

# CONNECTIONS

Max E. Muravnick  
Meriden Senior Center Newsletter  
March 2024

## **AARP Free Tax Assistance (By Appointment Only)**

**Wednesdays from 9:00am—12:00pm**

AARP Foundation volunteers affiliated with the National Tax-Aide Program will offer free income tax assistance on Wednesdays, until April 10th in the Activity Room.

Trained volunteers will prepare and E-file your federal and state tax returns for 2023. Appointments can be made by calling 203-630-4703 or 203-237-0066.

Please be sure to be on time for your appointment and to bring a copy of your 2022 income tax return, all income records from 2023, and photo ID.

## **Casting Call— “Freedom Day” Play**

**Tuesday, March 12 from 10:00am—11:15am**

If you have an interest in acting and would like to learn more about the upcoming play at our senior center called “Freedom Day”, a re-enactment of Juneteenth Day, please meet our members, Hope Storrs and Trudy Holst in the Activity Room.

The cast of characters will be presented this day. Play rehearsals will be every Tuesday at 10:00am in the Activity Room starting March 26.

## **St. Patrick’s Day Celebration**

**Thursday, March 14 from 10:15am—12:00pm**

Wear your green and join us for some musical entertainment by Be Entertained DJs and More. Contest for the best dressed leprechaun, prize games and more!

Regular lunch will be served upon reservation. **Please RSVP by March 8.**

**Sign Up Day with Liz & Irma**

Friday, March 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.**



**Cornhole Game with CCC**

Friday, March 1 from 10:30am—11:00am

Join the students from Community Classroom Collaborative 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 on the Lower Level Tile area to play this fun and competitive game to see which team will win the bragging rights as the Cornhole Champions!



**Silver Shield: Unveiling the Secrets Behind Senior Scams**

Monday, March 4 from 10:30am—11:15am

Please join Chris from For Senior Benefits and Guest Speaker: Former Meriden Police Capt. Michael Zakrzewski in the Mezzanine to understand common scams, tips for identifying scams, how to protect yourself and a Q&A Session. Sign up in the front office.



**Scrabble with Carol**

Tuesday, March 5 and 26 from 10:30am—11:30am

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



**Rick's Irish Adventures: Slideshow Presentation**

Thursday, March 7 from 11:00am—12:00pm

Join our Senior Affairs Administrator, Rick Liegl in the Dining Room, for a presentation you won't want to miss! Learn about his recent Irish adventures through his tales and slideshow. A fun trivia game will be played at the end! **Sign up in the front office.**



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

Friday, March 8 at 12:15pm

In honor of Women's History Month and International Women's Day, please join us in the Front Office on a trip to the Meriden Historical Society to view their exhibit—"We've Come a Long Way...Maybe: The Changing Role of Women in Meriden since 1900" a journey through the evolving landscape of a woman's success. In a world where norms are constantly shifting, this exhibit invites you to explore the interplay of societal expectations, personal aspirations, and the empowering narratives that challenge traditional boundaries. Please note that we will be walking to this exhibit (across the street from the senior center), leaving the front lobby by 12:15pm. **Sign up in the front office. Space is limited!**



**Mini Foil Balloon Craft with Liz**

Friday, March 15 from 10:00am—11:00am

Create mini foil balloons in the Activity Room using aluminum foil, packing tape, and Sharpie markers. **Sign up in the front office.**



**Mobile Mammography Presentation**

Monday, March 18 from 10:30am—11:30am

Hartford Hospital's Digital Mobile Mammography is coming to Meriden! These screening mammograms are offered for women age 40 and older. Join Sharon Burch in the Mezzanine to learn more about this program and how to register for their next mobile mammography event, a breakfast treat will be provided. **Sign up in the front office.**



**BIRTHDAY PARTY**

Thursday, March 21 from 11:00am—12:00pm

This month's birthday gifts will be sponsored by: **Compassus**. Your birthday must be in March. **Please sign up by Thursday, March 14 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 March!**






