



Max E. Muravnick
Meriden Senior Center

22 West Main Street
 Meriden, CT 06451
 203-237-0066

www.meridenct.gov (click on Senior Services)

December 2016

facebook

Visit the Meriden Senior Center online at: Facebook: City of Meriden Health Dept

**Young at Heart Ensemble:
 Presents a play "The Gift"**

Wednesday, December 7 at 11:00am

This is a play written by Judith Iovanna. Join in the fun and see what happens to "The Gift". Join us in the dining room for this beautiful holiday performance.



Cookie Walk

**Wednesday, December 7
 from 9:00am-11:30am**

It's time for some yummy holiday treats! Join the Red Hat ladies in the main hallway. For just \$3.00 you will be given a bag to fill with your favorite cookies.

Home Helpers Present: Team Jeopardy

Thursday, December 8 from 10:30am-11:30am

Join Sharad from Home Helpers for an interactive game of Jeopardy. Form teams of FOUR or FIVE at your table. There will be prizes for each player of the first place team.



Winter Holiday Ball
**Thursday, December 8
 from 4:00pm-7:30pm**

\$6.50pp Please sign up at the front desk by **November 28**.

Menu: Chicken Marsala, Twice Baked Potato, String Beans Almandine, Dinner Roll, Chocolate Truffle cake. Entertainment provided by **Utopia Homecare**.

We are going to have another fantastic party! Throw on your favorite holiday attire and join us for a night of dancing, raffle prizes, and our photo wall. (There will be tickets for purchase at the party for raffle baskets)

Center for Healthy Aging:

Stress, Depression and the Holidays

Monday, December 12 from 10:30am-11:30am

Stress and depression can ruin your holidays and hurt your health. Join Mary Pat Daniels from the Rushford Health Center as she discusses how to be realistic, plan ahead, and seek support to help ward off stress and depression.

Annual Craft and Holiday Fair

Wednesday, December 14 from 10:00am-12:30pm

We are excited to display the talents of our senior center. Our knitting, sewing, painting, and ceramic classes/clubs will be selling their beautiful homemade items. We will also have a bake sale and raffles. The fair is open to the public and friends of all ages. If you are interested in baking, or having a table for your crafts please sign up at the front desk.

Festival of Silver Lights - Hubbard Park

Thursday, December 15 at 4:00pm

The mini bus pick up starting at 4pm. There will be a spectacular display with 200,000 white lights and more than 300 lighted characters throughout the Park. Light displays are in trees, on the ponds, and nestled in the natural habitat. The mini bus will stop at **Napolis** for an early dinner. **If you are driving to center the bus will pick you up in the parking lot on Hanover Street Space is limited. Please sign up at front desk.

WEB Wednesday Class #3:

Google Docs and Google Maps

Wednesday, December 21 The Mini bus leaves the senior center at **9:45am**. Create and edit documents, format document text, create detailed directions for driving, walking and public transportation, and explore new places. Classes will be held at Platt High School. *Next class March 22, 2017 – Bring Your Own Device



'Tis the Season for a Senior

Monday, December 19 at 10:00am

We will be having our 2nd Senior Gift Program to provide a Christmas gift to those who sign up.

You can sign up starting December 1 until December 12, or up until all the spots are filled. This event is first come first serve since there are a limited amount of gifts. We would like to include all of you but spaces are limited.



Stay in shape with us!



Senior Center members are welcome to join our **free** exercise programs!

Aerobics	Mondays, Wednesdays and Fridays 11:00am	Lower Level	Please bring an extra pair of dry sneakers for exercise classes during rainy weather.
Sit Down and Tone Up	Mondays 10:30am	Lower Level	
Strength and Tone	Mondays 12:00pm, Thursdays 12:30pm	Lower Level	
Tai Chi/Chi Gong	Tuesdays, Thursdays 1:30pm	Lower Level	
Weight Training	Tuesdays 11:00am	Lower Level	
Arthritis Exercise	Tuesdays 12:30pm	First Floor Meeting Room	
Latin Rhythm Exercise	Thursdays 11:00am	Lower Level	
Yoga	Fridays 10:00am	Matt Dominello Community Room	

Weekly Classes

Art Class	Mondays, Wednesdays, Thursdays 9:30am	Lower Level
Ceramics	Tuesdays, Thursday s 12:30pm	Lower Level
Knitting/Crochet	Thursdays 12:30pm	First Floor Meeting Room
Sewing & Quilting	Mondays 9:30am	First Floor Meeting Room
Woodworking Club	Tuesdays, Fridays 9:00am	Lower Level

Gentle Hatha Yoga

Fridays, 10:00am-11:00am

This class will include chair poses and gentle standing positions to improve balance, strength, and flexibility. We will also include mind/body practices to reduce stress and improve focus. All are welcome, this is yoga for every body.

