



JOIN US FOR A MEAL AT THE 50+ CENTERS!

We are excited to welcome you
back to dine with us at the
Howard County 50+ Centers!

Must be 60 or older to receive a meal; spouses
of any age may also participate. Participants
will have the opportunity to provide a confidential
donation towards the cost of the meal.

WE LOOK FORWARD TO SEEING YOU!

Bain 50+ Center

5470 Ruth Keeton Way, Columbia • 410-313-7213

WEDNESDAYS AND THURSDAYS

Korean Meals Only Available Thursdays

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge • 410-313-5192

TUESDAYS AND THURSDAYS

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City • 410-313-1400

TUESDAYS AND THURSDAYS

Thursdays are Breakfast Only

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel • 410-313-0380

WEDNESDAYS AND FRIDAYS

HOME DELIVERED MEALS

The Howard County Office on Aging and Independence
partners with Meals on Wheels (MOW) of Central Maryland
to provide home delivered meals to eligible individuals.

Eligibility is based on age, mobility and food access.

To determine eligibility and sign up, contact
MOW at 410-558-0932.

REGISTRATION

**For details or to sign
up, call or stop by the
front desk at the
50+ Center of
your choice!**

PRESENTED BY THE

**Howard County**
Office on Aging and Independence

www.howardcountymd.gov/aging

If you need this information in an alternate format, or need accommodations to participate,
contact the HOWARD COUNTY NUTRITION LINE at 410-313-3640 (VOICE/RELAY).