

FREE

Senior Citizens Center Lunch Program

Supporting the nutritional need of older adults by serving hot nutritious lunches at the Senior Citizen Center.

Who: Seniors ages 60+

When: 11:30AM

Where: 335 Polly Reed RD (Senior Citizens Center and Park)

Poor nutrition is especially prevalent among older adults who live alone or are on limited incomes. Our Senior Center Lunch program is vital to these vulnerable senior in defeating poor nutrition and isolation. Meals are planned and certified by a dietician to meet one-third of the daily nutritional need, based on FDA guidelines.

For more information, please call: 205-854-4472