



## Local Seniors Need Your Helping Hand and Your Wheels at Lunchtime



**Meals on Wheels** is a lunch program where we deliver healthy hot lunches to local homebound senior residents living in San Mateo, Millbrae, Belmont, Foster City and Burlingame. Volunteers who are interested have to be able to drive themselves, have proper vehicle insurance coverage and be older than 18 years-old. The delivery time-frame is from 12:30pm to 2:00pm on weekdays only.

**Volunteers needed immediately. Interested in making a real difference in a senior's day? Contact Rosalyn Koo at (650) 342-0822 one week before the date you are able to start volunteering.**