Max E. Muravnick

Meriden Senior Center

22 West Main Street
Meriden, CT 06451
203-237-0066
www.meridenct.gov (click on Senior Services)

October 2016

facebook

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

MidState Medical: Breast Cancer Presentation

Friday, October 7 from 10:30am-11:30am

Join us for a breast cancer awareness presentation followed by bingo. Wear your pink!!!!

Attention all Travelers!!

Wednesday, October 12 from 10:00am-11:00am

Please join Kathy Matula and Brett Isaacson, president of Friendship Tours, in the mezzanine for a travel presentation. We are excited to reveal the day trips, overnight trips, and cruises for 2017. Get a sneak peak, enjoy some snacks, and win a prize or two. Please sign up at the front desk.

Home Helpers: Team Jeopardy

Thursday, October 13 from 10:30am-11:30am

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. Sign up in the front office.

Center for Healthy Aging: What should I know about Osteoporosis?

Monday, October 17 from 10:30am-11:30am

Join David Santoro, MBA, OTR/L Director of Operations HHC Bone & Joint Institute at Hartford Hospital will tackle questions such as: What is Osteoporosis? Will it happen to me? What are the signs and symptoms? Sign up in the front office.

Halloween Boo Bash!

Thursday, October 20
from 4:00pm-7:30pm

Join us for this ghoulishly fun event!!! Doors open at 4:00pm for our Spooktacular Halloween Party! Dinner is served at 5:00pm Musical Entertainment starts at 5:30pm. Costume prizes for Scariest, best couple, and funniest costume. $6.00pp includes sandwich, chips, drinks, and a special fall dessert sponsored by **Regency House**. Sign up in the office. Transportation is available.

Lunch & Learn With Masonicare: Living Independently with Mobile Health Technology

Wednesday, October 26 from 11:30am to 12:30pm

Learn how technology can help you live independently both at home and on the go, while providing peace of mind for both you and your loved ones. Cheryl Olson, Masonicare at Home's program manager of mobile health technologies, will present this informative discussion in the Mezzanine. Complimentary lunch will be provided during the presentation. Please sign up at the front desk as seating is limited. *Masonicare is not for profit and provides educational programs for adults and caregivers as a public service to the community.* Sign up in the front office.

FESTIVE FRIDAY'S!

Life is full of colors. Let's all be colorful together! Join in on the color scheme every Friday. Be sure to check the calendar for the "Color of the Day".

Crime Prevention Presentation

Thursday, October 27 from 10:45am-11:15am

Please join us for a crime prevention presentation by officer Michael Ford from the Neighborhood Initiative Unit. Officer Ford will discuss safety tips, situational awareness, and what to look for when solicitors come to your door: Friend? Or Foe? There will be plenty of time for questions after the presentation.

Meriden Family Dental: Oral Care Education Part 3

Friday, October 28 from 10:30am-11:15am

New research suggests that the health of your mouth mirrors the condition of your body as a whole. Poor oral health can lead to many health problems. Join MOD Solutions for a dental discussion a demonstration as they discuss: dentures, disease control, tooth decay as well as tips on maintaining a healthy mouth as you age. Free dental supplies will be provided. Sign up in the front office.

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
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

Please bring an extra pair of dry sneakers for exercise classes during rainy weather.

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.

October is Breast Cancer Awareness Month. It is an annual campaign to increase awareness of the disease during October. While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same.

Meriden Senior Center Walking Club

Monday, October 3

From 12:30pm-1:30pm

If you are interested in joining Kathy and Richard Hamel, our Tai Chi instructor, for a fitness walk please sign up at the front office. This month we will be exploring the new Meriden Green. We will walk right to the Green from the senior center at 12:30pm.

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.

NO Strength & Tone Monday, October 24th and Thursday, October 27th

Meriden Senior Center

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

Rick Liegl, Senior Center Director	203-237-0066
Kathy Matula, Recreation Coordinator	203-237-0066
Suzanne Bolenbaugh, Front Office	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 October 3 to sign up. 10:00am for walk in and 11:00am for phone in registration.

