

Appendix C: Community Dining Benefits, New York City Model and Toronto Locations

This appendix provides information about (1) the potential benefits of community dining for seniors; (2) the operations of the New York City community dining model; and (3) locations in Toronto where community dining programs currently operate.

Community dining (also referred to as congregate dining) involves older adults coming together to share a nutritious, well-balanced meal in the company of others. Community dining programs usually combine eating with social, educational and recreational activities. By providing a supportive environment for participants to socialize, cook, and share nutritious, culturally-diverse meals while building knowledge and skills, community dining programs help to decrease isolation and support healthy, engaged, independent living. Community dining programs also provide links to other services for older adults and provide an avenue for seniors to connect to municipal and community supports and civic engagement opportunities. Such programs range from free to low-cost.

Community dining programs have proven to be an effective age-friendly strategy for building resiliency among senior populations by promoting community engagement, supporting healthy nutritional intake, enhancing social connections and reinforcing independent living.

Promoting Community Engagement

Community dining programs provide an opportunity for older adults to strengthen their social networks and give back to the community. Often programs combine community dining with social and recreational opportunities that benefit from the knowledge, expertise and social capital older adults can provide. For instance, the inclusive-communities approach brings together seniors and other equity seeking populations (e.g. newcomers, youth, people with disabilities, etc.) to prepare and share a meal and conversation. Such approaches are mutually beneficial and provide an opportunity for older residents to share their knowledge and skills, while also strengthen a shared sense of community.

Supporting Healthy Nutritional Intake

A balanced, nutrient-rich diet supports healthy aging and can assist in the management of chronic conditions. The most effective community dining strategies maximize nutritional outcomes for older residents by using freshly prepared foods and seasonal menus, and apply a culturally sensitive framework to food preparation. This has been shown to be especially impactful for seniors who have a limited capacity to prepare meals due to decreased mobility, financial constraints and/or underlying health conditions. Community kitchens, in particular, provide great opportunities for learning about the importance of healthy eating and developing the skills to prepare healthy and affordable meals.

Enhancing Social Connections / Reducing Isolation

Seniors who take part in community dining programs have been shown to fair better psychosocially – with improved health and nutritional outcomes and strengthened social networks. While eating alone is associated with heightened psychosocial risk among

seniors, eating in the presence of others has been shown to enhance energy, strengthen social networks and decrease the risk of experiencing or developing depression. Community dining programs facilitate social interaction, strengthen social connectedness and promote participation in other aspects of community life. Community dining programs can also be combined with exercise and mindfulness practice to improve physical wellbeing.

Reinforce Independent Living

Through interactive dining programs, older adults can expand their food knowledge, learn cost-effective shopping strategies, try new recipes and build their social networks and confidence. Some newer models of community dining function on a sharing economy platform (much like Airbnb) where participants can sign up to host or receive meals at people's homes in the company of others. This type of model has the added benefit of allowing older residents who are physically capable to host dinners in their own homes, helping to break social isolation for seniors who live alone and serving as a vehicle for self-expression and independence.

New York City Community Dining

Like Toronto, New York City is facing a rapidly aging population. There are over one million adults 65 and over currently living in New York City and this number is expected to increase by 40.7% over the next thirty years. Projections indicate that by 2040 there will be more seniors living in New York City than school-aged children. Thus, like Toronto, the City has been working towards the development of policies and practices that encourage healthy, active and engaged living for older residents.

Age-Friendly NYC is the result of this process. Like Toronto, New York City is a member of the World Health Organization's international network of age-friendly cities. Age-Friendly NYC is a partnership between the Office of the Mayor, the New York City Council and the New York Academy of Medicine. Together they work to identify, plan and develop improvements to ensure older residents are able to access, enjoy and contribute to city life. Many of the 59 actions identified through Age-Friendly NYC align with the actions outline in the Toronto Seniors Strategy, such as age-friendly pedestrian signals, accessible public seating and affordable housing strategies.

Moreover, as part of Age-Friendly NYC 235 Neighbourhood Senior Centres and 16 Innovative Seniors Centre were established. The Neighbourhood Centres were awarded to community agencies through a solicitation for proposals in 2011, and were designed to ensure a consistent set of services in a welcoming, age-friendly environment. Community dining is offered daily at all sites with a focus on meals that meet the nutritional needs of older adults. All locations offer at least one meal a day usually lunch, with many moving towards expanded hours (evenings and weekends) and café-style flexible meal times.