Arthritis Exercise

Tuesdays, 12:30pm-1:30pm

Our instructor, Marcia Henehan leads this popular class consisting of exercises for total body muscle strengthening and joint flexibility with special focus on the lower limbs. FREE for Meriden Seniors over 55.



We are updating our **membership files** and anyone who signed up **BEFORE January 1, 2015** needs to fill out a new pink member registration form. This is to ensure that all of our files have correct member information on file.

Inclement Weather Reminder



The Senior Center follows the Board of Education closure policy. If Meriden Schools are closed due to snow, the Senior Center will be open but we will not offer any programs, transportation or lunch. In this event "Meriden Senior Center-No Activities/No Transportation will be posted on WFSB TV Channel 3. In the event of a delay for the Meriden Schools, we run on a normal schedule but please use your best judgment on whether it's safe to leave your house.

Meriden Senior Center

22-26 West Main Street, Meriden, CT 06451
We are open Monday-Friday, 8:30am—4:00pm

Rick Liegl, Senior Center Director	203-237-0066
Kathy Matula, Recreation Coordinator	203-237-0066
Front Office Main Number	203-237-0066
Becky Racine, Transportation	203-237-3338
Natalie Gill, Social Services	203-630-4273
Dining Room	203-235-8052
Allen Church, Meriden Transit	203-235-6851
5th District Congressional Office	860-223-8412

Staff

Mini Bus: Noel Aube, Ruth Kusek, Cathy Lorenzo,
 Tom O'Malley, Richard Walker
 Kitchen: Veeani Sotomayor



Mini Bus Trips



There will be 1 bus available or you can drive yourself. Please stop in or call the Front Office at 203-237-0066 beginning December 1 to sign up. 10:00am for walk in and 11:00am for phone in registration.

December 6 Lunch Trip: Five Guys

Leaving center at 11:00 am

December 20 Lunch Trip: Stew Leonard's

Leaving center at 10:00am

It's time to plan those holiday meals and enjoy lunch! What better place to shop than the "Disneyland of Dairy Stores". Experience farm fresh foods at a great value, as well as an entertaining shopping experience.

How Can I Sign Up...?

Trip and Mini-Bus signups start the first working day of the month. Walk-in's need to get a numbered ticket in the front office upon arrival to the Senior Center. Number's will be called sharply at 10:00am in numerical order. If a trip is booked up before your number you will be put on the waiting list in numerical order.



Creating Mardi Gras Center Pieces

with the Meriden Girl Scouts

Thursday, December 29 at 10:00am

Meet us in the dining room to make Mardi Gras center pieces for February. Meriden Cadet Troop 67845 will be joining us for decorating and lunch.



Senior Center Mini-Bus Transportation Program (203) 237-3338

Rides are available for Meriden residents aged 55 and over and for people with disabilities under age 55. Applications for passengers are available in the Mini-Bus Office.

We provide rides to go shopping, to the bank, pharmacy, hair salon, convalescent home visiting and to and from the Senior Center. To make a reservation, please call by 2:00pm the day before your ride.

Due to full rider demand, if your ride is not pre-scheduled there will be no additional scheduling for that day. Only trips on the schedule will be made; we cannot bring you anywhere other than your scheduled appointment. If you need to cancel your reservation please call the Dispatcher beginning at 8:00am.

Please schedule medical trips at least five (5) days in advance. Only 1 medical appointment can be scheduled per day. Rides are free; funds come from City of Meriden, the Connecticut DOT and the Agency on Aging of South Central CT. Donations are gratefully accepted.

Please see the calendar for scheduled shopping trips through the Mini-Bus program. Please note that there is a 2 bag limit for shopping trips. Friday Shopping leaves from the Senior Center; all other shopping is from your home.

Shopping Trips Time Limits. Please adhere to these time limits in courtesy of everyone.

