Friendship Cafés

A Nutrition Support Program Provided by Senior Connections, The Capital Area Agency on Aging

What is a Friendship Cafe?

Senior Connections' Friendship Cafés are neighborhood gathering places for seniors. A hot midday meal, good friends, and many activities keep you connected to the community while meeting your nutritional needs.

Who May Attend?

Seniors who:

- Are age 60 or older and live in the City of Richmond or the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent or Powhatan.
- Are not homebound and physically, mentally, and medically able to attend the Café.
- Can participate without the help of additional private caregivers or family members unless family members are eligible to also attend the Café.
- Live in a private residence; not a current resident of an adult care residence, assisted living facility, or nursing home.

What is Provided?

- **Meals:** A hot, nutritious meal at lunchtime. Since the Café is a nutrition program, you cannot bring your own lunch.
- **Activities:** Exercise, lectures, health and nutrition education and screenings as well as social activities. Federal/state funds cannot be used for specific religious activities.
- **Field Trips:** For those who can be accommodated and may include a client-purchased restaurant meal once a month.
- **Assessments:** Initial assessment and periodic reassessments are performed to verify eligibility and to provide assistance to secure other services if needed.

How Do I Get Started?

Please call 804-343-3000 to begin your application process.

Is There a Charge to Participate?

No. Participants are encouraged to contribute according to their ability; however, there is no obligation to do so.

Who Is On Duty at the Friendship Café?

Friendship Cafés are staffed by knowledgeable meal site managers trained in proper and safe food service techniques and activity planning.

When is the Friendship Café Open?

Friendship Cafes are generally open 9:30 a.m. to 1:00 p.m. Days of operation vary depending on location. Cafés are closed on Saturdays, Sundays, major holidays and when the weather is unsure for travel.

How Can I Get There?

Participants can drive themselves, get rides with friends and family, or use the vans provided by Senior Connections, if transportation is available.

Food, Fun and Fellowship!

Café Locations

City of Richmond

CAPUP*
East Senior Center
1103 Oliver Hill Way

Good Shepherd Baptist Church
1127 N. 28th Street

Guardian Place
1620 N. Hamilton Street

Korean Senior Center
Renaissance Apartments
1021 German School Rd.

Linwood Robinson Senior Center
700 N. 26th Street

Monarch Woods
6501 Jahnke Road

Sixth Baptist Church
400 S. Addison St.

Charles City County

Ruthville Gymnasium Complex
13100 The Glebe Lane
Charles City

Chesterfield County

Bon Air Presbyterian Church
9201 W. Huguenot Road

Market Square Apartments
7300 Taw Street

New Covenant Presbyterian Church
6415 Irongate Drive

Rockwood Village
3901 Price Club Blvd.
Midlothian

Goochland County

Goochland Rec Center
2415 Sandy Hook Road

Hanover County

Shiloh Baptist Church
106 S. James Street
Ashland

Montpelier Senior Center
17203 Mountain Road

Henrico County

Deep Run Recreation Center
9900 Ridgefield Parkway

Highland Springs Recreation Center
16 S. Ivy Avenue
Highland Springs

Oakwood Memorial Baptist Church
3100 Gay Avenue

West Richmond Church of the Brethren
7612 Wanymala Road

New Kent

New Generation Church
6160 Pocahontas Trail
Providence Forge

Powhatan County

St. John Neumann Catholic Church
2480 Batterson Road

*(**CAPUP:** Capital Area Partnership Uplifting People)*

(Hours vary by locations)

For more information please call **(804) 343-3000**
or visit our website: **www.seniorconnections-va.org**

Senior Connections
The Capital Area Agency on Aging

The Resource for Aging Well

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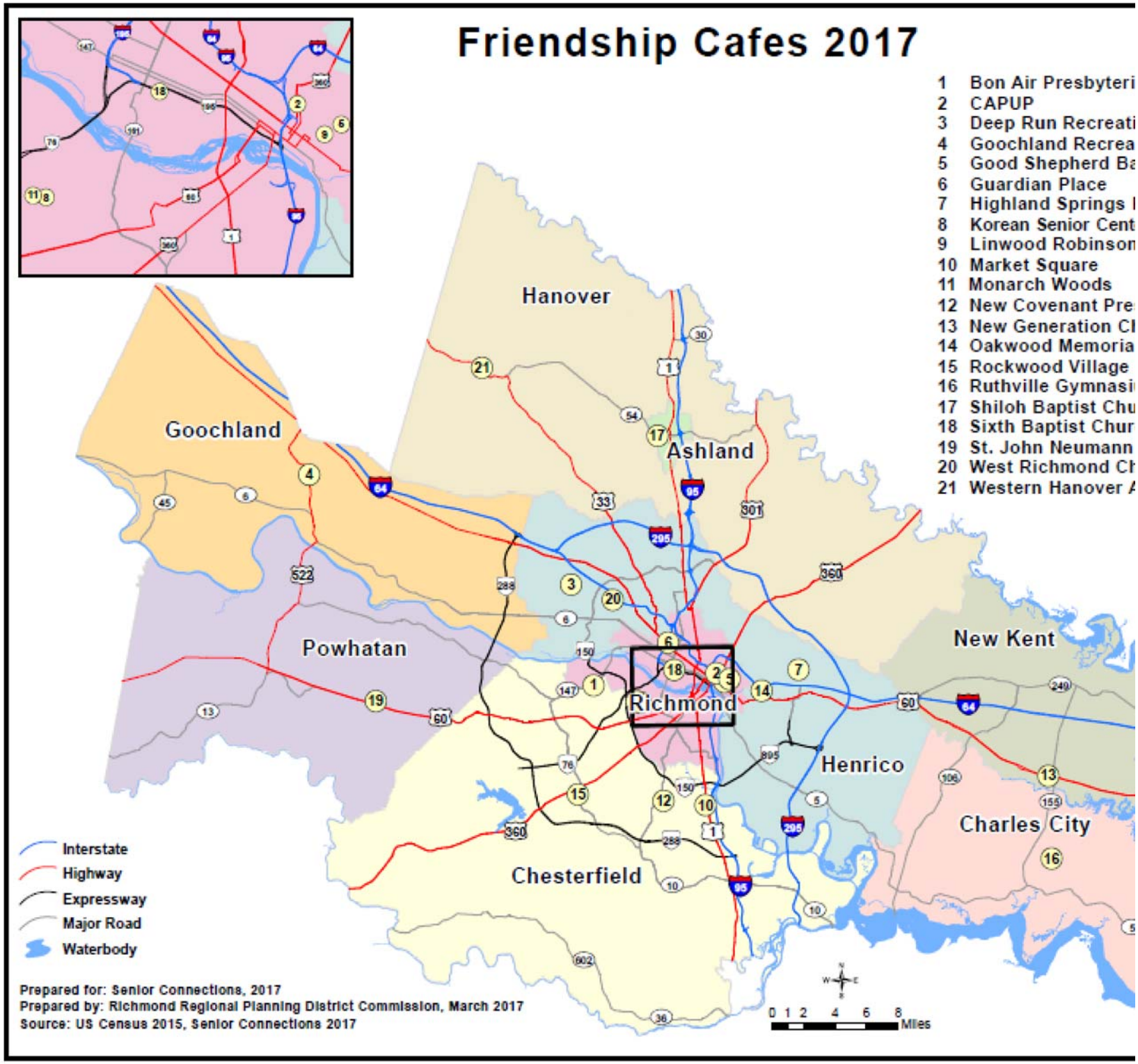
Friendship Cafes 2017



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