



## SENIORS CONGREGATE DINING – Brampton, Caledon, Malton

Congregate Dining – Locations Organizations	Days/Hours of Operation	Fee	Transportation	Details
<b>Bramalea Community Health Centre</b> <a href="http://www.bramaleachc.ca">www.bramaleachc.ca</a> <b>905-451-8090</b> 40 Finchgate Blvd, Suite 224 Brampton, ON L6T 3J1	2pm-4pm Once a month	No fee		Tea/Coffee/Snacks, discussion on health related matters. For seniors residents of apartment building - 1 Knightsbridge Rd, Brampton
<b>Guru Singh Sabha, Malton</b> <a href="http://www.srigurusinghsabhamalton.com">www.srigurusinghsabhamalton.com</a> 905-671-1662 7280 Airport Rd Mississauga, ON L4T 2H3	Breakfast/Lunch/ Dinner Daily 6am-10pm	No Fee		<b>Community Food Program/Community Kitchen:</b> Fresh Indian vegetarian food served between the hours of 6am-10pm
<b>Knights Table</b> <a href="http://www.knightstable.org">www.knightstable.org</a> <b>905-454-8725</b> 287 Glidden Rd, Unit 4 Brampton, ON L6W 1H9	Breakfast 8:00 am-10:00 pm Mon-Sun	No Fee		First Bite Program - provides nutritious breakfast
	Lunch: Mon-Fri 12noon-6pm  12noon-4pm on weekends and Holidays	\$1.00/meal No one turned away		Cecil's Kitchen – Lunch and Dinner program  Donation accepted

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<b>Caledon Meals On Wheels</b> <a href="http://www.cmow.org">www.cmow.org</a> <b>905-857-7651; 905-584-2992</b> Vera M Davis Community Care Centre 80 Allan Drive Bolton, ON L7E 1P7	Office hours: Mon-Fri 8:30 am-4pm Social Programs: 12noon-3pm	Lunch: \$5-\$8 per person		For adults 55 years and older  Luncheon and Card Parties - A monthly luncheon and card game for older adults at the Margaret Dunn Library in Valleywood every second Tue of every month * pre-registration is required
<b>Caledon Seniors Recreation Centre</b> <b>905-951-6114</b> <a href="http://caledonseniors.ca">caledonseniors.ca</a> 7 Rotarian Way Bolton, ON L7E 1Y2	Noon Mon, Wed	Membership \$15/yr \$4/lunch	Through Caledon Community Services 905-951-2300 ext 217 or 905-584-9460 ext 218	Opportunity for older adults 55 years and up, to come together to fulfill many of their social, educational, cultural and recreational needs  Congregate dining - Mon, Wed, Thu (Noon) - \$5  Mystery Lunch - last Wed of month  Membership - \$15/yr
<b>Carefirst Seniors and Community Services Association</b> Mississauga Community Services Centre <a href="http://www.carefirstseniors.com">www.carefirstseniors.com</a> <b>905-270-9988</b> 1177 Central Pkwy W, Unit 81 Mississauga, ON L5C 4P3	1xmth	Approx \$8		For Chinese Seniors Congregate Dining - Out-trips for lunch, return to centre for Wellness Club activities
	1xmth	Wellness Club Members \$15 Non-Members \$18		Birthday party/festive celebration – out trips for lunch - Chinese restaurant
<b>Sai Dham Canada</b> <b>905-956-2646</b> 7140 Goreway Dr Mississauga, ON L4T 2T6	Daily – Breakfast and Lunch	No Fee		Vegetarian food
<b>United Achievers' Community Services</b> <a href="http://www.unitedachievers.org">www.unitedachievers.org</a> <b>905-455-6789 ext 26</b> Goodison Bldg, 36 Queen St E, Lower Level, Brampton, ON L6V 1A2	1:00 pm Every Thursday	Membership \$15/year Grace Newsome <b>905-455-6789 ext 26</b>		Congregate dining -The Program operates from three locations: Chris Gibson Recreation Centre at 125 McLaughlin Road * Fortinos at 36 Brisdale Dr * Nance Harwood Place at 529 Main Street

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<b>Victorian Order of Nurses Supports for Daily Living</b> <a href="http://www.von.ca/en/service/congregate-dining">www.von.ca/en/service/congregate-dining</a> <b>905-821-3254/1-866-817-8589</b> VON Peel Branch 78 William St Mississauga, ON L5M 1J3	12noon-1pm	Set fee for meal	\$2.00 for residents of Mississauga	Encourages older adults to gather together for a hot, nutritious, and affordable meal in an environment that promotes socialization amongst older adults
	Mon, Wed, Fri	Nancy Burns 905-821-9481 Ext 4200		Offers socializing and educational sessions, may be available either in the morning, afternoon or evening, planned with the participants and may include music, games or a guest speaker, offered at various locations, call for details, transportation available
	Thu			Locations:
				- 1510 Lakeshore Rd., Mississauga
				- 6515 Glen Erin Drive, Mississauga (wait list)
				Congregate Dining – for senior residents of apartment buildings:
Tue	- 1 Maple Avenue, Brampton			
Thu				- 2250 South Millway, Mississauga