



MEALS ON WHEELS
LONDON



Free SOCIAL PROGRAMS

Stay Connected

519-660-1430



Art Your Service:

Daily programs throughout the week. Art classes, meditation, mindfulness, trivia, group chats.

(Art Your Service is an online-only program)



Monthly Social Lunch:

Friendly group outing to a social lunch at our office.

(Chit chat, icebreakers and fun trivia!)



One on One Calls:

Friendly social calls scheduled at your leisure.

Opportunities to meet others, enjoy good conversation and have fun!

Please note that these are just a handful of the programs we have on offer.

Visit our website or call to register or ask for more details!

(519) 660-1430 mowl.ca/Social-Programs