

**Other Services Offered By
Senior Services**

Options Counseling
Information and Assistance
Case Management
Caregiver Support Program
Grandparents Raising Grandchildren
Transportation
Dine Out Program
Home Delivered Meals
Educational Programs
Health and Wellness Activities
Senior Health Insurance Program
Chore Program
Money Management Program
Affordable Wills
Energy Assistance
Benefit Access Application
Adult Protective Services
Carrier Watch Program
News and Views Newsletter

For more information on our programs and services,
please phone

(708) 383-8060

www.oakparktownship.org

The mission of Oak Park Township Senior Services is to enhance the quality of life for seniors in our community by providing a broad array of supportive services that promote the values of independence, self-esteem and dignity.



NON-DISCRIMINATION: Oak Park Township Senior Services does not discriminate in admission to programs or activities in compliance with the Illinois Human Rights Act, Section 504 of the Rehabilitation Act, the Age Discrimination Act, the Americans with Disabilities Act, the Illinois and U.S. Constitutions. If you feel that you have been discriminated against, you have the right to file a complaint. For information, call 1-800-252-8966 (voice and TDD) or contact Senior Services at (708) 383-8060.

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**Oak Park and River Forest Townships
Senior Services**

Congregate Dining



130 S. Oak Park Ave.

Oak Park, IL 60302

(708) 383-8060

www.oakparktownship.org

The Congregate Dining Program offers a well-balanced lunch meal, the opportunity to meet new friends, and a variety of educational and recreational activities to keep you active and healthy.

About Congregate Dining

The Congregate Dining program is open to all adults age sixty and over. Meals are planned and prepared by a caterer, and approved by a certified dietitian, according to established nutrition guidelines. A calendar of menus are published in the quarterly newsletter *News & Views*, obtainable both in our lunch room, or online at www.oakpartownship.org. A more detailed description of our menu selections is posted in our lunch room as well.

Participants are asked to sign in upon arrival. For first time participants, a short registration form will need to be completed. Those with special needs can request to have their meal delivered directly to their table. Diabetic alternatives are provided.

What do I have to pay?

No reservation or membership fee is required. The recommended donation is \$1.50 which helps offset the actual cost of the meal which is approximately \$8.00. No one is denied a meal if unable to pay the suggested donation, and participants are free to contribute more than the suggested donation if desired. Books of ten tickets may be obtained for \$15.00 at the lunch room.

What else does the lunch room have to offer?

In addition to a daily meal, the lunch program also includes special parties, health screenings, and guest speakers who address various topics of interest to seniors on a regular basis.

Hours of operation:

The lunch room is open Monday through Friday from **8:00 AM to 2:00 PM**. Lunch service is between **11:00 AM** and 1:00 pm and is first come, first served. The lunch room is closed on weekends and holidays. Transportation to and from the site can be arranged by contacting the Senior Services Transportation Program at (708) 383-4806.



Congregate Dining