

Ways to Give Back

Become a Volunteer!

Volunteer opportunities include:

- ◆ Medical Appointment Drivers
- ◆ Handy Neighbors
- ◆ Technology Neighbors
- ◆ Office Workers
- ◆ Event Workers
- ◆ Fundraising
- ◆ Food Delivery Drivers

Make a Gift!

Our programs are reliant on funding from private foundations, federal, state and municipal grants, corporate donors and individual donors. All donations are greatly appreciated and allow us to continue making Saco a Community for a Lifetime.

MAKE A DONATION



AGE FRIENDLY SACO Community Luncheons (207) 710-5029



Monthly Community Luncheon
for community residents aged 65
or older to promote socialization
and interaction while enjoying a
healthy and balanced meal.
*Together we can create a
more livable community*

How to reach us:

agefriendlysaco@gmail.com
(207) 710-5029

**AGE FRIENDLY SACO
Saco Community Center
75 Franklin Street
Saco, Maine 04072**



How Much Does it Cost?

Age Friendly Saco had the privilege of being the recipient of a Federal Grant from Southern Maine Agency on Aging that had donated money for a multi-community luncheon. Once that money was exhausted, an \$8 suggested donation was established for the continuation of the luncheons.

Eight dollars is a suggested donation. If an individual cannot afford the donation, they will not be turned away.

Where and When?

All Age Friendly Saco Community Luncheons take place at the Elks Lodge, 68 Ocean Park Road, Saco, Maine.

Doors open for check in at 11:30 AM
Meal is served at 12:00 PM

REGISTRATION IS REQUIRED

Need a ride? Let the office know when registering.

2025 Luncheon Dates:

January 16
February 13
March 13
April 10
May 8
June 12
July 10
August 14
September 11
October 9
November 13
December 11

How to Register

There are three ways to register for the luncheons. The day after a scheduled luncheon, the Age Friendly Saco Office will commence taking calls at 10 AM to register for the next month's scheduled luncheon. A registration link is also emailed to our clients in our database. A registration link is also posted on AFS Facebook page.

Kitchen 5—"K-5"

The AFS "K-5" team researches and prepares all the nutritious meals served at the luncheons.

