

Senior Nutrition Keeping Older Adults Healthy

Congregate meals. Brookfield Senior Center serves a delicious, hot nutritious lunch Monday and Wednesday at noon for a suggested donation of \$5.00. We're offering good food and great company! Check out the menu in our newsletter and calendar. Please reserve at least three days ahead as our seats fill up quickly.

Meals on Wheels - home delivered meals available 1 or more days per week. Call 800-994-9422 for more information.

Food Insecurity: Brookfield Senior and Social Services believes that no one should be hungry. Please contact us at 203-775-7312 if you need assistance.