Lunch Trips:

Tuesday, October 11
Avanti in Meriden Leave center @ 11:15am

Tuesday, October 25
San Miguel Leave center @ 11:00am

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.

Meriden Community Pharmacy

Friday, October 21 from 10:30am-11:15am

Join us for a presentation on their new services, free prescription pick up and deliveries, and information on free medical pill dispensers. There will be time for questions afterwards. Sign up in the front office.

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

- **Green Mountain Flyer Railroad-** On the Vermont Rails. ~Thursday, Oct. 6 sold out
- **Penn Dutch Christmas- "Samson" at Sign & Sound Theatre** Lancaster, Pennsylvania. ~Nov. 1-3 $431.00pp
- **Newport Playhouse- "Last of the Red Hot Lovers"** In Rhode Island. ~Monday, Nov. 7 $82.00pp
- **Historic Deerfield Annual Stocking Stuffer-** Deerfield, Ma ~ Monday, Dec. 5 $98.00pp
- **Vermont Country Christmas @ The Middlebury Inn** ~ Dec. 7-9 $457.00pp

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

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 **10/4, 10/11, 10/18, 10/25**
Stop & Shop or Save-A-Lot-(1 hr) Thursdays **10/6, 10/13, 10/20, 10/27**
Big Y- (1 1/2 hrs) Friday **10/14, 10/28**
All Friday Afternoon Shopping- (1 1/2hrs)
Walmart– Friday **10/7, 10/21**
Mall or Target– Friday **10/14**
Job Lot– Friday **10/28**

MONDAY	TUESDAY	WEDNESDAY
3 9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:30 Strength & Tone 12:30 Bingo **12:30 Walking Club** Lunch: Tomato Florentine	**4** 8:30 Mini Bus Shopping: Shop Rite 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 Lunch: Bratwurst	9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:00 Creative Writing Lunch: Philly Cheese Steak
10 CENTER CLOSED	**11** 8:30 Mini Bus Shopping: Shop Rite 9:00 Woodworking Club 10:30 Young at Heart Ensemble **10:30 Lunch Trip: Avanti** 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong Lunch: Pork Loin	9:30 Art Class **10:00 Friendship Tours Trip Presentation** 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo 1:00 Creative Writing **1:30 AARP Chapter #2954 Mtg** Lunch: Chicken Gumbo Soup
17 9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up **10:30 Center Healthy Aging: Osteoporosis** 11:00 Aerobics **11:30 The Red Hat Society** 12:30 Strength & Tone 12:30 Bingo **9:30-11:30 Flu Shots** Lunch: Sweet & Sour Pork	**18** 8:30 Mini Bus Shopping: Shop Rite 9:00 Woodworking Club 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: Vegetable Soup	9:30 Art Class 10:15 Wii Bowling 11:00 Aerobics 12:30 Bingo **NO** Creative Writing Lunch: Chili Con Carne
24 9:30 Art 9:30 Sewing & Quilting **10:00 " 8 Ball Pool Tournament"** 10:30 Sit Down & Tone Up 11:00 Aerobics **NO** Strength& Tone 12:30 Bingo Lunch: Spaghetti	**25** 8:30 Mini Bus Shopping: Shop Rite 9:00 Woodworking Club 10:30 Young at Heart Ensemble **10:30 Lunch Trip: San Miguel** 11:00 Weight Training 12:30 Ceramics 12:30 Arthritis & Fall Prevention Exercise 1:30 Tai Chi Gong Lunch: Turkey Divan	9:30 Art Class **10:00-11:00 Web Wednesday** 10:15 Wii Bowling 11:00 Aerobics **11:30 Lunch & Learn with Masonicare: Living Independently with Mobile Health Technology** 12:30 Bingo 1:00 Creative Writing Lunch: Light Crunch Fish
31 9:30 Art 9:30 Sewing & Quilting 10:30 Sit Down & Tone Up 11:00 Aerobics 12:00 Strength& Tone **12:00 Halloween Costume Contest** 12:30 Bingo Lunch: Monster Meatballs/ Spaghetti	2016	