- ***Shop Rite -(1 1/4hrs) Tuesdays **12/6, 12/20,**
- Stop & Shop or Save-A-Lot-(1 hr) Thursdays 12/1, 12/8, 12/15, 12/22, 12/29**
- ***Big Y- (1 1/2 hrs) Tuesday **12/13, 12/27**
- All Friday Afternoon Shopping- (1 1/2hrs)
- Walmart- Friday 12/2, 12/16**
- Mall or Target- Friday 12/9**
- Job Lot- Friday 12/23**

LEAVE THE DRIVING TO US! DAY TRIPS WITH THE MERIDEN SENIOR CENTER!

- Historic Deerfield Annual Stocking Stuffer-** Deerfield, Ma ~ Monday, Dec. 5 \$98.00pp
- Atlantic City, NJ & Historic Philadelphia, PA** ~May 9-11, 2017 \$345pp
- All You Can Eat Lobster & Comedy Show** – The Delaney House - Holyoke, MA ~July 12, 2017 \$96pp
- The Corvettes Band** at the Aqua Turf in Plantsville ~June 15, 2017 (price to be determined later)

*Sign up at the front desk. Sign up is available as soon as the trip is advertised. Space is limited.

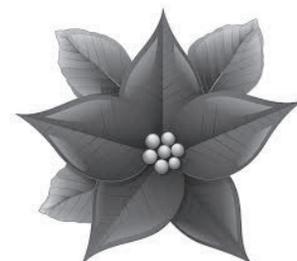
MONDAY

TUESDAY

WEDNESDAY



2016



9:30 Art
9:30 Sewing & Quilting
10:30 Sit Down & Tone Up
11:00 Aerobics
12:30 Strength & Tone
12:30 Bingo

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Day Trip: Historic Deerfield Annual Stocking Stuffing

Lunch: Breaded Veal

8:30 Mini Bus Shopping: Shop Rite
9:00 Woodworking Club
10:30 Young at Heart Ensemble
11:00 Weight Training
11:00 Lunch Trip: Five Guys
12:30 Ceramics
12:30 Arthritis & Fall Prevention Exercise
1:30 Tai Chi Gong

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Lunch: Pasta and Tuna salad

9:30 Art Class
9:00-11:30 Red Hat "Cookie Walk"
10:15 Wii Bowling
11:00 Aerobics
11:00 "The Gift" A play by the Young at Heart Ensemble
12:30 Bingo

Lunch: Lemon Chicken

9:30 Art
9:30 Sewing & Quilting
10:30 Sit Down & Tone Up
10:30 Center for Healthy Aging: Stress, Depression and the Holidays
11:00 Aerobics
12:30 Strength & Tone
12:30 Bingo

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Lunch: Sweet Sour Pork

8:30 Mini Bus Shopping: Big Y
9:00 Woodworking Club
10:45 Young at Heart Ensemble
11:00 Weight Training
12:30 Ceramics
12:30 Arthritis & Fall Prevention Exercise
1:30 Tai Chi Gong

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Lunch: Meatloaf

9:30 Art Class
10:15 Wii Bowling
11:00 Aerobics
12:30 Bingo
10:00-12:30pm Annual Craft and Holiday Fair

Lunch: Herb Baked Chicken

9:30 Art
9:30 Sewing & Quilting
10:00 'Tis the Season for a Senior
10:30 Sit Down & Tone Up
11:00 Aerobics
12:30 Strength & Tone
12:30 Bingo in Meeting Room
1:00 The Red Hat Society

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Lunch: Beef Stew

8:30 Mini Bus Shopping: Shop Rite
9:00 Woodworking Club
10:00 Lunch Trip: Stew Leonard
10:30 Young at Heart Ensemble
11:00-12:00 Veterans' Services Rep
11:00 Weight Training
12:30 Ceramics
12:30 Arthritis & Fall Prevention Exercise
1:00 Bridge/ 1:30 Tai Chi Gong
Lunch: Chicken Caesar Salad

20

9:30 Art Class
9:45 WEB Wednesday: Google Docs/Google Maps
10:15 Wii Bowling
11:00 Aerobics

Lunch: Pulled Pork

CENTER CLOSED FOR CHRISTMAS

26

8:30 Mini Bus Shopping: Big Y
9:00 Woodworking Club
10:30 Young at Heart Ensemble
11:00 Weight Training
12:30 Ceramics
12:30 Arthritis & Fall Prevention Exercise
1:30 Tai Chi Gong

