



## **Valdese Senior Center - "CLASSY SENIORS"**

Valdese Teachers Cottage and Congregate Site

**307 Church St. Valdese NC 28690**

**828-874-0690**

### **Classy Seniors Nutrition Program**

Monday–Friday 8:00am-12:00pm

*Seniors age 60 and older*

- Hot lunch served 5 days a week. (Monday-Friday)
- Meal pre-registration required by 11:00am for the next day. A different menu every day of the month!
- Social time and fun activities such as bingo, puzzles, and games
- Nutritional lessons, Blood Pressure Checks, presentations
- Fitness Activities: Walking, Bowling, Stretching, Exercise, Tai-Chi

### **Meals on Wheels is operated out of the Teachers Cottage Site**

Operating hours: 8:00am-12:00pm

- Volunteers deliver hot nutritious meals to homebound senior citizens Monday through Friday. Program provides homebound or disabled seniors a meal each day. Program has been in Burke County for over 20 years.
- Meal consists of a protein, vegetables, fruit and a dairy serving. Meals contain 1/3 of daily caloric and nutritional needs of seniors over the age of 60. Meals are picked up daily (M-F) at the Teacher Cottage between 10:00-11:00am
- Eligibility- Senior Citizens over the age of 60 who are homebound and unable to prepare meals.
- Cost - Donations Accepted