

As well as the regular volunteer activities of;

- Helping with planned Calendar events: leading a rousing game of scrabble or other board games, participating in current event discussions, assisting with an event (i.e. helping with walkers, serving coffee/tea/snacks), aiding in the execution of an activity (i.e. helping residents collect supplies during a crafting activity), and many more
- Helping with outings: assisting a resident to find items while shopping, accompanying residents while at a local attraction, collecting residents when it's time to leave, helping to load and unload walkers from the bus
- Planning and executing an activity in your area of interest: Present compelling talks, lead a music group, etc.
- Spending one on one time with residents: accompanying a resident on a walk, reading to them, helping them navigate their technology or just chatting

We could also use your help filling one of these special positions:

Decoration Captain

Role: Organize, plan and decorate the facility under the oversight of the Recreation Coordinator and recreation team.

- 3 Visits/Month @ 2.5hrs a visit estimated time
- ✓ 1 visit/end of month: Taking down prior months decorations and putting away. Assessing the next few month's decorations, communicating any gaps in decorations for Coordinator to purchase or for Arts Volunteer to make.
- ✓ 1 visit/beginning of month: Pull seasonal decorations from cupboards/storage and decorate with the seniors' help.
- ✓ 1 visit a month: Assist the recreation team in decorating for a large event.

Value: For many of our seniors the changing decorations in the center is a way to celebrate events or the time of year, can be a topic of conversation and also provides visual stimulation. Decorations can give residents a sense of being special and give them something to connect over. Including them in the decorating process provides them with a social opportunity that is fun and has purpose and meaning, which essential to their overall health.

Commitment Length: 1 year, as you are building relationships with seniors.

Working environment: Some alone, group and one on one time. You may set your volunteer schedule initially (evening/daytime as it suits you), arranged ahead of time and kept consistent with Recreation Coordinator.

Decoration Assistant & Art Activity Helper

Role: Assist the Decoration Captain in seasonal decorating with seniors and assist recreation staff with an art activity making decorations.

3 Visits/Month @ 1hrs a visit estimated time

- ✓ 1 visit/beginning of month: Assist in decorating with the seniors' help.
- ✓ 1 visit a month: Research a DIY arts & crafts decoration idea for seniors, in accordance with the parameters given by the Recreation Coordinator. List the required materials for Coordinator to purchase.
- ✓ 1 visit a month: Along with a Recreation staff person, carrying out your art/craft activity with the seniors. This adds to our decoration inventory for use in the centre and gives the seniors decorations to use in their suites.

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Commitment Length: 1 year, as you are building relationships with seniors.

Working environment: Some alone, group and one on one time. Your volunteer schedule is set in conjunction with the Recreation Coordinator. Use of the Recreation office to research decoration ideas. Rolly cart to transport decorations. Moving ladders. Using tape and tacs. Lifting and bending. Washrooms, coffee/tea/water on site.

Photographer & Community Storyteller

Role: Attend and photograph events as requested by the Recreation Coordinator and Recreation Staff.

4 Visits/Month + Year end event

- ✓ 3 visits @ 45 minutes taking photos and downloading them
- ✓ 1 visit @ 1 hour slideshow prep,
- ✓ Attend year-end slideshow event @ 1.5 hrs

Value: Photographing of our residents and the special moments they share together and in our activities. You are helping us remember, as a community, the beauty of sharing this time together. By taking photos and making a slideshow of them you act as our Community Storyteller and provide us the chance to reflect and appreciate those times.

Commitment Length: 1 year, as you are building relationships with seniors and you are building and telling the story of a year.

Working environment: Some brief time alone but mostly in the action taking photos. Your volunteer schedule is set in conjunction with the Recreation Coordinator who will ask if you are available for events/special activities as they occur. Recreation camera to use but if you have your own camera that may work as well.