

Promoting independence, dignity, health, and quality of life

Nutrition, Health, & Wellness Services

Lunch Club 60 * Home Delivered

Meals * Farmers Market Coupons

Nutrition Counseling * Chronic

Disease Self-Management Classes

**WAYNE COUNTY
DEPARTMENT OF
AGING AND YOUTH**

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Lyons, NY 14489

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**Help is
only a
phone call
away!**

Lunch Club 60

Lunch Club 60 centers offer programs, activities, and a noontime meal for individuals age 60+ and their spouses. All centers are open Monday through Friday (excluding holidays). Hours vary slightly by location, but are generally 9:30 – 1:30. The suggested voluntary contribution is \$3 per meal. Reservations are requested for lunch and should be made at least a day in advance by calling the Lunch Club 60 center you would like to attend. Transportation is available to several of the centers and is arranged through the center manager.

CLYDE

Brenda Smith, Manager
Clyde United Methodist
Church
84 Sodus Street
Phone: 315-398-3568

ONTARIO

Vivian Taylor-Kalinowski,
Manager
Brown Square Village
2100 Brown Square
Phone: 315-524-3034

PALMYRA

Sharon Morano, Manager
The Village Park and Club
Rooms
149 E. Main Street
Phone: 315-597-4015

NEWARK

Nancy Welcher, Manager
Emmanuel United Methodist
301 East Miller Street
Phone: 315-331-8755

WOLCOTT

Melissa Martinez, Manager
Faith United Methodist
Church
12223 Oswego Street
Phone: 315-398-9122

SODUS

Caryl Carne-Coe, Manager
Sodus Senior Center
47 Maple Ave, Ste. 200
Phone: 315-776-1348

Home Delivered Meals

We provide for nutritious and well-balanced meals for clients who are homebound, unable to prepare meals on their own, and lack family support. These meals are provided at no cost, although donations are appreciated. An assessment is required to establish eligibility and no one who is eligible is denied a meal for inability or unwillingness to contribute.

Nutrition Counseling

Our registered dietitian is available to meet individually with older adults and their caregivers to answer nutrition-related questions and demonstrate the role that diet can play in overall health and well being. There is no charge for this service, but donations are appreciated.

Farmers' Market Coupon Program

We distribute NYS Farmers' Market Coupon booklets at Lunch Club 60 centers, our office, and senior housing facilities throughout the county. Coupons are generally available on a first-come, first-served basis in the months of July and August. The goal of the program is to increase consumption of locally-grown fresh fruits and vegetables.

Chronic Disease Self-Management Classes

We offer a 6 week program on how to manage symptoms of your chronic health condition at least 3 times a year: March, June, and September. Call for more information.

Programs and services provided by the Department of Aging and Youth are funded by the Older Americans Act, the New York State Office for the Aging, Wayne County, and contributions. Contributions are free and voluntary and should reflect your own personal financial situation. Individuals with a self-declared income at or above 185% of the federal poverty level are encouraged to contribute at levels based on the actual cost of service.