



**Our NEW Support Buddies Program connects with homebound aging adults throughout the greater Burlington area. Volunteer buddies will:**

- ♥ Deliver meals\* and prebagged groceries  
*(\*Meals are from Age Well but this is not Meals on Wheels. Suggested donation for a meal is \$3. Grocery donations are from Hannaford and at times a variety of local restaurants)*
- ♥ Pick up and deliver prescriptions
- ♥ Call homebound seniors regularly to check-in

**Sign Up** *(yourself or others\*!)*

**Web:** [www.heinebergcsc.org](http://www.heinebergcsc.org)

**Phone: 863-3982 Ext 1**

**\*IMPORTANT:** If you know anyone 50+ *(in the Burlington area)* who would benefit from a Support Buddy, **please help them sign up online or have them call 863-3982.**



HANDS (Helping and Nurturing Diverse Seniors)

**Support Buddies Program Questions:** (802) 999-9860

**Heineberg Senior Center Update line:** 863-3982 Ext 3

**Support Buddies** ph 863-3982 Ext 1

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