

~ Welcome ~
ENJOY A NUTRITIOUS LUNCH
at the Amherst Senior Center!



DAILY NUTRITION LUNCH

- **Tasty variety of nutritious foods**
- **Friendly & interesting people**
- **Special menus & events for holidays**
- **Open to all Erie County residents 60 & older**
- **\$3.00 suggested voluntary contribution**

MONDAY – FRIDAY • Serving at Noon
Reservations Required by calling 636-3059

Stay Fit Dining Program funded by the Administration on Aging (USDHHS), New York State Office for the Aging & County of Erie.