

*Poor nutrition is the biggest threat to an older person's independence... and sadly, is entirely avoidable.*

For this and many other reasons, we are highlighting **two** major nutrition programs available for senior adults in Dane County. The meals provide 1/3 of the RDA (recommended daily allowance) and DRI (dietary reference intake) for senior adults. These meals provide protein, vegetable, fruit, bread, and milk, and follow the dietary guidelines for older Americans. The menus are approved by a Registered Dietetic Technician.

## Eat in or Out!

Inside this brochure lists locations that senior adults age 60+ can visit to have a well balanced meal on a donation basis. The benefits of this program include:

- Balanced & nutritious meal
- Wide variety of food items
- Supportive services
- Others to share the meal
- Activities before/after the meal
- Transportation round trip
- Increased flexibility/movement

Home-delivered meals are also available for eligible senior adults throughout Dane County on a donation basis. The meals are delivered by a volunteer who also provides a safety check on home-bound seniors.

Area Agency on Aging of Dane County  
2865 N Sherman Ave  
Madison, WI 53704



Area Agency on Aging of Dane County

## Nutrition Program



Fellowship, Food  Fun

*An apple a day  
isn't enough  
nutrition to keep  
a senior adult  
healthy.*

2865 N Sherman Ave  
Madison, WI 53704  
Phone: (608) 261-9930  
Fax: (608) 240-7402  
TTY: Wisconsin Relay 7-1-1  
Email: [aaa@countyofdane.com](mailto:aaa@countyofdane.com)  
<https://aaa.dcdhs.com>

*Co-located in the Aging & Disability  
Resource Center of Dane County*



Dated 3/21/18



# Dane County Senior Dining Sites

LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY
Beth Israel Center 1406 Mound St, Madison	442-4083	M Sept-May	Noon	N/A
Cambridge Community Center 200 Spring Street, Cambridge	838-7117	T & F	Noon	N/A
Colonial Club Sr Activity Ctr 301 Blankenheim Ln, Sun Prairie	837-4611	M – F	11:45 am	M – F
Cranberry Creek Café* 1501 Lake Point Dr, Madison	223-3100	F	8:30- 10:30 am	N/A
DeForest Area Senior Center 505 N Main St, DeForest	846-9469	M – F (except W)	11:30 am	M – F
DeForest Family Restaurant* 505 W North St, DeForest	846-9469	W	10 am- 1 pm	N/A
Festival Foods Grocery Store* 810 E Washington Ave, Madison	223-3100	R	11 am- 1:30 pm	N/A
Fink's Restaurant* 204 W Main St, Mt Horeb	437-6902	W	9 am- 1 pm	N/A
Fisher Taft Apartments 2025 Taft St, Madison	251-8405	M – F	11:30 am	<i>See MOWs</i>
Fitchburg Senior Center 5510 E Lacy Rd, Fitchburg	270-4290	M – F	Noon	M – F
Goodman Community Center* 149 Waubesa St, Madison	241-1574	M – F	11:45 am	<i>See MOWs</i>
Lussier Community/Education Ctr 55 S Gammon Rd, Madison	238-7368	F	Noon	<i>See MOWs</i>
Madison Senior Center 330 W Mifflin St, Madison	251-8405	M – F	11:30 am	<i>See MOWs</i>
Marshall Community Library 605 Waterloo Rd, Marshall	837-4611	T	11:30 am	M – F
McFarland Senior Outreach 5915 Milwaukee St, McFarland	838-7117	M, W & F	11:45 am	M – F
Meadowridge Commons 5734 Raymond Rd, Madison	238-7368	T, W & R	Noon	<i>See MOWs</i>

LOCATION	PHONE	DAYS SERVED	MEAL TIME	MEAL DELIVERY
Meals On Wheels (MOWs) <i>(SSM Health at Home)</i>	276-7598	Lunch only	Varies	M – F
Messiah Lutheran Church 5202 Cottage Grove Rd, Madison	223-3100	T	Noon	<i>See MOWs</i>
Middleton Senior Center 7448 Hubbard Ave, Middleton	831-2373	M – F	11:30 am	M – F
Monona Meadows 250 Femrite Dr, Monona	223-3100	M & W	Noon	<i>See MOWs</i>
Mount Horeb Senior Center 107 N Grove St, Mount Horeb	437-6902	M – F (except W)	11:15 am	M – F
Northwest Dane Senior Services 1837 Bourbon Rd, Cross Plains	798-6937	M – F	11:30 am	M – F
Oregon Area Senior Center 219 Park St, Oregon	835-5801	M – F (except R)	11:45 am	M – F
Romnes Apartments 540 W Olin Ave, Madison	251-8405	M – F	11:30 am	<i>See MOWs</i>
Stoughton Area Senior Center 248 W Main St, Stoughton	873-8585	M – F	Noon	M – F
Sugar River Senior Center 21 S Vine St, Belleville	424-6007	M, W & F	11:30 am	M – F
Warner Park Community Rec Ctr 1625 Northport Dr, Madison	243-5252	M – F (except R)	11:30 am	<i>See MOWs</i>
Waunakee Senior Center 333 S Madison St, Waunakee	849-8385	M – F	11:30 am	M – F
Ziggy's BBQ Smoke House* 135 S Main St, Oregon	835-5801	R	11:30 am -1 pm	N/A

With the exception of the six sites listed below, select a convenient site and call by noon one business day ahead to make a meal reservation.

*\*Cranberry Creek Café, DeForest Family Restaurant, Festival Foods Grocery Store, Fink's Restaurant, Goodman Community Center & Ziggy's BBQ Smoke House do not require a reservation.*

For more information, contact Dane County Nutritionist Mary Browning at (608) 261-5678 or [browning.mary@countyofdane.com](mailto:browning.mary@countyofdane.com).