



Friendship Cafés

A Nutrition Support Program Provided by
Senior Connections, The Capital Area Agency on Aging

What is a Friendship Cafe?

Senior Connections' Friendship Cafés are neighborhood gathering places for seniors. A hot midday meal, good friends, and many activities keep you connected to the community while meeting your nutritional needs.

Who May Attend?

Seniors who:

- Are age 60 or older and live in the City of Richmond or the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent or Powhatan.
- Are not homebound and physically, mentally, and medically able to attend the Café.
- Can participate without the help of additional private caregivers or family members unless family members are eligible to also attend the Café.
- Live in a private residence; not a current resident of an adult care residence, assisted living facility, or nursing home.

What is Provided?

Meals: A hot, nutritious meal at lunchtime. Since the Café is a nutrition program, you cannot bring your own lunch.

Activities: Exercise, lectures, health and nutrition education and screenings as well as social activities.

Field Trips: For those who can be accommodated and may include a client-purchased restaurant meal once a month.

Assessments: Initial assessment and periodic reassessments are performed to verify eligibility and to provide assistance to secure other services if needed.

How Do I Get Started?

Please call 804-343-3000 to begin your application process.

Is There a Charge to Participate?

No. Participants are encouraged to contribute according to their ability; however, there is no obligation to do so.

Who Is On Duty at the Friendship Café?

Friendship Cafés are staffed by knowledgeable meal site managers trained in proper and safe food service techniques and activity planning.

When is the Friendship Café Open?

Friendship Cafés are generally open 9:30 a.m. to 1:00 p.m. Days of operation vary depending on location. Cafés are closed on Saturdays, Sundays, major holidays and when the weather is unsure for travel.

How Can I Get There?

Participants can drive themselves, get rides with friends and family, or use the vans provided by Senior Connections, if transportation is available.

Food, Fun and Fellowship!

Café Locations

City of Richmond

CAPUP*

East Senior Center
1103 Oliver Hill Way

Diversity Richmond
1407 Sherwood Ave.

**Good Shepherd
Baptist Church**
1127 N. 28th Street

Guardian Place
1620 N. Hamilton Street

Korean Senior Center
(United Methodist Family
Services, Dining Hall)
3900 W. Broad Street

**Linwood Robinson
Senior Center**
700 N. 26th Street

Monarch Woods
6501 Jahnke Road

Sixth Baptist Church
400 S. Addison St.

Charles City County

**Ruthville Gymnasium
Complex**
13100 The Glebe Lane
Charles City

Chesterfield County

**Bon Air
Presbyterian Church**
9201 W. Huguenot Road

**Market Square
Apartments**
7300 Taw Street

**New Covenant
Presbyterian Church**
6415 Irongate Drive

Chesterfield (continued)

Rockwood Village
3901 Price Club Blvd.
Midlothian

Goochland County

Goochland Rec Center
2415 Sandy Hook Road

Hanover County

Shiloh Baptist Church
106 S. James Street
Ashland

Montpelier Senior Center

17203 Mountain Road

Henrico County

**Deep Run
Recreation Center**
9900 Ridgefield Parkway

**Highland Springs
Recreation Center**
16 S. Ivy Avenue
Highland Springs

**Oakwood Memorial
Baptist Church**
3100 Gay Avenue

**West Richmond
Church of the Brethren**
7612 Wanyamala Road

New Kent County

New Generation Church
6160 Pocahontas Trail
Providence Forge

Powhatan County

**St. John Neumann
Catholic Church**
2480 Batterson Road

(*CAPUP: Capital Area Partnership
Uplifting People)

For more information, please call (804) 343-3000
or visit our website: www.seniorconnections-va.org

**Senior
Connections**
The Capital Area Agency on Aging

The Resource for Aging Well

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