10:15 Sound Healing & Meditation with Daria</p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p>2:00 Solar Eclipse Viewing Party at the Meriden Green </p> <p>Lunch: Swiss Steak w/Gravy</p>	<p>9:30 Crochet  9</p> <p>10:15 Weight Training </p> <p>10:30 Pool Team Practice</p> <p>11:30 Mini-bus Lunch Trip: Olive Garden (West Hartford) </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 NO Mini-Bus Shopping</p> <p>Lunch: Macaroni & Cheese, Vegetable Soup</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: Chicken Cacciatore</p>
<p>9:30 Art Class   15</p> <p>9:30 Quilting</p> <p>10:15 Sound Healing & Meditation with Daria</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: BBQ Pork Rib Patty, Corn O'Brien</p>	<p>9:30 Crochet</p> <p>10:00 "Freedom Day" Play Rehearsal</p> <p>10:15 Weight Training </p> <p>10:30 Pool Team Practice </p> <p>11:00 Veteran Services </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p>Lunch: Taco Meat, Spanish Rice</p>	<p>9:30 Art Class</p> <p>10:00 Walking Club with </p> <p>10:00 Wii Bowling</p> <p>10:15 Aerobics</p> <p>10:30 Dominoes Club</p> <p>12:30 Double Bingo </p> <p>Lunch: Chicken Caesar Salad, Garbanzo Beans</p>
<p>9:30 Art Class   22</p> <p>9:30 Quilting</p> <p>10:15 Sound Healing & Meditation with Daria</p> <p>10:30 Dominoes Club </p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p></p> <p>Lunch: Sloppy Joe, Honey Roasted Potatoes</p>	<p>9:30 Crochet  23</p> <p>10:15 Weight Training </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>Lunch: Balsamic Chicken Thigh</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: Turkey Breast w/</p>
<p>9:30 Art Class    29</p> <p>9:30 Quilting</p> <p>10:00 Blood Pressure Checks with Hunters Ambulance </p> <p>10:15 Sound Healing & Meditation with Daria</p> <p>10:30 Drum Day with Rick </p> <p>10:30 Dominoes Club</p> <p>12:30 Bingo</p> <p>12:30 Strength & Tone</p> <p></p> <p>Lunch: Turkey A La King, Cabbage</p>	<p>9:30 Crochet</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>Lunch: Meatloaf w/Gravy, Whipped Potatoes</p>	<p></p>

SDAY	THURSDAY	FRIDAY
 <p>3</p> <p>9:30 Art Class 10:00 Introduction to 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 12:30 Mini-Bus Shopping: S&S/Save-a-lot/ 12:30 Cribbage Club</p> <p>phine E. Bradley</p>  <p>Pork Roast</p>	 <p>4</p> <p>9:30 Art Class 10:00 Introduction to 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 12:30 Mini-Bus Shopping: S&S/Save-a-lot/ 12:30 Cribbage Club</p> <p>C-Town</p> <p>Lunch: Vegetable Frittata</p>	<p>5</p> <p>9:00 Commission on Aging & Disabilities 10:00 Lotus Flower Lantern Craft Workshop 10:00 Yoga 12:30 Double Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill</p> <p><u>Color of the Day: Favorite Spring Outfit</u></p> <p>Lunch: Beef Vegetable Stir Fry</p>
 <p>10</p> <p>9:00 Antique Veterans 9:30 Art Class 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 12:30 Mini-Bus Shopping: S&S/Save-a-lot/ 12:30 Cribbage Club</p> <p>ore, Penne Pasta</p>	 <p>11</p> <p>9:00 Antique Veterans 9:30 Art Class 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 12:30 Mini-Bus Shopping: S&S/Save-a-lot/ 12:30 Cribbage Club</p> <p>C-Town</p> <p>Lunch: BBQ Hamburger, Macaroni Salad</p>	<p>12</p> <p>10:00 Yoga 12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's</p> <p><u>Color of the Day: Purple</u></p> <p>Lunch: Ginger Honey Pork Loin, Brown Rice</p>
 <p>17</p> <p>9:30 Art Class 10:00 Ukulele Class 10:30 Dance Class 10:30 Pool Team Practice 10:30 Cribbage Club 11:00 Birthday Party 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet 12:30 Mini-Bus Shopping: Olympus Diner/ Joblot/Family Dollar</p> <p>Salad, Italian Bread Salad</p>	 <p>18</p> <p>9:30 Art Class 10:00 Ukulele Class 10:30 Dance Class 10:30 Pool Team Practice 10:30 Cribbage Club 11:00 Birthday Party 12:30 Tai Chi QiGong/12:30 Poker Club 12:30 Ceramics/12:30 Crochet 12:30 Mini-Bus Shopping: Olympus Diner/ Joblot/Family Dollar</p> <p>12:30 Cribbage Club</p> <p>Lunch: Salisbury Steak w/Gravy</p>	 <p>19</p> <p>10:00 Yoga 10:30 Cornhole Game with CCC 12:30 Setback 12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill</p> <p><u>Color of the Day: Pink</u></p> <p>Lunch: Turkey Tetrazzini, Lima Beans</p>
 <p>24</p> <p>9:30 Art Class 10:00 Decoupage Spring Plaque with Deb 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 12:30 Mini-Bus Shopping: : S&S/Save-a-lot/ 12:30 New Member Orientation 12:30 Cribbage Club 1:00 Pool Tournament Home vs Southington</p> <p>Lunch: Ham, Broccoli & Cheese Casserole</p>	 <p>25</p> <p>9:30 Art Class 10:00 Decoupage Spring Plaque with Deb 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 12:30 Mini-Bus Shopping: : S&S/Save-a-lot/ 12:30 New Member Orientation 12:30 Cribbage Club 1:00 Pool Tournament Home vs Southington</p> <p>Lunch: Ham, Broccoli & Cheese Casserole</p>	<p>26</p> <p>9:15 Movie of the month — "Brigadoon" 1hr 45min)</p> <p>10:00 Book Club with the Meriden Public Library</p> <p>10:00 Yoga 12:30 Setback 12:30 Mini-Bus Shopping: Target/Mall/Aldi's</p> <p><u>Color of the Day: Polka Dots</u></p> <p>Lunch: Beef/Chicken Sweet & Sour Meatballs Brown Rice, Green Peas</p>





