

Volunteer to deliver meals to seniors

Submitted by Kayla Falco

The DuPage Senior Citizens Council is offering volunteer opportunities for International Volunteer Day.

Established in 1985 on Dec. 5, International Volunteer Day aims to recognize those who volunteer and encourage others to join in volunteering their time as well.

This year, to celebrate International Volunteer Day, the DuPage Senior Citizens Council is looking for volunteers to deliver shelf-stable meals Tuesday and Friday, Dec. 5 and 8.

Volunteers will help deliver shelf-stable meals to seniors in both DuPage and Kane

counties.

Volunteers will pick up the shelf-stable meals from the main office at 1990 Springer Drive in Lombard, where they will then receive a list of seniors and delivery instructions. Volunteers may stay in their vehicles while meals are being loaded.

For December, pickup dates and times are as follows:

- Tuesday, Dec. 5, from 9 to 11 a.m.
- Friday, Dec. 8, from 9 to 11 a.m.
- Friday, Dec. 8, from 4:30 to 5:30 p.m.

To sign up to volunteer, visit dupageseniorcouncil.org/volunteering/ and fill out

the Volunteer Interest Form. The volunteer department will be in contact to schedule a day to pick up and deliver meals. For details, call (630) 620-0804.

The DuPage Senior Citizens Council is a nonprofit 501(c) 3, volunteer-driven organization dedicated to helping seniors live with dignity. The DuPage Senior Citizens Council provides a variety of services for seniors, including Meals on Wheels, senior dining, health and wellness education, well-being checks, pet food and assistance, yard cleanups, social connection services, and intergenerational activities.