

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 (Drivers and Runners):

Meals are delivered 5 days per week (*Monday – Friday*) from BGH (*Brockville General Hospital*)

Time Commitment: 1 hour

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

FOOT CARE RECEPTIONISTS & OFFICE SUPPORT:

To act as a receptionist by greeting clients, booking appointments, collecting fees, photocopying, filing, mailing etc.

Morning and Afternoon shifts available (*Tuesday – Friday*)

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: Brockville

For more information please contact

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