

Volunteer in Antigo

Bring a hot meal and a friendly smile to older adults that are homebound in the Antigo area.

- **Meals on Wheels**

(MOW): Deliver meals to homebound older adults. Routes available Mon-Fri, 10:15-11:30am.

- **Adopt a Route:** Bring together a group from work, church or friends. Adopt a MOW route and rotate delivery among your group.

- **Meal Packaging:** Get food packaged and ready to go for MOW. Mon-Fri, 9:15-10:15am



**Volunteer as
much or as
little as you
like!**



715-627-6232

www.adrc-cw.org