To make sure that older residents are satisfied with the meal offerings all of the centres facilitate 'menu committees'. These committees are made up of seniors from the community who provide input and feedback on atmosphere, meal selection and quality of food. This helps keep older residents civically engaged and ensures that program planning involves the community. Wellness programs, health care services, arts and

cultural programming and volunteer opportunities are also offered onsite. According to the New York City Department of Aging, more than 27,000 individuals attend the Neighbourhood Senior Centres on a daily basis.

Toronto Community Dining Programs

Like New York City, Toronto has been actively preparing for population aging. There are currently over 80 community dining locations across Toronto with more than 60 specifically designed for older Torontonians. These programs range from traditional congregate dining programs to community kitchens and intergenerational food justice initiatives. Programs are delivered by a variety of providers at various locations including seniors' centres, recreation centres, community health centres, non-profit agencies and long-term care homes.

Similar to New York City's Neighbourhood Senior Centres which are designed to provide a central conduit for services, Toronto-based community dining programs are offered in conjunction with a variety of supports to help older residents stay active and engaged with the community. Supports include, civic engagement opportunities, educational workshops, cultural activities and social events. Many also offer critical services like transportation assistance, counselling, crisis intervention and information and referral. In addition, like the New York City model, meal planning and preparation is often done in tandem with the community. This is particularly true in community kitchen models where meal planning and menu selection is directed by participants.

The Toronto Seniors Strategy has also been working to make it easier for older adults to access healthy affordable and culturally diverse food. Through innovative approaches such as FoodReach (an e-commerce site offering healthy food at discount) and the Mobile Good Food Market (which makes vegetables and fruit available in underserved areas) more seniors are able to access affordable groceries. A variety of meals-on-wheels programs offered throughout the city also deliver nutritious, well-balanced, culturally appropriate meals to seniors directly in their own homes.

Toronto is also experiencing the emergence of third party platforms, such as EatWith and Feastly, which function on a sharing economy model. Such sites involve a group of strangers coming together at a private residence to share an authentic, home-cooked, affordable meal. Some platforms like MealSurfers even offer home-cooked meals available for pickup. While these types of platforms raise challenges around bylaw compliance and food safety issues, they also provide new opportunities for older Torontonians to engage socially, build connections and access affordable meals.

Learnings from New York City

Directory of Services

Age-Friendly NYC simplifies service navigation for older residents by clearly outlining on the municipal website when and where community dining programs are available. This is important as lack of information is often a key barrier to service access. Likewise, older Torontonians would benefit from a similar database that provides information on

existing community dining programs. The Toronto Seniors Portal, which streamlines access to information for older Torontonians is a sensible platform to host such a list. The portal already provides links to library, recreation and health supports for seniors, thus community dining locations would be a useful addition.

To prevent duplication, the Toronto Seniors Portal could link directly to Toronto Central Health Line Congregate Dining database, which outlines community dining programs available for older adults throughout Toronto. Moving forward staff could also explore the feasibility of maintaining a listing (similar to the one below) directly on the Toronto Seniors Portal website, with hard copies available for distribution to community agencies. This would help to ensure that older Torontonians and their families can easily access up-to-date information on available community dining programs.

Consistent Programming

As noted in the chart below, many of the community dining locations in Toronto offer irregular service and inconsistent meal times. For example, many programs run once a month or once a week. It would be helpful to adopt a model similar to Age-Friendly NYC where meals are offered at particular sites on a consistent, daily basis. Three meals a day would be ideal, but offering meals once or twice a day would at least bring Toronto in line with Age-Friendly NYC. This may require providing support to community agencies to amplify existing programs or facilitate partnerships to enhance service.

Public-Private Partnerships

Age-Friendly NYC leverages both public and private sector support in the implementation of programs and initiatives. For instance, NYC has committed to working with private sector partners to improve access to healthy food for older adults. This includes improved meal and grocery delivery programs to increase access for seniors and other residents whose limited mobility and fixed incomes makes it challenging to purchase nutritious food. Moving forward, the Toronto Seniors Strategy could explore additional opportunities to cultivate public-private partnerships to enhance and strengthen community dining programs for older adults in Toronto. This may involve enlisting support from local restaurant owners, celebrity chefs or local philanthropists. Currently, Toronto's FoodReach program (Action 11C of the Toronto Seniors Strategy) has successfully engaged community, public and private sector partners to aggregate purchasing power for the purchase and delivery of affordable fresh and healthy food. These types of public-private partnership should continue to be cultivated and leveraged in Phase 2.

Community Dining Locations in Toronto

Given the learnings noted above, the following table outlines senior-specific community dining locations throughout Toronto.

This information is valid at time of writing and subject to change without notice. Always call to confirm hours and availability before attending a program as information is subject to change.

