

PRESS RELEASE
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FOR IMMEDIATE RELEASE



SENIOR LUNCHPLUS PROGRAM REOPENS AT QUEBEC COMMUNITY CENTER

Radio Copy:

- WNCSource will be reopening the LunchPlus meals and activities program at the Quebec Community Center starting Monday, June 17th.
- LunchPlus is open to seniors age 60 and older and operates Monday through Friday from 9:30 AM to 12PM.
- WNCSource has hired Kathy Williams to serve as the LunchPlus Manager for the Quebec Community Center site. Kathy will organize a variety of games, exercise classes and fun activities for seniors.
- WNCSource also operates the LunchPlus program at the Silvermont Community Center in Brevard. If you are age 60 or older and would like to find out what all the fun is about, call WNCSource Older Adult Services at (828) 884-2255.

Newspaper:

WNCSource Older Adult Services is happy to announce that the LunchPlus program at the Quebec Community Center will re-open on Monday, June 17th. The congregate meal and activities program had temporarily closed due to staffing challenges in late April, but will reopen with our new LunchPlus Manager Kathy Williams serving up lots of interesting and fun activities along with a lunchtime meal.

Williams is a retired RN with over 42 years of experience who hails from South Georgia and is one of 10 children born into a farming family. In 2021, she and her husband moved from Simpsonville, SC to the Lake Toxaway community. Kathy enjoys working with seniors, gardening, and quilting circles with her fellow church members at Oak Grove Baptist Church. She is also a beekeeper! Williams wants to grow the LunchPlus program at Quebec by offering a variety of interesting and fun activities to attract more attendees.

The WNCSource LunchPlus program is held Monday through Friday, from 9:30AM to 12PM and offers seniors (age 60 and over) a fun morning of free activities, fellowship with older adults, and a hearty nutritious lunch. WNCSource offers two locations for its LunchPlus programs: Quebec Community Center (11846 Rosman Hwy., Lake Toxaway) and the Silvermont Senior Center (364 E. Main St., Brevard). Transportation can be provided. If you are age 60 or over and would like to find out what all the fun is about, call WNCSource Older Adult Services at (828) 884-2255 to register today!

Picture Attached to email.



WNCSource is a 501(C)(3) nonprofit based in Hendersonville, NC that assists low income and underserved people in Western North Carolina. Our programs include Children's Services, Transportation, Housing and Older Adult Services. Working together with our communities and partners, WNCSource improves people's lives by creating pathways to self-reliance and healthier living. For more information, please contact: Terri Bowman, TBowman@WNCSource.org or call (828) 693-1711.

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