

North Shore Elder Services

Nutrition Program

Life. Made Easier.

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 the local Councils on Aging 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. Lunch is served at the Councils on Aging in Danvers, Peabody, and Salem Monday through Friday; Middleton on Mondays, Wednesdays; and Thursdays, and Marblehead Tuesdays, Wednesdays, and Fridays and the first and third Thursday of the month. 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. Donations provide much-needed support to the Meals on Wheels Program. There is no charge for lunch.

Danvers Council on Aging

25 Stone Street
Danvers, MA 01923
978-762-0208
www.dcoa.org

Marblehead Council on Aging

10 Humphrey Street
Marblehead, MA 01945
781-631-6737

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

Salem Council on Aging

5 Broad Street
Salem, MA 01970
978-744-0924

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 2/12/2015. Please contact the Information Services department for updates, corrections, or to suggest additional resources.