Location	Program Details
<p>All Saints Kingsway Anglican Church 2850 Bloor St W Toronto, ON M8X 1B2</p> <p>Tel: 416-233-1125 Ext 0</p>	<p>Luncheon every third Thursday of the month from October to May. Occasional outings between luncheon dates. Transportation available to seniors in order to attend. Outreach for seniors too ill to attend.</p>
<p>AWIC Community and Social Services 1761 Sheppard Avenue East Toronto ON M2J OA5</p> <p>Tel: 416-499-4144</p>	<p>Seniors drop-in every Friday between 11:00am-3:00pm. Enjoy a light lunch, mingle, chat, play cards, make new friends and relax in a friendly and welcoming environment. Registration and \$10 membership fee required.</p>
<p>Bernard Betel Centre for Creative Living 1003 Steeles Ave W Toronto, ON M2R 3T6</p> <p>Tel: 416-225-2112</p>	<p>The Bernard Betel Centre offers a kosher cafeteria that provides daily hot lunches. The cafeteria is open Monday to Friday from 9:00am-2:00pm. Price \$9 for a full meal including soup, entree, and coffee or tea. Also offer affordable lighter fare or individually priced à la carte menu items, including Meals-on-Wheels and holiday take-out services.</p>
<p>CANES Community Care 135 Queens Plate Drive, Suite 400 Toronto, ON M9W 6V1</p> <p>Tel: 416-743-3892 Ext 240</p>	<p>Seniors Luncheons offer a nutritious meal for seniors in a social setting. Supports for socially isolated seniors and people with disabilities. Offered at four locations: R.J. Smith Apt at Auditorium of 101 Kendleton Dr. – twice a month on Thursdays. Richview Residence, 1540 Kipling Ave – twice a month on Thursdays. Highway Terraces Apt at Auditorium of 2314 Islington Ave – the second Tuesday of the month. Fellowship Presbyterian Church at 80 Thistledown Blvd – the fourth Tuesday of the month.</p>

Location	Program Details
<p>Carefirst Seniors and Community Services Association 300 Silver Star Blvd Scarborough, ON M1V 0G2</p> <p>Tel: 416-502-2323</p>	<p>Group meals and social activities for seniors, provided at a central location on pre-arranged days. Services offered in English, Chinese (Mandarin) and French (upon request).</p>
<p>Central Eglinton Community Centre 160 Eglinton Ave E Toronto, ON M4P 3B5</p> <p>Tel: 416-392-0511</p>	<p>Programing includes a variety of activities such as Offering coffee café and restaurant tours along with a variety of programing (eg. book club, yoga, scrabble, board games). Free lunch and learn series held Tuesdays or Thursdays, twice a month, 12:00-2:00pm. Costs vary. Membership fee \$35.00 per person or \$45.00 per couple.</p>
<p>Centres d'Accueil Héritage (CAH) Place Saint-Laurent 33 Hahn Pl, Unit 104 Toronto, ON M5A 4G2</p> <p>Tel: 416-365-3350 Ext 242</p>	<p>Hot, nourishing meals served in the Place Saint-Laurent dining room, seven days a week 11:45am-1:30pm, \$7 for lunch, 0.25 cents for coffee breaks. Lunch and coffee breaks complement the social and recreational activities provided by the Elderly Persons Centre. Transportation services can be provided. Sometimes lunch features thematic celebrations like birthdays of the month and other special events. Coffee breaks often have a cultural theme.</p>
<p>Regent Park Community Food Centre 40 Oak Street Toronto, ON M5A 2C6</p> <p>Tel: 416-363-4234 Ext 240</p>	<p>A space where the community can come together to grow, cook, share, and advocate for good food. Offers a series of 10-week community kitchen programs, including senior-specific programing. Offers workshops to develop cooking and kitchen skills.</p>
<p>Davenport Perth Neighbourhood Centre 1900 Davenport Road Toronto, ON M6N 1B7</p> <p>Tel: 416-656-8025 Ext 246</p>	<p>Seniors (55+) "Soup Social" on Wednesdays 12:00pm-1:00pm. Cup of soup, tea and coffee provided. Service available in English, Italian, Portuguese and Spanish. Other languages on request.</p>

