

“ It is our goal to foster a warm environment where individuals can explore activities and services designed to meet the needs and enrich the lives of our diverse older adult population. ”



Our program is designed to offer hot nutritious meals five days per week.

The meals are prepared to give you all the vitamins and minerals your body needs.



## Troy Nutrition Center

### Physical Address

498 E. Walnut Street  
Troy, Alabama 36081

### Mailing Address

PO Box 549  
Troy, Alabama 36081

### Hours of Operation

Monday thru Friday  
8:00 Am - 4:00 pm

### Operations Manager

Denetrice Jones

### Office Manager

Jessica Cox



Call us at  
334.566.0201



Email us at  
[nutrition@troyal.gov](mailto:nutrition@troyal.gov)



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Our goal is to provide each senior with social, educational, recreational and cultural services that will assist them in improving their quality of life.





# PROGRAMS AND SERVICES OF THE TROY NUTRITION CENTER

## Bingo - Win Prizes!

Scheduled times.

## Games

Checkers, Dominoes, Board Games, Puzzles, Pool Table, Rook, Phase 10, Skip-Bo, Etc.

## Wii Gaming System

Great entertainment, exercise & fun!  
Join us in the National Senior Wii Bowling League!

## Exercise

We have a room set aside for exercise at your own pace.

## Congregate Meals

Never eat alone anymore! Come to the Nutrition Center and enjoy a well-balanced, hot meal in the company of other older adults. Your donation of \$1.00 will be greatly appreciated.

## Home Delivered Meals

Are you homebound or know someone who is? Individuals who are medically or physically disabled and are 60 years of age and older, can receive a hot nutritious meal delivered to their home Monday thru Friday. The suggested donation is \$1.00 per meal.

## Transportation

Transportation is available to and from the center, as well as shuttle service to registered participants to doctor's appointments, grocery stores, etc. for \$1 per round trip.

## Blood Pressure Checks

Monthly blood pressure checks.

## Additional Services

Legal services with Attorney Jan Neal.

A Senior Pantry where we give our clients a bag of groceries every month to help with their grocery bill.

