

WE NEED YOU NOW MORE THAN EVER!

# VOLUNTEER OPPORTUNITIES



Life After Fifty is seeking Volunteers to help us provide opportunities for older adults to be fit, be well and be social!

- TELEPHONE ASSURANCE CALLER
- FRIENDLY VISITOR
- SENIORS' CENTRE WITHOUT WALLS (TELEPHONE PROGRAMS) HOST
- CRAFT/ SEWING/ ACRYLIC PAINTING INSTRUCTORS
- BINGO AT PARADISE GAMING
- KITCHEN VOLUNTEERS

**THERE ARE MANY WAYS IN WHICH YOU CAN CONTRIBUTE.**

Interested? Call or email Heather, our Volunteer Coordinator, at [hvandenham@lifeafterfifty.ca](mailto:hvandenham@lifeafterfifty.ca) or **519-254-1108**



## [Becoming a Volunteer!](#)

The work that Life After Fifty does relies heavily upon the generosity of volunteers. There are many ways in which you can contribute. If you are interested in becoming a volunteer please call or email our Volunteer Coordinator, Heather, at [hvandenham@lifeafterfifty.ca](mailto:hvandenham@lifeafterfifty.ca) or call (519) 254-1108.

### **Telephone Assurance Caller**

- Providing a friendly phone call to homebound seniors to ensure safety and general well-being.
- Must have excellent speaking skills.
- Calls vary from once a week to two times a week and are made Monday – Friday between 9AM and 4PM.

### **Friendly Visitor**

- Providing a friendly visit to a isolated/lonely senior to improve socialization.
- Must be punctual and have excellent speaking skills.
- Visits vary from once a week to a few times a month from Monday - Friday between 9AM and 4PM -mask wearing is your choice.

### **Seniors' Centre Without Walls Host**

- A telephone-based group activity program that connects older adults who may not be able to get together in person.
- Lead and facilitate the program, encouraging conversations and keeping everyone engaged.
- Must have excellent speaking skills and access to a computer with Google Chrome.
- One or two 30-minute sessions/week. Programs are on from Monday – Friday between 9:30AM and 11:30AM.

### **Craft/Sewing/Acrylic Painting Instructors**

- Provide instructions to our members.
- Must have experience in chosen craft.
- Times and Days TBD
- Can provide ongoing instruction or just teach classes.

### **Bingo**

- Greeting patrons and clearing tables at Paradise Gaming on Dougall Ave.
- Assist once or a couple times a month during an assigned Bingo.
- Must be 19 years or older.
- Times and Days TBD every three months.

### **Kitchen Volunteer**

- Assist with the preparation and serving of meals
- Maintain cleanliness of kitchen
- Monday-Thursday [you pick the day(s)] 9am-12pm or 11am-1:30pm approx.