

# BECOME A VOLUNTEER

The work of Life After Fifty depends heavily on the generosity of volunteers. There are many ways in which you can contribute. If you're interested in volunteering please call or email our Volunteer Coordinator [mhoevenaars@lifeafterfifty.ca](mailto:mhoevenaars@lifeafterfifty.ca) or call 519-254-1108 ext 132

Life After Fifty is an active living centre for older adults. Our mission is to enrich the lives of older adults by providing opportunities to be fit, well and social.

## **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 3 times a week and are made Mon. – Fri. between 9AM and 4PM.

## **Seniors' Centre Without Walls Hosts**

- A telephone based group activity program that connects older adults.
- Lead and facilitate the program, encouraging conversations and keeping participants engaged.
- Must have excellent speaking skills. Computer access with Google Chrome.
- One or two 30-45 minute sessions/week. Programs are Monday – Friday between 9:30am and 11:30am

## **Coffee Social Host**

- Facilitate the small group to engage in conversation together.
- Excellent communication skills are required
- Thursdays from 9am-11am at our West Side Centre

## **Computer 1 on 1**

- Book appointments with LAF Members to assist them with technology issues.