

More than just a meal!

MENU

Lunches are fully balanced meals, including entree, sides, dessert and beverage. Low-fat and chocolate milk and heart healthy ♥ desserts are available.

- Menus available by the week
- Wednesdays Journal Sentinel Food Section
 - Community newspapers
 - On the internet at jsonline.com

- Menus available by the month
- The Milwaukee County Dept. on Aging website: www.county.milwaukee.gov/Aging
 - All senior dining program sites

NUTRITION

- Lunches average 685 calories, or more
- Meals provide approx. 1/3 of the recommended daily intake (RDI) of Vitamins A and C, Calcium, fiber 8g or more, and sodium - 1200mg or less.



A great place for good food and to make good friends.

Milwaukee County's Senior Dining Program is funded by Older Americans Act, State of Wisconsin Bureau on Aging and Donations.



For more information call the Senior Dining Program
414-289-6995
 or the Aging Resource Center of Milwaukee County:
414-289-6874
www.county.milwaukee.gov/aging
 TRS 711
 Toll Free: 866-229-9695

Milwaukee County Department on Aging

SENIOR DINING PROGRAM



FOR ALL MILWAUKEE COUNTY ADULTS 60 YEARS AND OLDER



Committed to Independence and Dignity of Older Adults through Advocacy, Leadership, and Service

For more information call **414-289-6995**

LUNCH IS SERVED AT 11:30



11:30

Lunch Time

REGISTRATION AND COST

How to get a diner's card

- Everyone needs a diner's card
- You may register at the senior dining program site of your choice between the hours of 9:30 - 11:15 a.m.
- You will need to provide your name, address, proof of age 60+, and answer some nutrition related questions
- For questions on registration please call 414-289-6995

How to make a reservation

- Use your diner's card to make a reservation at any senior dining program site
- Reserve your meal one day in advance. Reservations should be made by phone or at the senior dining program site before 12:00 p.m.
- If you do not register in advance, a meal may be available for you only if another diner cancels

What does it cost

- A suggested contribution of \$3.00 is accepted and appreciated to offset the cost of the senior dining program. No eligible senior shall be denied participation because of inability to contribute.

LOCATIONS

 Stock Box Site  Transportation Available

Arlington Court

1633 N. Arlington Place • 286-0736

Asian American

120 N. 73rd Street • 258-2410
(Tue, Thur, occasional Fri. Not wheelchair accessible)

Beulah Brinton

2555 S. Bay Street • 750-7273

Clinton Rose Senior Center

3045 N. Martin Luther King Dr. • 263-2255

College Court

3334 W. Highland Boulevard • 286-8872

Convent Hill

455 E. Ogden Avenue • 788-8236

Elks Lodge #46

5555 W. Good Hope Road • 760-3195

Fernwood Court

6700 W. Appleton Avenue • 449-9900

Franklin City Hall

9229 W. Loomis Road Franklin • 427-7696

Hart Park Senior Center

7300 Chestnut St., Wauwatosa • 257-3534

Indian Council of the Elderly

3232 W. Kilbourn Avenue • 933-1401
(Open Mon., Thu., & Fri., 1st Fri. of each month meal served at 5PM only)

Kelly Senior Center

6100 S. Lake Drive, Cudahy • 483-3532

Lapham Park

1901 N. 6th Street • 286-2015

McGovern Park Senior Center

4500 W. Custer Avenue • 527-0990

Milwaukee Christian Center

807 S. 14th Street • 382-7432 (SE Asian Meals)

OASIS

2414 W. Mitchell Street • 647-6061

St. Aloysius Gonzaga Hall

1435 S. 92nd Street • 840-1704

South Milwaukee Senior Center

2424 15th Avenue, South Milw. • 768-5722

Tom Dolan Community Center

4355 W. Bradley Rd., Brown Deer • 357-7002

United Community Center

730 W. Washington Street • 649-2807
(Hispanic Meals at Noon, Open 7 days a week)

Washington Park Senior Center

4420 W. Vliet Street • 933-2332

West Allis Senior Center

7001 W. National Avenue • 302-8703

Wilson Park Senior Center

2601 W. Howard Avenue • 282-3284