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Lunch: Pot Roast

9:30 Art Class
10:15 Wii Bowling
11:00 Aerobics
12:30 Bingo



Lunch: Beef Chili

	THURSDAY	FRIDAY
	<p>8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 1</p> <p>9:30 Art Class/Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trips to Hair Salon</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>AARP Chapter #2954 Dinner</p> <p>Lunch: Pot Roast</p>	<p>9:00 Woodworking Club 2</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping : Walmart</p> <p>12:45 Setback Club</p> <p>Lunch: Spinach Quiche</p>
7	<p>8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 8</p> <p>9:30 Art Class/Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trips to Hair Salon</p> <p>10:30 Home Helpers: Team Jeopardy</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club</p> <p>1:30 Tai Chi Gong</p> <p>4:00-7:30pm WINTER HOLIDAY BALL</p> <p>Lunch: Hamburger on Wheat</p> 	<p>9:00 Woodworking Club 9</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>1200 Movie: Four Christmases</p> <p>12:30 Mini-Bus Shopping : Mall/Target</p> <p>12:45 Setback Club</p> <p>Lunch: Spinach Frittata</p>
14	<p>8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 15</p> <p>9:30 Art Class/Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trips to Hair Salon</p> <p>10:30 Panda Home care: Name That Tune</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:00 BIRTHDAY PARTY!!</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>4:00pm Festival of Silver Lights</p> <p>Lunch: Crab Cake</p> 	<p>9:00 Woodworking Club 16</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping : Walmart</p> <p>12:30 Double Bingo</p> <p>12:45 Setback Club</p>  <p>Lunch: Egg Salad on Croissant</p>
21	<p>8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 22</p> <p>9:30 Art Class/Antique Veterans</p> <p>10:00-2:00 Mini-Bus Trips to Hair Salon</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Beef Wellington</p> 	<p>9:00 Woodworking Club 23</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:30 Mini-Bus Shopping : Job Lot</p> <p>12:45 Setback Club</p> <p>Lunch: Baked Ziti</p>
28	<p>8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 29</p> <p>9:30 Art Class/Antique Veterans</p> <p>10:00 Creating Mardi Gras Center Pieces with the Meriden Girl Scouts</p> <p>10:00-2:00 Mini-Bus Trips to Hair Salon</p> <p>11:00 Latin Rhythm Exercise</p> <p>12:30 Ceramics/12:30 Knit & Crochet</p> <p>12:30 Strength & Tone</p> <p>1:00 Poker Club/ 1:30 Tai Chi Gong</p> <p>Lunch: Spaghetti</p>	<p>9:00 Woodworking Club 30</p> <p>10:00 Yoga</p> <p>11:00 Aerobics</p> <p>12:45 Setback Club</p> <p>Lunch: Potato Crusted Fish</p>

Hartford HealthCare Center for Healthy Aging at the Meriden Senior Center. Appointments Are Suggested, And Walk-ins Are Welcome.

Hours: Mon, Wed 9:00am–11:30pm
Toll free at 1-877-4AGING1 (1-877-424-4641)
Monday’s 10am-11am FREE blood pressure screenings.

The holiday season, instead of bringing joy, can create stress and depression as people face too much to do, unpleasant memories, unreasonable expectations and unhappiness. Family can be the biggest stress – buying the “perfect” gift, cooking the traditional dinner or facing ongoing family drama. Individuals often put unrealistic pressure upon themselves to create the “ideal” holiday. The result? Depression, stress, anxiety and a negative impact on mental and physical health.

Changing expectations may be key. It is OK to introduce something new such as downsized gift giving or a less complicated menu. Learn helpful tips to make the holidays more enjoyable at this Hartford HealthCare Senior Services program:

Stress, depression and the holidays

Monday, Dec. 12, 10:30-11:30 a.m. Free

Instead of feeling joy and happiness during the holidays, are you feeling sad and depressed? Don’t let this time of year take a toll on your mental and physical health. Facilitator Mary Pat Daniels, LCSW, Rushford Health Center, will discuss how to be realistic, plan ahead and seek support to help ward off stress and depression. Register at the senior center.

Come meet: Michelle Lavoie, resource coordinator, Mondays, 9-11:30 a.m.; Lillian Swan, RN, transitional care registered nurse, for blood pressure screenings, Mondays, 10-11 a.m.; and Patty O’Brian or Michelle Wyman, dementia specialists, Wednesdays, 9-11:30 a.m.



