



Meals on Wheels and  
Senior Outreach Services

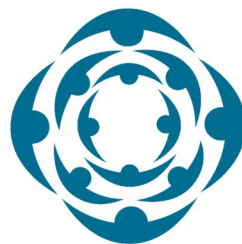


***Come for Breakfast,  
Let's Deliver Lunch!***

**Join MOWSOS on Friday, July 29**, for breakfast, and learn more about volunteering for our Meals on Wheels program. ***Two hours per week*** is all it takes to make a difference in the life of an East County Senior! **We hope to see you there!**

**The Commons at Dallas Ranch**  
**4751 Dallas Ranch Rd, Antioch**  
**Friday, July 29, 10am-11:30am**

*Thank you to the generous  
sponsors who helped us to put  
this event together!*



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THE COMMONS *at*  
DALLAS RANCH  
[commonsatdallasranch.com](http://commonsatdallasranch.com)  
4751 Dallas Ranch Rd.  
Antioch, CA 94531  
925-754-7772

Enjoy  
a free  
breakfast!

Raffle prize  
ticket for  
each guest!

*Ongoing orientations  
to be held in East County.*

Talk to MOWSOS staff, volunteers  
and clients. Schedule a ride-along.  
Complete your application on-site.  
Find out first hand how much two  
hours can mean to a local senior!

For more information, contact Susannah Meyer  
925-954-8736 or [smeyer@mowsos.org](mailto:smeyer@mowsos.org). [mowsos.org](http://mowsos.org)

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(Livermore office) Gift basket

Meals on Wheels and Senior Outreach Services is a non-profit 501(c) (3) organization (IRS #68-0044205).