

## Nutrition Programs

Good Nutrition is important to good health at any age. Many older persons lack the physical mobility or incentive to prepare and eat a meal alone. Recognizing this, North Shore Elder Services works with local organizations like the Councils on Aging and elderly housing to offer congregate dining and home-delivered meals. Congregate Meals are for anyone age 60 or older who would like a hot, well-balanced lunch and good company is welcome to attend a congregate meal. Lunch is served at the Councils on Aging in Danvers, Peabody, and Salem Monday Through Friday, between 11:30 a.m. and 12:00 p.m., Middleton on Mondays, Wednesdays, and Thursdays, and Marblehead on Tuesdays, Wednesdays, and Fridays. Advance reservations are required, but it is possible to sign up for a meal on the same day in the event there are any last minute cancellations. Transportation to and from the meal site may be requested by contacting your local Council on Aging. There is no charge for lunch, but a donation is appreciated to help defray the costs of the meals.

### Danvers Council on Aging

25 Stone Street  
Danvers, MA 01923  
**978-762-0208**  
[www.dcoa.org](http://www.dcoa.org)

### Marblehead Council on Aging

10 Humphrey Street  
Marblehead, MA 01945  
**781-631-6737**  
[www.marbleheadcoa.org](http://www.marbleheadcoa.org)

### Middleton Senior Center

38 Maple Street  
Middleton, MA 01949  
**978-777-4067**

### Torigian Community Life Center

79 Central Street  
Peabody, MA 01960  
**978-531-2254**  
[www.peabodycoa.org](http://www.peabodycoa.org)

### Salem Council on Aging

5 Broad Street  
Salem, MA 01970  
**978-744-0924**  
[www.salem.com/Pages/SalemMA\\_COA](http://www.salem.com/Pages/SalemMA_COA)



This information is provided as a resource referral, not as a recommendation. NSES cannot guarantee the quality of the provider or service. This information was updated 3/30/2009. Please contact the Information Services department for updates, corrections, or to suggest additional resources.

**NORTH SHORE ELDER SERVICES** 152 Sylvan Street, Danvers, MA 01923  
978-750-4540 TTY: 978-624-2244 [www.nselder.org](http://www.nselder.org)