

VOLUNTEER OPPORTUNITIES RIDEAU LAKES, WESTPORT AND SURROUNDING AREA

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

DINERS CLUBS:

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

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

Opportunities:

Food Preparation, Telephone Calling, Set-up/Serving/Clean-up, Driving and/or Reception

Locations: Delta (Drivers), Elgin, Forfar, Portland, Westport and Bolingbroke

FRIENDLY VISITING:

Establish a friendship with an assigned client through regular scheduled visits. The visits could consist of playing games, baking, going out for a walk or coffee etc.

ADULT DAY SERVICE:

Day away for physically disabled and/or cognitively impaired adults.

Opportunities:

Greeting clients and escorting to the activity room, Food Prep/Set-up/serving/Clean-up, assisting with program activities, visiting with clients.

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: Westport & Elgin

For more information please contact

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