

BETter Living ...

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Are You Hungry?

Do you eat alone at home for your lunch? Did you know you could be sharing a full course meal with others in your community? Wabaunsee County has three dining centers that offer meals for all ages of people Monday through Friday. These meals are served at Alta Vista, Eskridge, and Maple Hill Senior Centers. If you are unable to attend a site, a meal can be delivered to you through the Meals on Wheels program. Volunteers in the community deliver the meals each day in the following locations: Alma, Alta Vista, Eskridge, Maple Hill, and McFarland.

Anyone of any age can eat for just \$5.25. If you or your spouse is 60 years or older, you are eligible to have a meal for \$3.50 or whatever you can comfortably afford, as long as you fill out a registration form. Volunteers are always needed, so if you would be interested in helping with meals, please contact your local site.

Besides noon meals, the different communities offer activities throughout the month that include: playing cards, bingo, dominos, potlucks, breakfasts, or even eating pie.

The next time you plan to eat alone, remember that you can go eat and socialize with others for a very reasonable price.

For more information, contact your local dining center or the Extension Office at 785-765-3821 or email Bernadette Trieb, btrieb@ksu.edu.