



Counselling and Community Services

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*Saskatoon
Community
Clinic*

www.saskatooncommunityclinic.ca

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Seniors Program

Volunteer Opportunities

**Are you looking for a meaningful
volunteer opportunity?**

We are looking for volunteers
to join our

Seniors' Volunteer Program

- Learn new skills and make friends
- Attend volunteer appreciation events
- Support your Community Clinic Seniors!

Seniors of Tomorrow Health Education Series

Seniors of Tomorrow Volunteers help with greeting participants, program setup/takedown, and serving refreshments. As a volunteer and participant in this program you will learn how to maintain good health through our interactive health promotional education programs.

Time commitment:

One Wednesday per month from 1:30 pm – 4:00 pm

Happy Gang and Silver Threads Seniors Program

Volunteers with this program greet participants, prepare and serve refreshments, take part in activities, and tidy up afterwards! Programs may involve playing cards, listening to musical entertainment, or learning about health education topics.

Time commitment:

1-2 Thursdays per month from 1:30 pm – 4:00 pm

Home Visiting Program

Would you have a few hours a month to visit an elderly client? You would be matched with a senior who lives in your area!

Time commitment: 1-2 hours per week

Seniors Advisory Council

This committee of Clinic members meets monthly to review Clinic programs, services and accessibility for seniors, advocates for improvements in seniors' health and raises funds to support Clinic Seniors Programs.

Time commitment: 2-6 hours per month

Strengthening the Circle

Kohkum's Group – Aboriginal Grandmothers

Volunteers with this program meet and greet the Kohkum's, participate in activities, assist in preparing and serving refreshments and assist with clean up. Our program has a First Nations focus and involves healing circles, education, and occasional outings.

Time Commitment:

1st Tuesday of each Month from 1: 30 pm – 4: 00pm

**If you would like more information
please contact:**

**Seniors' Volunteer Co-ordinator
(306) 664-4282**

volunteers@communityclinic.ca