	THURSDAY	FRIDAY
5	6 8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trips to Hair Salon 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club/ 1:30 Tai Chi Gong **Day Trip: Green Mountain Flyer Railroad** Lunch: Chicken A Mala Santa Maria	7 9:00 Woodworking Club 10:00 Yoga **10:30 MidState Medical: Breast Cancer Presentation** 11:00 Aerobics 12:30 Mini-Bus Shopping : **Walmart** 12:45 Setback Club **Color of the Day: Pink** Lunch: Cheese Omlet
12	13 8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 9:30 Art Class/Antique Veterans **10:30-11:30 Home Helpers: Team Jeopardy** 10:00-2:00 Mini-Bus Trips to Hair Salon 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet 12:30 Strength & Tone 1:00 Poker Club 1:30 Tai Chi Gong Lunch: Beef Stew 	14 8:30 Mini-Bus Shopping: **Big Y** 9:00 Woodworking Club 10:00 Yoga 11:00 Aerobics **12:15 Movie: Hocus Pocus** 12:30 Mini-Bus Shopping : **Mall /Target** 12:45 Setback Club **Color of the Day: Purple & Black** Lunch: Spinach Grandioli
19	20 8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 9:30 Art Class/Antique Veterans 10:00-2:00 Mini-Bus Trips to Hair Salon 11:00 Latin Rhythm Exercise **12:00 BIRTHDAY PARTY!!** 12:30 Ceramics/12:30 Knit & Crochet 1:00 Poker Club 1:30 Tai Chi Gong **4:00-7:30pm BOO Bash!!** Lunch: Turkey w/gravy 	21 9:00 Woodworking Club 10:00 Yoga **10:00 " 8 Ball Pool Tournament" 2016** **10:30 Meriden Community Pharmacy** 11:00 Aerobics 12:30 Mini-Bus Shopping : **Walmart** **12:30 Double Bingo** 12:45 Setback Club **Color of the Day: Orange & Black** Lunch: Eggplant Parmesan
26	27 8:30 Mini-Bus Shopping: Stop& Shop /Save-a-Lot 9:30 Art Class/Antique Veterans **10:45 Crime Prevention Presentation** 10:00-2:00 Mini-Bus Trips to Hair Salon 11:00 Latin Rhythm Exercise 12:30 Ceramics/12:30 Knit & Crochet **NO** Strength & Tone 1:00 Poker Club 1:30 Tai Chi Gong Lunch: Pot Roast	28 8:30 Mini-Bus Shopping Trip: **Big Y** 9:00 Woodworking Club 10:00 Yoga **10:30 Meriden Family Dental: Oral Care Education Part 3** 11:00 Aerobics 12:30 Mini-Bus Shopping :**Job Lot** 12:45 Setback Club **Color/Pattern of the Day: Halloween Shirts** Lunch: Vegetable Barley Soup

Connecticut 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.

Osteoporosis – silent but destructive

Did you know that 25 percent of all American women ages 65 and older have osteoporosis? However, men also experience this common disease that weakens bones and can ultimately lead to fractures and chronic pain.

Osteoporosis is the thinning of bones causing them to become fragile and lose structure. This disease can progress without symptoms and may not be diagnosed until after a painful fracture occurs, often in the back or hips. Individuals may feel stiff and their activities may become limited. In more advanced stages, there may be a loss in height or a "dowager's hump" may develop.

Risk factors include family history, gender, age, smoking, bone structure, body weight, history of fractures and medications. Concerned? Consult with your health care provider who may order a bone mineral density test to diagnose it and develop a care plan.

What Should I Know about Osteoporosis?

Monday, Oct. 17, 10:30-11:30 a.m. Free

What is osteoporosis? Will it happen to me? What are the signs and symptoms? Presented by David Santoro, MBA, OTR/L, Director of Operations, HHC Bone & Joint Institute at Hartford Hospital. Hosted by Hartford HealthCare Center for Healthy Aging, Meriden. Register at the senior center.

