



# Friendship Cafés

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

## Food, Fun and Fellowship

### Café Locations

#### What is a Friendship Café?

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.

#### City of Richmond

##### CAPUP\*

**East Senior Center**  
1103 Oliver Hill Way

**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

**Randolph  
Community Center**  
1415 Grayland Avenue

**Charles City and  
New Kent Counties  
Ruthville Gymnasium  
Complex**  
13100 The Glebe Lane  
Charles City

**Chesterfield County  
Bon Air Presbyterian  
Friendship Café and  
Senior Activities**  
9201 W. Huguenot Road

**Etrick Community  
Center**  
20400 Laurel Road

#### Chesterfield (continued)

**New Covenant  
Presbyterian Church**  
6415 Irongate Drive

**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  
Four Mile Creek  
Baptist Church**  
2950 New Market Road  
Varina

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

**Village  
Presbyterian Church**  
110 N. Laburnum Ave.

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

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

\*CAPUP: Capital Area Partnership Uplifting People

For additional information,  
please call (804) 343-3000 or visit our web site  
at [www.seniorconnections-va.org](http://www.seniorconnections-va.org)