The Red Hat Society

Meeting is at the Asian Buffet on December 12 at 1:00pm.

The annual Red Hat Ham Dinner will be held on December 19, 2016 at 1:00pm. Secret Santa and Raffle included.



Meriden AARP Chapter #2954

Thursday, December 1

AARP 4644 has again invited AARP 2954 to join them at the Aqua Turf for their Christmas Festivities. There will be music and dancing. They will also have a raffle for the purpose of raising money for their Scholarship Fund. If you care to participate in the raffle you can bring a wrapped gift between \$5 to \$10 value. The cost per person at the Aqua Turf luncheon is \$30. Contact Lorraine Varley for tickets.



- | | | | |
|----------------|--------------|------------|-----------|
| Angel | Gingerbread | Nativity | Sleigh |
| Candy Cane | Holly | North Pole | Snowflake |
| Carols | Jack Frost | Ornaments | Snowman |
| Christmas Tree | Jingle Bells | Presents | Stocking |
| Decorate | Joy | Reindeer | Winter |
| Eggnog | Lights | Rudolph | Workshop |
| Elves | Mistletoe | Santa | Wreath |

Movie: “Four Christmases”

December 9 12:00pm



When their plans for an exotic vacation fall apart, unmarried couple Brad (Vince Vaughn) and Kate (Reese Witherspoon) must spend Christmas Day trudging around to a quartet of family get-togethers. While Brad counts the hours till he can escape the onslaught of crazy relatives, Kate begins to wonder about her own choices and ponders whether her family members are so crazy after all. Comedy





BIRTHDAY PARTY!

Thursday, December 15 at 12:00pm

Home Helpers will sponsor a birthday party for all members who were born in December. Cake and small gifts will be given to those who sign up on the birthday list. Birthdays must be in November and you must be signed up on the list by Thursday, December 9 to receive your gift. Sign up sheet will be on the desk in the Dining Room. Happy Birthday to all born in December!



Panda Home Care: Name That Tune

Thursday, December 15

from 10:30am-11:15am

James is back to play Name That Tune in the dining room. Join in and see if you can win yourself a prize!

Goodbye November, Hello DECEMBER!! Please be a good month and bring smiles and happiness to my family and friends.

MEALS ON WHEELS

delivers well-balanced, nutritious meals to those living in Meriden who are unable to get or prepare meals for themselves. Deliveries are made Monday - Friday. For more information please call:

LifeBridge Community Services at (203) 752-9919

Lunch is served promptly at 11:30am

**Breakfast is Served Monday – Friday
from 10:00am-10:30am**

Monday, Wednesday and Friday

English Muffin with Peanut Butter, Jelly or Butter- \$0.50
English Muffin with Egg—\$0.75
English Muffin with Egg & Sausage—\$1.25
Egg—\$0.25



Tuesday

English Muffin with Peanut Butter, Jelly or Butter -\$0.50

Thursday

English Muffin with Butter, Jelly or Peanut Butter-\$0.50
Donuts when available—\$0.25



Senior Center Café Snack Bar

Crackers \$.25 Chips \$.50 Ice Cream Cup \$.50
Cookies \$.50 Can Soda \$1.00



**Senior Community Café
ELDERLY NUTRITION PROGRAM
(203) 235-8052**

**\$3.00 Suggested Donation for Seniors 60 and up
\$5.70 Fee for Non-Seniors**

Ordering: Sign up for your meal by noon the day before.
Cancelling: We need you to contact the kitchen 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.**

"Choice" Meals for December

THURSDAY, DECEMBER 1

CAULIFLOWER SOUP, ROAST BEEF SANDWICH WITH CHEESE, ONIONS AND TOMATO, POTATO SALAD, APPLE JUICE MIXED BERRY STRUDEL, MILK

TUESDAY, DECEMBER 6

LENTIL SOUP SMOKED TURKEY, HAM AND PROVOLONE HERO ITALIAN DRESSING, SLICED TOMATO AND GREEN PEPPERS TOMATO CUCUMBER SALAD, PEACHES, MILK

