

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 the Mayfield Retirement Home in Prescott

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

FOOT CARE RECEPTIONISTS:

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

Date Needed: Wednesday

FRIENDLY VISITORS:

Providing social support for isolated or frail seniors by playing a game, going out for coffee.

You and the client decide what you would both enjoy to do!

DINERS' CLUB – Meal Prep

Providing a nutritious full course meal, socialization and entertainment on a monthly basis.

Locations: Spencerville & Algonquin

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.

For more information please contact

Lesley Renwick at 613-342-3693 or 1-800-465-7646 ext. 2030