

# Volunteer in Antigo

Make a **difference** in the lives of older adults.

## Volunteer to:

- **Deliver a Smile!**

Deliver meals to homebound older adults. Routes available Monday-Friday, 10:00 am - 11:30 am.

**Adopt a Route:** and rotate delivery among your group.

- **Nourish your Community:**

Help with Senior Dining. Package meals. Set up, serve lunch, and clean up. Shifts available, Monday-Friday, 9:15 am - 12:30 pm.

- **Leader/Peer Leader:**

Help co-facilitate Stepping On, a fall prevention programs for adults 60+.



**888-486-9545**

**[www.adrc-cw.org](http://www.adrc-cw.org)**