



COMMUNITY DINING CENTERS

Enjoy delicious meals with good company! Research shows that dining with others leads to healthier eating habits. Community Dining Centers, located in local senior and community centers, offer freshly prepared, well-balanced, and nutritious meals that encourage independence and well-being.

Community Dining Sites offer more than a meal. It's a chance to enjoy good food, connect with others, and stay active in your community.

Menus are approved by GSSSI's Registered Dietitian to ensure meals are nutritious, flavorful, and varied. Staff are on-site to support participants and help as needed. Monthly menus are available online.

Eligibility & Cost

Community Dining is open to adults age 60 or older. Spouses may also join, regardless of age. There is no cost to participate, but sites may ask for a voluntary donation, ranging from \$3-\$4, but no one will be denied a meal due to income or ability to donate.

How It Works

Lunch is served Monday through Friday at most sites, but days and times may vary by location.

Reservations are required. Please call your dining site in advance to reserve your meal.

A full list of Community Dining locations and schedules, are available at www.gsssi.org/dining-centers or by calling GSSSI for assistance.

Cities and Towns We Service

GSSSI operates five Community Dining sites, but additional locations are available throughout our service area.

If you are interested in attending a dining site, call us or visit www.gsssi.org/dining-centers for the most up-to-date list of locations & contact information.



"Mealtime offers our residents more than just food; it's a chance to share their day and connect socially. We also use this time to check in on any issues they may be facing."

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