

## Dining Centers

### WORCESTER

**Bet Shalom** \*Kosher\* (Tues & Thurs)

475 Chandler Street (508) 756-7109 ext.232

**Centro Las Americas** (Weds & Fri)

11 Sycamore Street (508) 798-1900

**Lincoln Village** *Victoria Café* (Mon,Weds, Fri)

116 Country Club Boulevard (508)853-6419

**Marble Street** (Tues & Thurs)

11 Marble Street (508) 791-2236

**Mount Carmel**

23 Mulberry St (508) 852-3205 (Tues)

**Rainbow Lunch Club** (2<sup>nd</sup> & 4th Wednesdays

of month) 90 Holden Street (508) 756-1545 x339

**Worcester Senior Center** (Mon–Fri)

128 Providence Street (508) 799-8070

**AUBURN** *Young at Heart Café* (Mon - Fri)

4 Goddard Drive (508) 832-7798

**BARRE** (Mon – Fri)

557 South Barre Road (978) 355-5027

**BOYLSTON** (Tues & Thurs)

599 Main Street (508) 852-3205

**GRAFTON** (Mon – Fri)

30 Providence Road (508) 839-5335 x161

**HARDWICK** (Mon – Thurs)

307 Main Street, Gilbertville (413) 477-6707

**HOLDEN** (Mon – Fri)

1128 Main Street (508) 210-5578

**LEICESTER** *Strawberry Hill Café* (Mon – Fri)

40 Winslow Avenue (508) 892-7016

**MILLBURY** (Mon – Fri)

1 River Street (508) 865-9247

**OAKHAM** *Backdoor Café* (Mon/Tues/Thurs/Fri)

2 Coldbrook Road (508) 882-5251

**PAXTON** *Schoolhouse Café* (Tues, Thurs, Fri)

17 West Street (508) 756-2833

**RUTLAND** *Café Glenwood* (Mon – Fri)

53 Glenwood Road (508) 886-4119

**SHREWSBURY** *Village Café* (Mon – Fri)

98 Maple Avenue (508) 841-8757

**WEST BOYLSON** (Mon – Fri)

127 Hartwell Street (508) 835-6916

## **Inclement Weather**

If meals are cancelled because of inclement weather (snow, icy conditions, etc.), the cancellation will be announced as **“Elder Services of Worcester Meals on Wheels and Dining Center are closed”** on: **WRCN 830AM, WTAG 580AM & 94.9FM, and WXLO 104.5** radio stations. You may also call the Nutrition Office at (508) 852-3205 after 8:00am for cancellation information.



**Elder Services of Worcester Area, Inc.**  
**Nutrition Program**  
**67 Millbrook St., Suite 117**  
**Worcester, MA 01606**  
**(508) 852-3205**  
**www.eswa.org**



The Nutrition Project is administered by Elder Services of Worcester Area, Inc. and receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funders also include United Way of Central Massachusetts, Greater Worcester Community Foundation, local Councils on Aging, participant donations, grants and individual support.

**www.800ageinfo.com 1-800-AGE-INFO**



Elder Services Of Worcester Area

# **Nutrition**

## **Dining Centers**

## **&**

## **Meals on Wheels**



**(508) 852-3205**

**www.eswa.org**

# Dining Centers & Meals on Wheels

Welcome to Elder Services of Worcester Area's Nutrition Program - Dining Centers and Meals on Wheels.

**The Nutrition office, open Monday-Friday (8:00am-4:30pm) is located at:  
67 Millbrook St., Suite 117  
Worcester, MA 01606  
(508) 852-3205**

A wide variety of nutritious meals are offered ranging from roast turkey to salmon, lemon thyme chicken to macaroni & cheese, and shepherd's pie to vegetable primavera. All the meals are prepared with no added salt and meet 1/3 of the recommended daily intake for persons age 60 and older.

## Dining Centers

Dining centers offer seniors 60 years and older a hot nutritious meal and an opportunity to socialize with friends and enjoy various activities.

Meals are served mid-day, Monday through Friday at most dining centers. Please check the list of dining centers on the reverse side to verify schedules. Advance reservations are required.

## Transportation is Available

Transportation is available to most Dining Centers through the location where lunch is hosted. For more information about how you can get to a Dining Center please call your local Council on Aging.

## Meals on Wheels

Meals on Wheels are available to those unable to attend their local dining center due to illness, disability, or frailty. Meals on Wheels brings to your home the same meals that are enjoyed at the dining center.

## Meals on Wheels Eligibility

The following must apply:

- Age 60 years or older
- Homebound
- Unable to cook nutritious meals
- Have no one to assist with meals

## Types of Meals on Wheels

- Hot Meals (diabetic dessert available)
- Frozen Meals
- Supper Meals
- Shelf Stable Emergency Meals

## Special Diets –

- Clinical (Hot Worcester, Frozen Towns)
- Kosher (Worcester only)
- Diabetic Friendly

## Suggested Donation:

The suggested donation is **\$2.50 per meal (\$3.50 donation for kosher)** for Dining Centers and Meals on Wheels. Donations help defray the Program's meal cost and are fundamental in the provision of services.



## Serving & Delivery Times

Meals at most dining centers are served mid-day; when making your reservation ask your local dining center about their specific serving time.

Meals on Wheels are delivered between the hours of **10:00am – 2:00pm**. Please allow for some fluctuation in delivery time. At times there may be a substitute driver, inclement weather, or other delay.

## Reservations & Cancellations

If you wish to attend a dining center or cancel a reservation, please call the Nutrition office by 10:00am the day before at (508) 852-3205.

Meals on Wheels participants should call the Nutrition office by 10:00 am the day before if you will not be home for meal delivery. Nutrition Program regulations do not allow drivers to leave meals under any circumstances, someone must be home to accept the meal.