Need health-related resources and services for yourself or a loved one? Hartford HealthCare Center for Healthy Aging professionals can help. Come meet: Michelle Lavoie, resource coordinator, Mondays, 9-11:30 a.m.; Lillian Swan, RN, transitional care registered nurse, Mondays, 10-11 a.m., for blood pressure screenings; and Patty O'Brian or Michelle Wyman, dementia specialists, Wednesdays, 9-11:30 a.m. For information, call 1.877.4AGING1 (1.877.424.4641) or visit the website www.cthealthyaging.org.

The Red Hat Society

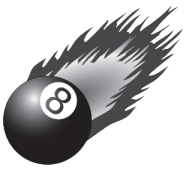
Monday, October 17 at 11:30am

Members are asked to make and wear crazy hats for a contest to be held. Hallowe'en refreshments will be available and Bingo will be played. All Red Hatters are invited.

Meriden AARP Chapter #2954

Wednesday, October 12 at 1:30pm

Chris French, a retired photographer for the Record-Journal, will do a presentation on painter Bob Ross. Chris will show some of his paintings using Bob's painting technique. Refreshments will be served. All AARP members are invited to at-



" 8 Ball Pool Tournament" 2016

Friday, October 21 &
Monday, October 24
starting at 10am

Open to ALL pool players of the Meriden Senior Center! Please sign up at the front office by Friday, October 14. First and second place winners will have their names on our plaque. Players must be Meriden Senior Center Members as of September 21. (No player can sign up the day of the pool tournament)

FRIDAY MOVIE: Hocus Pocus

Friday, October 14 at 12:15pm

After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.

BIRTHDAY PARTY!

Thursday, October 20 at 12:00pm

Apple Rehab Coccomo will sponsor a birthday party for all members who were born in October. Cake and small gifts will be given to those who sign up on the birthday list. Birthdays must be in September and you must be signed up on the list by Friday, October 14 to receive your gift. Sign up sheet will be on the desk in the Dining Room. Happy Birthday to all born in October!

Creative Writing-Fall 2016

Wednesdays from 1:00pm-2:00pm
September 7- November 16

Please join us for a FREE 10 week creative writing session with ***SUSAN SANDEL, PhD.*** beginning September 7 in the mezzanine. No prior experience necessary, just a desire to write. Learn to put your thoughts and ideas on paper, express yourself effectively and share your ideas with others. Please bring a notebook and your favorite pen. If you are interested, please sign up in the front office. Limited to 15 participants. (**no class October 19**)

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 OCTOBER

Tuesday, October 4

Veggie Sub (Eggplant, Roasted Veggies, 1 oz Green Peppers, 1 Slice Tomato, Onion, 2oz LS American Cheese, ½ c. Tri Color Pasta Salad, 1pc Black Forrest Cake, 8oz Low Fat Milk

Thursday, October 6

3/4c Seafood Salad on Small Deli Roll W/Shredded Lettuce, 1/2c Carrot Raisin Salad, 1/2c Tomato & Cucumber Salad, Italian Ice, 8oz Low Fat Milk

Tuesday, October 11

2 oz. Fresh Roast LS Turkey &1 oz. LS Cheese W/Lettuce & Tomato on 6 " Whole Wheat Wrap, 1/2c Potato Salad 1/2c Applesauce, 8oz LF Milk

Thursday, October 13

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

Tuesday, October 18

6oz Vegetable Soup, 1pkt LS Crackers, 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), Birthday Cake, 8oz LF Milk

Thursday, October 20

1 oz LS Ham & 1 oz LS Swiss on Rye/Mustard, ½ c German Potato Salad, 1/2c Carrot Raisin Salad, 1/2c Applesauce, 8oz LF Milk

Tuesday, October 25

3 oz Seafood Salad on Bed of Lettuce W/Tomato Garnish, Small Whole Wheat Roll, ½ c. Pasta/Veggie/Olive Salad, ½ c. Black Bean & Corn Salad, Fresh Fruit, 8oz Low Fat Milk

Thursday, October 27

3 oz Sliced Butterball Turkey with cranberry sauce, 2 slices whole grain bread w/mayo, ½ c German potato salad , 1 c Fresh Spinach, Salad/Vinaigrette, 4oz Apple Juice, Mixed Berry Strudel, 8 oz Low Fat Milk

AARP Safe Driver Course:

Wednesday, November 9
From 9:00am-1:00pm

Taking this safe driver course could save you some 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 $15.00, and non-members is $20.00. **Please make checks payable to AARP –NO CASH** Call 203-237-0066 to sign up.

