

## NORTHWEST PHILADELPHIA

### Center in the Park

5818 Germantown Ave. 19144; 215-848-7722

### The Center at Journey's Way

403 Rector St. 19128; 215-487-1750

### PHA Emlen Arms Satellite

6733 Emlen St. 19119; 215-684-5892

### West Oak Lane Senior Center

7210-18 Ogontz Ave. 19138; 215-685-3511

## NORTHEAST PHILADELPHIA

### KleinLife: Northeast Philadelphia and Russian Speaking "K"

10100 Jamison Ave. 19116; 215-698-7300

### KleinLife: Rhawnhurst "K"

2101 Strahle St. 19152; 215-745-3127

### Juniata Park Older Adult Center

1251 E. Sedgley Ave. 19134; 215-685-1490

### Northeast Older Adult Center

8101 Bustleton Ave. 19152; 215-685-0576

### Peter Bressi Northeast Senior Center

4744-46 Frankford Ave. 19124; 215-831-2926

## WEST PHILADELPHIA

### Older Adult Sunshine Center

137 S. 58<sup>th</sup> St. 19139; 215-472-6188

### West Philadelphia Senior Community Center

1016-26 N. 41st St. (41st & Poplar sts.) 19104; 215-386-0379

## SOUTHWEST PHILADELPHIA

### Star Harbor Senior Citizen Center, CHCS

4700 Springfield Ave. 19143; 215-726-7468

### Southwest Senior Center

6916 Elmwood Ave. 19142; 215-937-1880

## SOUTH PHILADELPHIA

### St. Charles Senior Community Center, CHCS

1941 Christian St. 19146; 215-790-9530

### Marconi Older Adult Center

2433 S. 15<sup>th</sup> St. 19145; 215-218-0800

### PHA Cassie L. Holly Apartments Satellite

2100 Dickinson St. 19146; 215-684-4891

### PHA Wilson Park Satellite

2508 Jackson St. 19145; 215-684-4895

### Philadelphia Senior Center – Coffee Cup Satellite and Asian-Pacific Senior Resource Center

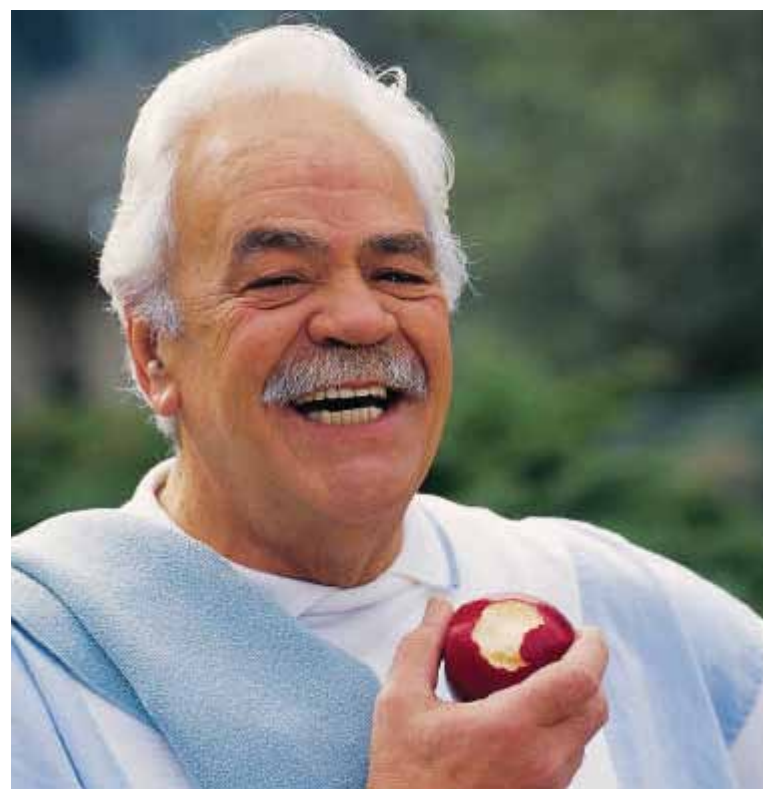
247 S. 10<sup>th</sup> St. 19107; 215-627-8048

### Philadelphia Senior Center – Main Branch

509 S. Broad St. 19147; 215-546-5879

### South Philadelphia Older Adult Center

1430 E. Passyunk Ave. 19147; 215-685-1697



Senior center meal programs are funded by Philadelphia Corporation for Aging with federal and state dollars through the Pennsylvania Department of Aging.

