



FOR IMMEDIATE RELEASE

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Erie County Department for the Aging Reopens Stay Fit Congregate Dining Program at Elma Senior Center

ERIE COUNTY, NY – The Erie County Department for the Aging is pleased to announce the reopening of its Stay Fit Congregate Dining lunch program at the Elma Senior Center, located at **3007 Bowen Road, Elma, NY**.

The program, which was suspended during the COVID-19 pandemic, resumes service today and will once again provide older adults with nutritious meals and meaningful opportunities to connect with friends and neighbors. Lunch will be served at **12:00 p.m. on Tuesdays and Thursdays**.

“Congregate dining programs offer much more than a meal,” **said Erie County Department for the Aging Commissioner Randall Hoak**. “They provide opportunities for older adults to socialize, build friendships, and remain connected to their communities. Research consistently shows that social engagement can help reduce loneliness and isolation while supporting both physical and mental well-being. We are excited to bring this valuable program back to the Elma Senior Center and welcome residents to participate.”

The reopening restores an important resource for local older adults, many of whom lost access to in-person dining and social activities when programs were paused during the pandemic. In addition to providing nutritious meals, congregating dining sites serve as gathering places where participants can stay active, share experiences, and strengthen social connections that contribute to healthy aging.

Older adults interested in participating are encouraged to register in advance by calling site director **Judy Wollen at (716) 652-3374.**

About the Stay Fit Congregate Dining Program: Hot, nutritious, delicious noonday meals are served Monday through Friday at senior centers across Erie County. Participants must be 60 years of age or older to participate. A \$3.50 contribution is suggested but not required. Contributions are confidential. Advance reservations are required. These meals provide a minimum 1/3 of the vitamins, minerals, protein, and other key nutrients as defined by the Department of Agriculture's Recommended Daily Requirements (RDA) for people over age 60.

About the Erie County Department for the Aging: Erie County DFA is dedicated to enhancing the quality of life for older adults in Erie County by providing comprehensive services and programs that promote independence and well-being.

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