

## Directions to the Meriden YMCA

110 West Main Street, Meriden CT

### From North via I-91

- Take Exit 18 to I-691W.
- Take Exit 7 (to Downtown Meriden).
- Turn left at end of ramp and continue on State Street for 0.5 miles to first traffic light.
- Turn right on West Main Street (one-way street) and stay in left hand lane.
- Go to fifth traffic light (not including the light where you turned) and turn left on Butler Street.
- Go to large parking lot on left. Bring ticket to YMCA desk to be stamped (2 hours free parking).

### From South via I-91

- Take Exit 17 to I-691W.
- Take Exit 7 (to Downtown Meriden).
- Turn left at end of ramp and continue on State Street for 0.5 miles to first traffic light.
- Turn right on West Main Street (one-way street) and stay in left hand lane.
- Go to fifth traffic light (not including the light where you turned) and turn left on Butler Street.
- Go to large parking lot on left. Bring ticket to YMCA desk to be stamped (2 hours free parking).

### From East via I-691

- Follow above directions.

### From West via I-691

- Take Exit 7 (Downtown Meriden).
- At end of ramp, continue (after slight jog to the left) to first traffic light.
- Turn right on Colony St. and go to fourth traffic light (not including the light where you turned).
- Turn right on West Main St. (one way street) and get in left hand lane.
- Go to the fourth traffic light (not including the light where you turned) and turn left on Butler Street.
- Go to large parking lot on left. Bring ticket to YMCA desk to be stamped (2 hours free parking).

The Y's Men of Meriden, with about 125 active members, meets every Tuesday (during Sept.-June) from 10:00-11:30 a.m. at the Meriden YMCA, with our meeting attendance averaging about 70. In addition to fellowship and refreshments, the weekly meetings also feature guest speakers from throughout Connecticut who provide programs (usually illustrated) on a wide variety of subjects. Following the meetings, many members stay to play Bridge or Cribbage.

About one quarter of the members also belong to the Y's Men CyberSeniors, a computer interest group which meets for one hour every other Tuesday before the regular meeting. Other activities include monthly hikes in Connecticut State Parks, an annual pistol shooting competition, golf tournaments, an annual Holiday dinner in December and an outdoor picnic in June, and field trips to areas of interest in Connecticut. All retired and semi-retired men of Meriden and surrounding communities are invited to join. About 1/3 of our members reside outside of Meriden.

We invite you to visit us as a guest to see if this is the organization for you. We have lots of fun and fellowship and would like to have you join us. For further information, please visit the Y's Men website at:

[www.ysmenofmeriden.com](http://www.ysmenofmeriden.com)

or call

203-238-7784.



## Y's Men of Meriden

Meets at the Meriden YMCA

110 West Main St.

Meriden, CT 06451

(203) 235-6386

[ysmenofmeriden.com](http://ysmenofmeriden.com)

A group of retired and semi-retired seniors who meet on Tuesday mornings (Sept-June) for fellowship, humor and education

### Weekly meetings include

- 30-45 minute speaker program
- Story teller (5 minute presentation)
- Happy dollars (member messages)
- Refreshments
- Bridge
- Cribbage
- CyberSeniors (bi-weekly)

### Periodic activities include

- Hikes
- Field trips
- Golf tournaments
- Annual pistol competition
- December holiday party
- Annual June picnic

## Who We Are

The purpose of the Y's Men, started in 1992, is to provide a means by which retired or semi-retired men, residents of the Meriden, Connecticut area and its vicinity, may better associate among themselves for fellowship, entertainment and exchange of ideas. Current membership totals 125.

Meetings are held at the Meriden YMCA every Tuesday at 10:10 a.m. from early September through the first week in June. Most members arrive between 9:30 a.m. and 10:00 a.m. for coffee and fellowship.

At each meeting there are brief reports from committee chairmen, "happy dollar" presentations by members with news to share, and then a story teller presenting a series of jokes, a personal story, a poem or a philosophical theory (all to be delivered in good taste and not to be offensive to anyone in the audience). Then a guest speaker makes a presentation from a wide variety of topics. After the meeting ends at 11:15-11:30 am, many members remain to play Bridge or Cribbage.

Committee members organize hikes, tours of local organizations and businesses, golf tournaments, and Bridge and Cribbage tournaments. A Holiday party with spouses or guests is held each December, and a picnic is held each June.

## Newsletter

A monthly Newsletter is distributed to all members, with a listing of the month's program speakers and topics, as well as information about the previous month's meetings (including summaries of program speaker talks, announcements and reviews of field trips).

## Website

Visit our website at [ysmenofmeriden.com](http://ysmenofmeriden.com)

to see submissions by members, detailed summaries of previous programs, the current monthly Newsletter and general information about the organization.

## CyberSeniors

About one quarter of the members also participate in the Y's Men CyberSeniors, a computer interest group which meets at 8:30 am for one hour every other Tuesday before the regular meeting. Members bring computer problems to the meetings for assistance, and basic tutorials are provided.

## Refreshments

The Refreshment Committee provides hot coffee as well as snacks during the meetings.

## Dues

Yearly dues for the Y's Men are \$10. Each member must also have at least a basic membership in the YMCA, currently \$70.

## Parking

Parking is available in the municipal lot adjacent to the YMCA. Y's Men members receive two hours free parking by having the parking ticket stamped at the YMCA front desk.

## Hikes

Monthly hikes during Spring and Fall are taken throughout central Connecticut, many within state parks.

## Field Trips

Field trips are organized approximately once per month. Spouses and guests are welcome. Destinations throughout Connecticut (and sometimes beyond) include museums, exhibits, artist studios, and unique venues such as the Fidelco Guide Dog Foundation and the Manson Youth Institution.

## Support

Our treasury supports the YMCA.



If you are a retired or semi-retired man living in the greater Meriden area

(we currently have members from Berlin, Cheshire, East Haddam, Kensington, Middlefield, Middletown, Rockfall, Southington and Wallingford)

and would get pleasure from an enjoyable Tuesday morning activity,

**Come as a guest  
to see if this is for you.**

Contact a  
Y's Men of Meriden member  
or call  
203-238-7784

