



FOOD PACKERS



FOOD SERVERS



**Self-Help for
the Elderly**
安老自助處

VOLUNTEERS NEEDED

WHEN **THURS. 11/23/2023**

WHERE **SHE Senior Centers**

On Thanksgiving Day - November 23, 2023 Self-Help for the Elderly will serve approximately 3,500 meals to the seniors and the families. We invite 140 volunteers to join us to serve the Thanksgiving meals at five activity centers and to deliver the holiday meals to homebound seniors and individuals.

Your participation helps make this Thanksgiving Luncheon a success and extraordinary. Bring a friend or family member to come and help. THANK YOU in advance for your consideration.

Sign Up at [**Bit.ly/SHETHKS23**](https://bit.ly/SHETHKS23)

415.677.7600 | info@selfhelpelderly.org



HOME DELIVERED MEALS

**SCAN THE CODE
TO SIGN UP**





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VOLUNTEERS NEEDED

11/23/2023 9:30AM - 2PM

@ Lady Shaw Senior Center

1483 Mason Street, San Francisco, CA 94133

9:30 AM CHECK IN

10:00 AM ORIENTATION AND SET UP

10:45 AM STARTS SEATING

11:00 AM PROGRAM STARTS

11:45 AM LUNCH SERVICE BEGINS

1:45 PM LAST DINE-IN GROUP

1:30 PM CLEAN UP

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On November 23, Thanksgiving Day, Self-Help for the Elderly will serve 3,500 meals to the seniors and the families in five locations.

Lady Shaw Senior Center is one of the largest hubs providing dine-in and home-delivered meals. Multiple volunteer roles are available. We welcome corporate/-schools/group volunteers to join us and serve the community we love.

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**PLEASE BRING YOUR CARVING
KNIFE AND CHOPPING BOARD**

FOR SAFETY REASON:

**NO VISITORS UNDER 18 YEARS OLD
IN THE CRAVING AREA**

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