**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	<b>Please bring an extra pair of dry sneakers for exercise classes during inclement weather.</b> 
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

**Ear Hygiene Presentation**

**Wednesday, March 13 from 10:30am—11:30am**

Christian Pisani from Fore Senior Benefits and Miranda Lombardi, the esteemed owner of Bristol Hearing Aids, will be joining us in the Mezzanine to address to our members on the topic of good ear hygiene. Miranda brings a wealth of experience, and her presentation promises to be both educational and engaging. As part of our ongoing commitment to the well-being of our seniors, we believe this session will provide valuable insights into maintaining optimal ear health. **Sign up in the front office.**



**Calling All Card Players**



**Poker Club** meets Thursdays at 12:30

**Setback Club** meets Fridays at 12:30pm



**Blood Pressure Checks with**

**Hunters Ambulance**

**Monday, March 25 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.**



**Senior Center Pool Tournament**

**Thursday, March 28 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!



**City of Meriden  
Health and Human Services Department  
Meriden Senior Center  
22 West Main Street, Meriden, CT 06451  
Open Monday-Friday, 8:30am—4:00pm**

**Staff**

Rick Liegl, Senior Affairs Administrator	203-630-4701
Irma Garcia, Front Office	203-237-0066
Liz Parra, Recreation Coordinator	203-630-4703
Melba Leary, Program Assistant	203-630-4707
Kitchen/Dining Room	203-630-4704
Ruth Pedroso, Mini-Bus Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Anthony Roldan, Community Services	203-630-4708
Conference Room	860-223-4812
Senior Center Fax	203-235-7149

Mini Bus: Lisa Mesite, Tanya Vega, Guy Racine,  
Katrina McDonald

Kitchen Staff: Melba Leary, Marisol Pelletier

**Movie of the Month—TV Room**

Friday, March 22 from 9:30am—11:15am

“Night at the Museum: Battle of the Smithsonian (2009) 1hr 45 mins



Security guard Larry Daley infiltrates the Smithsonian Institution in order to rescue Jedediah and Octavius, who have been shipped



to the museum by mistake.

**Starring: Ben Stiller, Owen Wilson and Amy Adams**

Sign up in the front office.

**Antique Veterans Honor Guard Meeting**



Thursday, March 14 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, March 18 at 12:30pm

**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, March 19 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.**

**Armchair Travel: Brazil**



Wednesday, March 20 from 10:30am—11:30am

Join Deb Urso from Hamden Rehabilitation and Health Care Center in the Mezzanine for a virtual tour of Brazil. **Sign up in the front office.**

**ArrayRx Program Presentation with Connecticut’s Comptroller Sean Scanlon**

Thursday, March 21 from 10:30am—11:00am

Connecticut’s Comptroller Sean Scanlon will be visiting our center in the Dining Room to discuss the ArrayRx Program—Connecticut’s first state sponsored drug discount card that enables all residents to save up to 80% on certain prescriptions at no cost to them. The program came through a provision of Governor Lamont’s health care affordability bill (Public Act 23-171), which received bipartisan by the General Assembly and signed into law in June, entering this interstate prescription consortium and enabling CT residents to save at the pharmacy. **Please sign up in the front office.**

**Book Club with the Meriden Public Library**

Friday, March 22 at 10:00am



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 Whole Town’s Talking” by Fannie Flagg. Books will be available for pickup starting March 1 at the front office. **Meet our new group leader for this book club, Barbara Ritchie!**

**“Freedom Day” Play Rehearsal**

Tuesday, March 26 from 10:00am—11:15am

Attention Cast members!! This is the first rehearsal for our “Freedom Day” play. Please join Hope Storrs and Trudy Holst every Tuesday in the Activity Room for rehearsal. The official play will be performed on June 18.

