

# Twin Cities Meals on Wheels Needs



## Help Us Out

**Call Pam at 716-693-1663**

Do you have 2 or 3 hours to spare each week during the mid-morning hours (Monday – Friday) and a chance to meet new friends?

Volunteering for Twin Cities Meals on Wheels is a great way to make a huge impact in a short amount of time. By working in the kitchen or delivering meals you bring nutritious food and a friendly visit to eight to 10 seniors and people with disabilities in the Cities of North Tonawanda and Tonawanda.

For volunteer information click on this link <https://www.tcmow.com/volunteer>