

Serve a Senior!

Volunteers are the driving force of Fort Bend Seniors Meals on Wheels. They provide friendly conversation, a big smile, and a warm meal every weekday.



I want to make a difference!

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

☐ Please add my name to your mailing list.

Detach this card and mail to:
Fort Bend Seniors Meals on Wheels
P.O. Box 1488
Rosenberg, TX 77471

Who We Are

Fort Bend Seniors Meals on Wheels (FBS), one of Fort Bend County's oldest nonprofits, was organized in 1974 by community leaders who recognized a need to provide older adults with regular, hot meals.

In 1978, FBS received approval as a 501(c)(3) nonprofit organization, and in 1981, joined United Way of Greater Houston. By 1990, the agency expanded services into Waller County.

Fort Bend Seniors has since evolved, providing more than 1,300 nutritious meals to seniors daily from 11 locations throughout Fort Bend and Waller counties. Fort Bend Seniors is the only organization in Fort Bend or Waller County that provides Meals on Wheels to all persons 60 years of age and over, regardless of income.

Each weekday, FBS drivers and volunteers deliver hot, nutritious meals to homebound seniors who are unable to cook for themselves. In addition, FBS provides 11 gathering places—or congregate sites—throughout Fort Bend and Waller counties, where seniors are able to enjoy meals and socialize with fellow older adults. Fort Bend Seniors also offers comprehensive services and programs such as transportation, case management, health screenings, telephone reassurance, information and referral services, recreational activities and more. Each of these services and programs enable area seniors to remain independent and in their homes.



What We Do

Fort Bend Seniors Meals on Wheels offers:

- Hot, nutritious, home-delivered meals
- Multi-purpose senior centers offering daily, hot meals and social interaction
- Transportation to and from senior centers

Additional resources and activities include:

- Emergency, shelf-stable meals
- Disaster preparedness
- Case management
- Telephone reassurance
- Pet food program
- Information and referral coordination for additional needs and services
- Health screenings and nutrition seminars
- Exercise and recreational programs
- Shopping and field trips
- Holiday parties and events
- Arts and crafts



1330 Band Road; P.O. Box 1488
Rosenberg, Texas 77471
281-633-7049 • 281-633-7050 fax
www.fortbendseniors.org
www.facebook.com/fortbendseniors
Twitter: @FortBendSeniors

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S E N I O R S**
Meals on Wheels & Much, Much More!



Fort Bend Seniors Meals on Wheels is committed to helping seniors remain independent by enhancing their quality of life through services and resources.



How You Can Help

With such a diverse offering of programs and services, Fort Bend Seniors Meals on Wheels has something for everyone—activities for older adults and those with special needs, and opportunities for any one who would like to donate or volunteer.

Volunteers are an integral part of Fort Bend Seniors Meals on Wheels. We offer an array of volunteer opportunities that range from fundraising to meal delivery.

Volunteer opportunities include:

- Meals on Wheels delivery –daily, weekly or monthly
- Assistance with arts and crafts
- Public speaking
- Serving on a fundraising or event committee
- Clerical assistance
- Telephone reassurance – call a senior daily or weekly for meal delivery reminders and verification, or for friendly conversation

To volunteer with Fort Bend Seniors Meals on Wheels, please contact our volunteer coordinator at 281.633.7053. To make a donation, please contact our development office at 281.633.7057 or visit us at www.fortbendseniors.org.



Fort Bend Seniors Congregate and Distribution Centers

1. Bud O'Shieles Community Center
1330 Band Road • Rosenberg 77471 • 281.633.7049
Administrative Offices; Congregate and Distribution Center

2. Leroy Dorsey Center
109 Guess • Kendleton 77451 • 979.531.8315
Congregate Center

3. United Way Service Center - Waller County
531 Highway 359 S • Brookshire 77423 • 281.822.4240
Congregate Center

4. Irene Stern Community Center
6920 Katy-Fulshear Road • Fulshear 77441 • 281.533.9400
Congregate and Distribution Center

5. Katy YMCA
22807 Westheimer Parkway • Katy 77494 • 281.633.7049
Congregate and Distribution Center

6. HomeTowne on Bellfort
10888 Huntington Estates Dr. • Houston 77099 • 281.633.7049
Congregate Center

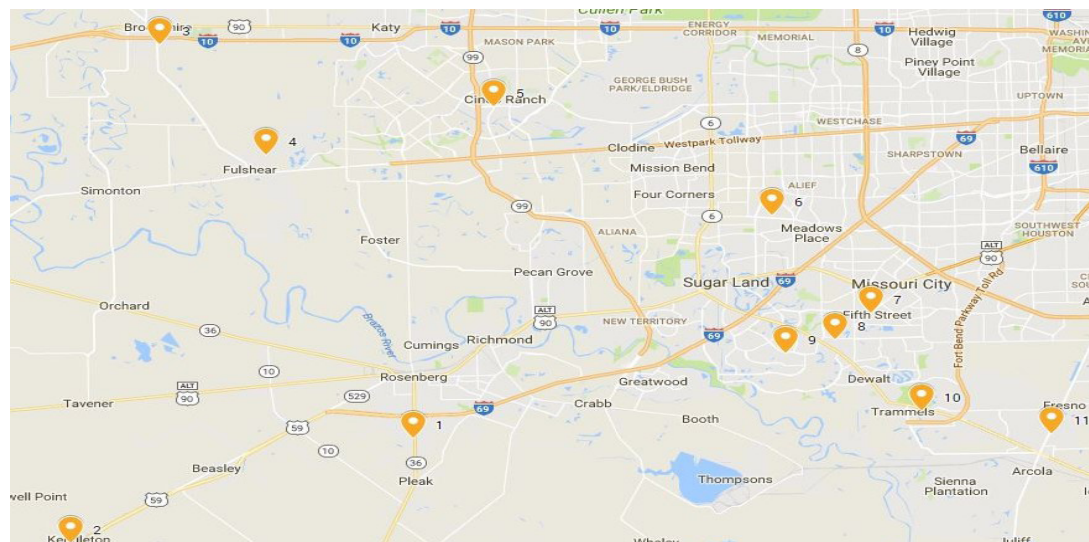
7. Fifth Street Community Center
3110 5th Street • Stafford 77477 • 281.499.2616
Congregate Center

8. Fort Bend YMCA
4433 Cartwright Road • Missouri City 77459 • 281.633.7049
Congregate Center

9. Christ United Methodist Church
3300 Austin Parkway • Sugar Land 77479 • 281.633.7049
Distribution Center

10. The Huntington at Sienna
4522 Trammel Fresno Road • Missouri City 77459 • 281.633.7049
Congregate Center

11. Mustang Community Center
4521 FM 521 N. • Fresno 77545 • 281.431.0776
Congregate Center



Feed a Senior Today!



At Fort Bend Seniors Meals on Wheels, it is our goal to serve nearly 350,000 meals annually to our area older adults—hundreds who would otherwise go without food and nourishment daily.

It takes less than \$8 a day to make a difference!

☐ I want to make a difference!

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Donation Amount: \$ _____

☐ Check enclosed (made payable to Fort Bend Seniors)

☐ AmEx ☐ MC ☐ Visa ☐ Discover

Credit Card #: _____

Exp. Date: _____

Sec. Code: _____

Signature: _____

☐ Please add my name to your mailing list.

Detach this card and mail with your donation to:
Fort Bend Seniors Meals on Wheels
P.O. Box 1488
Rosenberg, TX 77471

Fort Bend Seniors Meals on Wheels is a non-profit 501C(3) agency.
All contributions are tax deductible to the fullest extent allowed by law.