



Lunch Club

Right in the heart of our great city, here in Waterford and nestling in one of the oldest parts of our lovely town, there is an active lively LUNCH CLUB running from Monday to Friday Lunch Starts at 12:30pm

In Town Shopping?

Join others in our community for good food and friendship.

Come with a friend or make new friends.

Lady Lane House Retirement Services offer well-balanced, great tasting and affordable meals in a friendly community atmosphere.

Our Dining Centre offers:

- Delicious and nutritious meals
- Social opportunities
- Connections with trusted and caring people
- Helpful health information and education
- Recreational programs and special activities
- Opportunities for seniors within our communities to share their talents, skills and gift with others
- We are happy to meet special dietary needs, such as diabetic, low salt and low fat
- Affordable meals are available to seniors of all incomes and their guests.
- Dinner : Monday to Friday 12:30pm
- Bus Trips : Tuesday afternoon
- Bingo : Monday and Thursday 2:30pm to 4:30pm
- Cards : Wednesday 2:30pm to 4:30pm
- Sing Along: Monday and Thursday 11:00am to 12:30pm with Jackie and Mary

Home Delivered Meals

Home Delivered Meals help seniors maintain good health and remain in their own homes.

The Meals-on-Wheels program provides a hot, nutritious meal

A well-balanced meal can boost immunity and reduce the risks for many health related conditions and prevent the need for nursing home or assisted living care prematurely.

Volunteers personally greet and get to know our seniors as they deliver a fresh lunch and dessert.

Seniors enjoy the friendly, personal interaction.

Family members gain peace of mind from knowing that someone is checking on their loved one. If the delivery volunteer notices anything of concern, with the senior's permission, the senior dining manager can notify family members.

Hot, nutritious meals are typically delivered daily Monday through Friday. Cold meals are available for weekends and bank holidays. You can receive meals for a day, a week, a month or indefinitely. You may also choose any combination of days that is convenient for you

**Lady Lane House, Retirement Services, Lady Lane Waterford
Ph. 051 874056**

