

Dine. Make Friends. Stay Healthy.

Formerly known as “Congregate Meal Sites,” Milestones Community Cafés offer daily meals in a social setting throughout Milestones’ 17 counties. Community Cafés welcome anyone over the age of 60, or their spouse of any age, and offer a different meal daily. Some meal sites also offer entertainment (such as bingo, games, and musical acts), educational opportunities (such as speakers and resource tables), and exercise. At your local Community Café location you can enjoy an affordable and delicious lunch in a social setting.



Meals

Meal offerings vary each day and a daily calendar is prepared in advance of each month. All meals are approved by a registered dietician to meet the nutritional needs of older adults. Printed menus are available at each meal site or at milestonesaaa.org.

Funding

The Senior Nutrition Program is funded in part by the Older Americans Act and voluntary contributions from participants. A contribution of \$5/per meal is suggested, however service is not denied based on level on contribution.

CONTACT US

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milestonesaaa.org

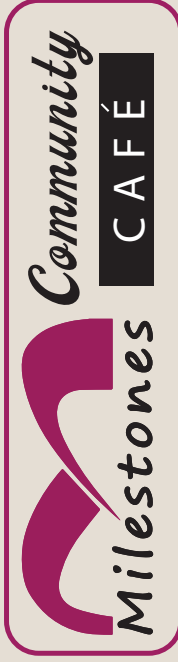


60+ CONGREGATE MEAL SITE



Senior Nutrition Centers

in Southeastern Iowa



Congregate Dining LOCATIONS

Serving times may vary. Reservations are recommended.

Please call (855) 410-6222 for information or home meal delivery.

Menus are available at each meal site or at milestonesaaa.org.

County	City	Location	Address	Phone	Days
Appanoose	Centerville	18-80 Club	922 W. State St.	641-856-8627	M-F
Clinton	Camanche	Community Center	323 9th Ave.	563-484-3108	M-F
Clinton	Clinton	Park Tower Apartments	329 6th Ave. S.	563-242-4222	M-F
Clinton	DeWitt	United Methodist Church	222 12th St.	563-210-1712	M-F
Davis	Bloomfield	Senior Center	109 E. Franklin St.	641-664-1167	M-F
Des Moines	Burlington	Autumn Heights Apartments	2830 Winegard Dr.	319-753-2675	M-F
Des Moines	Burlington	Grace United Methodist Church	1100 Angular St	319-758-5084	W
Henry	Salem	Salem Community Center	201 S. Main St.	319-258-4111	M-F
Henry	Winfield	Community Veterans Building	116 N. Locust St.	319-257-6921	M-F
Jefferson	Fairfield	Fairfield Community Center	209 S. Court St.	641-472-4403	M-F
Keokuk	Sigourney	Sigourney Senior Citizen Center	214 S. Main St.	641-622-3266	M-F
Lee	Ft. Madison	Newberry Center	728 Ave. G	319-372-3147	M-F
Lee	Keokuk	Heritage Center	508 Main St.	319-524-5464	M-F
Louisa	Columbus Jct.	Community Senior Center	125 E. Walnut St.	319-728-3148	M-F
Louisa	Wapello	Briggs Civic Center	317 N. Water St.	319-523-8455	Tu/Fr
Lucas	Chariton	Senior Center	117 S. Grand St.	641-774-2821	M-F
Mahaska	Oskaloosa	Grant Senior Center	715 B Ave. East	641-673-3033	M-F
Monroe	Albia	Leisure Lounge	17 N. Clinton St.	641-932-5198	M-F
Muscatine	Fruitland	Community Center	104 Sand Run Rd.	563-260-9921	Thur
Muscatine	Muscatine	Clark House	117 West 3rd St	563-264-8766	M-F
Muscatine	Muscatine	Musserville Church (DSCI)	1001 Oregon St.	563-264-8883	Call
Muscatine	Muscatine	Hershey Manor	1810 Mulberry St.	563-263-8337	M-F
Muscatine	Muscatine	Tower Apartments	106 E. 6th St.	563-260-4064	M-F
Scott	Bettendorf	Cumberland House	2365 Tech Dr.	563-484-3108	M-F
Scott	Bettendorf	Luther Manor	3118 Devil's Glen Rd.	563-332-9407	M-F
Scott	Bettendorf	Spruce Hills Village	2380 Tech Dr.	563-484-3108	Tu/W/Th
Scott	Davenport	CASI	1035 W. Kimberly Rd.	563-386-7477	M-F
Scott	Davenport	Edgewater on Third	401 W. 3rd St.	563-484-3108	M-F
Scott	Davenport	Spring Village Apartments	3320 Spring St.	563-344-9463	M-F
Scott	Eldridge	Community Center	400 S.16th Ave.	563-285-8415	M/W/F
Van Buren	Keosauqua	Senior Center	801 Front St.	319-293-3789	M-F
Wapello	Ottumwa	Penn Ave. Free Methodist Church	820 E. Penn. Ave.	641-208-5180	M-F