

# FAQs

## Congregate Meal Sites in suburban Cook County



### 1) What's a Congregate Meal Site?

- It's a resource center for adults 60 years old or older. You'll find great food, good friends, information, activities and more.
- Most sites are open 5 days a week, Monday - Friday. You can find the site nearest you on the back of this flyer. Call for exact times, daily menus, events and activities.

### 2) Who can come to a Congregate Meal Site?

- If you're 60 or older and live in suburban Cook County, you're eligible!

### 3) What exactly does the Congregate Meal Sites offer?

- Hot, delicious and healthy lunches.
- Exercise, dance and other physical activities at many sites.
- Games and other fun activities.
- Educational programs.
- Referrals to other supportive services you might find helpful.
- Most important, a chance to meet new friends and become part of a vibrant, supportive community.

### 4) What does it cost to attend?

- A donation to help pay for the cost of food is requested. But no one is ever required to donate.

**FOR MORE INFORMATION CALL: (708) 383-0258**

# Congregate Meal Sites in suburban Cook County

(Call for serving days and times. Meals are regular diets unless otherwise noted.)

## North

### **American Association of Retired Asians (Halal)**

610 W. Wise Road  
Hanover Park, IL 60133  
Phone: (630) 803-8130

### **Arab American Family Services (Halal)**

Al Bawadi Grill,  
8501 W. Dempster St.,  
Niles, IL 60714  
Phone: (708)-599-2237

### **Meals on Wheels Northeastern Illinois at Alington Heights Senior Center**

1801 W. Central Rd,  
Arlington Heights, IL 60005  
Phone: (847) 32-2678

### **The Center of Concern,**

Messiah Lutheran Church  
Park Ridge, IL 60068  
Phone: (847) 823-0453 Ext. 1021

### **Center for Seniors (Korean)**

355 N. Milwaukee Avenue  
Northbrook, IL 60062  
Phone: (312) 500-3355

### **Hanover Township Senior Dining Program**

240 South IL Route 59,  
Bartlett, IL 60103  
Phone: (630)-483-5600

### **Hanul Family Alliance (Korean)**

1166 S. Elmhurst Rd.  
Mt. Prospect, IL 60056  
Phone: (847) 439-5195

### **Levy Senior Center - Evanston**

300 Dodge Ave.,  
Evanston, IL 60202  
Phone: (847) 448-8250

### **Meals on Wheels Northeastern Illinois at Niles Senior Center**

999 Civic Driver  
Niles, IL 60714  
Phone: (847) 332-2678

### **Metropolitan Asian Family Services - Niles (South Asian)**

9015 N. Milwaukee Ave.,  
Niles, IL 60714  
Phone: (847) 824-9414

### **Metropolitan Asian Family Services – Schaumburg (South Asian)**

1421 S. Roselle Rd.  
Schaumburg, IL 60193  
Phone: (847) 824-9414

### **Schaumburg Senior Dining Program**

The Barn, 231 Civic Drive,  
Schaumburg, IL 60193  
Phone: (847) 524-7496

### **Village of Wheeling Senior Services**

1 Community Blvd.,  
Wheeling, IL 60090  
Phone: (847) 459-2670

### **Xilin Association at China Buffet (Chinese)**

230 West Rand Road  
Arlington Heights, IL 60004  
Phone: (630) 355-4322

### **Xilin Association at Noodle Deli (Chinese)**

2 Golf Center  
Hoffman Estates, IL 60169  
Phone: (630) 355-4322

## West

### **Aging Care Connections Senior Lunch Program**

111 W. Harris Avenue,  
La Grange, IL 60525  
Phone: (708) 345-1323

### **Brookfield Community Café**

9022 W. 31st St.,  
Brookfield, IL 60513  
Phone: (708) 310 4434

### **Bellwood Café**

439 Boland Avenue  
Bellwood, IL 60104  
(708) 547-5600

### **Meals on Wheels Northeastern Illinois at Clyde Park District**

1909 S. Laramie,  
Cicero, IL 60804  
Phone: (708) 652-3545

### **Franklin Park Senior Dining**

10040 Addison Ave.,  
Franklin Park, IL 60131  
Phone: (847) 678-8777

### **Maywood Park District**

921 S. 9th Avenue  
Maywood, IL 60153  
Phone: (708) 344-4740

### **Oak Park Center Senior Lunch Program**

130 S. Oak Park Avenue  
Oak Park, IL 60302  
Phone: (708) 383-8060 Ext 134

### **Our Lady of Mt. Carmel Church**

1115 N. 23rd Ave.,  
Melrose Park, IL 60160  
Phone: (708) 345-3632

### **PAV YMCA**

947 S. Oak Park Ave.  
Berwyn, IL 60402  
Phone: (708) 749-0606

### **Sharp Senior Center - Melrose Park**

1609 North 36th Ave.,  
Melrose Park, IL 60160  
Phone: (708) 316-7488

## South

### **Arab American Family Services (Halal)**

Al Bawadi Grill,  
7216 W. 87th St.,  
Bridgeview, IL 60455  
Phone: (708)-599-2237

### **Bremen Township Senior Dining**

15350 S. Oak Park Ave.,  
Oak Forest, IL 60452  
Phone: (708) 687-8220

### **Calumet Township Senior Dining**

12633 South Ashland Ave.,  
Calumet Park, IL 60827  
Phone: (708) 388-6606

### **Meals on Wheels Northeastern Illinois at Markham City Hall**

16313 Kedzie Parkway  
Markham, IL 60426  
Phone: (847) 332-2678

### **Hometown Senior Dining Program**

Hometown Mercy Mosque  
8925 S. Kostner Ave.,  
Hometown, IL 60456  
Phone: (708) 422-5180

### **Lemont Senior Nutrition Center**

16300 Alba Ave.,  
Lemont, IL 60439  
Phone: (630) 257-0515

### **Metropolitan Asian Family Services – Orland Park (South Asian)**

11225 W. 159th Street  
Orland Park, IL 60714  
Phone: (708) 675-1980

### **North Stickney Senior Lunch Program**

6721 W. 40th St.,  
Stickney, IL 60402  
Phone: (708) 788-9100

### **Phoenix Senior Dining Program**

650 E. Phoenix Center Drive  
Phoenix, IL 60426  
Phone: (708) 331-2408

### **Salvation Army Crossgenerations**

2900 Burr Oak,  
Blue Island, IL 60406  
Phone: (708) 332-0100

### **South Chicago Heights Senior Center**

3140 Enterprise Park Ave.,  
South Chicago Heights, IL 60411  
Phone: (708) 756-5350

### **Stickney Senior Lunch Center**

Louis S Viverito Center  
7745 S. Leamington Ave.  
Burbank, IL 60459  
Phone: (708) 636-8850

