

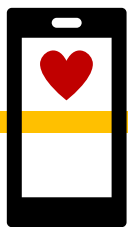
MILWAUKEE COUNTY SENIOR DINING

WHERE SENIORS LOVE TO LUNCH



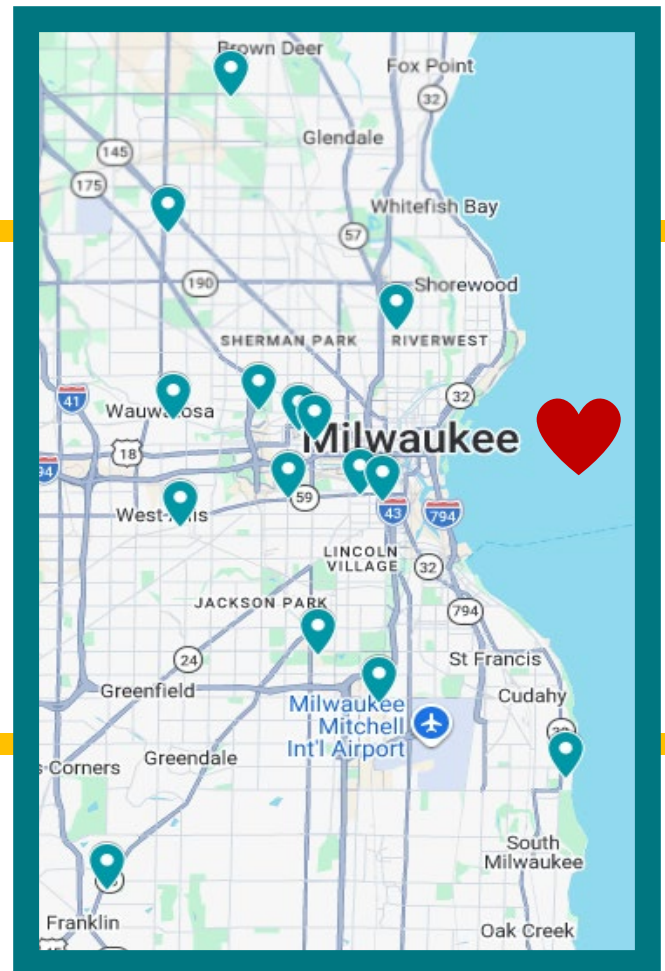
Join Us!

- Adults 60+
- View Menus Online
- Reservation may be Required
- Convenient Locations
- Transportation Options



Call Today!

Senior Dining Office
(414) 289-6995



**Suggested
Contribution**



60+

\$3.00



**MILWAUKEE
COUNTY**



414-289-6874

MILWAUKEE COUNTY SENIOR DINING

We invite you to explore your options with our ever-changing lineup.
Please Call your preferred site for critical updates, reservations
and specific service information.

Senior Dining Sites	Address	City	Zip	Phone
 Clinton Rose Senior Center	3045 N. Martin Luther King Drive	Milwaukee	53212	(414) 263-2255
 Elks Lodge	5555 W. Good Hope Road	Milwaukee	53223	(414) 760-3195
 Franklin City Hall	9229 W. Loomis Road	Franklin	53132	(414) 427-7696
 Hart Park Senior Center	7300 Chestnut Street	Wauwatosa	53213	(414) 257-3534
 Indian Council of the Elderly	944 N. 33 rd Street	Milwaukee	53208	(414) 933-1401
 Kelly Senior Center	6100 S. Lake Drive	Cudahy	53110	(414) 481-9611
 Milwaukee Community Crossroads	807 S. 14 th Street	Milwaukee	53204	(414) 902-5384
 Muslim Community & Health Center	803 W. Layton Avenue	Milwaukee	53221	(414) 552-3337
 United Community Center	730 W. Washington Street	Milwaukee	53204	(414) 649-2807
 Washington Park Senior Center	4420 W. Vliet Street	Milwaukee	53208	(414) 933-2332
 West Allis Senior Center	7001 W. National Avenue	West Allis	53214	(414) 302-8703
 Wilson Park Senior Center	2601 W. Howard Avenue	Milwaukee	53221	(414) 282-3284

