

TRANSPORTATION:

Local and long distant drives to medical appointment, groceries etc.

Time Commitment – 1 – 4 hours; you choose the number of drives per month

Volunteers are reimbursed for their mileage

LIFELINE (Personal Response System):

Install, service, teach and assist subscribers with the Lifeline device in their home.

Must have a vehicle and mileage reimbursement is available

HOT MEALS ON WHEELS Delivery:

Meals are delivered 5 days per week from Gananoque CPHC Office

Time Commitment: ½ hour - 1 hour (noon hour)

You can choose to deliver once per month, once per week/bi-weekly or as a back up

FROZEN MEALS ON WHEELS Delivery:

Meals are delivered every Friday out of the Gananoque CPHC Office

Time Commitment: 1-3 hours; you can choose to deliver once per month, once per week/bi-weekly or as a back up

FOOT CARE RECEPTIONISTS:

To act as a receptionist by greeting clients, booking appointments, collecting fees

Locations Needing Support: Mallorytown, Lansdowne, Lyndhurst, Seeley's Bay

DINERS CLUB

Social outing at 12 noon providing a full course meals with educational/musical entertainment.

Volunteers assist staff with meal prep, set-up and/or clean-up

Time Commitment: 2 – 6 hours per monthly or as available

Locations Needing Support – Seeley's Bay

COMPUTER CLUB – Mondays from 10 – 11am

Assisting seniors with becoming more familiar with computers, internet & technology.

SENIORS EXERCISE FITNESS INSTRUCTOR:

Programs are run from September to May each year.

The program complies with the Standards and objectives as developed by the Canadian Centre for Activity and Aging (CCAA). Volunteer instructors are certified by the Centre for Activity and Aging, University of Western Ontario.

Locations: Lyndhurst & Lansdowne

For more information please contact Lesley Renwick at 613-342-3693 or
1-800-465-7646 ext. 2030