

# Harvard Volunteers Needed for Salvation Army Golden Diners Program

*A great opportunity to help your community!*

## **Volunteer Positions:**

<b>Meal Delivery Drivers</b>	<b>Thursdays</b>	<b>10am-Noon</b>
<b>Luncheon Assistant</b>	<b>Thursdays</b>	<b>10am-1pm</b>

- **Golden Diners Home Meal Delivery Program**  
Delivering nutritionally balanced meals not only improves the health of the senior, but also provides him or her with a smiling face, a human voice, and the knowledge that someone cares.
- **Golden Diners Luncheon @ Harvard Senior Center**  
Seniors congregate and enjoy a nutritious meal & companionship  
Hot entrée, fruit, choice of milk or coffee    Lunch served at: 11:30am



For more information  
Kathy Loubsky - Volunteer Coordinator    630-232-6676 (ext.15)