Dine-Out Sites	Address	City	Zip	Phone
 An Ox Café	7411 W. Hampton Avenue	Milwaukee	53218	(414) 391-9009
 Daddy's Soul Food & Grille	754 N. 27 th Street	Milwaukee	53208	(414) 391-9009
 Orenda Café	3514 W. National Avenue	Milwaukee	53215	(414) 391-9009
 Rise & Grind Café	2737 N. MLK Drive	Milwaukee	53212	(414) 391-9009

KEY

-  In-Person Dining
-  Grab & Go
-  Closed



Getting Started:

- 1 Choose Site
- 2 Make Reservation (If required)
- 3 Submit Registration Form



10/1/2026

MILWAUKEE COUNTY SENIOR DINING

EXPLORE



Become a **Senior Diner!**



View Menus Online! county.milwaukee.gov/aging Senior Dining Office: 414.289.6995

MILWAUKEE COUNTY SENIOR DINING

Background

Primarily funded by Older Americans Act dollars, senior nutrition programs are designed to serve as gathering places for older adults (60+). There is tremendous value and opportunity in bringing people together to enjoy nutritious meals. Sharing food and engaging conversations with others is a powerful experience that encourages new connections, strengthens existing ones and ultimately improves our community.

Equally as beneficial can be the exposure to new information, awareness of relevant programs and attention to activities that promote health and well-being. While these popular services have been around for decades, excitement has been especially high around our award-winning Dine Out Restaurant partnership which adds convenience, flexibility and much needed diversity to the lineup.

We are committed to continuing these essential services while decreasing barriers to access, addressing gaps in service and introducing new & innovative solutions that keep us moving forward with satisfied customers.

WHO?



- Anyone 60+
- Spouse (of any Age)
- Dining Site Volunteer

- ⊘ No income limits
- ⊘ No residency restrictions

WHY?



- Reduce Hunger & Malnutrition
- Address Food Insecurity
- Combat Isolation thru Socialization
- Improve Health & Well-Being
- Delay Adverse Health Conditions

WHAT?



- Healthy Meals
- Nutrition Education
- Nutrition Assessment
- Nutrition Consultation

WHEN?



- Monday - Friday Options
- 15+ Locations
- Weekly Restaurant Dining
- Monthly Dinner Meal
- 1 Breakfast Option

WHERE?



- 6 Senior Centers
- 3 Community Centers
- 3 Restaurant Partners
- 3 Other
- Meals on Wheels

HOW?



- Choose a Dining Site
- Call for a Reservation?
- Complete Registration Form
- Transportation may be available
- Homebound? → Meals on Wheels

COST?



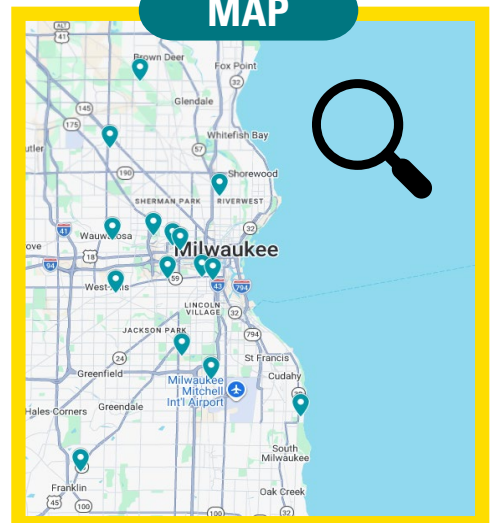
\$3.00 *Suggested Contribution*



GUEST: \$8.00

There is not an actual charge for Seniors. Participants are given the opportunity to contribute as they are willing or able.

MAP



MILWAUKEE COUNTY SENIOR DINING

Have you heard about this?



This exciting program expansion for those 60+ adds local restaurants to enhance our list of Senior Dining offerings. Diners choose from delicious and culturally-diverse options while supporting minority-owned restaurants.

Monday	Tuesday	Wednesday	Thursday
	 LUNCH 754 N. 27 th Street 11:00AM - 1:00PM	 BREAKFAST 3514 W. National Avenue 8:00AM - 10:00AM	 LUNCH 7411 W. Hampton Avenue 11:00AM - 1:00PM

Participation Details

- 1** For 60+. No Reservations. First Come-First Served.
(Arrive during the scheduled time on the designated day)
- 2** Current Senior Dining Registration Required
(For anyone 60 or older--Provide proof of age)
- 3** Select from Specific Menu Options
- 4** Enjoy Your Meal!
- 5** Please Consider Making a Contribution
(Contribute what you can. Cash or Check accepted)



MILWAUKEE COUNTY SENIOR DINING

¿Ya se enteró de esto?



