SENIOR DINING SITES

"Algonquin School	357-70c)2	7841 N. 47th Street, Brown Deer
*Arlington Court	286-07:36	1633 N. Arlington Place
"Ascension Lutheran Church	645-2935	1236 S. Layton Boulevard
Bay View Baptist Church	220-8626	3800 S. Howell Avenue
*Bethany Calvary United Methodist Church	220-8626	7265 W. Center Street
*Bethesda Community Center	445-2055	2845 W. Fond du Lac Avenue
"Beulah Brinton	481-2494	2555 S. Bay Street
*College Court	286-8872	3334 W. Highland Boulevard
*Fernwood Court	449-0678	6700 W. Appleton Avenue
*Fifty-Five Plus Center	647-6040	2414 W. Mitchell Street
'Jewish Community Center	277-8874	1410 N. Prospect Avenue
(Kosher Meals)		
"Lapham Park	286-8859	1901 N. 6th Street
"McGovern Park Senior Center	527-0990	4500 W. Custer Avenue .
*Milwaukee Christian Center	645-5350	2137 W. Greenfield Avenue
(Hmong Meals available on Wednesday)		
*Northwest Senior Center	353-0731	7717 W. Good Hope Road
*Ofd St. Mary's	347-1771	835 N. Milwaukee Street
*Project Focal Point	372-1070	811 W. Burleigh
*Rose Park Senior Center	263-2255	3045 N. King Drive
*St. Aloysius Parish Center	257-9044	1441 S. 92nd Street
*South Milwaukee Senior Center	768-5722	2424-15th Avenue, So. Milwaukee
*United Community Center	389-5105	1028 S. 9th Street (Entrance on 8th St.)
(Hispanic Meals available Tues. & Thurs.	**and open 7**	**days/week)**
*Warnimont/Kelly Center	483-3532	6100 S. Lake Drive, Cudahy
*Washington Park Senior Center	933-2332	4420 W. Vliet Street
*Wauwatosa/Hart Park Senior Center	257-3534	7300 Chestnut Street
"West Allis Senior Center	302-8703	7001 W. National Avenue
*West Milwaukee Senior Center	671-8099	1345 S. 47th Street
*Wilson Park Senior Center	282-3284	2601 W. Howard Avenue

* **Handicap Accessible**

For further information about these Dining Centers or about ethnic senior meals at the Asian American or the Indian Council Dining Centers, Please Call -
Telephone: 289-6995
Elderlink: 289-6874
TDD Number: 289-6701

Who operates the program

The program is operated by the Milwaukee County Department on Aging, Senior Meal Program. The County subcontracts with other agencies for the day-to-day management of the Dining Centers and for the delivery of catered meals.

Are You Age 60 or Older?

If Yes, then YOU are invited to join us for lunch at the **Senior Meal Program!**

This program is open to ALL SENIORS age 60 & over (regardless of income) and spouse of any age

Doors open at 9:30 a.m.--Meals served at 11:30 a.m.
Monday through Friday

Senior Dining

Fellowship, Food Fun

Milwaukee County
Department on Aging
235 W. Galena Street
Suite 180
Milwaukee, WI 53212-3948

What is the Senior Meal Program?

Milwaukee was one of the first cities in the state to offer a congregate dining program to its older adult population. Since 1973, the Milwaukee Senior Meal Program has been serving meals in community settings to senior citizens. The program receives funding from the State of Wisconsin's Bureau on Aging, Title III-C of the Federal Older Americans Act, and contributions from seniors using the program.

What will it cost me?

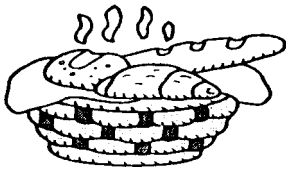
As a participant you are encouraged to contribute towards the cost of your meal. The suggested donation is $2.00. Each meal costs Milwaukee County approximately $5.50. Donations are used to help defray the expenses of the Senior Meal Program.

What are the meals like?

Our menus must meet Federal guidelines for calories and nutrients. A typical lunch includes an entree, potato, rice or noodles, hot vegetables, fruit or salad, bread, milk, coffee and dessert. Lowfat milk and sugar free desserts are available also.

Where can I find a Menu?

Menus are published every Wednesday morning in the Journal Sentinel Food Section and in many community newspapers. Menus are also displayed on the bulletin boards at all of the dining sites. Some centers also provide monthly menus to take home.



IT'S MORE THAN JUST A MEAL!

Mealtime is more enjoyable when you eat with friends. Many older adults don't like to cook for themselves or eat alone. The Senior Meal Program provides well-balanced, hot, nutritious meals; and the opportunity to take part in fun activities with others.

Where and when are meals served?

Over 1,700 meals are served every day to senior citizens at 27 community dining centers. The locations are listed on the other side of this brochure. Centers serve one meal a day at 11:30 a.m., five days a week. The United Community Center also serves meals on Saturday and Sunday. All meals must be reserved at least one day in advance in person or by telephone.

What if I have a reservation but arrive late?

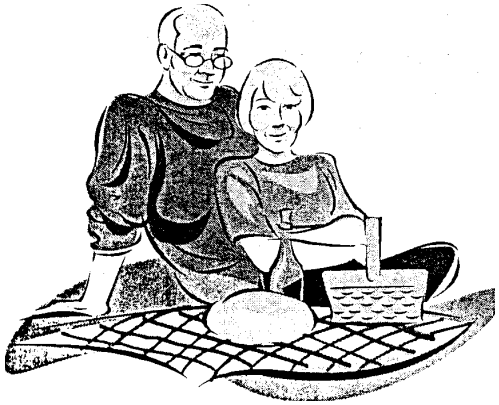
Lunch is served at 11:30 a.m. If you have a reservation or "ticket" and are not there when the meal is served, it is assumed that you are a "no-show" and standbys will then be served.

How nutritious are the meals?

Nutritional analysis of the lunch menus using the 2001 Food Processor Computer Software found that the average lunch is 760 calories, with only 230 of those calories coming from fat. The average meal also provides about a third of the RDA for Vitamins A and C, and Calcium. The nutritional analysis of the average Kosher meal shows that it is 630 calories, with 190 of those calories coming from fat. The Kosher meal provides about a third of the RDA for Vitamins A and C.

How do I sign up?

The first time you go to a dining center you will be asked to fill out a Registration Card (Proof of age, such as a Driver's License, Senior Citizen ID Card, etc. is requested). Information such as name, address, and date of birth is needed. The back of the card contains a nutrition related questionnaire. All of the data collected on this card is required for our federal and state reporting **The best time to register is between the hours of 9:30 a.m. until 11:15 a.m.**

After the Registration Card is completed, you will be given a Diner's Card. The Diner's Card number is used each time you make a reservation to eat. This card may be used at any of the Dining Centers in the Milwaukee County Senior Meal Program.

Reserve meals at least one day in advance by phone or on site. It may be possible for you to eat the first time as a "stand-by", but it does require waiting until the end of the serving. In any event, you would always be able to make a reservation for another day. Please sign up and join us for lunch!