

# Nutrition

## Nutrition Programs:

These programs are cancelled on days in which the Senior Center is closed due to inclement weather or a town holiday.

### Community Café (Every Monday-Thursday at 11:45 a.m.)

- A nutritionally balanced mid-day hot meal, coordinated by Community Renewal Team (CRT), is served four days a week in a group setting.
- Community Café is available to individuals 60 and older, at a suggested donation of \$2 per person.
- **Advanced reservations by noon the prior business day are necessary.** Reservations may be made by calling the Senior Center at 228-1700. Reservations for Mondays must be made by noon on the prior Thursday.

### Meals on Wheels

- A nutrition program for homebound individuals is available, consisting of a mid-day home delivered hot meal Monday through Friday with optional suppers and weekend meals (delivered on Fridays).
- Most special diets can be accommodated.

### Food Bank

- The van leaves the Russell Mercier Senior Center every other Thursday at 10:15 a.m. to transport qualifying seniors and adult disabled individuals to the Hebron Interfaith Human Services Food Bank.
- Please check the Hebron Senior Newsletter each month for applicable dates and notify the Senior Center if you would like to go.