

## Congregate Meals, Fredericksburg

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Persons over 60

Family

No

Intake Contact

Staff

Intake Process

Self-referral. Written application required. Call for appointment.

Self Refer

Yes

Healthy Generations Area Agency on Aging

<https://healthygenerations.org>

<https://www.facebook.com/RappahannockAreaAgencyonAging/>

Main

(540) 371-3375

Toll-Free

(800) 262-4012

801 Sophia Street

22401 VA

United States

Fee Structure

Suggested Donation

Languages Spoken

English

Congregate (group) meals, currently offered in Shiloh Old Site Baptist Church, provide individuals aged sixty or older and the spouses of such individuals with low-cost, nutritionally-sound, breakfast and hot noonday meals. Call Healthy Generations

Area Agency on Aging for assessment to qualify for participation.

Preference is given to those older persons with the greatest social and economic needs. The program aims to increase socialization and recreation opportunities thereby reducing the isolation of old age.

Fredericksburg Senior Cafe is open 3 days each week seniors have the opportunity to socialize, grocery shop and receive a nutritious meal. Meals served 9:30AM - 1:30PM.

Service Area(s)

Fredericksburg City