



MIDDLESEX
United Methodist
Church

If you or a local elder you know needs
Meals on Wheels call the Senior Helpline at

1-800-642-5119



**Meal delivery will be a hot meal for the day and some
prepackaged meals to heat up days there is no delivery**

Meals are delivered Tuesdays and Thursdays between 11am and 1pm

There is no cost to eligible seniors to participate in the program.

Sponsored by the Central Vermont Council on Aging.

Middlesex Meals on Wheels 12 Church St Middlesex VT 05602

www.MiddlesexUMC.org

Worship 8:45 Sunday Mornings open to all



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United Methodist Church

Volunteers Needed

Tuesday's and Thursdays 10:30 to 1pm

Responsibilities include :

- ◇ Picking up meals at National Life between 10:30 and 11am
- ◇ Deliver a hot noon meal and 2 or 3 frozen meals in the Middlesex area.
- ◇ Provide a brief safety and social check
- ◇ Deliver cooler to next driver or the Church.

To volunteer or for more information:

call the Church 223-5118 or email middlesexMOW@middlesexUMC.org or contact Nancy Klein 223-6960

If you can't volunteer but want to help, please consider donating gas cards for the volunteers or money towards the purchase of special coolers. Donations towards the meals can be made to the Central Vermont Council on Aging.

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