Esta emocionante ampliación del programa para mayores de 60 años incorpora restaurantes locales para mejorar nuestra lista de ofertas de Comedor para Adultos Mayores. Los comensales eligen entre opciones deliciosas y culturalmente diversas, mientras que apoyan a restaurantes propiedad de minorías.

Lunes	Martes	Miércoles	Jueves
	 ALMUERZO 754 N. 27 th Street 11:00AM - 1:00PM	 DESAYUNO 3514 W. National Avenue 8:00AM - 10:00AM	 ALMUERZO 7411 W. Hampton Avenue 11:00AM - 1:00PM

Información Para Participar

- 1** Para 60 años y más. Sin reservaciones. Servicio por orden de llegada.
(Llegue durante el horario de servicio el día señalado)
- 2** Se requiere registro actual del Comedor para Adultos Mayores
(Para mayores de 60 años: presentar comprobante de edad)
- 3** Solo puede seleccionar opciones específicas del menú
- 4** ¡Disfrute su comida!
- 5** Considere realizar una contribución
(Contribuya con lo que pueda. Se acepta efectivo o cheque)





Training Day Closure



Sorry We Are
CLOSED

Tuesday
October 20, 2026



MILWAUKEE COUNTY SENIOR DINING



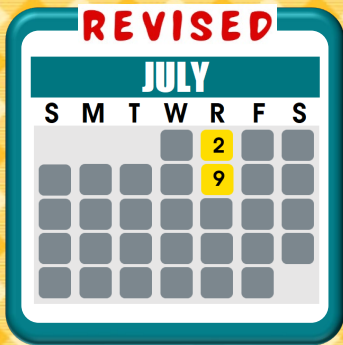
MILWAUKEE COUNTY SENIOR DINING



FOOD TRUCK THURSDAYS

REVISION IN PROGRESS

2026 Schedule



For anyone 60+
On-site Registration Available



Muslim Community & Health Center
803 W. Layton Avenue Milwaukee 53221



11:00am - 1:00pm

**Suggested
Contribution**



60+

\$ 3.00

Weather Permitting



**MILWAUKEE
COUNTY**



Follow us on
facebook

Experiencing Food Insecurity?

Low/Fixed Income



Inflationary Prices



Cut in SNAP Benefits



How to **stretch** your food dollars...

You're Invited!

Join Milwaukee County Senior Dining:

- Open to those 60+
- Convenient locations
- Delicious & Nutritious
- Wide variety of menu options
- Transportation may be available
- Connect with others
- No Income Restrictions
- No Residency Requirements
- Potential Volunteer Opportunities
- Homebound? Ask about Meals on Wheels



With many different locations, we believe there is something for everyone and invite you to **explore your options**.



Reservations **may be** required in advance of your visit-- please plan ahead.



We encourage participants to consider making a contribution, but there is not an actual charge for those 60+.

MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Thursdays 11:00 AM - 1:00 PM

7411 W. Hampton Avenue Milwaukee 53218

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & One Side

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- Beef & Broccoli
- Chicken Fried Rice
- Vegetable Lo Mein Noodles

SIDES

Select One:



- Crab Rangoon
- Egg Roll

*Each meal served with:
Broth/Soup, Fruit, Beverage*



MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining
Tuesdays 11:00 AM - 1:00 PM
754 N. 27th Street Milwaukee 53208

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose Entrée & Two Sides

*Other Menu Items for **Full Price***

Enjoy Meal!

ENTRÉE

Select One:



- ☐ Baked Chicken
- ☐ Fried Chicken
- ☐ Catfish

*(Each Entrée served with:
Dinner Roll, Fruit, Milk or Water)*

SIDES

Select Two:



- ☐ Sweet Potatoes
- ☐ Mac & Cheese
- ☐ Black-Eyed Peas
- ☐ Smoked Turkey Greens
- ☐ Green Beans & Potatoes

Suggested
Contribution



60+

\$3.00



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

MILWAUKEE COUNTY SENIOR DINING



*Because good nutrition improves quality of life.
Because it is important to have culturally diverse options.
Because supporting small business strengthens the community.*



Open for Senior Dining

Wednesdays: 8:00 AM - 10:00 AM

3514 W. National Avenue Milwaukee 53215

For Anyone 60+ (verified w/photo ID)

No Reservations

Check-in with Dining Staff

Complete Registration Form?

