

# Come have lunch with us!

*Don't like to eat alone?*

*Hard to cook or shop for yourself?*

*Finding it hard to eat nutritious meals on a fixed income?*

**Toronto Helps-  
a service for seniors**

Healthy eating is important throughout life, especially as we age. Eating well can be the key to staying mentally sharp, physically healthy, emotionally balanced and energetic, with a positive outlook.



Join us for a low-cost, hot, nutritious meal at:

**Bendale Acres...**2920 Lawrence Ave. E.....416-397-7000

**Castleview Wychwood Towers**

351 Christie St.....416-392-5700

**Cummer Lodge...**205 Cummer Ave..... 416-392-9500

**Fudger House...**439 Sherbourne St.....416-392-5252

**Kipling Acres...**2233 Kipling Ave..... 416-392-2300

**Lakeshore Lodge**

3197 Lakeshore Blvd.W.....416-392-9400

**Seven Oaks...**9 Neilson Road..... 416-392-3500

**True Davidson Acres...**200 Dawes Road... 416-397-0400

You are also welcome to enjoy companionship, use our information services and make connections to other resources.

***A nutritionally-balanced meal is \$4.99 and includes:***

- ◆ Entrée
- ◆ Vegetable
- ◆ Potato
- ◆ Coffee or Tea

***... or feel free to purchase a-la-carte***

*You may also use take-out service, and bring an extra meal home with you.*



**QUESTIONS?**

Vous avez des questions? Domande? ¿Tiene alguna pregunta? Tem Perguntas?

**सुआल? 질문 있으십니까?**

**416-338-0338**

**問題? Có câu hỏi? கேள்விகள்? Bonpocy? ବୋଧି ପ୍ରଶ୍ନ? வினாக்கள்? اطلاعات بیشتر؟**

<http://www.toronto.ca/torontohelps>