



**WE ARE CURRENTLY IN IMMEDIATE NEED FOR VOLUNTEERS AND
VOLUNTEER DRIVERS!!**

We are looking for people who can share a couple hours a week for the following help in and around
Smiths Falls area;

-Help deliver hot meals Mon to Fri, one day a week

-Help deliver frozen meals once a week

-Friendly visitors to phone or visit a seniors once a week

-Escorted transportation drivers for medical appointments

-Paid home helpers to help people with household tasks

-Helpers for the weekly diners club and monthly coffee club

Please contact us for more information

613-283-6745