THURSDAY, DECEMBER 8

CREAM OF ZUCCHINI SOUP, CALIFORNIA CHICKEN SALAD, PASTA AND VEGETABLE SALAD, BEET SALAD, GRAPES, MILK

TUESDAY, DECEMBER 13

BEEF BROTH WITH VEGETABLES AND ORZO, EGG SALAD ON MULTIGRAIN BREAD, COLESLAW, FRESH FRUIT, MILK

THURSDAY, DECEMBER 15

CREAM OF CARROT SOUP, CHEF SALAD, ROAST TURKEY, HARD BOILED EGG, WHOLE WHEAT ROLL, TOMATO, CUCUMBER, ONION, BASIL SALAD, GRAPE JUICE, CHOCOLATE CAKE, MILK

TUESDAY, DECEMBER 20

ITALIAN WEDDING SOUP, SEAFOOD SALAD ON SMALL DELI ROLL, CARROT RAISIN SALAD, TOMATO AND CUCUMBER SALAD, GRAPE JUICE, FRUIT COCKTAIL, MILK

THURSDAY, DECEMBER 22 - NO SPECIAL HOLIDAY MEAL

TUESDAY, DECEMBER 27- NO SPECIAL HOLIDAY MEAL

THURSDAY, DECEMBER 29

TURKEY SALAD ON KAISER ROLL, TOSSED SALAD, CHICKPEA SALAD, CRANBERRY JUICE, FRESH FRUIT, MILK



SOCIAL SERVICES

December 2016

Seasons Greetings!

Happy New Year!

Happy Holidays

Tis the Season for a Senior

We will be having our 2nd Senior Gift Program to provide a Christmas gift to those who sign up. It will be held on Monday December 19th at 10:00am

You can sign up starting December 1st until December 12th, or up until all the spots are filled.

This event is first come first serve since there are a limited amount of gifts.

We would like to include all of you but spaces are limited.



Medicare Open Enrollment

Don't forget Medicare Open Enrollment is until

December 7th,

Call me to schedule an appointment to look at Medicare plan options

2-1-1

2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 2-1-1 is always ready to assist you find the help you need. Dial 2-1-1 or search online. If you are outside of Connecticut or have a problem using the 2-1-1-number, dial 1-800-203-1234.



Happy Holidays!

LEAVE A
LITTLE
SPARKLE
WHEREVER
YOU GO

Social Security Announces 0.3 Percent Benefit Increase for 2017

Monthly Social Security and Supplemental Security Income (SSI) benefits for more than 65 million Americans will increase 0.3 percent in 2017, the Social Security Administration announced today.

The 0.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 60 million Social Security beneficiaries in January 2017. Increased payments to more than 8 million SSI beneficiaries will begin on December 30, 2016. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Natalie Gill
Social Services
Worker
Office Hours
Monday-Friday
8:30am-3:30pm
Please call
203-630-4273
to schedule an
appointment

