



Self-Help for the Elderly
安老自助處

VOLUNTEERS NEEDED





WHEN **THURS. 11/26/2026**

WHERE **SHE Senior Centers**

On Thanksgiving Day - November 26, 2026 Self-Help for the Elderly will serve approximately 4,000 meals to seniors and their families. We invite 200 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. Bring a friend or family member to come and help. THANK YOU in advance for your support.

SCAN CODE TO SIGN UP

Sign Up at Bit.ly/SHETHX26

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