**Easter Scavenger Hunt**

Wednesday, March 27 from 10:00am—11:15am

For this Easter Egg Scavenger Hunt, find the eggs, complete each challenge, and fill in the worksheet to win. Prizes will be awarded to the first ten people who complete the worksheet. **Sign up in the front office.**



**New 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.

**Looking for Cribbage Players!**



Games are Thursdays at 1:30pm in the Domino Room.

**Commission on Aging and Disabilities**

**Friday, March 1 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 Seniors and people with disabilities. The Commission is seeking new members. Please join us if you can.



**Monthly Shopping Schedule**

**Shop Rite/Walmart**

Tuesdays at 12:30pm — March 5, 19, 26

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

Thursdays at 12:30pm — March 7, 14, 28

**Popeye’s or American Steakhouse/Job Lot or Family**

**Dollar** Thursday at 12:30pm — March 21

**Target/Mall/Aldi’s**

Friday at 12:30pm — March 22

**Big Y/Aldi’s/Kohl’s/Goodwill**

Fridays at 12:30pm — March 1, 15

**Upcoming Day Trips for 2024**

**Harvard Glass Museum—Boston, MA  
April 30—\$142pp**

**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.


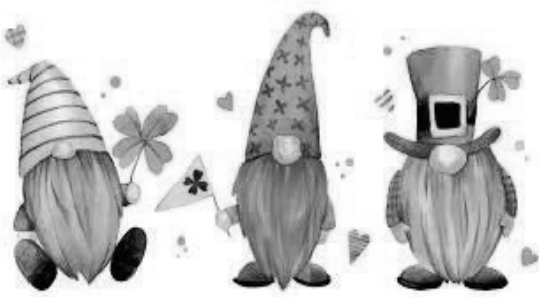












































**For All Members**












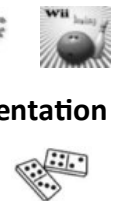





























Please be sure to have your photo ID on hand to sign in when arriving at the Senior Center. If you do not have a new photo ID, we have a guest card that can be used to sign in. You must select an option on the main screen before hitting the save button in order to record your attendance.

The Senior Center will be closed Friday, March 29, 2024 in observance of Good Friday.





