

Other Services and Information

- AARP Chapter 2954 meetings
- AARP Driver Safety classes
- AARP Income Tax Assistance
- Advisory Board on Aging
- Computer Center for Seniors
- ConnPACE applications
- Fifth District Congressional Office
- Handicapped parking permits
- Meriden Antique Veterans
- Meriden Senior Citizen Scholarships
- Meriden Transit District
- Rent Relief Program
- Retired & Senior Volunteer Program
- Silver City Red Hat Society



**"Your Home
Away From Home"**

Handicapped Accessible
Open To All

Phone Directory

Senior Center	237-0066
Mini-Bus	237-3338
Meals-On-Wheels	238-7743
LaPlanche Clinic	237-0300
RSVP	860-224-7117
Social Worker	630-4222
Senior Community Cafe	235-8052
Meriden Transit District	235-6851
Fifth District Office	630-0815

Department of Human Services

Health Division	630-4226
Clinic Services	630-4234
Social Worker I	630-4222
Social Worker II	630-4244
Youth Services Division	630-4225

Important Phone Numbers

Emergency	911
Police	238-1911
Fire	235-2525
Mayor's Hotline	630-4000
Meriden Public Library	238-2344
New Opportunities of Greater Meriden	235-0278
MidState Medical Center	694-8200
Meri-Care Dental Services	639-3500
Meriden Housing Authority	235-0157
Carabetta Enterprises	237-7400
Dept. of Social Services	860-704-3100
Social Security	238-4970
Protective Services for the Elderly	860-704-3046
ADA Paratransit Service	800-441-8901

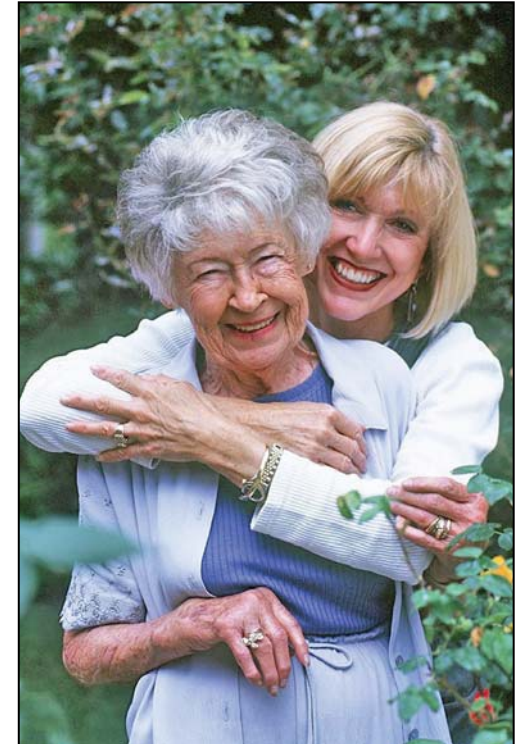


City of Meriden
Dept. of Human Services
Division of Senior Affairs
John F. Hogarth, Director
jhogarth@ci.meriden.ct.us

Max E. Muravnick
**MERIDEN SENIOR
CITIZENS' CENTER**

**22 West Main St.
Meriden, CT 06451
237-0066**

www.cityofmeriden.org
(click on "Seniors")



Hello there and Welcome! If you're 55 or over... or have a friend or loved one who is... then you've come to the right place. Five days a week, we're hopping with activity - life is buzzing in every nook and cranny.

This "home away from home" is where new friends and long-time friends gather for food, fun, and a host of other activities that are sure to attract you.

Welcome

Come on in and pull up a chair. If you thought the senior years were a time for slowing down, you haven't seen the spirited environment that you'll find at the Meriden Senior Citizens' Center. You will find a wonderful gathering place which makes everyone feel comfortable, whether they are here for the first time or have been coming for years!

When you come to the Senior Center, you can enjoy any of the activities that are planned for the day, including a hot lunch, exercise class, fitness room, dance classes, assorted craft projects, cards, pool, travel, entertainment and much more. But most of all, enjoy being with friends your own age.

Membership

Free membership is offered to all Meriden residents age 55 and over, as well as their spouses. When you register, please provide proof of age, such as a driver's license or birth certificate.

Hours

Monday through Friday
8:30 am - 5:00 pm

Parking

Free parking is available in the Hanover Street parking lot directly across from the rear entrance to the Senior Center.

Don't have transportation? No problem. We will pick you up at your home and bring you back with our free Mini-Bus service.

Newsletter

A monthly bulletin is printed on the first of each month, listing the schedule of activities, classes and programs, the daily menu and information important to seniors. Trip details, evening dances and recreational programs are listed.

Services & Programs

Senior Community Café

Good health and good nutrition go together! Meals are served Monday - Friday at 11:30 am. A contribution is requested.

Mini-Bus Transportation

Free transportation is provided to the Senior Center, Hispanic Elderly Nutrition Program, grocery shopping, medical appointments, convalescent home visiting, Social Security office, City Hall and other important locations. 24-hour advance notice is required. Please call before 2:00 pm. Wheelchair lift service is available. Services are for people 55+ and the disabled.



Medical Transportation

Offered for medical appointments in town and out of town in cooperation with the American Red Cross. Advance reservation is required.

Meals-On-Wheels

Provides a home-delivered meals program for either five or seven days each week throughout the year. A fee is charged; some subsidized meals are available. Therapeutic meals are based on dietary needs.

LaPlanche Clinic

To enhance health care in Meriden's elderly population, the Clinic provides health screenings, counseling, nutritional guidance and monthly seminars. Staffed by an R.N. Mon.-Wed., 9:00 am - 2:00 pm. Appointments recommended. Sponsored by MidState Medical Center.



Social Worker Services

Available each Wed. morning for consultations regarding personal problems, financial benefits, home care and medical claim forms. Home visits can be arranged. Regular office hours are at the Meriden Health Dept., 165 Miller St.



Recreation and Trips

Day trips and overnight excursions such as Broadway shows and dinner theaters. Classes in knitting, tai chi, exercise, aerobics, yoga, sewing, crafts, ceramics, computers, art, line dancing, physical fitness, woodcarving, and acrylic painting. Pool tables, exercise equipment, puzzles, cards and TV.