



**Self-Help for
the Elderly**
安老自助處

VOLUNTEERS NEEDED

WHEN **THURS. 11/28/2024**

WHERE **SHE Senior Centers**

On Thanksgiving Day - November 28, 2024 Self-Help for the Elderly will serve approximately 3,500 meals to the seniors and the 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 and extraordinary. Bring a friend or family member to come and help. THANK YOU in advance for your support.

Sign Up at **Bit.ly/SHETHX24**

415.677.7669 | Pauliner@selfhelpelderly.org



SCAN CODE
TO SIGN UP





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VOLUNTEERS NEEDED FOR TURKEY CARVING

11/28/2024 9 AM - 11 AM

@ Lady Shaw Senior Center

1483 Mason Street, San Francisco, CA 94133

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

**FOR SAFETY REASON:
NO VISITORS UNDER 18 YEARS OLD
IN THE CARVING AREA**

Sign Up at [Bit.ly/24SHETHXC](https://bit.ly/24SHETHXC)

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This Thanksgiving, join us at the Lady Shaw Senior Center, one of our largest hubs for providing meals to the community. We are inviting organizations and group volunteers to sign up specifically for turkey carving.

The turkey you carve will be served to our meal diners and delivered to homebound seniors, ensuring they receive a hearty Thanksgiving meal.



**SCAN CODE
TO SIGN UP**