



Meaningful Meals for Seniors

This program will identify and connect socially isolated and vulnerable seniors to City of Coquitlam programs, services and leisure opportunities.

Through the delivery of a healthy balanced meal, our volunteers and staff will connect seniors in our community with opportunities for social interaction.

Program participants can purchase up to four low-cost meals that are delivered to their home every Tuesday.

Program participation requires an application or agency referral.

For more information, visit coquitlam.ca/meaningfulmeals, email communityservices@coquitlam.ca or call 604-927-6093.

Meaningful Meals for Seniors

This program will identify and connect socially isolated and vulnerable seniors to City of Coquitlam programs, services and leisure opportunities.

Through the delivery of a healthy balanced meal, our volunteers and staff will connect seniors in our community with opportunities for social interaction.

Program participants can purchase up to four low-cost meals that are delivered to their home every Tuesday.

Program participation requires an application or agency referral.

For more information, visit coquitlam.ca/meaningfulmeals, email communityservices@coquitlam.ca or call 604-927-6093.

Meaningful Meals for Seniors

This program will identify and connect socially isolated and vulnerable seniors to City of Coquitlam programs, services and leisure opportunities.

Through the delivery of a healthy balanced meal, our volunteers and staff will connect seniors in our community with opportunities for social interaction.

Program participants can purchase up to four low-cost meals that are delivered to their home every Tuesday.

Program participation requires an application or agency referral.

For more information, visit coquitlam.ca/meaningfulmeals, email communityservices@coquitlam.ca or call 604-927-6093.