Choose One Breakfast Option

*Other Menu Items for **Full Price***

Enjoy Meal!

BREAKFAST OPTIONS

Select One:



(Each Breakfast Option served with Fruit & Milk)

- Veggie Bowl (Scrambled Egg, Potatoes, Peppers, Onions, Spinach, Mushrooms, Cauliflower, Cheddar)
- Chilaquiles (Scrambled Eggs, Tortilla Chips, Salsa choice, Cotija Cheese, Onion, Cilantro, Avocado Crema)
- Pancakes & Eggs (Short stack of Pancakes (2) with Scrambled Eggs)
- Avocado Toast (Multigrain Toast, Avocado, Tomato, Red Onion, Chia Seeds, Scrambled Egg)



county.milwaukee.gov/aging



SeniorDining@milwaukeecountywi.gov



Senior Dining Office: 414-289-6995

Evidence-Based Community Falls Prevention Programs: **Saving Lives, Saving Money**

The Challenge: Older Adult Falls in the U.S.

- **1 in 4 Americans** age 65+ **fall each year**
- **Every 11 seconds**, an older adult is treated in the emergency room for a fall
- **Every 19 minutes**, an older adult dies from a fall



Falls Are Common



Falls Are Costly

Falls are the leading cause of traumatic brain injuries and account for more than 95% of all hip fractures

- Each year, more than **\$50 billion** is spent on the direct medical costs related to fall injuries (78% paid by Medicare and Medicaid)
- This total cost is projected to increase to over **\$101 billion** by 2030
- Even **falls without injury** can cause fear of falling, leading to physical decline, depression, and social isolation

The Solution: Proven Evidence-Based Falls Prevention Programs



A MATTER OF BALANCE

decreases total annual medical costs by **\$938**, reduces hospitalization costs by **\$517**, reduces skilled nursing facility costs by **\$237**, and reduces home health costs by **\$81** per participant



OTAGO EXERCISE PROGRAM

reduces falls by **35%** resulting in a **\$429** net benefit per participant and a **127%** return on investment



STEPPING ON

reduces falls by **30%** resulting in **\$134** net benefit per participant and a **64%** return on investment



TAI CHI MOVING FOR BETTER BALANCE

reduces falls by **55%** resulting in a **\$530** net benefit per participant and a **509%** return on investment



CAPABLE*

addresses home modifications to reduce falls risk factors resulting in more than **\$30,000** in savings in medical costs driven by reductions in health care expenditures



ENHANCEFITNESS

reduces falls by **26%**, resulting in an annual medical cost savings of **\$945** per participant

Learn more about these and other proven programs at ncoa.org/FallsPrevention

* Community Aging in Place-Advancing Better Living for Elders Program



MILWAUKEE COUNTY SENIOR DINING

Thank you for dining with us!

Did you enjoy your meal?

Please take a moment to let us know



(414) 207-5873



(414) 289-6995



SeniorDining@milwaukeecountywi.gov

MILWAUKEE COUNTY SENIOR
DINING





MILWAUKEE COUNTY SENIOR DINING

REGISTRATION FORM

☐ NEW ☐ ANNUAL RENEWAL SITE _____ DATE _____

LAST NAME		FIRST NAME		MI	SUFFIX JR SR I II III
ADDRESS		CITY			ZIP CODE
BIRTHDATE (MM/DD/YYYY)	AGE	PHONE		EMAIL	
MARITAL STATUS ☐ Single ☐ Married ☐ Partnered ☐ Separated ☐ Divorced ☐ Widowed ☐ Other _____	GENDER ☐ Female ☐ Male ☐ Transgender Female ☐ Transgender Male ☐ Transgender Unspecified ☐ Gender Fluid ☐ Gender Nonconforming ☐ Self-Describe _____	RACE ☐ American Indian/Alaskan Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Pacific Islander ☐ White ☐ Other: _____		ETHNICITY ☐ Hispanic/Latino ☐ Not Hispanic/Latino HOUSEHOLD ☐ Lives Alone ☐ Lives With Others MILITARY/VETERAN? ☐ NO ☐ YES	

