



*Are you 60 or older? You may  
Qualify for Delivered Meals!*

## *Contact Us*

**East Alabama Regional Planning  
and Development Commission**

**AGING & DISABILITY RESOURCE CENTER  
AREA AGENCY ON AGING**

**1-800-239-6741**

 /EastAlabamaAging

## *Senior Meals Program*

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The Senior Meals Program provides nutritious meals to older adults. Meals include: hot lunches, frozen lunches, or frozen breakfast meals in combination with lunch. All meals comply with the most recent dietary guidelines for Americans.

### *Senior Activity Centers*

Just as important as a well-balanced meal is the need for socialization and information, particularly to those adults with unmet social needs. Serving meals in a congregate setting affords many opportunities for recreation, exercise, socialization, health screenings, and volunteerism. In addition, well-planned programs can provide information on topics of interest and concern to older adults, such as: estate planning, medical and nursing home insurance policies, dietary concerns, and consumer fraud.

### *Qualifications*

If you or a loved one are over 60 or disabled, call us today to verify eligibility.



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[www.EastAlabamaAging.org](http://www.EastAlabamaAging.org)