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Your Retirement \$\$

Where to dine for (no) dollars

By PETER WEAVER

MARY K. WAS just plain hungry. At age 72, she was living alone on Social Security and just couldn't seem to buy enough food after paying the rent.

A friend heard from someone at church about a program in which people over 60 could get a complete meal for just a few cents. She told Mary K., who couldn't believe it.

But it was true. Through a program funded by the federal government and run by a local senior center, people over age 60 could get together at a neighborhood school for a hot lunch. Even entertainment and once-a-month free medical checkups were provided.

Mary K. was told she could pay whatever contribution she could afford, but there was no mandatory charge for the meal. The usual contribution

Something for seniors

ranged from 25 to 50 cents. Mary K. paid 30 cents.

And, before she went home in the evening, Mary K. was given a sandwich and some fruit in a bag to take with her. Add a can of soup or a glass of milk, she was told, and she had an almost-free dinner.

This is just one example of how the government's dining programs work for older people. Congress is in the process of passing legislation that would authorize more than \$1 billion to keep these programs funded.

Meals for older diners are now being provided by more than 9,000 "nutrition sites" across the country. Many are in urban areas but a lot are in rural areas, and some are on Indian reservations. Peninsula programs are listed in the box below.

In another program, meals are being delivered to the homes of the elderly who, because of some



It's lunch time at new Palo Alto Senior Center. The program, called La Comida, is federally funded under Title VII.

disability, cannot get out. These "meals on wheels" programs range in cost from free to \$1. As a rule, volunteers do the delivery work.

The food is there. No one over 60 should go hungry. But, the trick is to be able to find a dining program and, having found it, to be able to get to it.

Lack of transportation is a major problem. Many

elderly people can't get to the senior center, school, church or whatever place is being used for dining. Volunteer drivers are desperately needed.

To help older residents get to dining programs, Sen. Frank Church, D-Idaho, has proposed an amendment to the funding legislation which would earmark money for transportation.

A guide to area dining programs for seniors

PALO ALTO

La Comida
Palo Alto Senior Center,
327-2811, 450 Bryant St.
(Formerly served in All Saints Episcopal Church). Lunch served at 11:45 a.m. Monday through Friday for those 60 and older. Suggested contribution 75 cents. Federal program under Title VII.

Wesley Pantry
Wesley United Methodist Church,
327-2092, 463 College Ave.
Program is held at 11 a.m. and hot lunch served at noon on Wednesdays. Contribution voluntary.

First United Methodist Church, 323-6167.
Hamilton and Webster St.
Hot luncheon served at 11:30 a.m. the first Saturday of each month. 75 cents. Advance reservations required. (October lunch will be served Sept. 30).

First Presbyterian Church, 325-5659
1140 Cowper St.
Hot lunch served at 11 a.m. the second Saturday of each month. 50 cents. Advance reservations required.

Chinese Community Center of the Peninsula, 493-2133
3065 Middlefield
Hot meal served last Saturday of each month at 12:30 p.m. \$1.50. Reservations required day before.

South Peninsula Jewish Community Center, 494-2511
830 E. Meadow Drive
Kosher Shabbat luncheon served each Friday at noon. Features traditional Sabbath foods and a program. Reservations one day in advance. Open to everyone. Seniors \$2 and their non-senior guests \$2.50. Served by committee of volunteers.

EAST PALO ALTO

Tulip L. Jones Club, 325-7769
1276 Bay Road
East Palo Alto
Hot lunch served Monday through Friday, noon to 1 p.m. Suggested donations 35 cents. Sponsored by Senior Nutrition Project of San Mateo County, a federal Title VII program. Home delivered meals to homebound seniors.

LOS ALTOS-MOUNTAIN VIEW Nutrition Program, 964-8586
Adobe Building, 157 Moffet Blvd., Mountain View.
Voluntary contribution of 50 cents. Sixty years and older; hot lunch Monday through Friday.

Los Altos United Methodist Church, 948-1083
Magdalena Ave. and Foothill Expressway
Second Tuesday of every month serves home-cooked hot lunches to seniors under auspices of the Assistance League of Santa Clara County. By reservation, \$1.

Los Altos Senior Center, 948-1491
97 Hillview, Los Altos
Noon lunch third Friday followed by a program. Prepaid reservations must be made by the Monday preceding lunch.

Mountain View Senior Center, 969-3632
266 Escuela Ave.
Salad Toss. Mondays and Fridays at noon consists of salad, coffee, French bread, 50 cents. Underground Inn opens again this year in October. Meals served at 1 p.m. each Tuesday



and Thursday. \$1. Advance reservations required. Prepared and served by students in the Regional Occupational Program.

MENLO PARK-ATHERTON

Little House Senior Center, 326-2025
800 Middle Ave., Menlo Park
Hot lunch served Monday through Friday. Maximum meal \$1.35. Meals Delivery. Meals from hot lunch program delivered to homes of disabled seniors. \$1.50. Must have doctor's certification.

Belle Haven Community Center, 322-4578
100 Terminal Ave.

East Menlo Park
Hot lunch served Monday through Friday from noon to 1. Sponsored by Senior Nutrition Project of San Mateo County, a federal Title VII program. Suggested donation 35 cents. Home delivery to homebound seniors.

Fairoaks Community Center, 364-7340
2600 Middlefield Road
Redwood City
Hot lunch served Monday through Friday from 1:30 to 2:30 p.m. Senior Nutrition Project of San Mateo County. Suggested donation 35 cents. Home delivery to homebound seniors.

Martin Luther King Jr. Center, 574-6755
Monte Diablo Ave., San Mateo
Hot lunch served Monday through Friday from noon to 1. Senior Nutrition Project of San Mateo County. Suggested donation 35 cents. Home delivery to homebound seniors.

COUNTY
Homemaker Service of Santa Clara County, Inc.
244-5575
Home Delivered Meals
2908 Scott Blvd., Santa Clara
Meals will be delivered to persons 60 and over for a suggested donation of \$1. Federally funded under Title VII.