Flu Shots

Monday, October 17 From 9:30am-11:30am

The Meriden Health Department has scheduled a flu shot clinic in the meeting room. Flu shots are strongly recommended for all people aged 60 and older and all adults with chronic illnesses. Remember to bring your Medicare card. First come first serve, no appointments necessary.

Important Reminder!

All members must sign in with their member number when entering the Senior Center. You may sign in at the podium at the Hanover Street entrance or at the volunteer desk on the West Main Street side main entrance. Please only sign in at ONE location. If you do not know your membership number, please stop in the Front Office to get it.

S	P	X	T	Y	R	F	N	E	G	N	A	R	O	K
N	N	Z	U	M	X	L	Q	Y	K	O	O	P	S	N
I	I	I	L	X	M	L	A	P	P	L	E	S	J	A
K	E	P	H	O	U	F	X	Q	G	A	M	E	S	R
P	T	N	M	U	T	U	A	E	P	P	I	U	U	P
M	S	Y	S	U	A	M	U	S	E	M	E	N	T	T
U	N	D	O	P	F	G	F	C	S	T	T	T	B	A
P	E	R	N	F	R	J	R	A	A	Z	Y	F	O	E
T	K	A	X	G	E	G	I	N	F	N	O	J	O	R
B	N	C	L	X	A	T	G	D	E	J	M	X	X	T
V	A	U	L	Z	B	O	H	Y	X	V	Y	R	N	G
Y	R	L	S	E	M	U	T	S	O	C	J	T	V	S
W	F	A	A	B	G	N	E	R	E	T	S	N	O	M
G	H	O	S	T	S	I	N	T	A	C	R	C	E	D
B	Q	W	M	A	Y	R	F	R	E	B	O	T	C	O

Web Wednesday is back!

From 10:00am-11:00am

Computer and cell phone classes for Meriden Senior Center members; instructed by Platt High students. Classes will be held at Platt High School. The mini bus will leave the center at 9:45am. Sign up in the front office.

October 26- Email-Bring your email address and password or create a new account. Create and send emails. open, reply and forward emails, avoid scams.

Future classes:

November 30– Create your own Holiday Card
December 30 – Google Docs/ Google Maps
March 22, 2017- BYOD - Bring Your Own Device- cell phone, lap top, I-pad (or use their computers)

Meriden Public Library offers free computer classes on Wednesday afternoons from 2:00pm to 3:00pm.

October 5 – Email 2
October 12 – Internet Searching
October 19 – Job searching on the internet
October 26 – Basic computers 1

Class size is limited. Contact the **Library's Information Desk at (203) 238-2346**

HALLOWEEN WORD SEARCH

1. amusement
2. apples
3. autumn
4. boo
5. candy
6. cat
7. costumes
8. dracula
9. frankenstein
10. frighten
11. games
12. ghosts
13. monster
14. october
15. orange
16. prank
17. pumpkins
18. safe
19. spooky
20. treat

OCTOBER 2016

SOCIAL SERVICES

Reverse Annuity Mortgage Program

The Reverse Annuity Mortgage Program (RAM) offers lump sum loans and or monthly installment loans to elderly homeowners with long-term care needs over a term of six years. The amount of the RAM loan is based on the equity in the borrower's home and is repaid to CHFA in on payment when the property is sold, transferred or no longer occupied by the borrower.

By offering creative loan options like RAM to homeowners, CHFA, with its partner in this program, the Connecticut Department of Social Services (DSS), is helping Connecticut's older residents maintain their homes during periods of chronic illness or disability.

