

Semcac Senior Nutrition Invites You to Check Us Out!

Our Mission: To promote the independence, dignity, good health, and nutritional well being of older persons.

Senior Dining Serves Fun, Food, Fellowship

The Senior Dining Program serves a hot, nutritious noon meal with some diet alternates. We offer delicious food, visitation with friends, programs, transportation to and from, volunteer opportunities, nutrition education, and information and referral to help meet the needs of seniors.

Cost of Meal:

60 & Over (& Spouse) -

Suggested Donation \$4.00

Under 60 - Suggested Donation \$8.50



No one will be denied a meal because of the inability to donate
EBT Welcome

These programs are intended to provide healthy and stimulating experiences for all senior citizens age 60 and over

**For more information on services in your area
please call 507-864-8231**

The programs are funded in part under the Older American's Act Grant and State Nutrition Funds from Southeastern MN Area Agency on Aging under a plan approved by the MN Board on Aging. Local & participant monies also support the program.

The service, facility, and benefits of this program are for the use of all older people regardless of race, color, sex, religion, disability or national origin.