



TABITHA

*Your answer for Senior Care*

# Tabitha Health Care Services and Tabitha Meals on Wheels

Tabitha is a Lincoln nonprofit organization that offers a comprehensive line of senior care services that include in-home health care, living communities, rehabilitation services, skilled nursing care, hospice support, and Tabitha Meals on Wheels. Volunteers of all ages and abilities can find a variety of ways to engage on a one-time or ongoing basis either through the Tabitha Meals on Wheels program or the Tabitha activities department.

## **TABITHA MEALS ON WHEELS - DELIVERY**

Volunteers receive training and coolers full of meals to deliver to some of Lincoln's most vulnerable citizens.

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Families, Adults

**When:** Tabitha Meals on Wheels delivers 365 days a year between 10 a.m. and 12 p.m.

**Capacity:** Varies depending on demand and volunteers must provide own transportation; however, we can accommodate large groups with advanced notice.

## **TABITHA MEALS ON WHEELS – LUNCH BAG DECORATING**

Tabitha Meals on Wheels clients love having their lunch sacks decorated by community members! Brighten someone's day by picking up a pack of brown bags to decorate with your troop.

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Families, Adults

**When:** Anytime!

**Capacity:** Unlimited

### **TABITHA ACTIVITIES – PIE SOCIAL**

Serve up a little pie and conversation to our seniors!

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Adults

**When:** Every Saturday 1:30-3 p.m.

**Capacity:** 20 participants, including adults

### **TABITHA ACTIVITIES – SPECIAL EVENTS**

Volunteer to help at a holiday event or work with our activities department to create an individual opportunity for your troop.

**Who:** Daisies, Brownies, Juniors, Cadettes, Seniors, Ambassadors, Families, Adults

**When:** Varied and flexible

**Capacity:** Varies depending on the event.

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**Cost:** FREE!

**Recognitions:** Girl Scouts that participate in TWO different Tabitha volunteer opportunities may receive a Tabitha fun patch with appropriate documentation from the volunteer department.

**Where:** Tabitha Health Care Services, 4720 Randolph St., Lincoln, NE 68510

**Registration:** [Email us](#) to reserve your spot

**Chaperones:** Follow [Safety Activity Checkpoints](#).

**Questions:** [Email us!](#)