2026 INCOME LEVEL (Your response will not impact your eligibility. Age-based, NOT income-based)

For **one-person household**, income is below **\$1,330/month** (\$15,960 annually)

☐ NO ☐ YES

For **two-person household**, income is below **\$1,803/month** (\$21,640 annually)

☐ NO ☐ YES

NUTRITION SCREEN

Circle the Corresponding Number

	YES	NO
① A condition or illness changes the kind/amount of food I eat	2	0
② I eat fewer than 2 meals each day	3	0
③ I eat few fruits, vegetables or milk products	2	0
④ I have 3+ drinks of beer, wine or liquor each day	2	0
⑤ Tooth or mouth problems make it hard to eat	2	0
⑥ I don't always have enough money to buy food	4	0
⑦ I eat alone most of the time	1	0
⑧ I take 3+ prescribed/over-the-counter medications	1	0
⑨ Unintentionally, lost/gained 10 pounds in 6 months	2	0
⑩ Not always physically able to cook or feed myself	2	0

NUTRITION RISK LEVEL: 0-2 LOW 3-5 MODERATE 6+ HIGH

How did you hear about us?

- ☐ Friend/Family
☐ Facebook
☐ Health Provider
☐ Newspaper
☐ Internet
☐ Email
☐ US Mail
☐ Church
☐ Senior Center
☐ Other _____

Under 60?

How are you eligible?

→ If under 60 Select One:

- ☐ Active Dining Volunteer
☐ Spouse of Active Diner
☐ Disabled: Live w/Elder Relative

OFFICE USE

- ☐ Received _____
☐ Diner Card
☐ Diner Handbook
☐ Data Entry _____
☐ STAFF _____

EMERGENCY CONTACT _____ PHONE _____ RELATIONSHIP _____

Privacy Statement: "The information you are being asked to provide is needed to determine eligibility to receive Older Americans Act Services and to comply with federal reporting requirements. This information will be stored in a secure electronic database and will not be used for any other purpose. Your information will not be shared without your permission. If you have questions regarding this, please ask the aging unit staff."

★ NOTE: Registration Form continues on the back. Please complete both sides

EFFECTIVE: February 1, 2026

MILWAUKEE COUNTY SENIOR DINING

REGISTRATION *(continued)*

FOOD INSECURITY ➔ 2 Questions:

Read these statements people have made about their food situation. For each statement, please indicate whether the statement was **OFTEN TRUE**, **SOMETIMES TRUE** or **NEVER TRUE** for you or your household in the last 12 months.

- 1 "I worried whether my food would run out before I got money to buy more."

- ☐ Often True
☐ Sometimes True
☐ Never True

- 2 "The food that I bought just didn't last, and I didn't have money to get more."

- ☐ Often True
☐ Sometimes True
☐ Never True

MALNUTRITION SCREENING TOOL (MST) ➔ 2 Questions:

- 1 Have you recently lost weight without trying?

☐ NO ☐ YES ➔

If **YES**, how much weight have you lost?

☐ 2-13 pounds	Score	1
☐ 14-23 pounds	Score	2
☐ 24-33 pounds	Score	3
☐ 34 pounds or more	Score	4
☐ Unsure	Score	1

WEIGHT LOSS SCORE =

- 2 Have you been eating poorly because of a decreased appetite?

☐ NO ☐ YES

NO	Score	0
YES	Score	1

APPETITE SCORE =

WEIGHT LOSS SCORE + **APPETITE SCORE** ➔ **TOTAL MST SCORE** =

☐ OK to refer to Dietitian for Follow-Up?

FOR OFFICE USE:

FINAL DETERMINE SCORE:

Determine Nutrition Risk Level

- ☐ Low Risk (0-2)
☐ Moderate Risk (3-5)
☐ High Risk (6 or more)

MST MALNUTRITION Screen Score

- ☐ Not at Risk (= 0 to 1)
☐ At Risk (= 2 or more)

FOOD INSECURE?

Response of **Often True** or **Sometimes True** to either question = Food Insecure.

- ☐ NO ☐ YES



- ☐ Refer to Dietitian
☐ EBS to complete Foodshare Application
☐ Provide list of food pantries & community meals



☐ Recorded the MST Score and Food Insecurity Response in Peer Place.