Prospective borrowers of a RAM loan should contact State Department on Aging, for an initial eligibility assessment. RAM loans are originated, closed and serviced directly through CHFA's Single-Family Underwriting Department

How do you apply for a Reverse Annuity Mortgage?

RAM loans are originated, closed and serviced directly by CHFA. However, prospective borrowers should first contact the State Department on Aging to obtain a preliminary eligibility assessment and a referral. **They may call 1-866-218-6631, toll-free within Connecticut.**

If a prospective borrower is referred to CHFA for a RAM loan, a CHFA representative will schedule a meeting in order to review the RAM loan application in greater detail.

Are any application fees associated with a RAM loan?

No, there are no application fees for a RAM loan; however, several upfront one-time costs are added to the value of the RAM loan.

These include a $600 fee for the cost of the loan origination and a $900 fee to cover the costs of the home appraisal, the LTC assessment, the title search, title insurance and other costs. A RAM borrower must also pay for the cost of retaining an attorney to represent his or her interests at the loan closing.

Protective Services for the Elderly

The Protective Services for the Elderly Program (PSE) is designed to safeguard people 60 years and older from emotional abuse, neglect, abandonment, and/or financial abuse and exploitation. This includes allegations of abuse or neglect of residents in long-term care facilities.

Friends, neighbors, family members and acquaintances who suspect an elderly person is being abused, neglected, exploited or abandoned should call the Central Intake Line.

During Business Hours:

In-State: 1-888-385-4225

Out of State: 1-800-203-1234

After Hour Emergencies

In-State: 2-1-1

Out of State: 1-800-203-1234

The Connecticut Energy Assistance Program Is now accepting applications for the 2016/2017 heating program.

General information:
On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Homeowners and renters may apply. Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.
The Connecticut Energy Assistance Program is administered by the Department of Social Services, and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies.
Contact New Opportunities, Inc.
(203) 235-0278

Don't forget Medicare Open Enrollment is October 15th-December 7th,

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

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

OCTOBER, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	**4**	**5**	**6**	**7**
6 oz Tomato Florentine soup, 1 pkt crackers 3 oz Crab cake ½ cup Mashed potato ½ cup Peas and carrots Tartar sauce 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz Low Fat Milk	**OCTOBER FEST** 3oz Bratwurst 1/2c Cabbage & Apples 1/2c Broiled Potatoes 1 Dinner Roll 1 tsp Margarine 1 pc Black Forest Cake 8oz Low Fat Milk	3 oz Philly cheese steak on grinder roll with ¼ c pepper and onion ½ cup Sweet potato fries ½ cup Cucumber and tomato salad 4 oz Orange juice 1 Chocolate chip cookie 8 oz low fat milk	**Columbus Day Menu** 3oz Chicken A Mala Santa Maria ½ c New World Shells 1/2c Columbus Veg Blend Parmesan Cheese 1 Slice Italian Bread Italian Ice 8oz Low Fat Milk	3 oz Cheese omelet ½ cup Roasted potato ½ cup Country style veg-gies 1 Corn bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk
10	**11**	**12**	**13**	**14**
Columbus Day Centers Closed	3 oz Pork loin/gravy ½ cup O'Brien potato ½ cup Bean blend 1 slice Rye bread 1 tsp margarine ½ cup Applesauce 8 oz low fat milk	6 oz chicken gumbo soup, LS crackers 3 oz Baked fish ½ cup Oven roasted potato, ½ cup broccoli 1 slice Wheat bread 1 tsp margarine ½ cup Pineapple 8 oz low fat milk	1 cup Beef stew ½ cup Bowtie noodles ½ cup Mashed squash 1 Wheat dinner roll 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Spinach grandioli with sauce, ½ cup Peas 1 cup Tossed salad with chick peas and LS Italian dressing, 1 slice Italian bread, 1 tsp margarine 4 oz Grape juice 1 slice Pound cake 8 oz low fat milk
17	**18**	**19**	**20**	**21**
3 oz Sweet and sour pork ½ cup Fried rice ½ cup Oriental blend 1 Dinner roll 1 tsp margarine ½ cup Mandarin oranges 8 oz low fat milk	**HAPPY BIRTHDAYS!** 6oz Vegetable Soup, 1 pkt crackers, 3 oz Stuffed chicken with supreme sauce ½ Sweet potato ½ cup zucchini and tomato, 1 slice Wheat bread, 1 tsp margarine 4 oz Cranberry juice Birthday Cake 8oz Low Fat Milk	1 cup Chili con carne ½ cup Rice ½ cup Mixed vegetables 1 Corn bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Turkey/gravy ½ cup Mashed potato ½ cup Green beans Cranberry sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Applesauce 8 oz low fat milk	3 oz Eggplant parmesan ½ cup Penne with sauce ½ cup Spinach 1 slice Garlic bread 1 tsp margarine ½ cup Fruit cocktail 8 oz low fat milk
24	**25**	**26**	**27**	**28**
½ cup Spaghetti, 3 oz meatballs, Parmesan Cheese, 1 cup Tossed salad with cucumber and raspberry vinaigrette 1 Herb bread stick 1 tsp margarine Scalloped apples 8 oz low fat milk	1 cup Turkey divan ½ cup rice ½ cup Carrots 1 slice Family grain bread 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz Light crunch fish ½ cup Roasted red skin potato, ½ cup Summer spring blend Tartar sauce 1 Wheat dinner roll 1 tsp margarine ½ cup Tropical fruit 8 oz low fat milk	3 oz 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
31				
Happy Halloween 3oz Monster Meatballs 1/2c Spooky Spaghetti 1/2c Goulish Green Beans, 1 Batty Breadstick, 1 tsp Margarine 1/2c Witches Brew Candy Corn Brownie 8 oz 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