LIFEBRIDGE COMMUNITY SERVICES. NEW HAVEN SENIOR COMMUNITY CAFÉ

NUTRITION FOR MIND, BODY AND SPIRIT

DEC, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			3OZ POT ROAST/GRAVY ½ BAKED POTATO BROCCOLI MULTIGRAIN BREAD 1 TSP MARGARINE 4 OZ APPLE JUICE MIXED BERRY STRUDEL 8 OZ LOW FAT MILK	6 OZ VEGETABLE BARLEY SOUP 1 PKT CRACKERS, 1/6 SPINACH QUICHE, ½ BROILED TOMATO ½ CUP ROASTED SQUASH 1 SLICE PUMPERNICKEL BREAD 1 TSP MARGARINE 4 OZ MIXED FRUIT JUICE ½ CUP CHOCOLATE PUDDING 8 OZ LOW FAT MILK
5	6	7	8	9
3 OZ BREADED VEAL CUT- LET WITH LS GRAVY ½ CUP SMASHED POTATO ½ CUP GREEN BEANS 1 SLICE WHEAT BREAD 1 TSP MARGARINE 1/2C CRANBERRY JUICE 1 SLICE APPLE PIE 8 OZ LOW FAT MILK	6OZ LENTIL SOUP 1PKT LS CRACKERS 1C PASTA AND TUNA SALAD LETTUCE & CUCUMBER 1/2C BEET SALAD GARLIC BREADSTICK 1 TSP MARGARINE 1/2C PINEAPPLE 8OZ LOW FAT MILK	3OZ LEMON CHICKEN 1/2C RICE PILAF 1/2C CARROTS PUMPERNICKEL BREAD 1 TSP MARGARINE 1/2C PEACHES 8OZ LOW FAT MILK	3OZ HAMBURGER ON WHEAT BUN WITH KETCHUP, LETTUCE, & TOMATO & PICKLE 1/2C POTATO SALAD 1/2C GRAPES 1 TSP MARGARINE 8OZ LOW FAT MILK	1 SLICE SPINACH FRITTATA 1/2C ZUCCHINI & TOMATOES DINNER ROLL 4 OZ CRANAPPLE JUICE 1/2C FRUITED JELLO 1 TSP MARGARINE 8OZ LOW FAT MILK
12	13	14	15	16
3OZ SWEET SOUR PORK 1/2C RICE 1/2C ORIENTAL BLEND 1 SLICE WHEAT BREAD 1 TSP MARGARINE 1/2C PINEAPPLE 8OZ LF MILK	3 OZ MEATLOAF WITH GRAVY 1/2C MASHED POTATOES 1/2C ROMAN VEGIE BLEND MULTI GRAIN DINNER ROLL 1TSP MARGARINE 1/2C PEACHES 8OZ LOW FAT MILK	3OZ HERB BAKED CHICKEN 1/2C OVEN ROASTED POTA- TOES 1/2C CARROTS MARBLE RYE BREAD 1 TSP MARGARINE 1/2C FRUIT COCKTAIL 8OZ LOW FAT MILK	HAPPY DECEMBER BIRTHDAYS 3 OZ CRAB CAKE/TARTAR SAUCE/ LEMON 1/2C SWEET POTATO FRIES ½ CUP RED CABBAGE SLAW 1 SLICE WHOLE WHEAT BREAD 1 TSP MARGARINE 1/2C GRAPE JUICE 1PC CHOCOLATE CAKE 8 OZ LOW FAT MILK	6OZ CREAM OF CARROT SOUP 1 PKT LS CRACKERS 3OZ EGG SALAD ON CROISSANT SHREDDED LETTUCE AND TO- MATO 1/2C THREE BEAN SALAD 1/2C FRESH FRUIT 1 TSP MARGARINE 8OZ LOW FAT MILK
19	20	21	22	23
3/4C BEEF STEW ½ CUP BOWTIE NOODLES ½ BAKED ACORN SQUASH 1 SLICE RYE BREAD 1 TSP MARGARINE BAKED APPLE 8OZ LOW FAT MILK	6OZ ITALIAN WEDDING SOUP, 1PKT LS CRACKERS 3OZ SLICED GRILLED CHICKEN CAESAR SALAD, 1C ROMAINE LETTUCE, PARME- SAN CHEESE, CAESAR DRESSING, 1 GARLIC BREAD- STICK, 1 TSP MARGARINE 1/2C APRICOTS 8OZ LOW FAT MILK	3OZ PULLED PORK WITH BBQ SAUCE 1/2C BAKED BEANS 1/2C BROCCOLI SLAW 1 WHEAT BUN 1 TSP MARGARINE FRESH FRUIT 8 OZ LOW FAT MILK	CHRISTMAS BEEF WELLINGTON TWICE BAKED POTATO PEAS AND MUSHROOMS SNOWFLAKE DINNER ROLL HOLIDAY CAKE	1C CHEESE BAKED ZITI WITH PARMESAN CHEESE 1/2C GREEN BEANS 1 CUP SPINACH SALAD WITH SHREDDED CARROTS AND RASP- BERRY VINAIGRETTE 1 ITALIAN BREAD 1TSP MARGARINE, 1/2C APPLE JUICE, ICE CREAM CUP 8OZ LOW FAT MILK
26	27	28	29	30
CENTERS CLOSED	CHANUKAH POT ROAST WITH GRAVY POTATO LATKES WITH APPLE- SAUCE GARNISH CARROTS RYE BREAD JELLY DONUT	3OZ BEEF CHILI/ 1TBS CHEESE 1/2C BAKED POTATO/SOUR CREAM 1/2C BROCCOLI 1 OZ CORN BREAD 1TSP MARGARINE 1/2C PEARS 8OZ LOW FAT MILK	1/2C SPAGHETTI 3OZ MEATBALLS PARMESAN 1/2C COLLARD GREENS 1 SLICE ITALIAN BREAD 1 TSP MARGARINE FRESH FRUIT 8OZ LOW FAT MILK	6OZ CREAM OF ZUCCHINI SOUP 1PKT LS WW CRACKERS 3OZ POTATO CRUSTED FISH TARTAR SAUCE 1/2C SCALLOPED POTATOES 1/2C BEETS WHEAT DINNER ROLL 1 TSP MARGARINE 1/2CTROPICAL FRUIT 8OZ LOW FAT MILK