MONDAY	TUESDAY	WEDNESDAY
		
<p>9:30 Art Class   <b>4</b></p> <p>9:30 Quilting</p> <p><b>10:30 Silver Shield: Unveiling the Secrets Behind Senior Scams</b></p> <p><b>10:30 Dominoes Club</b></p> <p>12:30 Bingo  </p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Sliced Ham, Whipped Yams</b></p>	<p>9:30 Crochet</p> <p><b>10:15 Weight Training</b>  <b>5</b></p> <p><b>10:30 Scrabble with Carol</b></p> <p><b>10:30 Pool Team Practice</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p><b>Lunch: Curried Chicken Breast, Broccoli</b></p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling </p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Dominoes Club</b></p> <p>12:30 Bingo</p> <p></p> <p><b>Lunch: BBQ Pork Riblet</b></p>
<p>9:30 Art Class  <b>11</b></p> <p>9:30 Quilting</p> <p><b>10:30 Dominoes Club</b> </p> <p>12:30 Bingo</p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Beef/Chicken Meatballs</b></p>	<p>9:30 Crochet <b>12</b></p> <p><b>10:00 Casting Call - "Freedom Day" Play</b></p> <p><b>10:15 Weight Training</b> </p> <p><b>10:30 Pool Team Practice</b> </p> <p><b>11:45 Mini-Bus Lunch Trip: Sans-Souci Restaurant—Meriden</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 <b>NO</b> Mini-Bus Shopping</p> <p><b>Lunch: Sweet &amp; Sour Diced Chicken</b></p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling </p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Ear Hygiene Presentation</b></p> <p><b>10:30 Dominoes Club</b></p> <p>12:30 Bingo</p> <p></p> <p><b>Lunch: Pork Roast w/Gravy</b></p>
<p>9:30 Art Class   <b>18</b></p> <p>9:30 Quilting</p> <p><b>10:30 Mobile Mammography Presentation</b></p> <p><b>10:30 Dominoes Club</b></p> <p><b>12:30 Red Hat Divas</b> </p> <p>12:30 Bingo </p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Honey Mustard Pork</b></p>	<p>9:30 Crochet  <b>19</b></p> <p><b>10:15 Weight Training</b></p> <p><b>10:30 Pool Team Practice</b></p> <p><b>11:00 Veteran Services</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p></p> <p><b>Lunch: Meatloaf w/Gravy, Mashed Potatoes</b></p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling </p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Armchair Travel:</b></p> <p><b>10:30 Dominoes Club</b></p> <p>12:30 Double Bingo </p> <p></p> <p><b>Lunch: Chicken Parmesan</b></p>
<p>9:30 Art Class   <b>25</b></p> <p>9:30 Quilting</p> <p><b>10:00 Blood Pressure Checks with Hunters Ambulance</b> </p> <p><b>10:30 Dominoes Club</b></p> <p>12:30 Bingo</p> <p>12:30 Strength &amp; Tone</p> <p></p> <p><b>Lunch: Beef/Chicken Meatballs w/Tomato Sauce, Bowtie Noodles</b></p>	<p>9:30 Crochet <b>26</b></p> <p><b>10:00 "Freedom Day" Play Rehearsal</b></p> <p><b>10:15 Weight Training</b></p> <p><b>10:30 Scrabble with Carol</b> </p> <p><b>10:30 Pool Team Practice</b> </p> <p>12:30 Ceramics</p> <p>12:30 Arthritis Exercise</p> <p>12:30 Mini-Bus Shopping: Walmart/Shop Rite </p> <p><b>Lunch: Turkey w/Gravy, Mashed Yams</b></p>	<p>9:30 Art Class </p> <p>10:00 Wii Bowling </p> <p><b>10:00 Easter Scavenger Hunt</b></p> <p><b>10:15 Aerobics</b></p> <p><b>10:30 Dominoes Club</b></p> <p>12:30 Bingo</p> <p></p> <p><b>Lunch: General Tso's Chicken</b></p>