APRIL 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.

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.

ENERGY ASSISTANCE

NEW OPPORTUNITIES
Building Relationships to End Poverty

ADDITIONAL FUNDS!
AVAILABLE AS OF 3/1/24 FOR DELIVERABLE FUEL
(MUST ALREADY BE QUALIFIED FOR ENERGY)

GREATER MERIDEN AREA
CALL: 203-235-0278

www.newoppinc.org
New Opportunities Inc.

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)

Natalie Gill
Social Services Worker
203-630-4273

Anthony Roldan
Community Services Worker
203-630-4708



LifeBridge Community Services Senior Café

April 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1	2	3	4	5
1 ea Roasted Chicken Leg Quarter 1/2 c Scalloped Potatoes 1/2 c California Vegetable Blend 1 ea Dinner Roll 1/2 c Apple Sauce 8 oz Milk 1 tsp Margarine	1 c American Chop Suey 1/2 c Green Peas 1/2 c Tuscan Vegetable Bland 1 ea Rye Bread 1/2 c Mandarin Oranges 8 oz Milk 1 tsp Margarine	3 oz Maple Mustard Pork Roast 1/2 c Stuffing 1/2 c Tossed Salad 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine 1 ea Ranch Dressing	6 oz Northern Bean Soup 3/4 c Vegetable Frittata 1/2 c Corn 1 ea White Bread 1/2 c Vanilla Pudding 4 oz Assorted Fruit Juice 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	3/4 c Beef Vegetable Stir-Fry 1/2 c White Rice 1/2 c Glazed Carrots 1 ea Wheat Bread 1/2 c Pineapple Tidbits 8 oz Milk 1 tsp Margarine
8	9	10	11	12
3 oz Swiss Steak Gravy 1/2 c Whipped Potatoes 1/2 c Capri Vegetable Blend 1 ea Dinner Roll 1/2 c Diced Peaches 8 oz Milk 1 tsp Margarine	6 oz Vegetable Soup 1 c Macaroni & Cheese 1/2 c Cauliflower 1 ea Italian Bread 1/2 c Apple Sauce 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	3 oz Chicken Cacciatore Thigh 1/2 c Penne Pasta 1/2 c Mixed Greens 1 ea Garlic Breadstick 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine 1 ea Italian Dressing	1 ea BBQ Hamburger 1/2 c Macaroni Salad 1/2 c Sliced Carrots 1 ea Hamburger Bun 4 oz Assorted Fruit Juice 1 ea Fudge Crème Cookie 8 oz Milk 1 pkt Ketchup	3 oz Ginger Honey Pork Loin 1/2 c Brown Rice 1/2 c Green Beans w/ Red Peppers 1 ea Wheat Bread 1/2 c Pineapple Tidbits 8 oz Milk 1 tsp Margarine
15	16	17	18	19
3 oz BBQ Pork Rib Patty 1/2 c Corn O' Brien 1/2 c Mixed Greens 1 ea Hamburger Bun 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine	3 oz Taco Meat 1/2 c Spanish Rice 1/2 c Lettuce & Tomato 1 ea Flour Tortilla 1/2 c Pineapple 8 oz Milk 1 pkt Sour Cream	3 oz Chicken Caesar Salad (Diced Grilled Chicken) 1 c Romaine Lettuce Tbsp Parmesan Cheese 1/2 c Garbanzo Bean Salad 1 ea Italian Bread 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine	6 oz Cream of Broccoli Soup 3 oz Salisbury Steak w/ Gravy 1/2 c Zucchini 1 ea Dinner Roll 1/2 c Applesauce 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	3/4 c Turkey Tetrazzini 1/2 c Lima Beans 1/2 c Carrots 1 ea White Bread 1 ea Brownie 4 oz Assorted Fruit Juice 8 oz Milk 1 tsp Margarine
22	23	24	25	26
1 c Sloppy Joe 1/2 c Oven Roasted Potatoes 1/2 c Green Beans 1 ea Hamburger Bun 1/2 c Applesauce 8oz Milk 1 tsp Margarine	3 oz Balsamic Chicken Thigh 1/2 c Cilantro Lime Rice 1/2 c Zucchini 1 ea Rye Bread 1/2 c Oatmeal Cookie 4 oz Assorted Juice 8 oz Milk 1 tsp Margarine	3 oz Turkey Breast w/ Gravy 1/2 c Whipped Redskin Potatoes 1/2 c Confetti Coleslaw 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine	6 oz Corn Chowder 3/4 c Ham, Broccoli, & Cheese Casserole 1/2 c Capri Vegetable Blend 1 ea White Bread 1/2 c Pineapple Tidbits 8 oz Milk 1 tsp Margarine 1 pkt Saltine Crackers	6 ea Beef/Chicken Sweet & Sour Meatballs 1/2 c Brown Rice 1/2 c Green Peas 1 ea Wheat Bread 1 ea Fresh Fruit 8 oz Milk 1 tsp Margarine
29	30			
3/4 c Turkey A La King 1/2 c Brown Rice 1/2 c Cabbage 1 ea Dinner Roll 1/2 c Pineapple 8 oz Milk 1 tsp Margarine	3 oz Meatloaf w/ Gravy 1/2 c Whipped Potatoes 1/2 c Green Beans 1 ea Rye Bread 1 ea Brownie 4 oz Assorted Fruit Juice 8 oz Milk 1 tsp Margarine			<p align="center"><u>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</u></p>

