

## 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

## 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) 240-777-1236 (TTY)  
hhsmail@montgomerycountymd.gov.  
www.montgomerycountymd.gov/seniors



Montgomery County  
Isiah Leggett, County Executive

Alternative formats of the document  
are available upon request



# What Are You Doing For Lunch?



# THE SENIOR NUTRITION PROGRAM

- Provides meals in congregate settings where activities and services for seniors are available.
- Each meal meets 1/3 of the Recommended Dietary Allowances 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.

## Home Delivered Meals

Home delivered meals may be available for seniors who are homebound due to illness or disability. For information, call: **240-777-3810**



## Activities

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



## Eligibility

People 60 years of age and older and their spouses of any age are eligible to participate. Donations for the meal are encouraged. They are voluntary and anonymous and are used to provide more meals.

Seniors may bring guests—those under 60 years pay full price for the meal.

# Congregate Nutrition Sites

All congregate Nutrition Sites are ADA compliant

## Traditional Meals

Lunch is served at noon, Monday through Friday, except as noted. Reservations are needed by 1:00 p.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  
Wheaton, 20902

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

9701 Main Street  
Damascus 20872

### East County Community Center.....301-572-7004

3310 Gateshead Manor Way  
Silver Spring 20904  
Tuesday and Friday only

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

1400 Fenwick Lane  
Silver Spring 20910

### Praisner (Fairland) Community Center).....240-777-4970

14906 Old Columbia Pike  
Burtonsville 20866  
Thursday only

### Forest Oak Towers.....301-740-3155

101 Odendhal Road  
Gaithersburg 20877

### Holiday Park Senior Center.....240-777-4999

3950 Ferrara Drive  
Wheaton 20906

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

10250 Westlake Drive  
Bethesda 20817

### Long Branch Community Center.....301-431-5708

8700 Piney Branch Rd.  
Silver Spring 20901  
Lunch at 1:00 p.m.

### Margaret Schweinhaut Senior Center.....301-681-1255

1000 Forest Glen Road  
Silver Spring 20901

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

1150 Carnation Drive  
Rockville 20850

### Ross Boddy Community Center.....301-570-1215

18529 Brooke Road  
Sandy Spring 20860  
Wednesday and Thursday only

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

4521 East West Highway  
Bethesda 20814  
Lunch at 12:15 p.m.

### Gaithersburg Upcounty Senior Center

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



*Meals are prepared on site.*

**Kosher Meals** at six sites; programs by the Senior Adult Division, **Jewish Community Center**. For information .....**301-348-3860**

- **Coffield Community Center**  
2450 Lyttonsville Rd, Silver Spring 20910  
Wednesday only
- **Har Tzeon**  
1840 University Blvd W, Silver Spring 20901  
Thursday only
- **Hebrew Academy**  
13300 Arctic Avenue, Rockville 20853  
Tuesday, Wednesday, Friday only
- **Jewish Community Center**  
6125 Montrose Rd, Rockville 20852  
Friday only
- **Ring House**  
1801 E. Jefferson St., Rockville 20852  
Monday and Thursday only
- **Shomrai Emunah**  
1132 Arcola Ave, Silver Spring 20901  
3rd Wednesday of the month

**Korean Meals** and programs are offered by two organizations. For information, call the organizations.

1. **Fellowship Senior Center 301-444-3100**
  - **New Covenant & Fellowship Church**  
18901 Waring Station Road  
Germantown, MD 20874  
Wednesday & Friday only
2. **Korean American Senior Citizens Association of Maryland 301-438-7304**
  - **Global Mission Church**  
13421 Georgia Avenue, Silver Spring 20906  
Monday, Tuesday, Thursday, Friday, Sunday only

**Vietnamese Meals** and programs offered by **Vietnamese Senior Association of Maryland**. For information .....**301-384-4249**

- **Long Branch Community Center**  
8700 Piney Branch Road, Silver Spring 20901  
Tuesday only

**Chinese Meals** and programs are offered by two organizations. For information & meal reservations, call the organizations.

1. **Chinese American Senior Services Association .....240-631-6882**
  - **Plum Gar Community Center**  
19561 Scenery Drive, Germantown 20876  
Monday, Tuesday, Thursday, Friday only
  - **Good Hope Community Center**  
14715 Good Hope Rd, Silver Spring 20905  
Thursday only
  - **Waverly House**  
4521 East West Highway, Bethesda 20814  
1st Tuesday of the month
  - **Wheaton Community Center**  
11711 Georgia Ave, Wheaton 20906  
Wednesday only
  - **Bethany House**  
199 Rollins Ave., Rockville 20852  
2nd & 4th Tuesday of the month
  - **Leisure World Clubhouse 1**  
14901 Pennfield Circle, Silver Spring 20906  
1st and 3rd Wednesday of the month
  - **Lakeview House**  
10250 Westlake Dr., Bethesda 20817  
3rd Friday of the month
2. **Chinese Culture & Community Service Center .....240-631-1200**
  - **Germantown Community Center**  
18905 Kingsview Rd, Germantown 20874  
Tuesday, Wednesday, Friday only
  - **Lincoln Park Community Center**  
357 Frederick Avenue. Rockville 20850  
Monday and Thursday only
  - **Rockville Senior Center**  
1150 Carnation Drive, Rockville 20850  
Friday only
  - **Tilden Middle School**  
11211 Old Georgetown Rd, Rockville 20852  
Saturday only