

## **Volunteer Opportunities at the COA**

Thank you to all of our volunteers who contribute all year long. We recognized our volunteers at our annual Volunteer Night event in April and I hope we take the time each and every day to thank you and appreciate all you do.

If you are not a volunteer with us, please read on and perhaps there is an opportunity waiting for you.

### **Friendly Visitor Program**

These volunteers are trained to offer one home visit per week or 2 phone calls to a homebound senior. These “traveling smiles” volunteers bring friendship and support to those in need and are supported by the Outreach worker.

### **Meals on Wheels delivery**

Each morning starting at about 10:00, volunteers deliver hot meals to homebound seniors. Each route has about 10-20 seniors and takes about 2 hours. You can volunteer for one day or many.

### **Driving Seniors to out of town medical appointments**

Our vans are restricted to Middleboro so we rely on our volunteers to drive to the outskirts including Taunton, Brockton and the occasional Boston. The volunteers decide the distance they will drive. Mileage is reimbursed. You can volunteer for one day or many.

### **Daily Luncheon Program**

Our volunteers arrive at 10:00 to set up tables, prepare food, serve the luncheon at noon and clean up. All this work is done by noon. You can volunteer for one day or many.

### **Supportive Day Program**

These volunteers help with our program participants. They help with snacks and activities or taking a walk or having a conversation. You can volunteer for one day or many.

### **Grounds and Maintenance**

These volunteers help to keep our building clean and our grounds well kept. We also have a few flower gardens that could use some loving care. You can volunteer for a few hours or many.

### **Special Events**

These volunteers have a special talent or skills that they can teach others. They can run one workshop or teach several. They can charge for materials. If appropriate they can share their craft with the day program.