

## **Senior Nutrition Keeping Older Adults Healthy**

**Congregate meals.** Brookfield Senior Center serves a delicious, hot nutritious lunch Monday and Wednesday at noon for a suggested donation of \$5.00. We're offering good food and great company! Check out the menu in our newsletter and calendar. Please reserve at least three days ahead as our seats fill up quickly.

**Meals on Wheels** - home delivered meals available 1 or more days per week. Call 800-994-9422 for more information.

**Food Insecurity:** Brookfield Senior and Social Services believes that no one should be hungry. Please contact us at 203-775-7312 if you need assistance.