Location	Program Details
<p>Delta Family Resource Centre 21 Panorama Court Toronto, ON M9V 4E3</p> <p>Tel: 416-741-3000</p>	<p>Community Kitchen runs 9:00am-12:00pm, Tuesdays and Wednesdays. Not senior specific but a chance to have fun, meet new people and try new recipes.</p>
<p>Dixon Hall Neighbourhood Services 58 Sumach St Toronto, ON M5A 3J7</p> <p>Tel: 416-340-8484 Ext 219</p>	<p>Meals-on-Wheels program helps seniors remain in their homes by delivering hot or cold meals and case management support. Meet-and-Eat offers hot nutritious meal and social activities for those living with HIV/AIDS.</p>
<p>East Scarborough Storefront 4040 Lawrence Ave E Toronto, ON M1E 2R6</p> <p>Tel: 416-208-9889 Ext 33</p>	<p>Cooking program runs throughout the year in the Eco-Food Hub. Call to inquire about upcoming programs or for entrepreneurial use of the kitchen space.</p>
<p>East York Meals on Wheels 2 Thorncliffe Park Drive, Unit 52 Toronto, ON M4H 1H2</p> <p>Tel: 416-424-3322</p>	<p>The organization provides support services for seniors in East York. Diners Club program (8 to 10 luncheons per month) provides an opportunity to enjoy a good meal in the company of others at a variety of different locations. A full 3 course meal is served. Volunteers provide door-to-door escort and transportation. Meals-on-Wheels program with culturally diverse food offerings also available.</p>
<p>ESS Support Services 2245 Lawrence Avenue Toronto, ON M9P 3W3</p> <p>Tel: 416-243-0127</p>	<p>Seniors can enjoy a nutritious, well-balanced meal as well as a number of stimulating activities in a friendly and positive Social environment. Offered at two locations: Humbervale Place – 2245 Lawrence Ave W, Tel: 416-243-0127, Friday 11:00am-2:00pm. Islington Seniors Centre – 4968 Dundas Street West, Monday and Tuesday 11:00am-2:00pm.</p>

Location	Program Details
<p>First Portuguese Canadian Cultural Centre – Seniors Drop In Centre 60 Caledonia Road Toronto, ON M6E 4S4</p> <p>Tel: 416-531-9971</p>	<p>Program works to foster independence and wellness of Portuguese speaking adults aged 55+.</p> <p>Program activities include community dining, fitness, crafts, health clinics, trips, computer classes and tax clinics.</p>
<p>Flemingdon Health Centre 10 Gateway Blvd Toronto, ON ON M3C 3A1</p> <p>Tel: 416-429-4991 Ext 256</p>	<p>Offers a variety of community kitchen programs including language-specific kitchens and programs for children, youth and seniors. Focus on cooking and sharing a healthy meal together in a social setting.</p> <p>Locations vary. Call for details.</p>
<p>Franklin Horner Community Centre 432 Horner Ave Toronto, ON M8W 2B2</p> <p>Tel: 416-252-6822</p>	<p>Congregate dining program. Lunch takes place Thursdays 11:30am. Special dinners as posted. Has served the residents of the Etobicoke community for almost 30 years. Variety of programs offered.</p>
<p>Friends of Jesus Christ 181 Nugget Ave Toronto, ON M1S 3B1</p> <p>Tel: 416-335-8829</p>	<p>Bible study followed by dinner, community dinners on Tuesday 6:00-7:00pm 5 Wakunda Place at O'Connor Drive, main floor recreation room.</p> <p>Offered in English, Filipino and Tamil.</p>
<p>Good Neighbours' Club 170 Jarvis St Toronto, ON M5B 2B7</p> <p>Tel: 416-366-5377</p>	<p>Offers meal program for men 50+ who are homeless, under-housed or socially isolated.</p>
<p>Harmony Hall Centre for Seniors 2 Gower St Toronto, ON M4B 1E2</p> <p>Tel: 416-752-0101</p>	<p>Social activities and a hot meal. Program activities include congregating dining, free eyeglasses, special events, crafts, choir, drama, trips, games, free tax clinics, health and wellness, yoga classes and foot clinics.</p> <p>The program works to lessen social isolation and promote wellness among Tamil, Chinese, Bangladeshi and English speaking seniors.</p>