**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 STARTING MARCH 2024!

We are happy to announce we will now
be offering Latino meals starting this
month on Tuesdays & Thursdays as an option.
Majority rules for reservations between the regular
meal and Latino meal for both days each week.

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, April 5 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.

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

New Member Orientation

Thursday, April 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.

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 -\$0.75
- Bottled Water - \$1.00
- Chips -\$.75
- Cookies - \$.75
- Flavored Seltzer -\$1.00
- Snapple -\$1.25

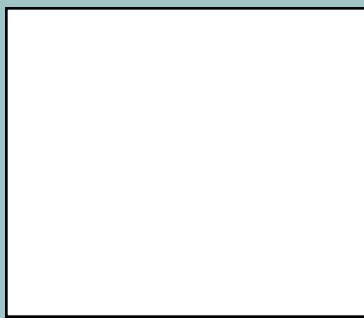

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Driver Assessment Program 203-630-2208



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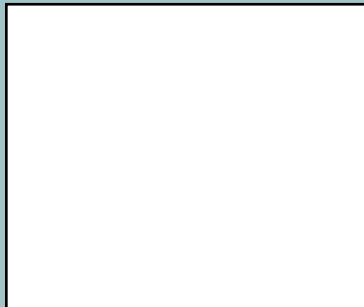
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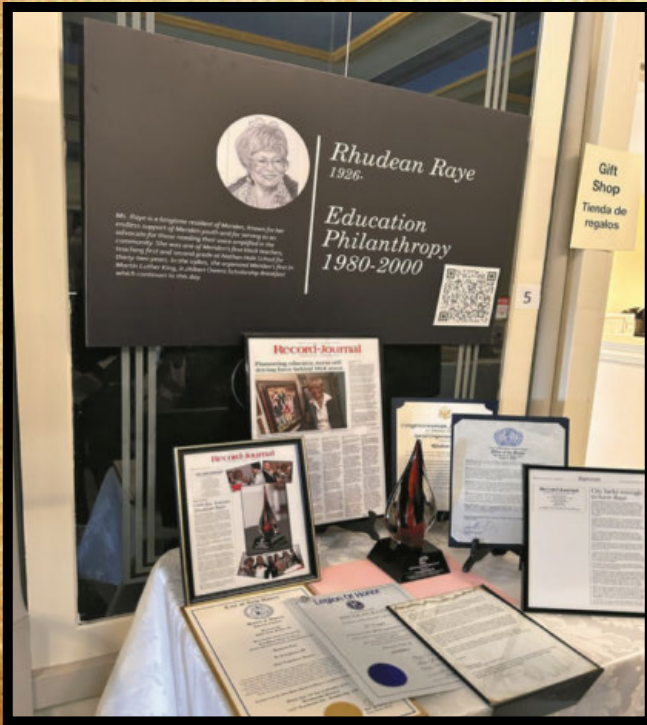
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Meriden Historical Society Trip: The Changing Role of Women in Meriden since 1900 Exhibit



Saint Patrick's Celebration sponsored by Anthem Blue Cross and Blue Shield. Student volunteers from the Community Classroom Collaborative

