



Delivering fresh, nutritious meals along with a friendly check-in to home-bound seniors in our community

At Senior Concerns, we want to ensure that home-bound seniors in our community are provided with healthy, well-balanced meals each day.

Our Meals On Wheels program provides home-delivered, fresh and nutritionally balanced meals including hot lunches and light dinners 365 days per year.

Meals are delivered by volunteer drivers who offer a friendly smile and daily check-in.

## Meals On Wheels Program:

- **Program Schedule:**  
Services provided 7days per week
- **Service Area:**  
Thousand Oaks, Newbury Park,  
Westlake Village, Agoura Hills,  
and Oak Park
- **Diet Restrictions:**  
Therapeutic diets are  
accommodated



For meals call 805.497.0189  
To volunteer contact Charla Bates 805.497.0189 or [cbates@seniorconcerns.org](mailto:cbates@seniorconcerns.org)

Senior Concerns is a 501(c)(3) charitable organization Tax ID #95-2992927