Location	Program Details
<p>LA Centre for Active Living 55+ 55 Rankin Crescent, Suite 106 Toronto ON M6P 4G6</p> <p>Tel: 416-452-4875</p>	<p>Offering congregate dining twice a month on Friday, usually free. Call for dates. Also host baking and cooking socials, special seasonal events, Good Food Markets and a garden program.</p>
<p>Les Centres d'Accueil Héritage 33 Hahn Place Toronto, ON M5A 4G2</p> <p>Tel: 416-365-3350 Ext 242</p>	<p>Provide transportation, a nutritious meal and social activities to seniors. Meals are served in the dining room of La Place Saint-Laurent, located at 33 Hahn Place. The hours of operations are Monday to Friday at noon and Tuesday, and Thursday at 5:00pm. The cost of the meal is \$5 for the residents of La Place Saint-Laurent and the members of the Elderly Person Centre and \$7 for the non-members.</p>
<p>Lumacare (formerly Downsview Services for Seniors) 497 Wilson Ave Toronto, ON M3H 1V1</p> <p>Tel: 416-398-5511</p>	<p>Registered drop-in program that offers older adults the opportunity to engage in social activity. Runs the first Tuesday of every month from 1:30-3:00pm for a \$5.00 fee at the Bathurst Finch Hub (540 Finch Avenue West) Registration is required (55+).</p>
<p>Momiji Health Care Society 3555 Kingston Rd Toronto, ON M1M 3W4</p> <p>Tel: 416-261-6683</p>	<p>Group meals (Japanese and Canadian-style) and social activities for tenants and senior members living in the community. Japanese meals for eligible seniors on a weekly basis (Monday to Friday) at satellite locations in the GTA and Hamilton. Call for details. Also celebrate special events throughout the year with special meals, such as annual summer barbeque, Christmas dinner and traditional Japanese meals.</p>
<p>Mustard Seed Community Kitchen (Fontbonne Ministries Sisters of St. Joseph of Toronto) 791 Queen St E Toronto, ON M4M 1H6</p> <p>Tel: 416-465-6069</p>	<p>Offers a welcoming environment and sacred space in South Riverdale. Community Kitchen offers delicious, nutritious, affordable meals prepared and shared in community. Saturday Adult Drop-In program includes lunch, conversation and games.</p>

Location	Program Details
<p>Native Canadian Centre of Toronto 16 Spadina Road Toronto, ON M5R 2S7</p> <p>Tel: 416-964-9087 Ext 400</p>	<p>Work to promote a healthy lifestyle for Aboriginal seniors and disabled adults. Program activities include congregate dining, hot lunch daily, 11:30am-12:30pm. Volunteer drivers can also provide non-emergency transportation to local medical appointments, grocery shopping, banking, and other errands.</p>
<p>North York Community House 700 Lawrence Ave. W., Suite 226 Toronto, ON M6A 3B4</p> <p>Tel: 416-544-1992</p>	<p>Offers a community kitchen program that combines food and fun. Participants get to know others in their communities, while cooking and eating delicious, nutritious meals together. These groups also provide an opportunity to learn about other supports and resources in the community, and discuss issues of concern.</p>
<p>North York Seniors Centre 80 Sheppard Ave W Toronto, ON M2N 1M2</p> <p>Tel: 416-733-4111</p>	<p>The Active Living Centre (ALC) café is open from 9:00-10:00am for a light breakfast. Lunch is from 11:30am-1:30pm, Monday to Friday. Lunch options include a hot special or soup and sandwich as well as beverage selections – all reasonably priced.</p>

Location	Program Details
<p>Parkdale Golden Age Foundation 27 Roncesvalles Ave, Suite 401 Toronto, ON M6R 2K4</p> <p>Tel: 416-536-5534</p>	<p>Program is geared towards ethno-racial seniors. Includes social activities and a hot meal. Meals include bread and butter, tea, coffee, juice, soup, an entree and dessert.</p> <p>Offered at seven locations: Church of Nativity, Sewells Rd, second Tuesday of the month 12:30pm and second Thursday of the month at 12:00pm. Dunn Avenue, 245 Dunn Ave, first and third Tuesday of the month 12:00pm. Joseph Piccininni Community Centre, 1369 St Clair Ave W, every third Thursday of the month at 12:00pm. Loyola Arrupe Centre for Seniors, 1709 Bloor St W, every last Monday of the month at 12:00pm. May Robinson Apartments, 20 West Lodge Ave, second and fourth Tuesday of the month at 12:00pm. North Toronto Memorial Community Centre, 200 Eglinton Ave W, once a month. Rankin Crescent, 55 Rankin Crescent, last Friday of the month 12:00pm.</p>
<p>Reh'ma Community Services 1410 Victoria Park Ave Toronto, ON M4A 2L8</p> <p>Tel: 416-510-0880</p>	<p>Offer a Halal meals-on-wheels program. Seniors receive freshly cooked, South Asian meals. Delivered Tuesday and Friday.</p> <p>Community dining program held every Thursday. Seniors come together, they socialize, make lasting friendships and have fun.</p>
<p>Rexdale Community Health Centre 8 Taber Rd Toronto, ON M9W 3A4</p> <p>Tel: 416-744-6312</p>	<p>Congregate dining program runs Tuesday, 1:00pm-2:00pm .</p> <p>Program is free of charge, with translation and interpretation services available. TTC tickets and assisted transportation to and from the program is available, as well as links to Primary Care and Community Services.</p>
<p>Rexdale Women's Centre 21 Panorama Court, Suite 23 Toronto, ON M9W 3A4</p> <p>Tel: 416-745-0062 Ext. 250</p>	<p>Hot Lunch Tuesday's program offers a free meal and invites Rexdale community members to socialize with each other and learn about community services. Not restricted to seniors.</p>

