

## *Eat Well Services*

### *Margaret Todd Café*

Good Earth Natural Foods provides a hot lunch at 12 noon, Tuesday through Thursday, at MTSC to seniors 60+. For reservations call 415-382-1334 by 3:00pm the day before you plan to dine. Suggested donation is **\$3.00**. Monthly menus available at MTSC.

### *Brown Bag Market*

Groceries are distributed 'farmers market style' to qualified, low income, Novato seniors who shop and fill their own bag. The market is the first and third Thursday of each month, 10:00am-12:00pm at MTSC. Food is provided by the San Francisco/Marin Food Bank.

### *Home Delivered Grocery Program*

Volunteers shop for and deliver groceries to homebound elderly Novato residents who are unable to shop for themselves. To register call 415-899-8296. MTCS membership required. A partnership with Novato Safeway and Novato Human Needs Center.

### *Senior Produce Market*

Seasonal produce from local suppliers is sold to seniors at or below wholesale prices on the first and third Wednesday of each month, 10:00am-11:00am at MTSC. Snacks and fun included.

### *Alma Latina Program*

Alma Latina gives Spanish-speaking seniors the opportunity to meet and socialize. Monthly meetings include lunch and an informative presentation on health and other issues.

For more information call 415-899-8290 or 415-899-8297 .

## *Be Well Services*

### *Blood Pressure Clinics*

Free clinic on the first and third Thursday of each month, 10:00am-12:00pm at MTSC. No appointment necessary, however MTSC membership is requested.

## *Information and Assistance*

Novato Independent Elders Program (NIEP) supports older adults with information and referrals to senior resources. Please call 415-899-8296.

### *Workshops*

NIEP offers educational workshops throughout the year. For a schedule of workshops, please see the Novato Parks and Recreation Activity Guide or call 415-899-8290 or 415-899-8296.

### *Yard Maintenance Program*

Need assistance with yard work? NIEP offers seasonal assistance with weeding, raking, and light pruning to low income, frail, and/or disabled Novato seniors. Call 415-899-8296 to qualify and register.

### *Senior Center Without Walls*

A telephone community for homebound seniors offering friendly conversations, informational workshops, support groups, book clubs, armchair travels, and daily gratitude calls. Call 877-797-7299.

### *Telephone Reassurance Program*

A free telephone check-in program serving at risk, elder, disabled, and homebound individuals in Marin County. Three times a week, trained volunteers call to check on their well being. Call 415-456-9062 ext.132 to register.

### *Prescription Drop-Off Program*

Keep leftover medications from getting into our water supply and effecting the environment. Bring expired or unneeded medications to MTSC on the first Monday of each month, 10:00am-12:00pm.

### *Postal Carrier Alert Program*

Your postal carrier will watch for mail accumulation and other signs of change that raise concern for your well being. Call 415-899-8296 to register.