



VOLUNTEER ASSIGNMENTS & DESCRIPTIONS

The Garfield Heights Senior Center offers many volunteer opportunities to keep seniors busy and active. Each volunteer assignment is assigned an amount of points. Each senior who works and collects over 100 points in a year will be eligible for our Annual Volunteer Banquet. Points are accumulated from January to December.

<u>DESCRIPTION</u>	<u>ASSIGNMENT</u>	<u>POINTS</u>
Sign seniors up for lunches as they come in and help make reservations for the following week	Reservations	4
Place salt, pepper, numbers on tables	Set-up/S & P	2
Pull bingo balls from bucket and call up tables for lunch	Numbers	2
Collect tickets for lunch	Tickets	2
Serve coffee	Coffee/Tea	2
Help serve lunch	Kitchen	4
Carry trays for handicapped	Carry Trays	2
Call Bingo Numbers	Bingo Caller	4
Keep track of bingo numbers called	Circle Bingo	2
Check bingo cards of bingo winners	Bingo Call Back	3
Craft Work of your choice	Craft Room	Open
Assisting residents in collecting proper food supply	Food Bank	4
Deliver Meals to Homebound Seniors	Meals on Wheels	4
Teach your own exercise class	Flexibility, Strength Training, Lite Aerobics	3
Sign in and / or set up class	Tai Chi / Zumba	2