Location	Program Details
<p>Scarborough Centre for Healthy Communities 629 Markham Rd, Unit 2 Toronto, ON M1H 2A4</p> <p>Tel: 416-847-4136</p>	<p>The Congregate Dining program provides seniors with the opportunity to socialize and receive a nutritious meal at the Centre or in a local restaurant.</p> <p>Program runs Tuesday (12:00pm) and Friday (12:15pm). Transportation service is also available, if required.</p> <p>Also run a Meals-on-Wheels program that provides hot, nutritious meals to clients in their home, allowing those who are unable to cook or go grocery shopping to maintain their independence.</p>
<p>Second Mile Club of Toronto 25 Brunswick Ave Toronto, ON M5S 2L9</p> <p>Tel: 416-963-9546</p>	<p>Free hot nutritious lunches (for seniors 55+) Monday to Friday, served in a group setting. Social and recreational programs are provided. To be eligible for program must live within the area bounded by Bathurst Street to Yonge Street, St. Clair Avenue to Lake Ontario or be a participant in one of Second Mile's Senior Recreation Centres.</p> <p>Pre-registration is required.</p> <p>Offered at two locations: Kensington Gardens (25 Brunswick Ave), Chinese meal program, Wednesday at 12:00pm. Call 416-963-9546. Carlton Centre (192 Carlton St.), Western meal program. Call 416-922-5819.</p>
<p>Senior Adult Services in the Annex 341 Bloor St W, 2nd Fl Toronto, ON M5S 1W8</p> <p>Tel: 416-923-8909</p>	<p>Friday Seniors' Club program works to support independent living for seniors</p> <p>Congregate dining first Monday of the month 11:00am-2:00pm and first and third Thursday of the month from 5:00pm-7:00pm (Spanish and English).</p>
<p>Senior Tamils' Centre 5200 Finch Ave East Toronto, ON M1S 4Z2</p> <p>Tel: 416-496-2897</p>	<p>Enjoy activities and a light meal. Must be a member of the centre (\$20.00 per year). Offered in English and Tamil.</p>

Location	Program Details
<p>SPRINT - Senior Care 140 Merton St, 2nd Floor Toronto, ON M4S 1A1</p> <p>Tel: 416-481-6411</p>	<p>Community Meals program offers opportunities for seniors to socialize with their peers, and eat delicious, healthy, affordable, home-cooked meals.</p> <p>Meals include coffee breaks and lunches at nine different locations from Monday through Friday. All locations are wheelchair accessible and close to public transportation.</p> <p>Meals-on-Wheels program delivers tasty, nutritious (hot or frozen meals) and fresh fruits and vegetables seasonally. Meal calendar online.</p>
<p>St. Clair West Services for Seniors 2562 Eglinton Ave W, Suite 202 Toronto, ON M6M 1T4</p> <p>Tel: 416-787-2114 Ext 214</p>	<p>Offers social activities and hot meals for seniors on Tuesday, Thursday and Saturday 11:00am-3:00pm.</p> <p>Meals-on-Wheels program provides home delivery of hot meals, frozen meals, milk and juice and fruit and vegetable baskets to seniors.</p>
<p>St. Matthew's Bracondale House 707 St Clair Ave W Toronto, ON M6C 4A1</p> <p>Tel: 416-656-2669</p>	<p>Offer mid-day meal daily and evening meals four days a week. Each meal includes salad, entrée, dessert and coffee or tea.</p> <p>Affordable, nutritious, frozen meals are also available for purchase at any time.</p> <p>Calendar of meal options available online. Open to residents as well as interested community members.</p>
<p>St. Paul's L'Amoreaux Centre 3333 Finch Ave E Toronto, ON M1W 2R9</p> <p>Tel: 416-493-3333</p>	<p>Offer full day programming for seniors (\$20.50) which includes a full meal. Staff offer service in 5 languages (English, Cantonese, Mandarin, Greek and Tagalog).</p> <p>Meals-on-Wheels program offers culturally appropriate meals ranging from Caribbean, Chinese, Greek and more. All dishes are dietician approved and made fresh onsite daily.</p>