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	OCTOBER FEST SPECIAL VEGGIE SUB (EGGPLANT, ROASTED VEGGIES, 1 OZ GREEN PEPPERS, 1 SLICE TOMATO, ONION, 2OZ LS AMERICAN CHEESE ½ C. TRI COLOR PASTA SALAD 1PC BLACK FORREST CAKE 8OZ LOW FAT MILK		**COLUMBUS DAY SPECIAL** 3/4C SEAFOOD SALAD ON SMALL DELI ROLL W/SHREDDED LETTUCE 1/2C CARROT RAISIN SALAD 1/2C TOMATO & CUCUMBER SALAD ITALIAN ICE 8OZ LOW FAT MILK	
10	**11**	**12**	**13**	**14**
	2 OZ. FRESH ROAST LS TURKEY & 1 OZ. LS CHEESE W/LETTUCE & TOMATO ON 6 " WHOLE WHEAT WRAP 1/2C POTATO SALAD 1/2C APPLESAUCE 8OZ LF MILK		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	
17	**18**	**19**	**20**	**21**
	HAPPY BIRTHDAYS! 6OZ VEGETABLE SOUP 1PKT LS CRACKERS 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) BIRTHDAY CAKE 8OZ LF MILK		1 OZ LS HAM & 1 OZ LS SWISS ON RYE/MUSTARD ½ C GERMAN POTATO SALAD 1/2C CARROT RAISIN SALAD 1/2C APPLESAUCE 8OZ LF MILK	
24	**25**	**26**	**27**	**28**
	3 OZ SEAFOOD SALAD ON BED OF LETTUCE W/TOMATO GARNISH SMALL WHOLE WHEAT ROLL ½ C. PASTA/VEGGIE/OLIVE SALAD ½ C. BLACK BEAN & CORN SALAD FRESH FRUIT 8OZ LOW FAT MILK		3 OZ SLICED BUTTERBALL TURKEY WITH CRANBERRY SAUCE 2 SLICES WHOLE GRAIN BREAD W/MAYO ½ C GERMAN POTATO SALAD 1 C FRESH SPINACH SALAD/VINAIGRETTE 4OZ APPLE JUICE MIXED BERRY STRUDEL 8 OZ LOW FAT MILK	
31				
HALLOWEEN SPECIAL				

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