



## Volunteer Opportunities

South Windsor Human Services  
Adult and Senior Services Division  
860-648-6361



**Senior Center:** teach a class, assist with the daily lunch program, collate newsletters once a month, help set up for events, assist in the CARES Program and more!

**Fitness Center:** weekly or biweekly commitment to sign people in, monitor machines are wiped down after use and shoes are clean, and be in room when people are using the machines. No knowledge of machines is needed. No advice on machines is allowed.

**Community Gardens:** help maintain the garden at the community center, which benefits the food bank.

**Meals on Wheels:** deliver weekly, bi-weekly or monthly, whatever fits in your schedule. Deliver to about 10-15 homes in South Windsor. Mileage reimbursement is available.

**Food Bank:** Sort cans, stock shelves, and general cleaning of the food bank.

**Friendly Visitors:** Visit with a homebound senior or disabled person weekly or bi-weekly for an hour. Chat or play a game.

**Friendly Shoppers:** Get groceries for or bring a senior or disabled person to the grocery store who would not normally be able to go alone. Weekly or bi-weekly, using your own car.

**Reading in the Schools:** read to children four times a year. Dates vary.

**Community Service Group:** Works on projects that benefit all age groups including making sandwiches for an area homeless shelter, baking for homebound seniors, and more. Meets the 3<sup>rd</sup> Thursday of the month from 1:00 to 2:00 PM. New project ideas welcome!

**Triad:** The South Windsor Triad consists of the police and fire departments, senior services, volunteers and the business community to provide programs and educational opportunities to keep seniors safe. Meetings are held Fridays, 6 times a year.

**Day Trip Group Leaders:** Lead a group of seniors on a day trip sponsored by the Senior Center and be responsible for checking the group in at restaurants, handing out tickets, counting heads, responding in cases of emergency, etc. Group leaders attend the trip for free. Training required.

**Birthday Cheer:** Deliver a mylar balloon to homebound seniors or disabled persons on their birthday.

Volunteer applications and background checks  
are required for all volunteer programs.