

Join us for lunch at the following locations on the days and times listed.

CENTRAL

Colorado Springs Senior Center **719-387-6000**
1514 North Hancock Avenue
Serving Times: 11:30 - 12:15 weekdays
People with disabilities: 11:15

Temple Shalom **719-634-5311**
(serving kosher meals)
1523 East Monument
Serving Times: 12:00 - 12:30 Mon & Wed

DOWNTOWN

Acacia Park Apartments **719-884-2304**
104 East Platte Avenue
Serving Times: 11:30 - 12:15 weekdays

Centennial Plaza Apartments **719-884-2304**
516 East Kiowa Street
Serving Times: 11:30-12:00 weekdays

EASTSIDE

Sunny Vista **719-635-9595**
2480 East Dale Street
Serving Times: 11:00 - 11:45 weekdays

NORTH

Crestview Apartments **719-884-2304**
3880 Van Teylingen Drive
Serving Times: 12:00 - 12:30 weekdays

Hatler-May Village **Onsite reservations only**
5640 North Union Blvd.
Serving Times: 12:15 - 12:45 weekdays

Mountain Community Mennonite Church **719-884-2304**
643 Highway 105, Palmer Lake, CO
Serving Times: 12:00 - 12:30 weekdays

SOUTH

Hillside Community Center **719-385-7900**
925 South Institute
Serving Times: 11:30 - 12:00 Tues & Thur

Fountain Valley Senior Center **719-520-6470**
5745 Southmoor Drive
Serving Times: 11:45 - 12:45 weekdays

Grinde Manor **719-382-7690**
906 Grinde Drive
Serving Times: 11:30 - 12:00 weekdays

Meadows Park Community Center **719-385-7940**
1943 South El Paso
Serving Times: 11:30 - 12:00 weekdays

Pikes Peak Towers **719-632-1556**
1912 Eastlake Blvd.
Serving Times: 12:00 - 12:30 weekdays

Silver Key at South Murray **719-884-2304**
1655 S. Murray Blvd.
Serving Times: 11:45—12:30 weekdays

Southview Plaza Apartments **719-884-2304**
1462 E. Fountain Blvd.
Serving Times: 12:00 - 12:30 weekdays

Villa San Jose **719-632-7444**
1810 South Corona
Serving Times: 11:30 - 11:45, Tues, Thurs & Fri

Villa Santa Maria **719-632-7444**
405 St. Elmo
Serving Times: 11:30 - 11:45 Mon & Wed

WEST

St. Andrews Episcopal Church **719-685-9259**
103 Cañon Avenue
Serving Times: 11:30 - 12:00 weekdays

West Center Community Center **719-385-7920**
1628 W. Bijou Street
Serving Times: 11:30 - 12:00 weekdays

Woodland Park and Teller County Senior Center **719-687-3877**
321 North Pine Street
Serving Times: 11:45 - 12:15 weekdays

**Golden Circle Nutrition Program
A Program of Silver Key**



For reservations only:

(719)884-2304 before 2 p.m. at least one day prior to dining



The Golden Circle Nutrition

Program (GCNP) is a program of ***Silver Key***

The program provides nutritious meals in a congregate social setting to eligible diners and does not discriminate on the basis of race, color, national origin, sex or religion.

All meals are prepared to meet ⅓ of the recommended dietary allowance (RDA) for seniors.

The program also provides a monthly Nutritional Education newsletter.

Our Mission is to...

- promote good health through proper nutrition
- reduce loneliness by offering the opportunity to socialize and be with others
- add quality of life to diners

Funding and how the program works:

The GCNP receives funding from federal and state grants, the City of Colorado Springs, City of Manitou Springs, Title III of the Older Americans Act and from generous donations. The Pikes Peak Area Agency on Aging, local churches and charitable individuals in the community also contribute valuable resources to the program.

Who is eligible?

- Anyone 60 years of age or older
- The spouse of an eligible diner
- Disabled persons under 60 years of age who reside in housing facilities occupied primarily by older adults and at which congregate nutrition services are provided

How much do meals cost?

The suggested donation for eligible diners is \$2.25, but no eligible person is denied a meal because of inability to give.

Donations are used to offset the cost of meals and expand the program to more seniors. For convenience, the GCNP accepts food stamps. If a friend or family member less than 60 years of age would like to join an eligible diner for lunch, they are welcome to do so.

The **guest fee** for a non-eligible diner is \$7.31.

Come and dine with us

Please call the GCNP office at 719-884-2304 to make a reservation for the site you would like to attend. We appreciate a one day notice prior to 2 p.m. Please leave site name, your name and number of diners.

No reservation is required for the following sites:

- Acacia Park Apartments
- Colorado Springs Senior Center

Transportation

For availability of transportation in

Colorado Springs, please call

Silver Key at 719-884-2380.

For transportation to the **Fountain Valley Senior Center** meal site, please

contact **Fountain Valley Senior**

Services at 520-6472.

Interested in becoming a volunteer?

The success of our program relies on the willingness of our volunteers to donate their time and effort in helping serve meals. If you are interested in volunteering your time, please call the **Silver Key Volunteer Manager, Linda Arguello at (719) 884-2319.**

