

SENIORS ASSISTANCE CENTER

7774 West Irving Park Road

Norridge, IL 60706

Phone: (708) 456-7979



OPEN MONDAY - FRIDAY

8:00am to 4:00pm

Polish-speaking staff available
9am to 12pm Wednesdays,
Thursdays, and Fridays



ENROLLMENT IN BENEFITS PROGRAMS

- Low-Income Home Energy Assistance Program for gas and electric bill assistance
- License Plate Sticker Discount
- Free Bus Pass
- SNAP (Food Stamps)
- Medicare Savings Program
- Extra Help Program for help with Medicare Prescription Drug Plans

Note: Most benefit programs have income limits. Call or visit SAC for details.



HOME DELIVERED MEALS

- Hot nutritious meals are delivered right to your door Monday through Friday.
- There is an option for 2 meals per day, weekend meals, and some special diet meals.
- Available only in Norridge, Harwood Heights, and unincorporated Norwood Park Township.



CONGREGATE MEALS

Meals are available Tuesday through Friday at:

Rocco Vino's Italian Restaurant
4747 N. Harlem Ave., Harwood Heights

Registration to participate in the program is required. Call or visit SAC to register.



TELEPHONE REASSURANCE PROGRAM

If you are feeling lonely or isolated, you can receive a daily well-being check and an opportunity to chat with a friendly volunteer.



FRIENDLY VISITORS

Make a new friend!
Welcome a volunteer into your home one day a week for an hour for coffee and conversation, sharing memories, or to play a game.



SEMINARS

Enjoy periodic seminars on topics like health, safety, fitness and finance. Some seminars conducted in Polish language. Check our website for a calendar of upcoming events!