



# EGANVILLE & DISTRICT SENIORS

*Great Ways to Enjoy your Retirement Days!  
You Don't Have to be a Senior to Participate or Volunteer*

Give us a Call @ 613-628-2354  
30 Bell St., Eganville ON  
info@eganvilleseniors.com  
[www.eganvilleseniors.com](http://www.eganvilleseniors.com)  
Follow us on Facebook

## March is Meals on Wheels Month

Do you find preparing a nutritious meal difficult? Then you may be interested in receiving Meals on Wheels.

Meals on Wheels is a program that will deliver meals to individuals at home who are unable to purchase or prepare their own meals. The Meals on Wheels program that is offered at the Eganville and District Seniors (EDS) provides hot, nutritious meals that are prepared by the Rio Tap & Grill located in Eganville. They are picked up from the Rio and delivered right to your door by a friendly volunteer. The meals prepared by this local restaurant consist of soup or salad, meat, potato, vegetable, bread and dessert. These tasty meals can be delivered to your home twice a week (Tuesdays and Fridays) around noon time in the Eganville, Douglas, Foymount and Golden Lake areas.

Meals on Wheels do more than provide nutritious meals for seniors. They also provide a friendly face at the door to people who might otherwise be alone. They provide a trusted weekly contact for the client.

Are you wondering what to give that special person in your life for a Thank You, Birthday or Just Thinking of You? Here's a wonderful gift idea for a neighbour, your parent, grandparent or a friend. Introduce him or her to Meals on Wheels. Gift certificates are available at the EDS. The cost for one Meals on Wheels meal is \$7.00. This delivered meal costs EDS considerably more but the Eganville Rotary Club and other wonderful private donors, plus fundraising dollars. The Rotary Club has been supporting the EDS in this regard for many years and we truly thank them!

EDS continues to look for dedicated volunteers to deliver our meals to clients. We typically require both a driver and a 'runner' to deliver the meal. If you would like to become a volunteer, just drop by the office and we would be happy to sign you up.

### **EDS offers programs and activities at the Golden Lake Community Hall.**

**Mid Mobility Exercise**  
**Every Tuesday and Friday at**  
**9:30 am**

Here are various testimonies of clients who have received Meals on Wheels:

*"I heard and was introduced to the Meals on Wheels program from my daughter-in-law."*

*"I would really recommend the Meals on Wheels programs to everyone."*

*"I really enjoy the Meals on Wheels program because it gives me a break so I don't have to make a meal or think about making a large meal for myself on that day."*

*"The Volunteers who deliver the meals are so nice and kind, and help me out if I need it."*

*"The meals are always delivered on time at lunch and they are usually still always hot."*

The EDS also offers Frozen Meals, and Social and Safety, both are great programs for clients having difficulty getting out of their homes. Social and Safety pairs the client with a friendly volunteer who will visit or phone the client on set time and day. If you are interested in the Meals on Wheels, Frozen Meals or Social and Safety programs, please contact us at 613-628-2354 or [info@eganvilleseniors.com](mailto:info@eganvilleseniors.com).