



**HUMBER COMMUNITY  
Seniors' Services**  
INC.



**Offers Services & Programs to Support Seniors**

**The MEALS ON WHEELS service provides hot, nutritious meals 5 days a week for seniors and adults with disabilities.**

**The service offers a wide selection of hot or frozen meals including:**

## **◆ Ukrainian Meals**

**(Meals prepared by the Ukrainian Canadian Care Centre)**

**Meals are delivered to your door**

**Fee Applies (Subsidy Available)**

Humber Community Seniors' Services is a non-profit organization whose purpose is to improve the health, quality of life and well being of seniors and individuals with disabilities by providing an integrated range of programs and services that enhances clients independence and safety. This include Transportation, Grocery Shopping, Home Help, Adult Day Services, Wellness Programs, Escorted Monthly Outings, Telephone Reassurance/Security Check and Home & Property Support Services.

**If you would like to Receive Meals in your home or for more information please call: 416-249-7946**

