

Dining Room & Home Delivered Meals



Improve your diet and your health with fresh, delicious meals at the Thompson or delivered to your home. Lunch is served daily at noon in the dining room or can be delivered to your home up to five times each week with extra meals added for weekends. Meals can even be delivered on a short-term, temporary basis. Home delivered meal services are for those who are ages 60 and over or who are disabled or recovering from an illness. All ages are welcomed in our dining room. Call to request our newsletter or visit our website for complete menus and schedule of language tables and special events.

www.thompsonseneiorcenter.org

YOU'RE INVITED!

Dining Room Meals:

- Served Monday through Friday at Noon in the Thompson Center dining room
- Reservations are needed for special events, birthday lunches, and for large parties. Please indicate allergies or food restrictions in advance. 457-3277
- Suggested donation for guests ages 60 and over is \$5
- For guests under age 60, the meal price is \$7

Home Delivered Meals:

- The Thompson is a member of the Meals on Wheels Association of America.
- Volunteer drivers deliver meals Monday through Friday to senior or disabled community members in Barnard, Bridgewater, Pomfret & Woodstock.
- Arrange meal delivery with our Outreach Manager, Paula Audsley, by calling 457-3277. Meals can be set-up in advance on a regular scheduled basis or by request as needed.
- Suggested donation \$5