

Meals On Wheels

A PROGRAM OF  Horizons

PRESENTING THE CONGREGATE MEAL SITE:

Brownstone

HORIZONS HQ

819 5TH ST. SE, CEDAR RAPIDS, IA

**MONDAY - FRIDAY | PLEASE RSVP BY 5 PM THE
10:30 AM - 12:30 PM | DAY BEFORE AT 319-398-3574**

LUNCH SERVED 11-12

**\$5 SUGGESTED CONTRIBUTION FOR THOSE 60+
\$6/MEAL OPEN TO THE PUBLIC**

LUNCH CHOICE OF A OR B

FIND THE MONTHLY MENU AT:



[HORIZONSFAMILY.ORG/#CONGREGATEDINING](https://horizonsfamily.org/#congregatedining)

IN ADDITION TO MEALS, WE WILL MAKE NUTRITION
EDUCATION AVAILABLE AND HAVE PRESENTATIONS OR
SPEAKERS RELEVANT TO OLDER ADULTS. WE ALSO OFFER A
BOOK LIBRARY, GAMES, AND PUZZLES.