



The Salvation Army Golden Diners Senior Nutrition Program produces over 350 nutritious meals per day Monday through Friday in the kitchen at the Salvation Army in Crystal Lake. The program offers not only the opportunity for seniors at risk of malnutrition to have a good meal, but it also encourages seniors to come out and enjoy lunch with their peers at our community dining sites located throughout Mc Henry & Kane Counties.

Meals delivered to Homebound and Congregate Dining Sites in Mc Henry County

- Meals are taken to sites in Cary, Harvard, Marengo, Mc Henry & Woodstock where staff and volunteers pick up meals and deliver them to homebound seniors who have been qualified by Senior Services. Delivery of meals provides a nutritious meal, a smiling face and offers a "well being" check on the senior each day.
- Food is also delivered to six community dining sites where seniors gather for lunch with their peers. Many sites have group activities for seniors to enjoy before or after lunch. There is no cost for a meal. A voluntary donation of \$3.50 per meal is desired, however, no one is turned away due to an inability to contribute.

For more information on the Golden Diner Program call 630-232-6676

Volunteers Needed

Salvation Army Golden Diners Senior Nutrition Program

You can make a difference!

Days: Mon-Friday

- **Deliver Meals to homebound seniors in your area / 10-Noon**
- **Assisting with lunch at Community Dining Sites / 10-1**
- **Kitchen Help Crystal Lake & Mc Henry / 7am-11am**

Contact: Kathy Volunteer Coordinator at 630-232-6676



Salvation Army Golden Diner Nutrition Program

Enjoy a nutritious lunch & socialize with other seniors!

****Play Bingo or take an exercise class & stay for lunch****

Enjoy a hot entree, bread, fruit, milk or coffee

***Reservations 2 days in advance -- Donations accepted**

Cary Senior Center

441 W. Main Street *847-639-7224

- Lunch 11am Mon-Fri
- Wednesday Lunch w/ Salad Bar
- Wed. 10am "Chair Yoga"
- Bingo following Friday's Lunch

Salvation Army Crystal Lake

290 W. Crystal Lake Ave *630-232-6676

- Lunch 11:30 Tues, Wed & Thurs

Harvard Senior Center

6817 Harvard Hills Rd. *815-943-6844

- Lunch 11:30 Mon, Tues & Thurs
- Thursdays Bingo 9:30
- Mondays Cards at Noon

Marengo Park District

825 Indian Oaks Trail *630-232-6676

- Lunch 11:30 Mon-Fri
- Tues & Thurs Lunch w/Salad Bar
- Wednesday Bingo 10am

McHenry Senior Center

3519 N. Richmond Rd. *815-385-8260

- Lunch w/ Salad Bar 11:30 Mon-Fri
- Monday Rummikub 10am
- Tuesday Pinochle & Bridge 12:30
- Wednesday Bingo 12:30

Walden Oaks Apts. Woodstock

1155 Walden Oaks Dr. *815-338-7772

- Lunch with music 11:30 Mon-Fri

Senior Centers organize all activities (subject to change)

April 2014