



# FRIENDS

from Meals on Wheels

Receive a weekly friendly phone call or socially distanced visit, with someone to listen, chat with, and give you information on valuable community resources.

**Also choose to:**

- Enjoy a “virtual visit” with your new friend on your computer, tablet, or smartphone
- Join our community on Facebook
- Exercise virtually with your new friend
- Engage in more fun activities or services to come in the future!



**Bring a little joy, laughter, and fun  
to your day with "Friends"**

**WHO IS FRIENDS FOR?** YOU! Older adults, just like you, who are homebound and receiving Meals on Wheels through the Health Trust.

**HOW TO JOIN FRIENDS:** Call 408-961-9873 - OR - complete the attached application

This FREE program is available to Health Trust Meals on Wheels recipients.