



Verde Valley Senior Citizens' Association, Inc.

5th Annual “Mayors’ March-a-Mile for Meals”

February 4, 2013

Dear Friend of the Verde Valley Senior Center:

The Verde Valley Senior Center seeks your participation and support of its 5th annual "Mayors' March-a-Mile for Meals" to be held on Saturday, March 23, 2013 with a check-in time of 8:00 a.m. and a starting time of 9:00 a.m.

Entrants should be prepared to walk a distance of a little less than 2 miles (round trip) from the V.V. Senior Center at 500 E. Cherry St. along 89A to the Chase Bank/Walgreen intersection and then back to the Senior Center.

A scrumptious pancake & sausage breakfast sponsored by Randall's and Denny's restaurants and prepared by the Clarkdale-Verde Kiwanis Club will be served.

Entrants submitting pledges of \$25.00 or more will receive a complimentary breakfast. All other attendees will be charged \$5.00. Reservations must be made IN ADVANCE, by non-walking participants.

Mayors and Council Members from local communities are invited to lead the “*March-for-Meals*” each representing their own townships. Representatives from outlying areas such as Verde Village, Lake Montezuma/Rimrock, Cornville and the Yavapai-Apache Nation are also invited to participate.

Putting the spotlight and focus on the plight of our senior citizens is a mission that needs community support. Did you know that 28% of Yavapai County's population is over sixty years of age and that five out of every nine seniors in the U.S. lives below poverty level?

Despite the huge challenge, the Verde Valley Senior Center continues to provide quality nutrition to home-bound seniors, community dining, social activities and transportation services.

For your convenience, registration and pledge sheets are available at the Senior Center, via e-mail, fax or may be down loaded from our web-site. Please contact Debbie Moore at 634-5450 for more information.

***It is up to participants to solicit and collect their pledges in advance. Pledges may be paid by check or credit card via Pay-Pal on our website at www.verdevalleyseniorcenter.org.
Registration deadline: Wednesday, March 20th. Pledge sheets: Due Saturday, March 23rd, 2013.***

We look forward to receiving your entry and marching with us to support our mission to “stamp out hunger” among the senior citizens of the Verde Valley.

Sincerely,

Elaine Bremner
Executive Director