



Current Volunteer Opportunities

- Friendly Visits (Your Schedule)
- Pet Visits (Your Schedule)
- Mass/Church Services (Tuesdays 2 ½ hours)
- Lunch Assistance (11:30am-12:30pm)
- Music Porter (1 ½ hours)
- Bingo (2 Hours Wednesday Afternoon)
- Gardeners (1-3 hrs Your Schedule) Early spring-late fall
- Van Outing Assist (3 hours as scheduled)
- Van Driver (3 hours as scheduled)

Friendly Visits (Your Schedule)

We are always looking for a friendly face to visit “one-on-one” with our residents. What that looks like for each volunteer is a matter of personal preference. Some opt for a “rounding” style stopping in on each resident for a few minutes, while others prefer to develop connections with a few special residents they visit each time. There are many enjoyable games and activities to keep minds and bodies active in a one-on-one setting; conversation about topics of interest (recreation can provide tablets- a “google search” can be a fun way to research topics of interest together; music religion, travel, cooking etc.) You can also read aloud, play games, trivia, tell jokes, look through photo albums, work on crafts, take walks or sit outside.

Pet Visits (Your Schedule)

Like friendly visits, pet visits are a matter of personal preference. Some opt for a “rounding” style stopping in on each resident for a few minutes, while others prefer to develop connections with a few special residents they visit each time. **Copies of current veterinary vaccination records to Sarah Draper in Recreation.

Mass/Church Services (Tuesdays 2 ½ hours)

Meeting our resident’s spiritual needs is incredibly important to us at Rocmaura and getting everyone to the service on time can be difficult. Church Volunteers Assist portering residents to the service, and back to their courts following.

Lunch Assistance (11:30am-12:30pm)

Providing nutrition and companionship to residents and a much-appreciated helping hand to nurses and support staff. Volunteers assist residents at mealtimes with tray set-up, cutting/prepping the meal and

assisting as needed (some require full assistance, some prompting and cuing, others just a dining companion. It makes for a safer and more pleasant mealtime experience for our residents.

Music Porter (1 ½ hours)

Musical entertainments are well attended and a wonderful opportunity for our residents to engage with their neighbours and enjoy themselves. Extra hands to porter to and from the program ensures all our residents make it to the show on time. ****See Monthly Calendar for Entertainment Schedule****

Bingo (2 Hours Wednesday Afternoon)

Bingo is a much loved social activity that many residents attend –Bingo volunteer’s porter residents to the game, assist the group maintain play and porter residents back to their rooms. See Calendar for Scheduled Games.

Gardeners (1-3 hrs Your Schedule) Early spring-late fall

Got a green thumb? Join our garden crew and help keep our grounds beautiful by helping out with all aspects of flower maintenance.

Van Outing Assist (3 hours as scheduled)

Van outings are a great opportunity for our residents to engage and connect with their broader community, and extra hands are always appreciated. ****See Monthly Calendar for scheduled van outings****

Van Driver (3 hours as scheduled)

We are in need of volunteer bus drivers to help take residents on appointments and bus outings. Class 4 license, police check, and clear drivers abstract.

Contact: Sarah Draper , Recreation Manager

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