

North Tonawanda:

North Tonawanda Senior Citizens Center, 110 Goundry St., Monday thru Friday, Noon, 694-2105. Transportation available.

Bishop Gibbons Apartments 1110 Payne Ave. Monday thru Friday, Noon, 694-1844. Transportation avail.

Woodlands Senior Apartments 3979 Forest Pkwy. 692-9663 Mon, Tues, Weds, Fri, Noon

Lockport:

Lockport Senior Citizens Centre, 33 Ontario St., Monday thru Friday, Noon, 433-1886. Transportation through Center.

Tuscarora Reservation:

Mt. Hope Baptist Church, 2088 Mt. Hope Rd Monday, Wednesday, Thursday, Friday, Noon.

Gasport

Hartland Bible Church 8110 West Avenue Gasport 434-7206 Mondays, Noon, Transportation Available

Middleport:

Middleport Scout House 131 Telegraph Rd. Middleport Tuesdays, Noon, 434-7206, Transportation available.

Olcott:

Olcott Fire Hall 1691 Lockport-Olcott Rd., Olcott, 434-7206. Weds, Thurs Transportation available.

Barker:

Barker Fire Hall, 1660 Quaker Rd., 1st and 3rd Friday, Noon, 795-3575. Transportation Available.

Lewiston:

Town of Lewiston Senior Center, 4361 Lower River Rd., Monday thru Friday, Noon, 754-2071. Transportation

Ransomville:

Ransomville Fire Hall, 2521 Youngstown-Lkpt. Rd., Ransomville. Weekly on Thursday except 1st Thursday. 791-3624.

Rapids:

Rapids Fire Hall 7195 Plank Rd., Lockport Thursdays only, 434-4502

Wheatfield:

Wheatfield Community Center, 2790 Church Rd., Tues., Wed & Thurs, Noon, 694-8504. Transportation through Center.

Town of Niagara:

Calvin K, Richards Senior-Youth Activities Building, 7100 Lockport Rd, Tuesday, Wednesday, Thursday, Noon, 297-5243 Ext 201.

The Niagara County Office for the Aging is funded by the New York State Office for the Aging using Older Americans Act and New York State funds, and by Niagara County.



111 Main

Street

Suite 101

Lockport, NY 14094

Phone: 438-4020

Fax: 438-4029

Web Site: www.NiagaraCounty.com/ofa

Niagara County Office for the Aging



*Eat Well...
Stay Well
Dining*

Phone: 438-4020

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Web Site:

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Eat Well...Stay Well Dining

The Niagara County Office for the Aging operates a nutrition program which serves approximately 20,000 meals a month to older people in Niagara County at various established community-based congregate meal sites. The Eat Well...Stay Well Dining provides a daily nutritionally balanced meal at lunchtime for seniors. Each site is carefully overseen by a Nutrition Site Director who manages not only the service of the meals but also a wide array of other engaging activities. Besides promoting improved health and nutrition, the program is designed to promote opportunities for older people to socialize with others and to improve access to a variety of social and health services.

Meals are provided at 21 convenient sites all over Niagara County, with transportation available to some sites. See the list in this brochure for the site nearest you. At each site you can find more information about the many special educational programs and variety of other activities offered on a regular basis.

All meals are prepared under the guidance of our Registered Dietitian and provide at least one-third of the current daily recommended allowances as established by the Food and Nutrition Board of the National Academy of Science, National Research Council.

Who may participate?

Any person 60 year or older, as well as their spouse or disabled dependent child no matter what age, may participate. Disabled persons living in supported housing with a nutrition site in or attached to the building may also attend.

What is the cost to participants?

There is no charge for the program but everyone who is eligible is encouraged to contribute, with all contributions helping to defray the costs of the program. The current suggested contribution for those 60 or over is \$3.00, while the suggested contribution for those under 60 is \$4.00. All contributions are kept confidential, and no one will be denied a meal due to inability to contribute.

What other services are available at the Congregate Nutrition sites?

Recreation Programs
Nutrition Education
Individual Nutrition Counseling
Health and Wellness Programs
Information and Assistance Services
Transportation and Grocery Shopping to Some Sites
Legal Counseling

How do you sign up?

Reservations should be made 24 hours in advance by calling the Site Director at the site of your choice between 10 a.m. and 1 p.m. Site locations, phone numbers, and serving days are listed below. Information

on menus may be obtained from Site Directors or from the Office for the Aging, or on the Website.

Transportation is available only to those sites noted as "Transportation available." For these sites, transportation can be arranged at the same time reservations are made.

Site Information

Niagara Falls:

LaSalle Facility Senior Center, 9501 Colvin Blvd., Monday through Friday, Noon, 283-6257. Transportation available.

St. John's AME Church, 917 Garden Ave., Monday through Friday, Noon, 285-6432. Transportation available.

Wrobel Tower, 800 Niagara Ave., Monday through Friday, Noon, 284-9129.

Spallino Tower, 720 Tenth St., Monday through Friday, Noon, 285-5505.

John Duke Senior Center, 1201 Hyde Park Blvd., Monday through Friday, Noon, 297-9324. Transportation available.

Niagara Tower, 901 Cedar Ave., Monday through Friday, Noon, 284-4488.

Summit View Place, 7210 Williams Rd, NF . Monday through Friday. 11:45 AM 283-8439.