



**Help seniors in
your community
to live fully,
every day**

Become a volunteer

Volunteers help us to bring our mission to life – to help residents live fully every day. When you give us the gift of your time, you are contributing to making someone’s day better, someone’s life more enjoyable. Join us and help spread the warmth of human connection. In turn, we’ll strive to provide you with a meaningful experience that harnesses your unique talents, while also encouraging your personal growth.

Our current volunteer opportunities:

AQUATIC THERAPY VOLUNTEERS

- Help adults living with acquired brain injuries and older adults with complex-care needs engage in pool therapy to perform movements based on Watsu and Tai Chi concepts.
- Dates: TBC

THERAPEUTIC PROGRAMS WITH YOUNGER ADULTS WITH ACQUIRED BRAIN INJURIES (ABI)

- Chair-based exercises
- 1:1 visits
- Community outings
- Games, socials, and much more!

THERAPEUTIC PROGRAMS WITH OLDER ADULTS

- Bingo - Offered Mon/Sat afternoons & Thursday nights.
- 1:1 visits (*currently looking for a male volunteer for a male resident with a similar love for fishing and the outdoors!*)
- Special Events (i.e. BBQ's)

WHAT YOU GAIN...

- Sense of enjoyment and satisfaction helping others.
- Give back to your community!
- Share your talents/skills with others.
- Gain volunteer hours for school.
- For Recreation Therapists and other helping professionals, enhance your skills working with diverse individuals.

**Contact us
to learn
more:**

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