



Meals on Wheels Home Delivery to Waterford and South Kilkenny We are a non profit organization

Are you a senior or do you find it difficult to prepare meals because of disability illness or injury? Would you or someone you know benefit from a hot, healthy, nutritional, meal delivered by a friendly volunteer? Meals on Wheels are ready to serve you. A Meal delivered by Meals on Wheels also serves as a daily safety check and a source of social contact for many clients.

- Have you just returned from a stay in hospital?
- Do you need some time to recuperate after your illness?
- We can deliver dinners on a short term basis until your back on your feet
- Or do you just need a break from cooking for the day

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

Our day centre activities are

- 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

Phone or call in to our Centre at
Lady Lane House,
Retirement Services,
Lady Lane
Waterford
Ph. 051 874056