WEDNESDAY	THURSDAY	FRIDAY
		<p>9:00 Commission on Aging &amp; Disabilities <b>1</b>  10:00 Sign Up Day with Liz &amp; Irma  10:00 Yoga  10:30 Cornhole Game with CCC    12:30 Double Setback  12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill </p> <p><b>Color of the Day: Shamrocks</b></p> <p>Lunch: Cheese Quiche, Broccoli Cheddar Soup</p>
<p>Course <b>6</b></p>  <p>Crinkle Cut Fries</p>	<p>9:30 Art Class   <b>7</b>  10:00 Ukulele Class   10:30 Dance Class  10:30 Pool Team Practice  11:00 Rick's Irish Adventures: Slideshow Presentation  12:30 Tai Chi QiGong/12:30 Poker Club  12:30 Ceramics/12:30 Crochet C-Town  12:30 Mini-Bus Shopping: S&amp;S/Save-a-lot/   <b>1:30 Cribbage Club</b>  Lunch: Meatloaf w/Gravy</p>	<p>10:00 Yoga <b>8</b>  12:15 Meriden Historical Society:  The Changing Role of Women in Meriden Since 1900 Exhibit   12:30 Setback  12:30 <b>NO</b> Mini-Bus Shopping</p> <p><b>Color of the Day: Light Blue</b></p> <p>Lunch: Ravioli w/Sauce</p>
<p><b>13</b></p>  <p>Fore Senior Benefits   Bristol - HEARING AIDS, LLC </p>	<p>9:00 Antique Veterans   <b>14</b>  9:30 Art Class  10:00 Ukulele Class   10:15 St. Patrick's Day Celebration  10:30 Dance Class  10:30 Pool Team Practice   10:30 Cribbage Club  12:30 Tai Chi QiGong/12:30 Poker Club  12:30 Ceramics/12:30 Crochet C-Town  12:30 Mini-Bus Shopping: S&amp;S/Save-a-lot/lot   <b>1:30 Cribbage Club</b>  (St. Patricks Day Special)  Lunch: Corn Beef, Rosemary Roasted Potatoes</p>	<p>10:00 Yoga <b>15</b>  10:00 Mini Foil Balloon Craft with Liz  12:30 Setback  12:30 Mini-Bus Shopping: Big Y/Kohl's/Aldi's Goodwill   </p> <p><b>Color of the Day: Green</b></p> <p>Lunch: Cheese Omelet, Tater Tots</p>
<p><b>20</b></p>  <p>Brazil   Harden Rehabilitation HEALTH CARE CENTER </p>	<p>9:30 Art Class    <b>21</b>  10:00 Ukulele Class  10:30 ArrayRx Program Presentation with Connecticut's Comptroller Sean Scanlon  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/12:30 Crochet   12:30 Mini-Bus Shopping: Popeye's or American Steakhouse/Joblot or Family \$  <b>1:30 Cribbage Club</b>  Lunch: Potato Crusted Pollock</p>	<p>9:30 Movie of the month — "Night at the Museum: Battle of the Smithsonian (2009) 1hr 45min   10:00 Book Club with the Meriden Public Library    10:00 Yoga  12:30 Setback  12:30 Mini-Bus Shopping: Target/Mall/Aldi's </p> <p><b>Color of the Day: Yellow &amp; White</b></p> <p>Lunch: Vegetarian Chili, Corn O'Brien</p>
<p><b>27</b></p>  <p>Hunt </p> <p>Chicken, Broccoli</p>	<p>9:30 Art Class   <b>28</b>  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&amp;S/Save-a-lot/  <b>12:30 New Member Orientation</b>    <b>1:00 Pool Tournament—Home vs Southington</b>  <b>1:30 Cribbage Club</b>   Lunch: BBQ Pork, Navy Bean Soup</p>	<p><b>CLOSED</b> <b>29</b></p> 

# March 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.

## 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

March 14th and March 28th

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

For more information contact [ctfoodshare.org](http://ctfoodshare.org)  
203-469-5000

