

Seniors' Luncheon Avalon, Allambie Heights

Contact us for more information

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A **Telephone Interpreter Service** is
available on **131 450**.

www.bensoc.org.au



Avalon Luncheon

Where: Avalon RSL
1 Bowling Green Lane,
Avalon

When: Fridays at 12 noon

Cost: \$11.00 plus \$2.50 each way
for transport if required.

Allambie Heights Luncheon

Where: The Benevolent Society
181 Allambie Heights Road
Allambie Heights

When: Mondays & Thursdays
at 12 noon.

Cost: \$9.00 plus \$2.50 each way
for transport if required.

Seniors' Luncheon Avalon and Allambie Heights

The Northern Beaches Food Services provide Community Luncheons which give seniors an opportunity to make new friends and stay connected to their communities. We have luncheons each week at Avalon and Allambie Heights.

We understand that many seniors spend long periods of time at home alone, so by providing these luncheons we hope to give them an opportunity not only to enjoy the stimulation of meeting new people but also enjoying a delicious, affordable and nutritious lunch in a friendly atmosphere.

This service has been in operation for almost fifteen years and those who attend say they enjoy this outing and look forward each week to the social contact. The luncheon includes a hot main meal with dessert, unlimited juice, and tea and coffee. (A glass of wine is provided at the Avalon luncheon). We provide occasional entertainment and special celebrations. Transport can be arranged if needed.

**Please call 9970 8399 for
more details.**