



Program Benefits



Activities to Feed the Body and Spirit!

Our LunchPlus congregate meal programs also offer easy, fun activities for older adults with a focus on healthy aging. These activities promote mental and physical health, decrease isolation and provide an opportunity for seniors to interact with others in their community.



Help for the County's Homebound!

More than half of all Transylvania seniors live outside the city limits of Brevard. Rural residents throughout the Lake Toxaway area can receive nutritious, home-delivered meals.

Our volunteers deliver more than a meal during these weekday visits. They bring a few minutes of "friendly company" and provide a daily safety check for our homebound seniors.



Aging Safely in Place!

Access to nutritious food and interaction with others are key to healthy aging. Last year, we distributed over 5,000 bottles of Ensure/Glucerna and nearly 2,500 meal boxes to Transylvania County older adults. Seniors who receive support from our Liquid Nutrition and Meal Box programs are grateful for these services and report an overall improvement in their health.

(828) 884-2255
www.wncsource.org



Empowering people, transforming lives



OLDER ADULT SERVICES

WNCSource Older Adult Services assists Transylvania County seniors aged 60 or older.

Each weekday, we provide healthy meals, supplemental nutrition, and engaging activities to homebound residents and seniors who have limited access to transportation.

All services require that initial registration paperwork be completed.

WNCSource Older Adult Services offers improved nutritional resources, socialization opportunities, and age-appropriate activities that bring seniors together, provide resources and connect them to the community.



Learn More!

*"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."
– Audrey Hepburn*



Helping Families, Changing Futures!

WHAT WE OFFER:

LunchPlus Congregate Meals

These meals are served at Silvermont Mansion (Brevard) or the Quebec Community Center (Lake Toxaway). Each congregate meal site offers a nutritious hot meal and recreational activities for seniors aged 60 or older. Sites are open Monday through Friday, from 9:30AM to 12PM. There is no charge for meals, but donations are welcome!

Home-Delivered Meals

These meals are available for seniors who are unable to cook or travel outside the home. Each weekday, caring volunteers deliver a hot, nutritious midday meal to Transylvania County seniors in homes surrounding the Quebec Community Center.

Liquid Nutrition Program

Good nutrition makes all the difference! With the generosity and help of our community, WNCSource is able to provide cases of Ensure or Glucerna at little or no cost to medically needy seniors. A doctor's note is required, and a small co-pay may be charged.

Shelf-Stable Meals

It's always helpful to have a little something extra in the pantry! WNCSource provides 5-day or 7-day Meal boxes containing breakfast or lunch/dinner meals to older adults in need. These boxes are ideal for use in inclement weather, power outages, or for folks who are unable to prepare a meal for various reasons.

Learn More:

Call WNCSource Older Adult Services at (828) 884-2255. Visit WNCSource.org to donate or for more information.

Operating Hours:

LunchPlus Congregate Meals Sites

Silvermont Mansion (Brevard)
Quebec Comm. Ctr. (Lake Toxaway)
Monday – Friday, 9:30AM-12PM

Home Delivered Meals

Distributed midday
Monday – Friday

Liquid Nutrition & Shelf-Stable Meals

Available for pick-up at Hillview
Children's Center in Brevard
Monday – Friday, 9AM – 4:30PM
Delivery may be arranged in
special circumstances



Client Quotes

"My sister passed away recently, I was sad and not motivated to get out of the house. I started coming to the center, and my life started to feel normal again. I've found new friends and motivation."

"The shelf-stable food boxes really help me stretch my food dollars! Between rent and medicine, there is little left for food. I've also been connected to other resources in the community where I can get more help!"

APPLY ONLINE:

www.wncsource.org



You Can Help Too!

Volunteer – We are always looking for caring individuals who can deliver meals to our homebound neighbors! Volunteers are also needed for our Tiger Town and Bargain Hendo Thrift Stores. Call for more information to volunteer. Visit WNCSource.org/donate and help support Transylvania seniors!