



VOLUNTEERS NEEDED

PLEASE HELP TO MAKE A MEANINGFUL
CONTRIBUTION TO YOUR COMMUNITY

"There is no better exercise for your heart
Than reaching down and helping to lift someone up."

CARING VOLUNTEERS ARE NEEDED TO DELIVER MEALS TO
HOMEBOUND SENIOR CITIZENS IN EASTCHESTER, TUCKAHOE
AND BRONXVILLE.

TIME COMMITMENT IS FOR APPROXIMATELY 1 HOUR ONCE A
WEEK BETWEEN 10:15 AM AND 12:00 PM. PICK UP AT SENIOR
CENTER AT LAKE ISLE

OR

IF YOU CANNOT COMMIT TO A REGULAR WEEKLY ROUTE,
BECOME A "SUBSTITUTE" VOLUNTEER AND FILL IN AS NEEDED

FOR MORE INFORMATION CALL JENNIFER JENSEN AT
337-0390 or

E-MAIL: jjensen@eastchester.org

HOME DELIVERED MEALS IS A PROGRAM OF
EASTCHESTER SENIOR PROGRAMS AND SERVICES