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

LIFEBRIDGE COMMUNITY SERVICES "CHOICE" MENU

NUTRITION FOR MIND, BODY AND SPIRIT

DEC 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			¾ C. ROASTED CAULIFLOWER SOUP/LS CRACKERS 2 OZ THIN SLICED MEDIUM ROAST BEEF & 1OZ SLICED CHEESE W/ ONIONS & TOMATO ON KAISER ROLL, 1 TSP MAYO/ MUSTARD 1/2C POTATO SALAD, 4 OZ APPLE JUICE, MIXED BERRY STRUDEL 8 OZ LOW FAT MILK	
5	6	7	8	9
	6OZ LENTIL SOUP 1 PKT LS CRACKERS NEW YORK HERO – SMOKED TURKEY, HAM & PROVOLONE (3 OZ TOTAL) W/ LS ITALIAN DRESSING, SLICED TOMATO, GREEN PEPPERS, LETTUCE ½ C. TOMATO CUCUMBER SALAD ½ CUP PEACHES 8 OZ LOW FAT MILK		6 OZ CREAM OF ZUCCHINI SOUP 1 PKT CRACKERS ¾ C. CALIFORNIA CHICKEN SALAD PLATE/SHREDDED CARROTS, SLICED APPLES, RAISINS & MAYO ON BED OF LETTUCE/ CROUTONS 1 C. PASTA, VEGETABLE, OLIVE SALAD W/BROCCOLI & PEPPERS ½ C. BEET SALAD, 1/2C GRAPES 8 OZ LF MILK	
12	13	14	15	16
	6 OZ. LS BEEF BROTH W/ VEGETABLES & ORZO/LS CRACKERS 1/2C EGG SALAD ON MULTIGRAIN BREAD 1/2C COLESLAW FRESH FRUIT 8OZ LF MILK		6OZ CREAM OF CARROT SOUP 1 PKT LS CRACKERS CHEF SALAD – 1 OZ LS FRESH ROAST TURKEY/ 1 OZ CHEESE & 1 HARD COOKED EGG, LS DRESSING 1 SMALL WHOLE WHEAT ROLL ½C.TOMATO, CUCUMBER, ONION, BASIL SALAD, 1/2C GRAPE JUICE 1 PC. CHOCOLATE CAKE 8OZ LF MILK	
19	20	21	22	23
	6OZ ITALIAN WEDDING SOUP ¾C SEAFOOD SALAD ON SMALL DELI ROLL W/SHREDDED LETTUCE 1/2C CARROT RAISIN SALAD 1/2C TOMATO & CUCUMBER SALAD, 4 OZ GRAPE JUICE, ½ CUP FRUIT COCKTAIL 8 OZ LOW FAT MILK		NO CHOICE- CHRISTMAS SPECIAL MEAL	
26	27	28	29	30
	NO CHOICE- CHANUKAH SPECIAL MEAL		1/2C TURKEY SALAD W/CELERY ON WHOLE WHEAT KAISER ROLL 1C. TOSSED SALAD W/LS DRESSING, 1/2C CHICKPEA SALAD W/ONION, GREEN PEPPER & GARLIC), 4 OZ CRANBERRY JUICE FRESH FRUIT, 8 OZ LOW FAT MILK	
MINIMUM PORTIONS SERVED AT EACH MEAL: ALL NON-CITRUS JUICES ARE VIT C FORTIFIED				
1C MILK – 1% OR EQUIVALENT 1C VEGETABLE AND FRUIT OR EQUIVALENT 3 OZ. PROTEIN 1 PAT MARGARINE				
2 BREAD SERVINGS OR EQUIVALENT (ENRICHED OR WHOLE GRAIN); ALL ROLLS ARE SEEDLESS; ALL WHITE RICE IS ENRICHED				
ALL SOUPS AND ENTREES, GRAVIES AND SAUCES AND SALAD DRESSING AND DESSERTS ARE LOW FAT AND LOW SALT				