Location	Program Details
<p>Storefront Humber 2445 Lake Shore Blvd W Toronto, ON M8V 1C5</p> <p>Tel: 416-259-4207</p>	<p>Provides the opportunity for members in the community to meet for a nutritious meal, socialize and enjoy educational material. Breakfast is offered once a month (10:00am-12:00pm), Lunch is offered Monday to Thursday (12:00pm-1:30pm) 12noon-1:30pm, plus social/physical activities and crafts. There is a small fee.</p> <p>Services offered in English, Italian and Polish. Additional languages may be available. Transportation round trip available for service area residents 60+.</p>
<p>Syme 55 Plus Centre 33 Pritchard Avenue Toronto, ON M6N 1T4</p> <p>Tel: 416-766-0388</p>	<p>Offers dining Monday to Thursday 11:30am-1:00pm, lunch on Friday 12:00-2:00pm.</p>
<p>The Bob Rumball Centre for the Deaf (formerly the Ontario Community Centre for the Deaf) 2395 Bayview Avenue Toronto, ON M2L 1A2</p> <p>Tel: 416-449-9651 Ext. 106</p>	<p>Program works to promote healthy lifestyle for deaf or deaf/blind seniors. Members meet regularly Tuesday afternoons for games and social time, once a month for a themed congregate dining event, as well as participate in a variety of outings, activities and events.</p> <p>Membership fee is \$20 per year.</p>
<p>The Neighbourhood Group (formerly Central Neighbourhood House and Neighbourhood Link) 3036 Danforth Avenue Toronto, ON M4C 1N2</p> <p>Tel: 416-691-7407</p>	<p>Serve seniors (55+) a hot, nutritious home-cooked meal for breakfast, lunch, dinner to promote their well-being at four different sites in the community.</p> <p>Meals on Wheels program provides reasonably priced meals to residents of Beaches/East Toronto. Volunteers deliver meals between 11:00am-1:00pm, Sunday to Friday, including statutory holidays. South Asian and Chinese style meals available.</p>

Location	Program Details
<p>The Stop Community Food Centre 1884 Davenport Rd Toronto, ON M6N 4Y4</p> <p>Tel: 416-651-7867 Ext 238</p>	<p>Hosts "Sabor Latino" a community kitchen that brings together people with a shared interest in the cultures and cuisines of Latin America. Music, traditional dancing, and storytelling add a unique cultural dimension to the program.</p> <p>Takes place on the first and third Thursday of each month, 3:30pm-7:30pm.</p> <p>Not exclusive to seniors. The meal preparation and conversation takes place in Spanish, but participants with all levels of proficiency in the Spanish language are welcome.</p>
<p>Toronto Finnish Canadian Seniors Centre 795 Eglinton Ave E Toronto, ON M4G 2L1</p> <p>Tel: 416-425-4134</p>	<p>Congregate dining for adults 55+ with valid membership (annual membership fee \$40).</p>
<p>TransCare Community Support Services 1045 McNicoll Ave Toronto, ON M1W 3W6</p> <p>Tel: 416-750-9885</p>	<p>Opportunity to enjoy a hot, nutritious meal, socialize with others, participate in recreational activities and remain active in community. Transportation may be arranged upon request. Program offered in English. French available on request. Cost \$8 per meal (\$13.40 with transportation).</p>
<p>Unison Health and Community Services 1651 Keele Street Toronto, ON M6M 3W2</p> <p>Tel: 416-828-9561</p>	<p>Healthy eating Spanish community kitchen. Participant-lead program offers opportunity for Spanish-speaking clients who enjoy cooking and sharing tips on healthy eating.</p> <p>Takes place on Friday, 10:00am-2:00pm.</p>

Location	Program Details
<p>Villa Colombo Toronto 40 Playfair Ave Toronto, ON M6B 2P9</p> <p>Tel: 416-789-2113</p>	<p>Serves Italian seniors in the Toronto, Vaughan and York region with supportive housing and long-term care facilities, as well as a range of community services including day programs for frail elderly, an elderly person's centre, meals-on-wheels and congregate dining.</p> <p>Diner's club serves warm meals weekly in the common rooms at Casa Del Zotto, Caboto Terrace, Casa Abruzzo and Villa Colombo.</p>
<p>Waterfront Neighbourhood Centre (formerly Harbourfront Community Centre) 627 Queens Quay West Toronto, ON M5V 3G3</p> <p>Tel: 416-392-1509 Ext 328</p>	<p>Programs include Adult and Seniors Community Kitchen, Afternoon Tea Social and Book Club. Activities include community dining, recipe sharing, communal meal preparation, social networking, gardening and cultural celebrations.</p>
<p>Warden Woods Community Centre 74 Firvalley Court Toronto, ON M1L 1N9</p> <p>Tel: 416-694-1138 Ext 139</p>	<p>Social activities and a hot meal. Takes place Wednesday 10:30am-2:00pm. Activities can include games, crafts and physical activities. Menus match preference to nutrition recommendations. Festive lunches, monthly birthday celebrations, theme days and ethno-cultural meals.</p>
<p>West Neighbourhood House 248 Ossington Ave Toronto, ON M6J 3A2</p> <p>Tel: 416-532-4828</p>	<p>Adult Day Services program offers daily hot meal, beverages and snacks, along with social activities. Activities can include games, crafts, and physical activities.</p> <p>Meals-on-Wheels program, provides four types of meals (Western, Chinese, South Asian and frozen meals) six days a week. Catchment area is Yonge St. to Roncesvalles Ave., Bloor St. to Lake Ontario.</p> <p>Programming offered in English, Portuguese and Vietnamese. Call for costs.</p>

