



ONEgeneration welcomes you to our older adult lunch dining sites

Did you know congregate meal sites offer adults 60 and over nutritional and social benefits?

Eating a well-balanced diet is an important part of staying healthy as you age. s

Advantages of eating well are:

- Helps you maintain a healthy weight
- Stay energized
- Get the nutrients you need
- Lowers your risk of developing chronic health conditions

Older adults who maintain their independence and engage socially is also an important part of staying healthy.

Advantages of social interaction are:

- Can reduce stress and ward off anxiety and depression

Four locations in the southwest San Fernando Valley

ONEgeneration Senior Enrichment Center

Lunch served Monday-Friday at 11:45 a.m.

18255 Victory Boulevard

Reseda, CA 91335

Dining Room: (818) 996-1909

Information: (818) 705-2345

Canoga Park Senior Center

Lunch served Monday-Friday at 12:00 NOON

7326 Jordan Street

Canoga Park, CA 91304

Dining Room: (818) 992-8094

Information: (818) 340-2633

Owensmouth Gardens Dining Center

Lunch served Monday-Friday at 12:00 NOON

6300 Owensmouth Avenue (Office Entrance)

Woodland Hills, CA 91367

Information: (818) 347-3336

ONEgeneration Adult Daycare Center

Daytime care program for adults living with Alzheimer's disease, Parkinson's disease, post-stroke disabilities, memory impairment and other long term illnesses.

17400 Victory Boulevard

Van Nuys, CA 91406

For tours or enrollment: (818) 708-6625

Please see our website for more information.

- ✓ A recommendation of \$3.00 per meal is greatly appreciated.
(This is a donation-based program that helps to sustain our meal programs)
- ✓ Daily hot lunch offering a minimum of 1/3 of daily nutrition requirements for mature adults.

See <http://www.onegeneration.org/seniors/dining-centers/> for current monthly lunch menu.