

The Center for Positive Aging in Lower Merion (PALM)

THE CENTER FOR POSITIVE AGING IN LOWER MERION (PALM) , a senior citizens activity center located at 117 Ardmore Avenue in Ardmore, PA, distributes food each month to senior citizens and families in need living in Lower Merion Township

We need volunteers to:

(1) Help us pack approximately 200 bags of food each month -- The food is packed the first Wednesday of each month at 9:30 AM.

(2) Help move the cases of food into the packing area each month – This is done the first Monday or Tuesday of each month – usually

In the afternoon:

(3) Coordinate food order from vendor/maintain inventory and create menus (what goes in the bags each month)

This opportunity is sponsored by: [Positive Aging In Lower Merion \(PALM\)](#)

We need volunteers who are free at these times: ·Monthly · Weekdays

This volunteer opportunity is available to the following types of volunteers:

·Adults (26-54) ·Adults (55+) ·Individual ·Unpaid Interns

Contact Person:

Carolyn Allen-Hays, Executive Director

(610) 642-9370, x11

chays@palmseniors.org