Location	Program Details
<p>West Scarborough Neighbourhood Community Centre 313 Pharmacy Ave Toronto, ON M1L 3E7</p> <p>Tel: 416-755-9215 Ext 234</p>	<p>The program works to serve English and Italian speaking seniors who live in the South West Scarborough.</p> <p>Congregate dining offered in Italian (Tuesdays) and English (Fridays) 10:00am-2:30pm light breakfast, hot lunch and activities for seniors (65+).</p>
<p>West Toronto Support Services 1709 Bloor St W, 2nd Floor Toronto, ON M6P 4E5 Tel: 416-653-3535</p>	<p>Social activities and a hot meal. Activities include games, crafts and physical activities. Monthly outings to restaurants and community sites.</p> <p>Interpretation available upon request.</p>
<p>West Toronto Support Services 80 Ward Street Toronto, ON M6H 4A6</p> <p>Tel: 416-653-3535 Ext 240</p>	<p>Monthly outings to restaurants and community sites throughout the west-end. Open to all adults 55+. Registration required.</p> <p>Transportation available.</p> <p>Meals-on-Wheels program offers wide selection of hot and frozen lunches and an option to receive fruit and vegetable baskets.</p>
<p>WoodGreen Community Services Community Care Unit 815 Danforth Ave, Main Floor Toronto, ON M4J 1L2</p> <p>Tel: 416-572-3575</p>	<p>Clients have the opportunity to dine together and enjoy fun activities such as music, games and other entertainment. Dinner includes soup, bread & butter, entrée, dessert, tea & coffee. Transportation is available.</p> <p>Meals-on-Wheels hot nutritious meals are delivered Monday to Friday. Food is prepared by Bridgepoint Health. Able to accommodate clients with special dietary needs and/or specific food intolerances. Frozen meals program and fruit/vegetable baskets also available.</p> <p>Offered at six locations: 2174 Danforth Avenue 80 Danforth Avenue 1070 Queen Street 490 Sherbourne Avenue 444 Logan Avenue 1108 Greenwood Avenue</p>

Location	Program Details
<p>Yee Hong Centre for Geriatric Care 2311 McNicoll Ave Scarborough, ON M1V 5L3</p> <p>Tel: 416-321-6333</p>	<p>Congregate dining designed to bring isolated seniors together for nutritious meals, social, educational and recreational activities. Offered Monday and Tuesday 9:30am-2:30pm. For seniors over the age of 55 who are isolated from community activities because of functional limitations. Assessment is required before admission. Services offered in English, Cantonese and Mandarin.</p>
<p>Yonge Street Mission 270 Gerrard St E Toronto, ON M5A 2G4</p> <p>Tel: 416-929-9614</p>	<p>Offer a weekly luncheon and support program Tuesday and Thursday 4:00-9:00pm for adults 25-64 (September to June). Transportation may be available. Food bank available by appointment only.</p>
<p>York Fairbank Centre for Seniors 2213 Dufferin Street Toronto, ON M6E 3S2</p> <p>Tel: 416-651-8300</p>	<p>Senior's luncheon offered once or twice a month on Fridays. English, Italian, Portuguese, Spanish language capacities. Drop-in sessions on healthy eating, exercise, chronic disease prevention, and overall health and wellness for older adults. Free weight and blood pressure monitoring on a monthly basis.</p>
<p>York West Active Living Centre 1901 Weston Road Toronto, ON M9N 3P5</p> <p>Tel: 416-245-4395</p>	<p>Lunches served from Monday to Saturday 11:30am-1:00pm. Nutritious meal provided at a central location on pre-arranged days. Delicious and healthy menu. Contact the centre to make reservations. Programing offered in English, Spanish and Italian. Transportation may be available.</p>