

**Other Services Offered By
Oak Park Township Senior Services**

Information and Assistance
Case Management
Case Advocacy
Caregiver Support Program
Chore Services
Transportation
Senior Lunch Program
Home Delivered Meals
Educational Programs
Health and Wellness Activities
Senior Health Insurance Program
Dine Out Program
Money Management Program
Tax Aide
Affordable Wills
Energy Assistance
Circuit Breaker
Elder Abuse Intervention
Are You OK?
Carrier Watch Program
News and Views Newsletter

For more information on our programs and services,
please phone

(708) 383-8060

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 and 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**

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

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.oakparktownship.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?

There are no advanced registration or membership fees. 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 begins at **11:00 AM** 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 Oak Park Township Senior Services Transportation Program at **(708) 383-4806**.



Congregate Dining