



PRESIDENT LYNDON B. JOHNSON

"Our aim is not only to relieve the symptom of poverty, but to cure it and, above all, to prevent it."

President Johnson's vision is *our* vision, and to reach it we offer the following:

Senior Nutrition Services

Head Start and Early Head Start Programs

Senior and Public Transportation Services

Family Assistance Services

Volunteer Services Programs

Energy and Weatherization Services

Emergency Services

Client Management Services



1800 5th Street, Lincoln, IL 62656 * 217-732-2159

Website: CAPCIL.INFO

SENIOR NUTRITION

Program available for persons 60 or over

- **Must live in Logan or Mason County**
- **Must be 60 years of age or older or married to a participant or determined to be homebound and unable to prepare nutritious meals**

SUGGESTED DONATIONS

Meals are available for a suggested donation of \$3.00. No individual will ever be denied for inability to make the suggested donation.

HOME DELIVERED

Our staff and volunteers deliver hot, nutritious meals to seniors every Monday, Wednesday and Friday. Two meals are delivered on Monday, two on Wednesday and one on Friday.

CONGREGATE SITE SERVICE

Community Action offers a variety of social dining sites. These sites offer seniors dining options that encourage a social and active life.

Mason County

Mason City The HUB
Forman Center in Manito

Logan County

Korner Café in Latham The Oasis in Lincoln
Logan Courts in Lincoln Friendship Manor in Lincoln

The mission of Nutrition Services is to provide supportive services that enhance the lives of those we serve. In addition to providing nutritious, well-balanced and portioned meals, we offer nutritional education and opportunities for socialization.



Program supported by Area Agency on Aging for
Lincolnland & United Way of Logan County