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# **NUTRITION SERVICES AND LUNCH CLUB 60**

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**WAYNE COUNTY DEPARTMENT OF AGING AND YOUTH**  
**1519 Nye Road, Suite 300 Lyons, NY 14489**  
**www.co.wayne.ny.us (315) 946-5624 aging@co.wayne.ny.us**

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## **NUTRITION SERVICES**

### ***Home Delivered Meals***

Home Meal Service, Inc. provides nutritious and well-balanced meals to individuals who may be unable to prepare meals on their own or who are nutritionally at-risk. For more information, please contact Home Meal Service, Inc. at 946-5622.

### ***Nutrition Counseling***

Our registered dietitian is available to meet individually with seniors and caregivers to answer nutrition-related questions and demonstrate the role that diet can play in overall health and well being. There is no charge for this service, but donations are appreciated.

### ***Nutrition Education***

Our registered dietitian presents regular nutrition education programs at the senior centers and writes nutrition-related articles for the department's quarterly newsletter. Healthy eating is not as hard as it may seem!

### ***Farmers' Market Coupon Program***

The Department of Aging and Youth distributes NYS Farmers' Market Coupon booklets at senior centers, our office, and senior housing facilities throughout the county. Coupons are generally available on a first-come, first-served basis in the months of July and August. The goal of the program is to encourage lower-income seniors to include fresh fruits and vegetables in their diets.

## **LUNCH CLUB 60**

Lunch Club 60 centers offer programs, activities, and a noontime meal for seniors age 60+ and their spouses. All centers are open Monday through Friday (excluding holidays). Hours vary slightly by location, but are generally 9:30 – 1:30.

Reservations are required for lunch and must be made at least a day in advance by calling the Lunch Club 60 center you would like to attend. Transportation is available to several of the centers and is arranged through the center manager.

While payment for the meal is voluntary, the suggested contribution is \$2.50. No one will be refused a meal because of inability to contribute.

**PLEASE SEE LIST OF LUNCH CLUB 60 LOCATIONS ON REVERSE**



## LUNCH CLUB 60 LOCATIONS

Susan Gutschow, Manager  
St. John's Catholic Church Hall  
West DeZeng St.  
Clyde, NY 14433  
Phone: 923-7216

Joan Howell, Manager  
The Village Park and Club Rooms  
149 E. Main St.  
Palmyra, NY 14522  
Phone: 597-4015

Pat Cowles, Manager  
Alex Eligh Community Center  
303 East Ave.  
Newark, NY 14513  
Phone: 331-2532

Betty Mayou, Manager  
Church of the Epiphany Parish Hall  
105 W. Main St.  
Sodus, NY 14551  
Phone: 483-6111

Vivian Taylor-Kalinowski, Manager  
Brown Square Village  
2100 Brown Square  
Ontario, NY 14519  
Phone: 524-3034

Melissa Martinez, Manager  
Faith United Methodist Church  
12223 Oswego St.  
Wolcott, NY 14590  
Phone: 594-1644

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*Programs and services provided by the Department of Aging and Youth are funded by the Older Americans Act, the New York State Office for the Aging, Wayne County, and contributions. Contributions are free and voluntary and should reflect your own personal financial situation.*

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