



Volunteer Opportunities:

- **Class Instructor** — Lead weekly exercise or arts and crafts classes or begin a new class! Current exercise classes include yoga, total body workout, Tai' Chi, belly dancing, line dancing, aerobics, and other activities. Current arts and crafts classes include watercolor painting, crocheting, ceramics, jewelry-making, and quilting. Time Commitment: One hour/Weekly/Ongoing
- **Food Pantry Assistant** – Assist our staff in bagging groceries for those participants needing emergency food. Time Commitment: One hour or more/As needed.
- **Lunch & Learn Instructor** — Teach an instructional seminar on health/wellness related issues concerning older adults. Time Commitment: One hour, One Time or more.
- **Office Assistant** — Help with important mailings, data entry, and filing; assist at Receptionist desk. Time Commitment: One hour or more/As needed/Ongoing
- **Special Events Committee Member** — Help with the planning and facilitation of special events and DCSL fundraising events. Time Commitment: One hour or more/As needed
- **Ambassador** -- Serve as the first contact person to greet people, give tours to newcomers, help with publicity and other day to day operations. Time Commitment: Two hours or more/Weekly/Ongoing
- **Telephone Reassurance** — Make reassurance calls from the Durham Center for Senior Life to home-bound seniors who live alone.
Time Commitment: One hour/Weekly/Ongoing
- **Fitness Center Trainer** – Provide weekly class to senior participants who want to use the Fitness Center. Time Commitment: One hour/Weekly/Ongoing
- **Lawn Clean-up/Gardening** – Help maintain our lawn and beds by weeding and picking up trash. One hour or more/Weekly/Ongoing
- **Adult Day Health** — Assist with the Adult Day Health Program by working with seniors during the day. Time Commitment: One hour or more/Weekly/Ongoing
- **Senior Advisory Committee** –Serve as a liaison between Durham Center for Senior Life Participants and Administrative Staff. One and a half hour monthly/Ongoing

How do I Become a Volunteer?

DCSL has ongoing and one-time volunteer opportunities for everyone, including both groups and individuals. First, check out the opportunities to find a volunteer job that interests you. Next, fill out a Volunteer Application. Individual volunteers must submit this application to the Executive Director, at which time she will contact you to complete a short (about 30 minutes) orientation and tour. During orientation, the Executive Director will discuss opportunities that match a volunteer's availability, skills, and interests. Large groups should contact the Executive Director directly to discuss volunteer opportunities with DCSL. Once a volunteer is approved by the Executive Director, a background check will then be completed before final approval.

Durham Center for Senior Life Volunteer Application

NOTE: PHOTO Id WILL BE REQUIRED WHEN SUBMITTING APPLICATION AND BACKGROUND CHECK FORMS.

PERSONAL INFORMATION

Date: _____

First Last Middle Int.

Street City State Zip

Daytime Phone Email Address Date of Birth

Preferred contact method: Phone Email

Emergency Contact:

Name Phone Number Relationship

AREAS OF INTEREST

Why do you want to volunteer at the Durham Center for Senior Life?

Do you have any experience volunteering with older adults? Yes No

Please describe previous/current volunteer experience.

Does this volunteer work relate to a college course/internship? Yes No

If you answered Yes, please describe the requirements.





Durham Center for Senior Life Volunteer Application

I WOULD LIKE TO HELP IN THE BELOW ACTIVITIES: (please select all that apply)

- Special Events
 Lunch n Learn
 Class Instructor
 Gardening/Lawn Clean-up
 Ambassador
 Senior Advisory Committee
 Food Pantry
 Office Assistant
 Telephone Reassurance
 Fitness Center Trainer
 Other (_____)

I AM AVAILABLE DURING THESE DAYS AND TIMES AND FREQUENCY: (select all that apply)

- Monday
 Tuesday
 Wednesday
 Thursday
 Friday

Hours available: _____

- Weekly
 Semiweekly
 Monthly
 Other _____

REFERENCES: (People that you have known for two or more years, other than family members)

1. _____ Phone _____ Email _____
2. _____ Phone _____ Email _____
3. _____ Phone _____ Email _____

By signing this application, I attest that the information on this application is true and accurate to the best of my knowledge.

Signature: _____ Print Name: _____

Date: _____

Return completed application to: Durham Center for Senior Life
 406 Rigsbee Ave. Suite 202
 Durham, NC 27701

Background check must be completed _____		
Office Use		
<input type="checkbox"/> Orientation Completed	<input type="checkbox"/> Volunteer in My Senior Center	<input type="checkbox"/> Assigned Tasks: _____
<input type="checkbox"/> Confidentiality Agreement	<input type="checkbox"/> Swipe Card Assigned/Updated	_____

