

- Refer a Senior to Meals on Wheels
- Volunteer Opportunities
- Winter Weather
- Chevron Run
- Thank You Donors
- Mark Your Calendars

[WEBSITE](#)

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Know Someone Who Could Benefit from Meals on Wheels?

Do you have a friend or relative who has trouble preparing meals for themselves, or who might enjoy gathering with fellow seniors for activities and a meal at one of our 11 congregate sites across Fort Bend and Waller Counties? Contact us to learn more about our meal delivery and congregate services to seniors by calling **281-633-7049** or follow the link below to fill out a referral form.

[CLICK HERE to REFER SOMEONE for SERVICES](#)

Interested in Volunteering for FBS? Volunteer Opportunities at Fort Bend Seniors Include:

Volunteers are an important part of Fort Bend Seniors' success and we invite you to join Fort Bend Seniors as a volunteer and make a difference in the life of a senior!

The following volunteer opportunities are available:

- Meal Delivery
- Packing Meals
- Assisting with arts and crafts
- Telephone Assurance
- Providing Clerical assistance
- Assisting Seniors with their corresponding needs

[Click Here for More Information](#)

Warm Wishes during Winter Weather

We hope everyone has been safe and warm during the winter storm and freezing temperatures that hit mid-January. Though we were unable to deliver meals when the ice hit, our seniors are always our first priority - and FBS staff made wellness calls to our seniors during this time to ensure each had food and were staying warm. Our seniors receive shelf-stable emergency meals twice a year that provide food in these extreme weather situations, and to those seniors in need of space heaters, we made sure to deliver them as soon as they arrived - donated by many of you! Thank you everyone for your generous support in this time and we appreciate all that you do for our seniors!

Run for a Reason: Houston Chevron Marathon 2019

We are excited to announce that we are once again an official charity for the Chevron Houston Marathon on **January 20, 2019!**

[Visit Website for More Info!](#)

Fundraise for Registration

Fundraise for Fort Bend Senior Citizens Meals on Wheels to secure a guaranteed entry.

Donate for Registration (HERO)

Donate \$350.00 to FBS, plus the cost of registration, to secure a guaranteed entry.

Thanks to our 2018 Runners!

Thank You Courtney Mason and Carolina Muriel for running in the 2018 Chevron Houston Half Marathon on January 14 for FBS!

We had a great time cheering on all the runners during the marathon!

Thank you for raising over **\$2,000** to support nutrition and services to our seniors!



[Fundraise for Registration](#)

[Register as a HERO](#)



Thank You Donors!

A big thank you to all our donors for their year end donations and to everyone who has helped us lessen hunger pangs and put a smile on the faces of our seniors. We still need all the help and support we can get! Your gift of any amount will continue to help us spread love and hope to our seniors and make a difference.

For more information on how you can make a donation/contribution please contact our Director of Development, Leah Halley at leah@fortbendseniors.org or 281-633-7057.



[DONATE NOW](#)

Mark Your Calendars

- **May 5** | Cinco De Mayo Celebration @ La Cocina
- **Oct. 12** | Mad Hatter Adventure @ Safari Texas
- **Nov. 12** | Secret Santa Kickoff Party @ OCuSOFT
- **Jan 20, 2019** | Houston Chevron Marathon

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S  **FORT BEND SENIORS**
Meals on Wheels & Much, Much More!



// CONNECT WITH US //

