

## **MEALS ON WHEELS**

If you are over 60 and qualify for this program:

1. Call Elder Services at 413-499-0524.
2. The referral department will take your information and someone will come to your home within 3 days to make an assessment as to if you qualify.
3. Anyone can call for an assessment at no charge.
4. If accepted into the program the charge will be \$2 per meal.

## **ELDER SERVICES'S SENIOR LUNCH SITES**

Elder Services offers hot, nutritious noontime meals at senior lunch sites located throughout Berkshire County. Anyone 60 or over can reserve a meal at any of the sites by calling the site they would like to attend by 11:30 am the previous day. There is a suggested \$2 donation.

Sites near New Ashford (call for days of the week that lunch is offered)

1. Lanesboro, Town Hall, 83 N. Main St. 413-442-2682
2. North Adams, Spitzer Center, 116 Ashland St. 413-662-3125
3. Williamstown, Harper Center, 118 Church St. 413-458-8350

## **SOURCES OF INFORMATION ON SENIOR ACTIVITIES**

1. The free monthly newspaper "Berkshire Senior". Activities, opportunities, general services and more. Available at supermarkets and other places where free materials are offered.
2. The Berkshire Eagle newspaper has a listing of events for seniors every Monday.