



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 available 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 7 days 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 go to www.seniorconcerns.org/volunteer
or email volunteers@seniorconcerns.org

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

