

There is something for everyone who is 60 years or older!

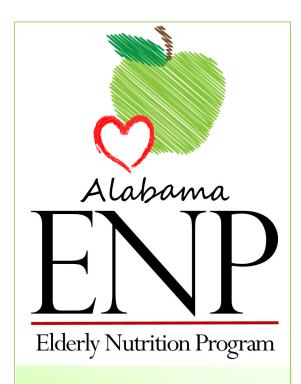


For information on your local senior center and other services call:

1-800-AGE-LINE (1-800-243-5463)

AlabamaAgeline.gov











## What is the Elderly Nutrition Program?

The Elderly Nutrition
Program provides seniors
nutritious meals and the
opportunity to be active
and build new friendships.
A variety of services are
provided at local Senior
Centers in a social meal
setting. In some areas, a
meal delivery program is
available for homebound
seniors who qualify.



## Who can participate in the Elderly Nutrition Program?

- Anyone who is 60 years or older
- ◆ The spouse of a participant regardless of age.
- Individuals with disabilities living with an older adult and accompany them to the Senior Center.
- ◆ Individuals with disabilities under the age of 60 who reside in a living community where the Elderly Nutrition Program is provided.



## Why go to your local Senior Center?

- Daily fun activities
- Nutritious meals
- ♦ Free health screenings
- ◆ Special planned outings
- ◆ Build new friendships and much, much more!



## What is the cost?

There is no charge for the meals. Contributions are gratefully accepted.

