

Meals on Wheels...

Helps seniors age gracefully, stay independent, and remain in their home by...



Retaining good health, remaining active and maintaining a healthy diet during difficult times.

Our Mission:
To enrich the lives of Boulder City Seniors by providing quality and nutritious food service through our Meals on Wheels and Congregate Meal programs.



Health maintenance, transportation, education, entertainment, and other programs are provided in order to promote an active, safe and healthy senior lifestyle within our community

The Senior Center of Boulder City
813 Arizona St. Boulder City, Nevada
293-3320 fax 293-5628
email:scbcweb@lvcoxmail.com
www.seniorcenterofbouldercity.org



MEALS *On Wheels* For Boulder City



Meals on Wheels offers fresh, nutritious, home-delivered meals to Boulder's homebound seniors at least 60 years of age through the auspices of the Senior Center of Boulder City.

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Meals on Wheels

A hot meal, a “hello” and a lifeline for Boulder City’s homebound seniors

What is Meals on Wheels?

Meals on Wheels offers fresh and nutritious home delivered meals to Boulder City’s homebound seniors 60 and older.

Why is Meals on Wheels needed?

Often seniors can’t get out of their homes for an extended period of time.

An accident, the need to recuperate from a medical condition, or a long term issue can restrict a person’s movements to their home. Thanks to Meals on Wheels, homebound seniors need not to worry about the chore of making all their meals. This service helps seniors to stay in their home, and stay independent.

How often do the meals come?

The midday meal is delivered five days a week, Monday through Friday. In addition, frozen meals are delivered Fridays for the weekend.



What’s in the meal?

These are the same meals prepared for the Senior Center of Boulder City’s midday meal: a hot entree with side dish/dishes, vegetable, salad and drink. The meals meet and often exceed one third of the daily nutritional needs mandated by the Federal Food and Drug Administration (FDA).

What does it cost?

There is no charge. We do accept a \$2.00 per meal donation.

What else is Meals on Wheels?

It’s a lifeline. Our drivers see seniors every day, five days week. If there is a problem, we are there to make sure that person is okay.

How can I get Meals on Wheels?

It starts with a phone call to the Senior Center of Boulder City. Have a medical professional such as your physician, a hospital or a social worker make a “referral” to SCBC to get the ball rolling. Following the referral, SCBC conducts a home evaluation.

How can I help?

We are always looking for volunteer drivers to help deliver meals on a regular or part-time basis.

Contact us today to participate

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