

The Louisville Metro Nutrition Program promotes improved health through improved nutrition. Come on in and join your friends for lunch. Activities and fitness programs are encouraged. The meals are catered and delivered hot, Monday through Friday to each center. Reservations are required one day in advance, by noon.

***Donations are greatly appreciated!***

### Senior Nutrition Sites

<b>Avenue Plaza</b> 400 S. 8th Street 569-4369	9:00 -1:00
<b>Beechmont Community Center</b> 205 Wellington 367-2373	8:30 - 12:30
<b>Buechel Park</b> (Buechel Park Baptist Church) 2403 Hikes Lane 459-2947	9:00 - 1:00
<b>Dosker Manor</b> 413 E. Muhammad Ali Blvd 587-8673	9:00 - 1:00
<b>Fairdale Center</b> 10616 W. Manslick Road 361-7730	9:00 - 1:00
<b>Fern Creek High School</b> 9115 Fern Creek Road 485-8165	8:30 - 1:30

<b>HCM Senior Center</b> 2005 Douglass Boulevard 459-0132	9:00 - 1:00
<b>Hillebrand House</b> 1235 S. Third Street 636-1453	9:30 - 1:30
<b>Jewish Community (Kosher)</b> 3600 Dutchmans Lane 459-0660	9:00 - 5:00
<b>Kling Center</b> 219 W. Drmsby Ave. 636-3424	9:00 - 1:00
<b>Metro East</b> (Christ Lutheran Church) 9212 Taylorsville Road 797-5767	9:00 - 1:00
<b>Neighborhood House</b> 201 N. 25th Street 774-2322	9:00 - 1:00
<b>Oak &amp; Acorn</b> 631 S. 28th Street 778-7418	9:00 - 1:00
<b>Okolona/Wilderness Rd.</b> 8111 Blue Lick Road 964-5151	9:00 - 1:00
<b>Pleasure Ridge Park High School</b> 5901 Greenwood Road 485-8550	8:30 - 1:30
<b>Presbyterian Community Center</b> 701 S. Hancock 584-0201	9:00 - 1:00

<b>Shawnee Community Center</b> 607 S. 37th Street 775-5268	9:00 - 1:00
<b>Shively Center</b> 3901 Wayside Drive 778-2361	8:30 - 12:30
<b>Sun Valley</b> 6505 Bethany Lane 933-0535	9:00 - 1:00
<b>UCHM Senior Center</b> 150 S. State Street 893-0346	9:00 - 1:00
<b>Watson-Powell</b> 1836 Heafer Road 244-7610	8:30 - 1:30
<b>Zion/East Audubon</b> 1310 E. Burnett Avenue 635-5610	8:30 - 12:30

### Rural Counties

<b>Multi Purpose Community Action Agency</b> <b>(502) 633-7162</b> Bullitt, Shelby and Spencer
<b>Tri-County Community Action Agency</b> <b>(502) 222-1349 Ext. 210</b> Henry, Oldham and Trimble

## MEALS ON WHEELS

The Louisville Nutrition Meals on Wheels Program serves approximately 700 hot nutritious meals daily to homebound elderly citizens throughout Louisville Metro. All menus are reviewed by registered dietitians and meet one third of the daily nutritional recommendations. The meals are prepared by Masterson's Restaurant, Jefferson County Public Schools, Saints Mary & Elizabeth Hospital, and Jewish Community Center. Call **574-6325** for more information.

### Adult Day Centers Receiving Nutrition Meals

**Fern Creek Highview United Ministries**  
7502 Tangelo Drive  
239-7431

**Guardiacare**  
215 W. Breckinridge Street  
584-0454

**Highlands Community Ministries**  
2000 Douglass Boulevard  
459-4887

**South Louisville Community Ministries**  
4100 Southern Parkway  
368-7989

**Southwest YMCA**  
2800 Fordhaven Road  
933-9622

The Senior Nutrition Program does not discriminate in employment or in the provision of services on the basis of disability, sex, race, color, religion, age, national origin, sexual orientation or gender identity.



**Jerry E. Abramson**  
Mayor

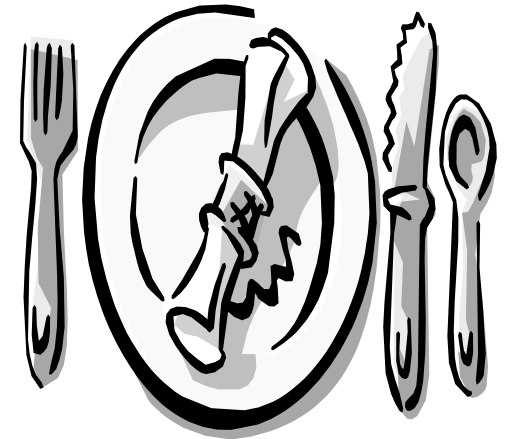
**Louisville Metro Council**

This program is funded in part, by the U.S. Department of Health and Human Services and the Kentucky Cabinet for Health and Family Services through a contract with KIPDA. Other sources of income include Louisville Metro Government and private donations.

For further information contact:  
Louisville Metro Senior Nutrition  
574-6325

Website: [www.louisvilleky.gov/  
Department/HumanServices/  
Senior Citizen Services](http://www.louisvilleky.gov/Department/HumanServices/Senior%20Citizen%20Services)

## The Louisville Metro Human Services Nutrition Program



*Here is a great  
opportunity to enjoy a  
delicious hot lunch with  
your friends and  
neighbors!*