

Times-Herald Seniors

Center Updates

A list of all activities and events of Senior Centers.

Deadline: Wednesdays

Runs: Sundays in Outlook, section B

Submission: Press release for new events or updates

Contact: For questions call (707) 553-6823 or (707) 553-6826; fax (707) 553-6851; e-mail community@thnewsnet.com or news@timesheraldonline.com.

Menu

A list of the menu for "Meals on Wheels" in Vallejo and Benicia.

Deadline: Wednesdays

Runs: Sundays in Outlook, section B

Submission: Menu listing for the next month

Contact: For questions call (707) 553-6823 or (707) 553-6826; fax (707) 553-6851; e-mail community@thnewsnet.com or news@timesheraldonline.com.

Travel

A list of casino trips, cruises and out-of-town adventures.

Deadline: Wednesdays

Runs: First Sunday of the month, in Outlook, section B

Submission: The event flier or equivalent information.

Contact: For questions call (707) 553-6823 or (707) 553-6826; fax (707) 553-6851; e-mail community@thnewsnet.com or news@timesheraldonline.com.

**All senior announcements are free and subject to space availability.*