



# CALLING ALL BIXBY VOLUNTEERS

**help us make a difference in our community**

Meals on Wheels depends exclusively on volunteers to deliver meals to the homebound elderly and disabled citizens in our community.

Join us on Tuesday, October 21<sup>st</sup> at North Heights Church of Christ - 11710 S. Memorial Dr. 1:30 PM, to learn more!

As a delivery volunteer you will help reduce the loneliness and isolation our meal recipients often experience. Please help deliver Meals on Wheels today!

**12620 E. 31<sup>st</sup> St. Tulsa, OK 74146**  
**918-627-4103 • [www.mealsonwheelstulsa.org](http://www.mealsonwheelstulsa.org)**

it only takes

**one**

**one** hour to  
deliver meals

**one** day a week

**one** gallon of  
gasoline

**one**  
life-changing  
experience

**mdw**  
meals on wheels  
of metro tulsa

delivering more than  
just meals