

Healthy Lunches!

**Make lunch your most important meal of the day.
If you are 60 or over, join us at any one of
five locations in Santa Monica.**

The Senior Recreation Center

1450 Ocean Avenue
310-458-2219

Reed Park

7th Street and Wilshire Blvd.
310-458-8315

Ken Edwards Center

1527 4th Street
310-395-8478

WISE Adult Day Service Center

1510 Pico Blvd.
310-452-7802

Virginia Avenue Park

(Spanish Speaking)
2200 Virginia Avenue – Thursdays only
310-452-7802

Serving time is at 12:00 noon, weekdays.

Each location is open from at least 10:30 a.m. to 1:30 p.m. so you can meet your friends before lunch and socialize for a while afterwards. Regularly scheduled, monthly visits to each site are made by WISE & Healthy Aging Care Managers who are specially trained to provide supportive consultation and links to services in the surrounding community.

Reservations are Required

Each participant must reserve their meal one day in advance and then arrive at the selected location by 11:45 a.m. Calls can be made to the site the day before between 10:30 a.m. and 12:30 p.m. When you arrive and sign in for that day's lunch, the WISE & Healthy Aging Site Manager will ask if you would like to reserve for the next day.

WISE
&
Healthy Aging

For questions regarding this program and to receive an application to join, please visit any location or call **310-452-7802**

WISE & Healthy Aging enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.

The suggested donation for any reserved Healthy Lunch is \$2.50.