

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**
- **SENIORS' CENTRE WITHOUT WALLS (TELEPHONE PROGRAMS) HOST**
- **COFFEE SOCIAL HOST (EAST SIDE CENTRE)**
- **CRAFT/ SEWING/ ACRYLIC PAINTING INSTRUCTORS**
- **STRAWBERRY FEST**
- **BINGO**

THERE ARE MANY WAYS IN WHICH YOU CAN CONTRIBUTE.

Interested? Call or email Mary, our Volunteer Coordinator at mhoevenaars@lifeafterfifty.ca or **519-254-1108 ext. 132**



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, Mary at 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
- Wednesday mornings (time TBD) at our East Side Centre

Instructors for Ukelele/ Acrylic Painting/ Beginner Sewing

- Provide instruction to our members.
- Must have experience in the chosen craft/ skill.
- One class a week at the East Side Centre Time/Day TBD
- Provide ongoing instruction OR volunteer to teach just a few classes.

Bingo

- Greeting patrons and clearing tables at Paradise Gaming Centre on Dougall Ave.
- Assist once a month for two hours during an assigned bingo.
- Must be 19 years of age or over.