



Corning Meals on Wheels is seeking volunteers to serve our homebound & frail senior neighbors in need. Please fill in the information below to indicate how you would like to help fight senior hunger and isolation in the Corning-Painted Post area.

**Your contact information.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthday: \_\_\_\_\_

**How did you hear about us?** \_\_\_\_\_

**What days of the week are you available?**

- |                                    |                                   |                                 |
|------------------------------------|-----------------------------------|---------------------------------|
| <input type="checkbox"/> Monday    | <input type="checkbox"/> Thursday | <input type="checkbox"/> Varies |
| <input type="checkbox"/> Tuesday   | <input type="checkbox"/> Friday   |                                 |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Any      |                                 |

**What areas of work would you be interested in (check all that apply)?**

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> Kitchen | <input type="checkbox"/> Meal Delivery |
|----------------------------------|--|

**Are you interested in a regular weekly schedule or do you prefer to be called on an as needed substitute basis?**

- |   |                                     |                               |
|---|-------------------------------------|-------------------------------|
| <input type="checkbox"/> Regular Schedule | <input type="checkbox"/> Substitute | <input type="checkbox"/> Both |
|---|-------------------------------------|-------------------------------|

If you have any questions, please call us at 607-962-7985, email us at [cmowheels@aol.com](mailto:cmowheels@aol.com), or stop in to our office at 144 Cedar St, Corning NY 14830.