



# ALAMEDA MEALS ON WHEELS

## Alameda Friendly Visitors

Newsletter

Spring 2013



**Celebrating 40 Years of Community Service!**



**WOW! HAVE WE GROWN AND EVOLVED THROUGH THE YEARS.**





## SAVE THE DATE!

### April

**April 14th** - Appreciation Event at the Alameda Theater for our volunteers. We couldn't keep our wheels rolling without you!

**April 28th** - 4th Annual Friendly Visitors Tea for our recipients, their guests and volunteers at Cardinal Point. Our recipients look forward to being honored this way every year.

### July

**July 4th** - Participation in the Annual Alameda 4th of July Parade. Watch for our decorated car!

**July 21st** - The 17th Annual Meals on Wheels Community Faire & Wine Tasting at Rock Wall Winery. The event goes from 1:00pm to 5:00pm. Don't miss this opportunity to have a fun-filled afternoon AND support Meals on Wheels. Bring the kids too!



**For email updates please contact us at [alamedamow@aol.com](mailto:alamedamow@aol.com)**

**Also check us out on Facebook at [www.facebook.com/AlamedaMealsOnWheels](http://www.facebook.com/AlamedaMealsOnWheels)**

## INTRODUCING OUR NEW BOARD PRESIDENT Mark Sorensen



We happily welcome Mark as our new president. He has been a member of the board for 12 years and is a wonderful ambassador for our programs throughout the community. Mark is excited about being a part of the 40th year celebrations, and he sees great things ahead for our Meals on Wheels and Friendly Visitors Programs. Watch for more about Mark in our fall newsletter.

## VOLUNTEERING CAN BRIGHTEN YOUR DAY TOO!

We know that volunteering can brighten the day of those we bring meals to or visit, and so many of our volunteers tell us how their spirits are lifted as well.

*Have you ever considered giving it a try?*

*Maybe now's the time. We need YOU!*

**FOR MEALS ON WHEELS CALL 865-6131  
FOR FRIENDLY VISITORS CALL 748-0342**