Dining Out
For Seniors

Senior Nutrition Program

A senior’s guide to nutritious meals, group activities, and good company.
Dining Out: Senior Nutrition Program

Dining Out locations are community centers throughout Santa Clara County where seniors, 60 years of age and over, can enjoy a nutritious meal, group activities, and good company. It’s a place to socialize with other seniors who are dancing, taking classes, playing games, and eating right—together.

These community centers and meal sites are noted for their ethnically diverse and delicious meals. Each center specializes in a cuisine, including Chinese, Continental, Vegetarian Indian, Japanese, Korean, Mexican, Portuguese, and ethnically diverse cuisine. These lunches are cooked on site or are catered by local restaurants and food service vendors.

“I really like coming here. I enjoy the meal, the dancing and visiting with my friends.”
Annually, the Senior Nutrition Program provides approximately 1,300,000 hot lunches and home delivered meals. The menus provide healthy choices and are approved by registered dietitians. But the best thing about Dining Out is the people. So why eat alone?

Any person over the age of 60 is eligible for these lunches. A donation of $3.00 is suggested for each person to help offset the cost of the meal. Some sites require reservations and registration is required at all sites. Please contact the individual site for requirements. Most sites are open daily (Monday–Friday). Please call ahead for each location’s hours of operation. Transportation is available to some sites.
Dining Out Locations

Call ahead for reservations

**Campbell**
Campbell Adult Center
1 W. Campbell Ave, Campbell, 95008
(408) 866-2764 Continental Cuisine

**Gilroy**
Gilroy Senior Center
7371 Hanna St, Gilroy, 95020
(408) 846-0428 Ethnically Diverse Cuisine

**Los Gatos**
Live Oak Senior Nutrition and Service Center
111 Church St, Los Gatos, 95030
(408) 354-0707 Continental Cuisine

Villa Vasona
626 W. Parr Ave, Los Gatos, 95030
(408) 354-0707 Continental Cuisine

**Milpitas**
India Community Center
525 Los Coches St, Milpitas, 95035
(408) 934-1130 Vegetarian/Asian Indian Cuisine

Milpitas Senior Center
40 N. Milpitas Blvd, Milpitas, 95035
(408) 586-3411 Ethnically Diverse Cuisine
Morgan Hill
Morgan Hill Senior Café
171 W. Edmundson Ave, Morgan Hill, 95037
(408) 782-2128 Ethnically Diverse Cuisine

Mountain View
Mountain View Senior Center
266 Escuela Ave, Mountain View, 94040
(650) 964-6586 Ethnically Diverse Cuisine

Palo Alto
Senior Friendship Day at Cubberley Comm. Center
4000 Middlefield Rd, Palo Alto, 94306
(650) 322-3742 Continental & Chinese Cuisine

La Comida de California at Stevenson House
455 E. Charleston Rd, Palo Alto, 94306
(650) 322-3742 Continental Cuisine

Stevenson House
455 E. Charleston Rd, Palo Alto, 94306
(650) 494-1944 Continental Cuisine
San Jose
Asian Americans for Community Involvement (AACI)
2400 Moorpark Ave, Suite 300, San Jose, 95128
(408) 975-2374 Chinese Cuisine

Alma Senior Center
136 W. Alma Ave, San Jose, 95110
(408) 275-1315 Ethnically Diverse Cuisine

Almaden Community Center
6445 Camden Ave, San Jose, 95120
(408) 268-1133 Ethnically Diverse Cuisine

Alviso Community Center
5050 N. 1st St, San Jose, 95002
(408) 251-6392 Continental Cuisine

Berryessa Café
3050 Berryessa Rd, San Jose, 95132
(408) 251-4581 Ethnically Diverse Cuisine

Billy DeFrank Community Center
938 The Alameda, San Jose, 95126
(408) 293-3040 Continental Cuisine

Camden Café
3369 Union Ave, San Jose, 95124
(408) 371-2888 Continental Cuisine
If it wasn’t for my daughter Michelle, I’d still be struggling to cook at home. Sometimes she surprises me by dining out with me at different centers.
San Jose
Mayfair Café
2039 Kammerer Ave, San Jose, 95116
(408) 794-1060 Ethnically Diverse Cuisine

Northside Community Center
488 N. 6th St, San Jose, 95112
(408) 510-5284 Ethnically Diverse Cuisine

Portuguese Org. for Social Services and Opp.
1115 E. Santa Clara St, San Jose, 95116
(408) 293-0877 Portuguese Cuisine

Roosevelt Community Center
901 E. Santa Clara St, San Jose, 95116
(408) 794-7555 Ethnically Diverse Cuisine

Salvation Army-Senior Activities Center
359 N. 4th St, San Jose, 95112
(408) 282-1165 Ethnically Diverse Cuisine

Santa Clara Valley Blind Center
101 N. Bascom Ave, San Jose, 95128
(408) 295-4016 x204 Continental Cuisine

Self-Help for the Elderly
6345 Janary Way
San Jose, CA 95129
(408) 873-1183 Chinese Cuisine

Seven Trees Community Center
3590 Cas Dr, San Jose, 95111
(408) 794-1693 Ethnically Diverse Cuisine

Southside Senior Center
5585 Cottle Rd, San Jose, 95123
(408) 629-9606 Continental Cuisine
Willows Café
2175 Lincoln Ave, San Jose, 95125
(408) 265-0915 Continental Cuisine

San Jose
Yu-Ai Café
588 N. 4th St, San Jose, 95112
(408) 297-4979 Japanese Cuisine

Santa Clara
Santa Clara Senior Center
1303 Fremont St, Santa Clara, 95050
(408) 615-3174 Continental Cuisine

Sunnyvale
Sunnyvale Senior Nutrition
535 Old San Francisco Rd, Sunnyvale, 94086
(408) 739-0833 Ethnically Diverse Cuisine

Weekend Meals
Roosevelt Community Center (Saturday)
901 E. Santa Clara St, San Jose, 95116
(408) 794-7555 Ethnically Diverse Cuisine

Northside Community Center (Sunday)
488 N. 6th St, San Jose, 95112
(408) 510-5284 Ethnically Diverse Cuisine
Dining Out Locations May Also Offer

- Activities and classes
- Assistance with Tax and Legal questions
- English as a Second Language (ESL) Classes
- Food Assistance Programs
- Health Insurance Counselors
- Home Assistance Programs
- Nutrition Education

Adult Day Care Services

Adult Day Care Program is available to seniors, 60 and over, who require special assistance with everyday living.

Live Oak Adult Day Services
111 Church St., Los Gatos, 95030
(408) 354-4782 Continental Cuisine

“Thanks to the (Senior Nutrition) program I don’t have to eat alone. There are so many nice and friendly folks here to eat with.”
Dining In: Meals On Wheels

The Meals on Wheels program is available to home-bound seniors who are ill, disabled, or otherwise unable to obtain food or prepare meals for themselves. Weekly deliveries of frozen lunch/dinner entrees and breakfasts supplemented by milk, bread, fresh fruit, juice, and other grocery items help the seniors remain healthy and maintain their independence.

The meals delivered meet two-thirds of the Recommended Dietary Allowance for an adult and contain lower salt and fat content. These meals are available through the support of the Santa Clara County Social Services Agency, Sourcewise, and participant donations. Donations contribute to a portion of the cost of a meal.

Japanese style meals are also available through Yu-Ai Café for residents in the Japantown and Berryessa neighborhoods in San Jose.

For more information call the Senior Nutrition Program at (408) 975-4860 or call Sourcewise at (408) 350-3246 or visit us online at www.sccgov.org/snp