



AGING SERVICES OF NORTH CENTRAL MASSACHUSETTS

Formerly the Montachusett Home Care Corporation

Group Dining Cafes

What are Group Dining Cafes?

- MOC's (Making Opportunity Count) Group Dining Cafes provide nutritionally balanced lunches served in local senior centers, community meeting halls, and elder apartment complexes.
- These cafe sites offer a place for elders to socialize over lunch and obtain information about other services available to them.
- The hot noontime meals meet one-third of the USDA's Daily Recommended Dietary Allowances.
- Diet desserts are available for those with diabetes/ pre-diabetes or those just watching their weight by choice.

When is it available?

- Many but not all towns serve meals Monday through Friday, with the exception of holidays.
- There are no meals served on weekends and meals are not served at breakfast or supper times.

How much does it cost?

- A voluntary, confidential contribution of \$3.00 per meal to help cover meal costs is suggested.

How to sign up?

- Reservations must be made in advance at the specific meal site, listed below, you wish to attend

Contact info:

Ashburnham Senior Center: 978-827-5000

Clinton Senior Center: 978-733-4747

Gardner Senior Center: 978-632-1330

Groton Senior Center: 978-448-1170

Lancaster Senior Center: 978-706-1958

Leominster / Span. Amer. CTR: 978-534-3145
ext. 14

Pepperell Senior Center: 978-433-0326

Shirley Senior Center: 978-425-1390

Townsend Senior Center: 978-597-1710

Winchendon Meal Site: 978-297-3155

Ayer Meal Site: 978-772-8260

Fitchburg Senior Center: 978-345-8501

Gardner / Church Street: 978-632-8491

Hubbardston Meal Site: 978-928-1400 ext. 211

Leominster Senior Center: 978-534-7511

Lunenburg Senior Center: 978-582-4167

Princeton Senior Center: 978-464-5977

Sterling Senior Center: 978-422-3032

Westminster Meal Site: 978-874-7402

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