## 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)

## 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

## New Opportunities of Greater Meriden

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

### Energy Assistance

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



**Natalie Gill**  
Social Services Worker  
203-630-4273

**Anthony Roldan**  
Community Services Worker  
203-630-4708



**LIFEBRIDGE COMMUNITY SERVICES SENIOR CAFÉ**  
**MARCH 2024**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
				<b>1</b>
	<b>MENU SUBJECT TO CHANGE BASED ON AVAILABILITY</b>			6 oz Broccoli Cheddar Soup 1 slc Cheese Quiche ½ c Potato Tots 1 ea Wheat Bread 1 ea Chocolate Chip Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 pkt Saltine Crackers
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
3 oz Sliced Ham ½ c Whipped Yams ½ c Corn 1 ea Dinner Roll ½ c Applesauce 8 oz Milk 1 ea Margarine	3 oz Curried Chicken Breast ½ c Brown Rice ½ c Broccoli 1 slc Wheat Bread ½ c Diced Pears 8 oz Milk 1 ea Margarine	1 ea BBQ Pork Riblet ½ c Crinkle Cut Fries ½ c Corn 1 ea Hamburger Bun ½ c Applesauce 8 oz Milk	6 oz Vegetable Orzo Soup 1 ea Meatloaf w/ Gravy ½ c Cabbage 1 ea Dinner Roll ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine 1 pkt Saltine Crackers	8 ea Ravioli w/ Sauce ½ c Green Peas w/ Peppers ½ c Carrots 1 slc Italian Bread 1 ea Oatmeal Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
6 ea Beef/Chicken Meatballs ½ c Whipped Potatoes ½ c Mixed Vegetables 1 slc Rye Bread ½ c Diced Peaches 8 oz Milk 1 ea Margarine	3 oz Sweet & Sour Diced Chicken ½ c Brown Pilaf Rice ½ c Green Beans 1 slc White Bread ½ c Mandarin Oranges 8 oz Milk 1 ea Margarine	3 oz Pork Roast w/ Gravy ½ c Mashed Yams ½ c Zucchini 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine	<b>St. Patrick's Day</b> 3 oz Corn Beef ½ c Rosemary Roasted Potatoes ½ c Cabbage 1 slc Rye Bread ½ c Butterscotch Pudding 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	1 ea Cheese Omelet ½ c Tater Tots ½ c Mixed Greens 1 slc Wheat Bread 1 ea Chocolate Chip Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine 1 ea Ketchup
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
3 oz Honey Mustard Pork ½ c Brown Confetti Rice ½ c Lima Beans 1 slc Wheat Bread ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine	1 ea Meatloaf w/ Gravy ½ c Mashed Potatoes ½ c Green Beans 1 ea Dinner Roll ½ c Vanilla Pudding 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	6 oz Cream of Mushroom Soup 1 ea Chicken Parmesan ½ c Spinach 1 slc Italian Bread ½ c Mandarin Oranges 8 oz Milk 1 pkt Saltine Crackers	1 ea Potato Crusted Pollock ½ c Brown Rice ½ c Parslied Carrots 1 slc Rye Bread 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine 1 ea Tartar Sauce	1 c Vegetarian Chili ½ c Corn O' Brien ½ c Broccoli 1 ea Cornbread Muffin ½ c Diced Pears 8 oz Milk 1 ea Margarine
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
6 ea Beef/Chicken Meatballs w/ Tomato Sauce ½ c Bowtie Noodles ½ c Mixed Vegetables 1 slc Italian Bread ½ c Pineapple Tidbits 8 oz Milk 1 ea Margarine	3 oz Turkey w/ Gravy ½ c Mashed Yams ½ c Lima Beans 1 ea Dinner Roll ½ c Applesauce 8 oz Milk 1 ea Margarine	3 oz General Tso's Chicken ½ c Brown Rice ½ c Broccoli 1 slc White Bread 1 ea Oatmeal Cookie 4 oz Assorted Fruit Juice 8 oz Milk 1 ea Margarine	6 oz Navy Bean Soup 3 oz BBQ Pork ½ c Corn O' Brien 1 slc White Bread 1 ea Dinner Roll 1 ea Fresh Fruit 8 oz Milk 1 ea Margarine 1 pkt Saltine Crackers	<b>Senior Center Closed Good Friday</b>

**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.



**Daylight Savings**

**Begins Sunday, March 10 at 2:00am**



The ending is near from the long hours of darkness! Set your clocks forward 1 hour as Spring and Summer aren't far away.



**Commission on Aging and Disabilities**

**Friday, March 1 at 9:00am**

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



**New Member Orientation**

**Thursday, March 28 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.**



**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.



**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**

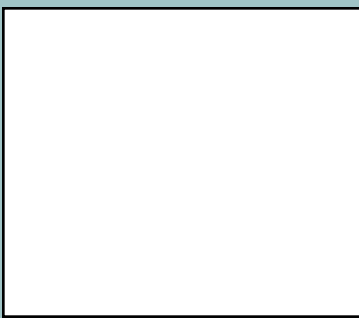

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- Center for Better Hearing
- Lions Low Vision



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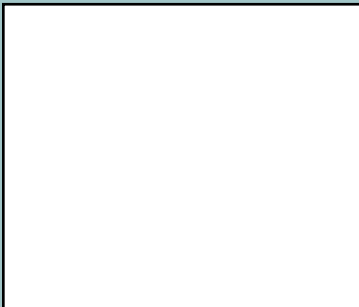
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## January's Birthday Party sponsored by Heritage Commons



**Valentine's Day Dance with Mick Iarusso**  
**Thank you to Anthem Blue Cross and Blue Shield, Meriden Public School's Venture Academy and M&T Bank for sponsoring and volunteering their time at our Valentine's Day Dance!**

