

Adult Day Care Programs

The Senior Nutrition Program supports the cost of lunches served to seniors at the following nonprofit adult day care programs:

- **Holy Cross Adult Day Center**.....301-754-7150
9805 Dameron Drive, Silver Spring 20902
- **Misler Adult Day Center**..301-468-1740
Kosher Meals
1801 East Jefferson Street, Rockville 20852
- **The Support Center**.....301-738-2250
1010 Grandin Avenue, Rockville 20851
- **Winter Growth**301-774-7501
18110 Prince Philip Drive, Olney 20832



What Are You Doing For Lunch?

SENIOR NUTRITION PROGRAM

Department of Health & Human Services
Aging & Disability Services
401 Hungerford Dr. 4th floor
Rockville, MD 20850

Contact the Nutrition Office at:

240-777-3810 (voice) or via MD Relay 711
hhsml@montgomerycountymd.gov.
www.montgomerycountymd.gov/seniors



Montgomery County
Isiah Leggett, County Executive



THE SENIOR NUTRITION PROGRAM

- Provides meals in congregate settings where activities and services for seniors are available.
- Each meal meets 1/3 of the Dietary Reference Intakes (DRIs) for older adults and follows the Dietary Guidelines for Americans.
- Nutrition screening, nutrition education and counseling are available.
- **Senior Nutrition Hotline:**
A registered dietitian answers questions on Wednesdays, 9 to 11 a.m. only. Call 240-777-1100.

Activities

Activities include exercise programs, computer training, games, arts and crafts, classes, health and nutrition education and social activities.



Home Delivered Meals

Home delivered meals may be available for seniors and persons with disabilities. For information, call: 240-777-3810.



Eligibility

People 60 years of age and older and their spouse of any age, as well as adults with disabilities, are eligible to participate.

Voluntary and anonymous donations for the meal are encouraged. Seniors may bring guests –those under 60 years pay full price for the meal.

To verify eligibility, call: 240-777-3810.

Congregate Nutrition Sites

All congregate Nutrition Sites are ADA compliant



Traditional Meals

Lunch is served at noon, Monday through Friday, at most locations. Reservations are needed by 11:00 a.m. at least one day in advance. For reservations, call the sites. For information, call **240-777-3810**

Arcola Towers.....301-754-0532

1135 University Blvd., Silver Spring 20902

Damascus Senior Center....240-777-6995

9701 Main Street, Damascus 20872

East County

Community Center.....240-777-8090

3310 Gateshead Manor Way
Silver Spring 20904
Tuesday and Friday only

Elizabeth House.....301-565-7613

1400 Fenwick Lane, Silver Spring 20910

Forest Oak Towers.....301-740-1414

101 Odendhal Road, Gaithersburg 20877

Holiday Park

Senior Center.....240-777-4999

3950 Ferrara Drive, Wheaton 20906

Holly Hall.....301-627-9532

10110 New Hampshire Avenue
Silver Spring 20903

Lakeview House.....301-469-6927

10250 Westlake Drive, Bethesda 20817

Long Branch

Community Center.....240-777-6975

8700 Piney Branch Rd., Silver Spring 20901

Margaret Schweinhaut

Senior Center.....240-777-8085

1000 Forest Glen Road
Silver Spring 20901

Mid County

Community Center.....240-777-6820

2004 Queensguard Road
Silver Spring 20906
Tuesday and Thursday only

Praisner

Community Center.....240-777-4970

14906 Old Columbia Pike
Burtonsville 20866
Thursday only

Rockville Senior Center.....240-314-8810

1150 Carnation Drive, Rockville 20850

Waverly House.....301-986-0052

4521 East West Highway, Bethesda 20814

White Oak Community Center

1700 April Lane, Silver Spring 20904

Gaithersburg Upcounty Senior Center

Meals are prepared on site.

80A Bureau Drive
Gaithersburg 20878
For information and
reservations
301-258-6380



Kosher Meals

at five sites; with programs provided by the Senior Adult Division, **Jewish Community Center**. For information and meal reservations, call**301-348-3860**

● Har Tzeon

1840 University Blvd W, Silver Spring 20901
Thursday and 2nd and 4th Wednesday

● Jewish Community Center

6125 Montrose Rd, Rockville 20852
One Friday/month

● Ring House

1801 E. Jefferson St., Rockville 20852
Monday and Thursday

● Shomrai Emunah

1132 Arcola Ave, Silver Spring 20901
1st and 3rd Wednesday of the month

Korean Meals

and programs are offered by two organizations. For information and meal reservations, call the organizations.

1. Fellowship Senior Center ...301-444-3100

● New Covenant & Fellowship Church

18901 Waring Station Road
Germantown, MD 20874
Monday, Wednesday and Friday

2. Korean American Senior Citizens Association of Maryland301-438-7304

● Segeroh Presbyterian Church

4401 Muncaster Mill Road, Rockville 20853
Monday, Tuesday, Thursday, Friday, Sunday only

Vietnamese Meals

and programs are offered by the **Vietnamese Senior Association of Maryland**. For information**240-487-6729**

● Long Branch Community Center

8700 Piney Branch Road, Silver Spring 20901
Tuesday only

Chinese Meals

and programs are offered by two organizations. For information and meal reservations, call the organizations.

1. Chinese American Senior Services Association 301-530-4880

● Upper County Community Center

Gaithersburg 20877 Tuesday & Wednesday

● Long Branch Community Center

Silver Spring 20901 Monday & Friday

● Good Hope Community Center

Silver Spring 20905 Thursday only

● Wheaton Community Center

Wheaton 20902 Wednesday only

● King Farm Community Center

Rockville 20850 Wednesday only

● Leisure World Clubhouse 1

Wheaton 20906 2nd & 4th Friday every month

● Lakeview House

Bethesda 20817 3rd Friday every month

● Waverly House

Bethesda 20814 last Thursday of the month

● Bethany House

Rockville 20852 2nd Tuesday every month

2. Chinese Culture & Community Service Center 240-631-1200

● Germantown Community Center

Germantown 20874 Tuesday and Wednesday

● Rockville Senior Center

Rockville 20850 Friday only

● CCACC Headquarters

Gaithersburg, 20877 Monday and Thursday