

Want to Spend One Lunch Hour a Month Doing Something Worthwhile?

Help our church team deliver...



Our Parish supplies drivers & helpers for Meals on Wheels (MOW).
Delivery takes place in South Arlington once a month (3rd Monday).
There are 5 Routes. It takes about 2 hours, 11:00am to 1:00pm, (approx).

Meals are prepared by Arlington County;
Complete directions for your route are provided.
Meals are picked up at First Presbyterian Church,
near Ballston Shopping Center.

We need: volunteers to fill in when the regulars
go on vacation, doctor appointments, etc.
OLOL has been involved with MOW for over 30 years.
Please help us continue the tradition. Tell your friends & neighbors.

Call Marguerite Stone at 703-979-9541 TODAY!