

AN OPPORTUNITY

is being offered to all community members
to take part in the delivery of

Meals on Wheels

One day or one week a year - you pick the time

Meals are provided at noon to residents in many of our
communities to people
who are unable to prepare nutritionally-
balanced meals for themselves.

If you, your workplace, or your community group would
be interested in delivering meals, please call

Volunteer Services 1-800-205-2273 or 691-6508

Benefits:

- an opportunity for community involvement
- be able to provide a nutritious meal to those in need



*"Volunteers don't necessarily have the time,
but they have the heart."*

--Anonymous