



MAY 2022 NEWS

Longmont Meals on Wheels

910 Longs Peak Avenue, Longmont CO 80501
longmontmeals.org 303-772-0540

SCHEDULE REMINDERS

Memorial Day Closure - Monday, May 30th

If you need meals for the closure, please let us know by Monday, May 23rd, so we can add frozen meals in the week before. Please note that the Longmont Senior Center will also be closed on Monday, May 30th. As a result, our lunch program at the Park View Cafe will also be closed.

KEEP US INFORMED

Please remember, we are more than a meal! If you are not home, don't have a cooler with ice out and have not called us to communicate, we will worry about you! If you are not sure that you'll return home from an appointment on time for delivery, put out your cooler with ice just in case. Please call us with any changes in your contact information, and keep us informed of absences.

JOIN US FOR LUNCH AT THE SENIOR CENTER

**GOOD FOR ONE
FREE LUNCH**

**Join Longmont Meals on
Wheels for lunch at the
Longmont Sr Center**

Monday—Friday 11:30-12:00

Good for anyone 55+

one per person please

Name: _____

expires 6/30/2022

CAREGIVING SUPPORT AND EDUCATION

The Longmont Senior Center provides a variety of assistance for family caregivers:

- Individual or family consultations to discuss care needs
- Caregiver support groups
- Referrals for respite assistance, friendly visitors, home care, personal safety alerts and more
- Lunch Bunch (weekly social group for those with early to mid-stage dementia)
- You Can Become a Savvy Caregiver (6-week training for family caregivers of people living with dementia)
- Dementia Friendly Community Calendar - ask about more events and activities specifically for those with dementia
- Information about a wide variety of classes pertinent to caregiving held at the Longmont Senior Center

To contact the Senior Services Counselor to discuss family caregiving, call 303-651-8414.



Senior Services

THE PARK VIEW CAFE IS OPEN

The Park View Cafe at the Longmont Senior Center is fully open and welcoming guests Monday through Friday, 11:30 to 12:00. Seating is no longer limited and no longer socially distanced. Prices are on our sliding scale, according to your income, from \$2.00 to \$5.50; visitors under 55 pay \$6.00. Milk, juice or coffee are included. Payment is cash only unless you would like to purchase a multi-meal punch card. The lunchroom menu follows the home delivery menu. We would love to see you in person!