

About Us

Meals are prepared fresh daily in our kitchen for Independent Living and delivered to the locations Monday through Friday 10:00 a.m. - 1:30 p.m. Call the business-day before, to reserve a hot nutritious lunch and for information regarding activities.

The Nutrition and Health Program brings together local community members 60 years of age and older to enjoy a nutritious hot meal, healthy lifestyle activities, an atmosphere for social networking, opportunities for information sharing, entertainment, fun and more.

Many of our location have programs to help you keep active. Walking, exercise rooms, chair aerobics and more. Want to enjoy a leisure game of cards, checkers, dominoes and more? Yes you can find that at many of our locations as well. Have questions about health issues or other topics? We do our best to provide informational programs of interest to our clients, bringing in professionals to answer your questions and to meet your needs.

Yes, we are more than a meal. We are there to help you stay healthy, active and engaged.

A suggested voluntary donation of \$4.25 is gratefully accepted, but no one will be turned away regardless of their ability to donate.

Our Mission

The ultimate objective of REAL Services is to assist in establishing a community in which those we serve can maintain their independence to the maximum degree possible and find meaning and satisfaction throughout their lives.



REAL Services
1151 S. Michigan St.
South Bend, IN 46601
(574) 284-2060

www.REALservices.org

REAL Services, believing in the dignity of all people, will provide services without regard to race, age, color, religion, sex, disability, national origin, ancestry, or status as a veteran.



Nutrition Program



Supporting Independence for Life

Locations

St. Joseph County: **Mishawaka**

100 Center Apartments
100 Center St.
(574) 259-1611

Battell Center
904 N. Main St.
(574) 256-2325

South Bend

Charles Black Center
3419 W. Washington
(574) 235-9446 x 9703

Fairington Apartments
1220 Fairington Circle
(574) 291-5597

Heritage Pl. at LaSalle Sq.
3224 Ardmore Trail
(574) 286-0916

Karl King Tower
515 E. Monroe St.
(574) 232-4934

Sanctuary Trinity Tower
316 Martin Luther King Jr. Blvd.
(574) 234-7278

Osceola

Osceola UMC
421 N. Beech Rd.
(574) 674-6503

Elkhart County: **Elkhart**

Bristol UMC
201 Division St.
(574) 848-7182

St. Paul's UMC
405 W. Beardsley
(574) 320-5863

Riverside Terrace
181 N. Elkhart Ave.
(574) 320-5995

Stratford Commons
2601 Oakland Ave.
(574) 320-5996

Goshen

Greencroft Manor IV
1801 Greencroft Blvd.
(574) 971-6016

Maple Leaf Commons
2926 Elkhart Rd.
(574) 238-8760

Kosciusko County:

Mentone

Community Room
101 W. Main St.
(574) 353-7555

North Webster

Community Center
301 N. Main St., Ste. D
(574) 834-1193

Pierceton

205 First St.
(574) 526-1060

Silver Lake

Lion's Building
108 N. Harrison
(574) 540-9309

Syracuse

Lakeside Park Center
1013 N. Long Drive
(574) 457-2631

Warsaw

Retired Tigers Apt.
320 W. Main St.
(574) 267-0037

Senior Activity Center
800 N. Park Ave.
(574) 267-0026

LaPorte County:

LaPorte

LaPorte Salvation Army
3240 Monroe St.
(219) 380-1711

Cambridge Square
1111 Longwood Dr.
Building B
(219) 380-1885

Michigan City

Simeon Square
1207 S. Woodland Ave.
(219) 380-1439

Smrt Center
301 Grant Ave.
(219) 872-0942

Marshall County:

Argos

B&R Community Bldg.
194 S. Michigan St.
(574) 892-9669

Bourbon

Senior Center
805 N. Harris St.
(574) 342-7031

Bremen

Oakhaven Community
500 S. Montgomery St.
(574) 993-2944

LaPaz

Cornerstone Com. Church
1375 Maple Rd.
(574) 309-7061

Plymouth

Garden Court West
400 W. Washington St.
(574) 935-0047