# PCA

PHILADELPHIA CORPORATION FOR AGING  
*Enriching lives. preserving dignity.™*

642 North Broad Street | Philadelphia, PA 19130-3409

Administration: 215-765-9000 | Fax: 215-765-9066

PCA Helpline: 215-765-9040

215-765-9041 (for hearing impaired)

Toll free 888-482-9060 (outside Philadelphia)

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## Discover The Best Lunch Spot In Your Neighborhood!

### Senior Community Centers:

- Great food
- Friendly people – you'll feel welcomed!
- Convenient locations
- You'll have fun
- Lots of activities to enjoy



## You're invited!

Everyone age 60 or older is welcome to join us for lunch. There is no charge for the lunch, however, contributions are accepted.

### Under 60?

You're welcome too - there is a small charge for the meal.

### Meet friends and neighbors over lunch

Senior Community Centers are conveniently located in neighborhoods throughout Philadelphia. They also provide a variety of programs that are both educational and fun!

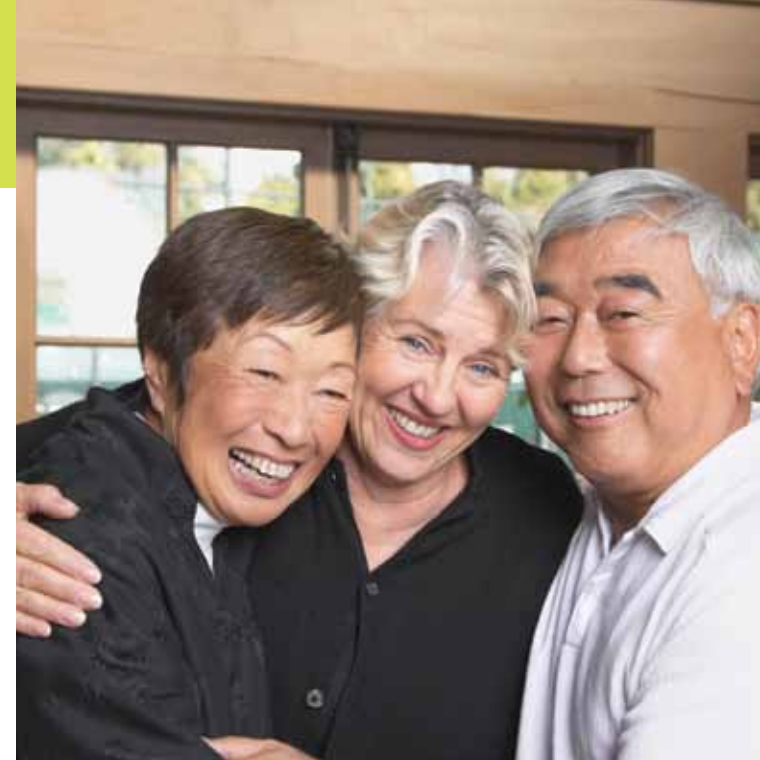
### Give us a call!

Let us know in advance if you're planning to join us, so we can be ready to serve you! Ask about transportation if needed for lunch or other activities.

**Trying to eat healthy?  
We make it easy for you -  
and tasty, too!**

Roasted chicken, crab cakes, a turkey club sandwich - the menu changes, but one thing stays the same - all the meals are carefully designed to be heart-healthy, and to meet one-third of the USDA's recommended daily nutritional needs.

A healthy diet helps keep you healthy!



## Special treats

Centers celebrate holidays, birthdays and special occasions. Once a month, the "Chef's Special" program offers one unique item or treat.



Special items have included root beer floats, fruit smoothies, hot chocolate with whipped topping and marshmallows, fresh strawberry spinach salad, and a mashed potato bar.

## Keeping kosher

Kosher meals are available at two locations; look for the "K" on the list.

# Neighborhood Lunch Spots

## NORTH CENTRAL PHILADELPHIA

### Norris Square Senior Citizen Center, CHCS

2121 N. Howard St. 19122; 215-423-7241

### St. Anne's Senior Citizen Center, CHCS

2607 E. Cumberland St. 19125; 215-423-2772

### King Older Adult Center

2101 W. Cecil B. Moore Ave. 19121; 215-685-2716

### Lehigh Senior Center

Pavilion Building #6

1701 W. Lehigh Ave. 19132; 215-226-0761

### Lutheran Settlement House Senior Center

1340 Frankford Ave. 19125; 215-426-8610, ext.1202

### Mann Older Adult Center

3201 N. 5<sup>th</sup> St. 19140; 215-685-9844

### North Broad Street Senior Center

1438 N. Broad St. 19121; 215-978-1300

### On Lok House

219 N. 10<sup>th</sup> St. 19107; 215-599-3016

### Philadelphia Senior Center - Tioga Branch

1531 W. Tioga St. 19140; 215-227-9999

### Spring Garden Center

1221 Spring Garden St. 19122; 215-787-2944

